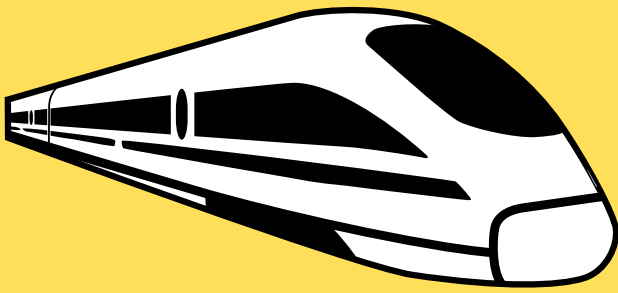


BEST Course in Autumn



SURVIVAL GUIDE



I like to move it, move it!
**Discover the world of
transportation**

Valladolid

www.bestvalladolid.com



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INTRO

This Survival Guide contains all the necessary and unnecessary information needed to survive in Valladolid between the 3rd and 11th of September of 2023.

**Welcome to:
"I like to move it,
move it! Discover
the world of
transportation!"**



SPAIN & VALLADOLID



Spain

Most foreigners think about Spain as sun, good weather all year around and beaches. However, Spain is much more than Costa del Sol. The best seasons to visit us are Spring or Autumn because of the weather. However, you will enjoy your visit all year around as there is always something exciting to do or some cultural event to discover somewhere .

Carnival takes place throughout the country in late February; the wildest is said to be in Sitges. In March, Valencia has a week-long party known as Las Fallas, which is marked by all-night dancing, first-class fireworks and colourful processions.

Semana Santa (Holy Week) is the week leading up to Easter Sunday with parades of holy images through the streets.



FACTS ABOUT THE COUNTRY

- Country Name: Kingdom of Spain.
- Government Type: Parliamentary monarchy.
- Land Area: 504,645 sq km.
- Population: 47,35 millions.
- Capital City: Madrid.
- Currency: Euro (EUR) € .
- Electricity: 230 Volt/50 Hz.
- Average liters of alcohol consumed per person per year: 9.8

The San Fermíns, better known as Running of the Bulls, takes place in Pamplona on July, being the most famous festival in Spain.

The last Wednesday in August, the Valencian town of Buñol goes crazy with La Tomatina, in which the surplus from its tomato harvest is splashed around in a friendly food fight.

Valladolid

A little about its history...

Valladolid, nicknamed **Pucela**, has the **BEST** things of the big cities, but also the advantages of the small ones. It's located in the north-central zone of Spain, upon the Pisuerga River and within the Ribera del Duero wine-making region.



The capital of Castile and Leon enjoys an intense cultural life due to its situation as a university city as well as events like Easter, declared of International Tourist Interest, and the Seminci, the International Film Week, an event not to be missed!!!

Valladolid preserves an important heritage of monuments in its old quarter, especially aristocratic houses and religious buildings. Outstanding among them is the unfinished Cathedral, the church of Santa María la Antigua, the 16th-Century Plaza Mayor, the Palace of Los Pimentel, San Pablo church and important theatres and museums, like the National Sculpture Museum and the Museum of Contemporary Spanish Art.

If you want to know more about our culture, you know... come to VALLADOLID!!

Valladolid province is revealed through tours like those along the Red Wine Route and the Knight's Route. Everybody knows that the **BEST** Spanish wines are in our province, where you can find the Denominations of Origin Ribera del Duero, Cigales, Rueda and Toro.



Valladolid offers a wide range of leisure and cultural opportunities, maybe that's the reason why so many students from all over Europe decide to come to Valladolid. All of them confirm that **Valladolid ROCKS!!!** Valladolid is simply the **BEST!!!**

Here you can find all kind of leisure events... Different kind of **PARTIES**, in the streets, in the great pubs and clubs and lots of things more...

I bet you now **NEED** to come and experience this!!

What to do?

You can walk through the parks of the city, go shopping, visit museums or just have a walk along the historical city centre, apart from having some tapas in the numerous bars of the town.

The biggest parks of Valladolid are Campo Grande, near Zorrilla square, with a great variety of trees and animals, including peacocks, and La Rosaleda, that goes along the river in the central part of the city. There you can also see the beach of Pisuerga river.



Some of the many museums you can find in Valladolid are:

Museo Nacional de Escultura:

National Museum of Sculpture, with pieces from the Middle Ages to the 19th Century. It has one of the most beautiful collections of sculpture on wood of the world.



Museo Patio Herreriano:

Contemporary Spanish art museum.

Museo Oriental:

It has a rich collection of art from China, Japan and the Philippines.

Casa Cervantes:

House where the author of Don Quixote's lived. Furniture and objects of a typical gentleman's house in the XVII Century.



Museo de Colón:

Objects from South American natives (Maya, Aztec, Inca, etc). Items and objects from the colonial era, related to the journeys of Christopher Columbus (who died in Valladolid).

