

Training Welcome Pack



Developing skills for a better future

**International Training
Consultancy**



Education and Culture DG

Lifelong Learning Programme

Welcome to Úbeda - Unesco World Heritage

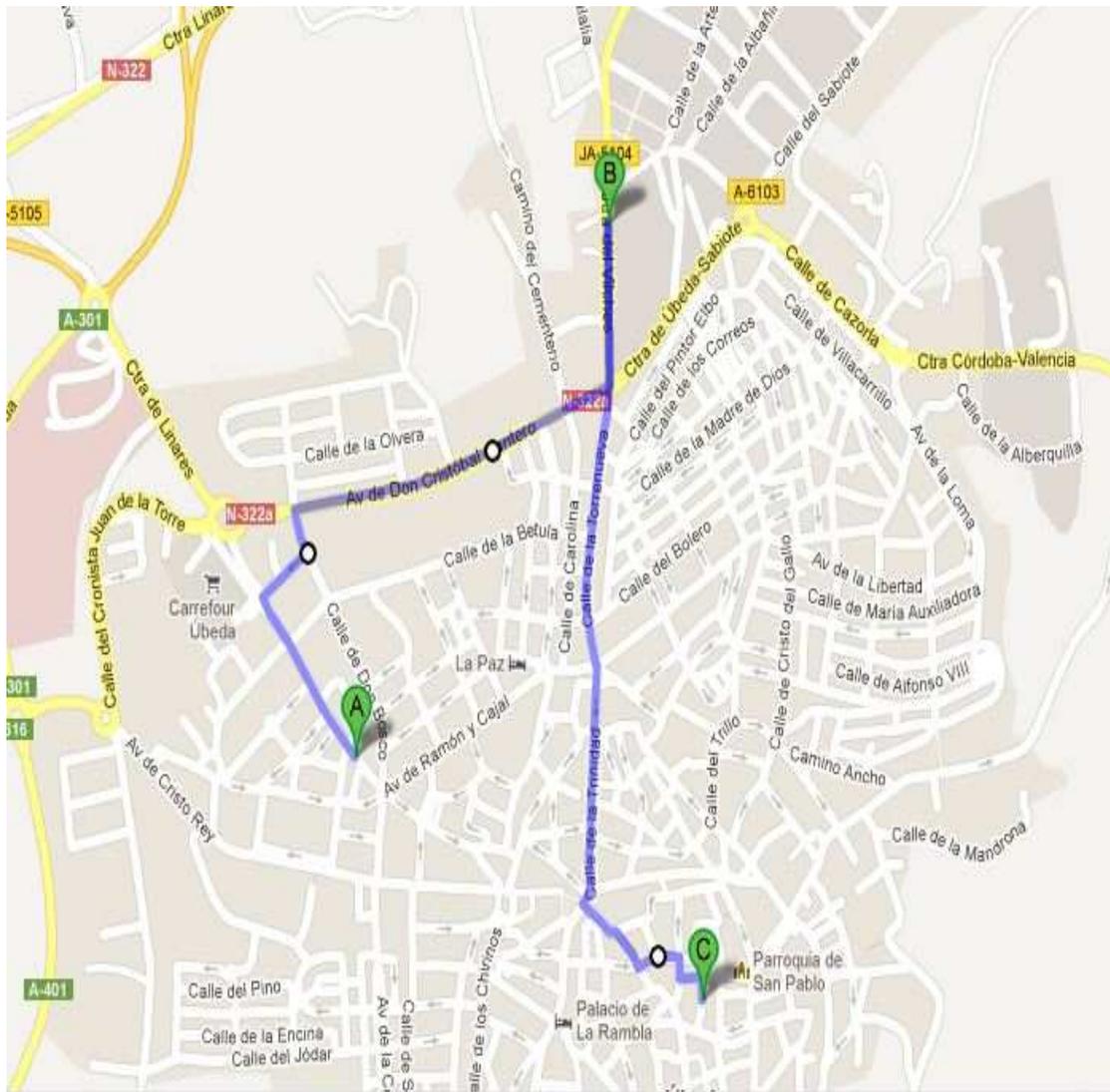


VIDEO

<http://www.youtube.com/watch?v=ym8yyhsDO3Y>



Our venue



- A** euroMind office
- B** Industrial area
- C** Úbeda city centre

All the work placements are no more than 30 minutes walking from euroMind accommodation, both the residence as well as private apartments.

Money & Banks

There is a wide array of banks in Ubeda. To name a few: Unicaja, Caja Rural, Santander, Caja Granada, Caja Sur, La Caixa, Caja de Jaen, etc.

You can withdraw money from any ATM. However, when using ATMs you need to check what the charges are as they vary between systems.



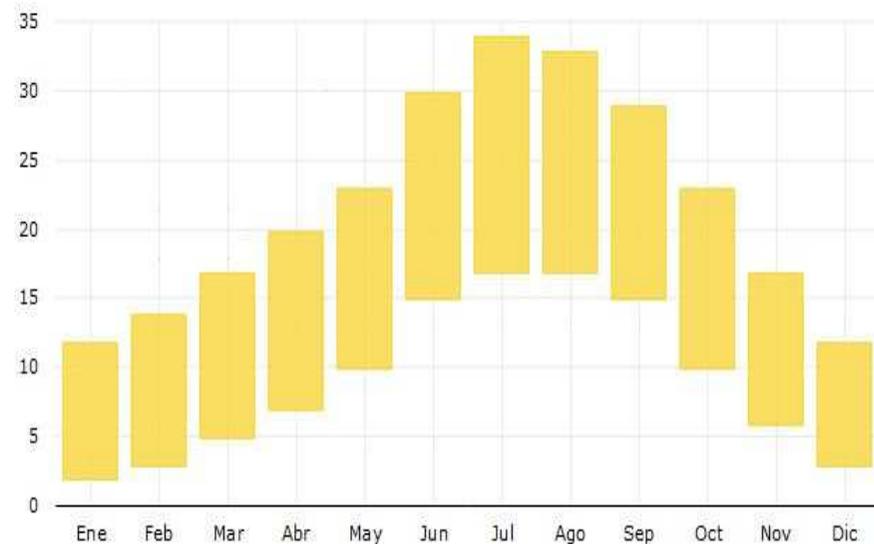
The weather

The average temperature in Andalusia throughout the year is over 16 °C. Averages in the cities range from 15.1 °C in Úbeda to 18.5 °C in Málaga.

Much of the Guadalquivir valley and the Mediterranean coast has an average of about 18 °C.

The coldest month is January when Granada at the foot of the Sierra Nevada experiences an average temperature of 6.4 °C .

The hottest are July and August. The temperature during these months can reach even 40 °C!



1. Average temperatures in Úbeda throughout the year.

Using mobiles in Spain



WHEN CALLING SPAIN FROM ABROAD

Dial 00 for an international call, then 34 which is the code for Spain.

If you want to save a small fortune, a Spanish pay-as-you-go sim card is a solution. You can get one at any phone shop. The cheapest company is Yoigo. You can get a Yoigo sim card for 20 € with the phone credit included.

However, to do that you need to make sure that your mobile phone is unlocked.

The major providers for mobile phones in Spain include: Movistar, Vodafone España, Orange España, Yoigo.

Recharging your credit



You can go to most tobacconists, newsagents and supermarkets and on presentation of your mobile number, you can top up your credit. The credit is added to your balance almost immediately and you receive a text message confirmation. This applies to all other networks, too.

What to bring?

Depending on the season, you should bring the adequate clothing. Winters in the south of Spain are not very harsh, still you should not forget a coat and some warmer jumpers.

Springs are quite warm and sunny. Summers, on the other hand, are extremely hot so please bring only light clothing.

As all of our accommodation has Internet access, a good idea might be to bring a laptop.

The UK trainees can't forget to bring adaptors with them for their UK plugs.



Dress code in the workplace

It all depends on what sector you'll be doing your placement in.

In most workplaces casual clothing is acceptable.

Anyway, try to avoid coming to your placement wearing flip-flops, tracksuits, T-shirts with inscriptions and lots of pictures, low-waist & saggy trousers, glaringly bright coloured trousers, short dresses or mini-skirts.

Just to be on the safe side, it's better to tone down your clothing for work!