Museo de la Ciencia:

Museum of science. You can see the current exhibition, and permanent exhibitions on the human body and space.

Most shops in Valladolid open from 9:00 or 10:00 in the morning till 14:00, and in the evening from 17:00 to 20:00 or 20:30.

On weekends you will find many shops open on Saturday morning, and some of them even in the evening. There are lots of shops in the city centre and there are many shopping centres in and near the town.

"Tropical" weather



Valladolid has a continental weather, with important changes in the different seasons. In winter the temperature are around 0 and 5°C. The coldest months are December, January and February. During these months it may rain from time to time. Snow can fall once or twice, but never lasts long in the city :(

As in the rest of the year (except from summer), fog is often seen (especially in the morning). It gets warmer as the year goes by. It's in spring when the weather is the more random. In the morning temperatures are like those of winter, but at noon you can easily have 20° C, and then again have a drop at night, so be careful with the clothes you take with you! In June it's sunnily warm all day long, with fresh nights.

July and August are the hottest months. Once the sun is a bit high, the temperature won't fall below 25° C, with 30, 35 or even 40° C at sometimes. As days get shorter the weather cools down during September, a very unpredictable month. It still has some warm days (20 or 25° C), but rain becomes more frequent and cold comes back during the nights.

After September, the autumn almost disappears in the city, because October and November are the transition months to winter, with colder days and fog everywhere.



Meals

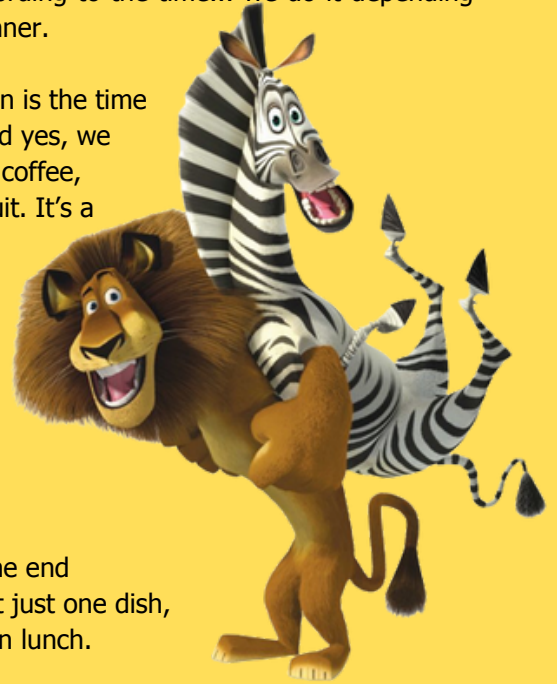


In Spain, meals are so important that we don't divide the day according to the time... we do it depending on the meals! There are three main meals: breakfast, lunch and dinner.

So, our morning goes from the breakfast till the lunch, the afternoon is the time between lunch and dinner, and the night starts after the dinner. And yes, we don't have evening :D The most popular breakfast consists of milk, coffee, orange juice, some cookies or a toast, and sometimes a piece of fruit. It's a light meal, not as abundant as in other countries.

As there is a lot of time between breakfast and lunch, we usually have some snack at noon. Lunch is the most important meal of the day and it's usually eaten from 13:00 to 15:00 (the Spanish "midday"). It consists of two dishes and a dessert. The first dish can be soup, vegetables, rice, pasta... The second dish, normally, has meat or fish in it (after lunch we have siesta).

And the last meal is dinner, sometimes there is another snack, at the end of the afternoon. Dinner is usually eaten around 22:00. You can get just one dish, but it's not unusual to have two courses. In any case it's lighter than lunch.



MONEY & PRICES

- Bus ticket: 1'50 €.
- Taxi: 3 - 12 €
- Meal (student): 5 €
- Meal (regular bar, two dishes, water, bread and dessert): Around 12-15€
- Newspaper: 1 €
- Stamps (for Europe): 65 cents.
- Postcards: 40 cents.
- Cinema: 7 € (6 € reduced fare)
- Beer (depending on the brand/place/ time and day): 1'30 - 3'50 €
- Cocktail (depending on the place/time and day): 3,5 - 7 €
- Shots: 1 - 2 €

SPANISH LANGUAGE



It's said that Valladolid is the place where the BEST Spanish is spoken all over the world. English is generally spoken among younger people, and some older people will be able to speak French, but normally you will have to speak Spanish. Here you have some basic tips:

To pronounce these phrases you have to read, by English standards, the words between the slashes

"/". The stressed syllable is in capital letters.