Spanish lifestyle

Much of Spanish life is lived in the streets and the atmosphere is especially vibrant at fiesta time. On a warm evening the street cafes and bars can fill to capacity as people sit and relax.

The Spanish way of life is somewhat slower than the rest of Europe, especially in the south.



Work culture

In Spain, the hours that a shop and business may be open to the public are regulated by the government. Shops are usually open from 9:00 am to 1:30 - 2 pm, then from 5 - 5.30 pm until 8.30 - 9 pm, Monday through Friday, and Saturday morning.

Large department stores are open all day



The break from 2 to 5 p.m is called SIESTA. It is a short nap taken in the early afternoon, often after the midday meal. Such a period of sleep is a common tradition in those countries where the weather is warm like Spain.



Banks are open from 9 to 2

In August, when most people take their vacations, office hours change to *jornada intensiva*: 8 am - 3 pm.

Emergency contact details

euroMind Staff

+34 627050073

+34 647901808

Police

112

Ambulance

112

Fire Brigade

112

Tourist health care services

112



Healthcare in Spain

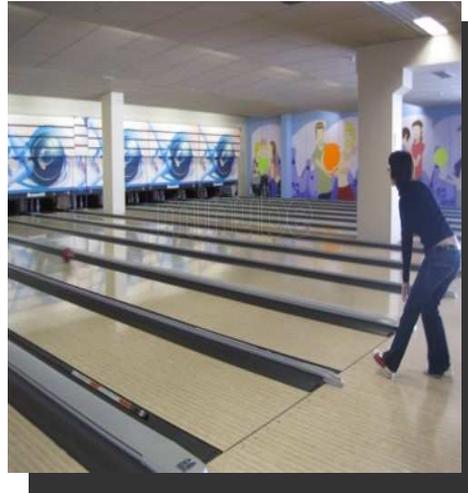
Nationals of EU countries can get free medical treatment in Spain on production of European Health Insurance Card (see right).



Chemists (farmacias) are plentiful in Spain and are marked with a large green cross, (see left). The law states that farmacias must operate on a rota system so that there is always one open. Local press carry details of the duty farmacia. Details are also posted on the door of the farmacias

Entertainment

Apart from numerous bars, cafes and restaurants, Úbeda has lots to offer in terms of entertainment facilities such as cinema, bowling and sports centre, skating park or open-air theatrical spectacles.



Accommodation

Our residence with full-board

It's a spacious four-storey building with 9 bedrooms, 6 bathrooms, 2 kitchens and dining room and a living room.

Additionally, our residence has a lift, swimming pool, basketball court, films watching zone and a barbecue.

At our residence, we provide 3 meals per day, towels & sheets, free Internet access (Wi-Fi) and laundry facilities.



Accommodation

Self-catering Private Apartments

euroMind offers a number of private apartments of high standard situated in the centre of the city or near your work placement.

You can be accommodated in either a single or a double room and you'll be sharing the apartment with other project participants.

This self-catering accommodation option includes kitchen facilities, free Internet access, sheets & towels, laundry facilities and utility bills.



Public Transport

There are two bus lines in Úbeda running on the regular basis. Click on the link below to access a pdf timetable with the routes they cover:

http://www.ubeda.es/ubeda/UserFiles/File/juande/documentos/movernos/aut_urbano.pdf

Nevertheless, Úbeda is a pretty convenient town, so if you do not mind walking, you can get from one place to another on foot without any trouble.

AUTOBÚS URBANO DE ÚBEDA

Horario de los servicios

Línea 1

Lunes a viernes:
Mañana: inicio a las 7:30 y Fin a las 13:45 en C/. Villacarrillo
Tarde: inicio a las 16:00 y Fin a las 19:45 en C/. Villacarrillo

Sábados:
Mañana: Inicio a las 8:20 en C/. Villacarrillo
Fin a las 13:45 en Hospital San Juan de la Cruz

Frecuencia de servicio aproximada, dependiendo de las circunstancias del tráfico, entre 40 y 60 minutos

Línea 2

LUNES a VIERNES
Mañana: inicio a las 7:30 en C/. Villacarrillo
Fin a las 14:50 en Hospital San Juan de la Cruz
Tarde: Inicio a las 16:00 y Fin a las 19:45 en C/. Villacarrillo

SÁBADOS
Mañana: inicio a las 8:20 en C/. Villacarrillo
Fin a las 13:45 en Hospital San Juan de la Cruz

Frecuencia de servicio aproximada, dependiendo de las circunstancias del tráfico, entre 20 y 30 minutos.