- Buenos días - /BOOEH-nos DEE-as/: **Good morning.**
- Buenas tardes - /BOOEH-nas TAR-des/: **Good afternoon.**
- Buenas noches - /BOOEH-nas NOH-ches/: **Good night.**
- Hola - /OH-la/: **Hello.**
- Adiós - /a-DEEOS/: **Goodbye.**
- Por favor - /POR fa-BOHR/: **Please.**
- Gracias - /GRA-thias/: **Thank you.**
- De nada - /DEH NA-da/: **You are welcome.**
- Perdón - /Per-DON/: **Sorry.**
- ¿Cuánto cuesta? - /KOOAN-toh KUES-ta/: **How much is it?**
- ¡Soy una fresita, cómemme!!: **I'm a strawberry, eat me!!**
- ¡Te amo!: **I love you!**
- ¡Eres increíble!: **You rock! / You are amazing!**
- ¿Crees en el amor a primera vista?: **Do you believe in love at first sight?**
- El vino Ribera es el mejor del mundo: **Ribera's wine is the BEST wine of the world.**
- Voy muy contento...: **I may have drink a bit...**
- Haces que me sonroje...: **You make me blush...**
- ¡Es el mejor evento en el que he estado nunca!: **BEST EXPERIENCE EVER!!!**



HOW TO GET HERE

By plane

Valladolid Airport

This airport is called Villanubla. There are some cheap flights with Ryanair. Ryanair flies to Barcelona (El Prat), Palma de Mallorca and Sevilla. There are other companies flying from this airport like Iberia, Air Nostrum and Air Europa, Vueling, Hop or Volotea. There are buses from Villanubla Airport to Valladolid Bus Station for 3 €.



Madrid Airport

Here you can find the cheapest fares from all over Europe flights. In case you don't find a direct and cheap plane to Valladolid, this is our recommendation. Once in Madrid, you can take a direct bus from Aeropuerto- Madrid Barajas T4 to Valladolid in "alsa.es".

There are buses 7 days a week, the first one starts at 11:30 and the last one ends at 23:00. Its price is between €15 and €25 and in our opinion the cheapest way to get to Valladolid.

By bus...



There are direct buses to Valladolid from a lot of cities all over Europe. There are also buses to nearby cities like Burgos or Salamanca. Normally prices from central Europe (Germany, France...) can be similar to the most reduced fares of flights, so it's not worth choosing them, unless you want to have a loooooong and boring trip. For Eastern European countries (Slovakia, Romania...) buses can be cheaper. Check the website www.eurolines.com for further info. (To Valladolid: <http://www.eurolines.de/en/buslines/to/Valladolid>); you can also check www.flixbus.com for more bus options.

Some tips and things:

- We highly recommend buying both tickets, for the arrival day and the departure day, so you don't need to worry about buying the bus ticket of the departure day to Madrid once you are in Spain, and usually they are cheaper if you buy them at the same time. Same thing for the Train tickets.
- Sometimes, the website doesn't work properly with foreign credit cards. If that happens to you, don't panic! Just tell us and we will help you with your bus tickets :)

By train



There are many trains coming to Valladolid from other Spanish and European cities, but they are not always cheap. If you are interested in taking an InterRail, Spain is in zone F (with Portugal and Morocco). For further information check: <https://rail.cc/en/interrail-in-spain>

By car

If you plan to come by car, we will help you (but maybe Google Maps can do it better) :)



WHAT TO BRING

- **Passport (and visa if required)**
- **Travel and health insurance**
- **Some money in case you might want to make some extra expenses like souvenirs, presents, etc.**
- **Medicine. Spanish pharmacies are well-provided with condoms of any kind. If you plan to use them, bring them in advance... if you are not sure, bring them too!! You never know... :P**
- **it's advisable to also bring long trousers, at least one or two long pullovers and a coat.**
- **We may also have a sunny week during the course, so if you are a fair-skinned person don't forget the sunscreen!**
- **Sleeping bag.**
- **Don't forget your towels, swimsuit, flip flops and your bath stuff.**
- **As in any BEST event, an International Evening will be held, each participant will show typical food and drinks from her/his country, so bring a reasonable amount of those.**
You can also bring a flag, a typical costume... whatever you want!
- **Good mood and a lot of energy!! And of course... BEST spirit!! :D**



CONTACT INFO

If you have any questions don't be hesitant to contact us!

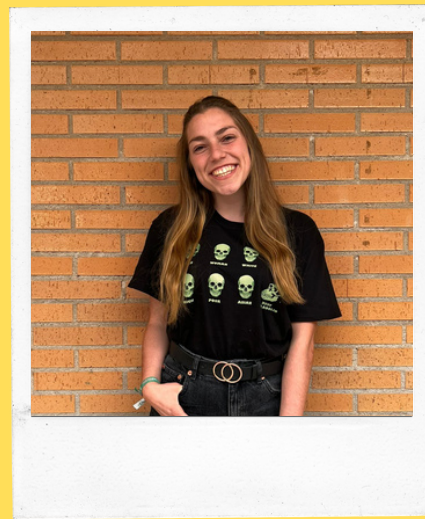
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