Post Office

Address:

Calle Trinidad 4

Opening times:

Monday – Friday: 8:30-14:30

Saturdays: 9:30-13:00

Sundays: closed



* Please, note if you want to send a postcard or a letter you can easily buy a stamp at any kiosk. The European Union stamp costs 70 cents.

Post boxes can be found in many places around Úbeda so it is not always necessary to go the post office, unless you want to send a parcel or a certified letter.

Bus & Train



Unfortunately, there is no railway station in Úbeda. The closest one is Baeza/Linares train station which is located about 26km from Úbeda.

Many bus companies operate at the bus station that link the city and villages of Úbeda, the rest of Andalusia and Spain. Also there are services with destination to Europe and the north of Africa.

Spanish national companies are:

ALSINA GRAELL SUR, S.A
AUTOMOVILES CASADO S.A.
AUTOMOVILES PORTILLO S.A.
DAIBUS S.L
AUTOCARES SIERRA DE LAS NIEVES
AUTOCARES MATEOS S.L.
AUTOCARES LOHI S.A
AUTOCARES VALLE-NIZA S.L
RUIZ Y AVILA S.L.
TRANSPORTES BACOMA

Each bus company has its own website. You can easily google it by putting the name of a company in the search engine.

Food

Úbeda and Baeza are renowned throughout Spain for the *tapas* that are served in their bars. This is because in much of Spain you have to pay if you want a *tapa* with your drink. However, in the province of Jaén you get a *tapa* for free. They're often famously large and you even make a light supper out of them. Bigger



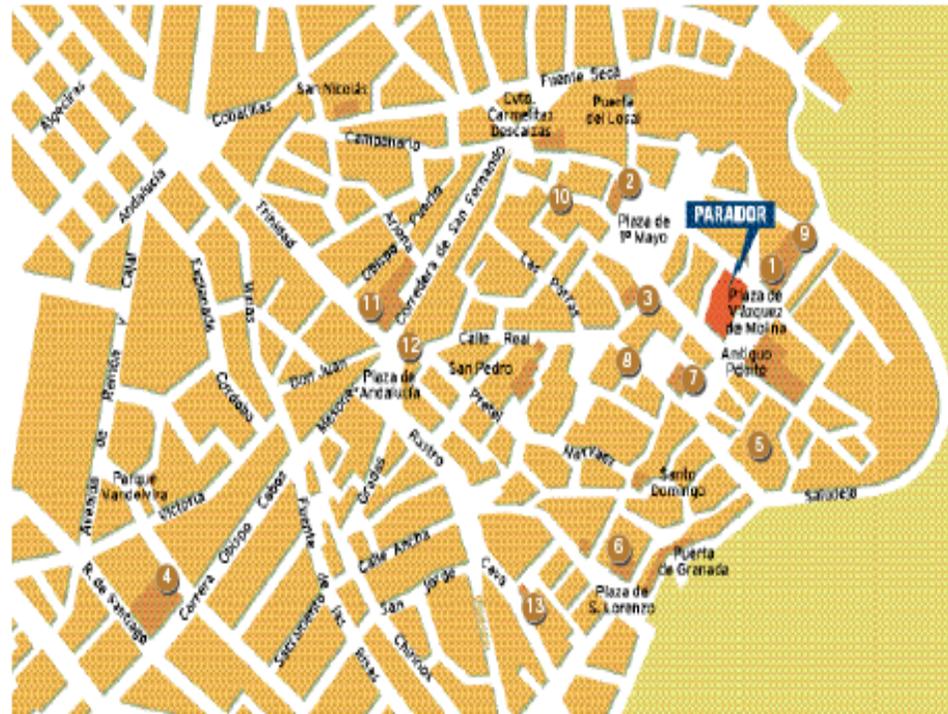
From spring to mid summer you'll also see signs up on many bars announcing that "*Hay Caracoles*", i.e. snails are available. During their season, they're perhaps the most popular *tapa* among the locals (see left).

Mini rolls called *ochíos* are definitely widespread. They're made with olive oil and paprika, and are served with various fillings, the most common one being *morcilla en caldera*. This is a spreadable black pudding that's served warm. It's somewhat akin to a paté and is delicious (see right).



Úbeda Old Town

1. **Salvador Chapel.** Designed by Diego de Siloé, built by Vandelvira.
2. **Church of San Pablo.** Gothic-Plateresque church, formerly a mosque.
3. **Old Town Hall.**
4. **Santiago Hospital.** Known as the “*El Escorial of Andalusia.*”
5. **Santa María de los Reales Alcázares.** Gothic cloister.
6. **Torres House.** Plateresque façade.
7. **Palace of the Cadenas family.** Built by Vandelvira.
8. **Palace of Vela de los Cobos.** Mid-16th-century.
9. **Honrados Viejos de Salvador Hospital.** 16th-century.
10. **Mudejar House.** Archeology section of the Museum of Úbeda.
11. **Church of la Trinidad.** Baroque style.
12. **Clock tower.** 16th-century.
13. **La Cava Walls.** Remains of the town walls.



Old Town Heritage

Santiago Hospital

The building apart from serving the function of church, pantheon and palace was to serve the poorest patients.

Nowadays, the building is the place where cultural events take place, such as concerts, exhibitions, chess contests, conferences.

In the Hospital there is also a local library (see right).



St Paul Church

It comes from the 14th century, but the present-day building in the state as we can admire it today was built in the 16th century





The Holy Chapel of el Salvador

It is the most famous building in Úbeda and one of the best examples of Spanish Renaissance architecture, also the most ambitious private religious architecture of the Spanish Renaissance which was going to be used as funeral chapel (see left).

Clock Tower (Torre del Reloj)

It was part of the medieval walls constructed in 13th century. In the 16th century, the clock and its bells were added transforming its looks and function completely. The tower was used as a defensive point of the city walls. It protected the Toledo Gate which no longer exists.





City Walls

Ubeda's city walls were very important, due to the strategic situation in the frontier with the Arab Kingdom of Granada.

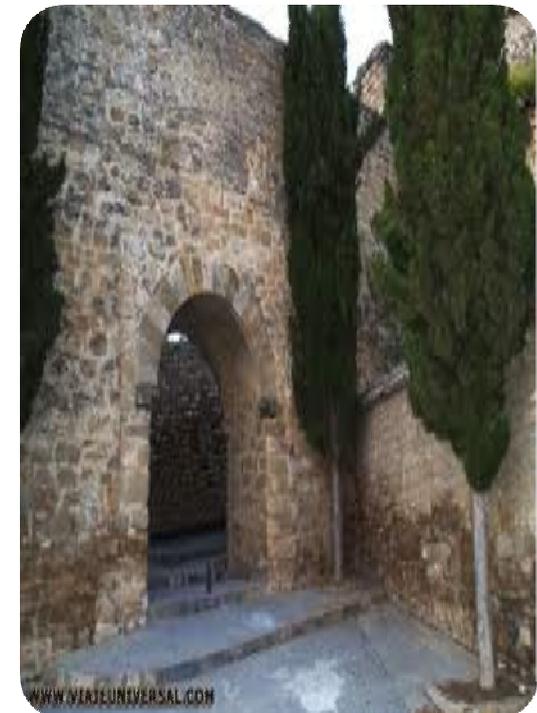
In the chronicles of this age, it was said that Ubeda was the strongest city in all of Andalucia.

Ubeda has retained many remains of the walls, (which were built then re-built between 9th and 14th century).



Granada Gate (see left)

Losal Gate



Chains' Palace or Vázquez de Molina Palace

Vázquez de Molina Palace is named Chains' Palace for the decorative chains which once hung from the facade. Nowadays it houses the Town Hall of Úbeda (see right).



Archeological Museum

The museum occupies a Moorish house. There are findings from the prehistory, the Agaric (European) culture, Iberian and Roman periods and Visigoth and Muslim times.



Any questions?

