



SURIVAL GUIDE 2022-23

how to survive in Alcalá de Henares

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ESN ALCALÁ

- 1.1. Who are we?
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ESN Alcalá highlights: The team

ESN Alcalá team is aware of how important it is for you to settle down as quickly as possible in your new host city, even more due to the circumstances we have to adapt to fit the new challenges. For that reason, we have elaborated this brief guide in order to facilitate your arrival and solve many of the doubts that will arise about your new “home” during the first weeks. Take your time to read each of the sections and remember that you can contact us any time in the different channels that you will find in section 1.3 Where can you find us?

1.1. Who are we?

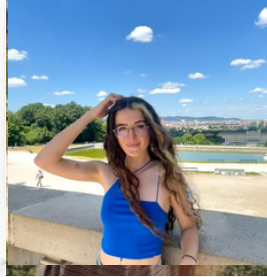
First of all, let us introduce ourselves. ESN Alcalá is part of one of the most important student networks of Europe, which has been operational since 1989. In particular, ESN Alcalá is an association formed by a group of VOLUNTEERS (the great majority are former Erasmus students), which is based on the idea of “Students helping students”. We are a NON-PROFIT association with a clear goal: provide assistance to all the students that arrive in Alcalá to study and contribute to their integration.

To do so, we organise trips and cultural, sport and social activities during the whole year! September, the month of our Welcome Days, is just the beginning of an unforgettable adventure. If you want to know more, keep reading.

This is us!



Paula



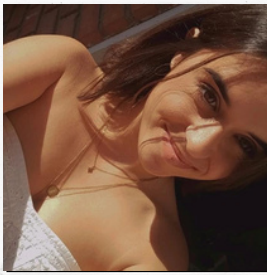
Clara



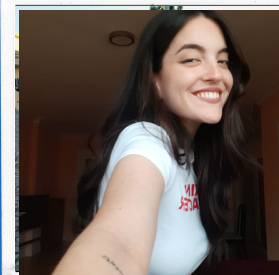
Javi



Raquel



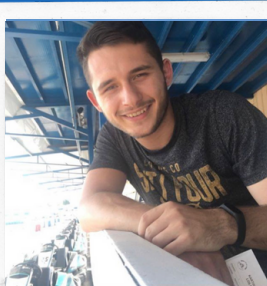
Ana



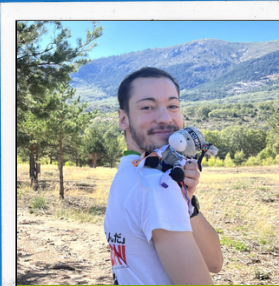
Geno



Raúl



Iacob



Álvaro

This is us!



Sole



Théa



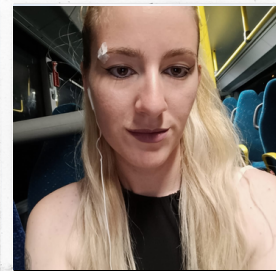
María



Agueda



Gema



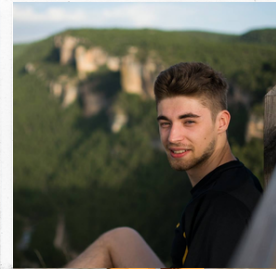
Diana



Isabel



Manu



Luis

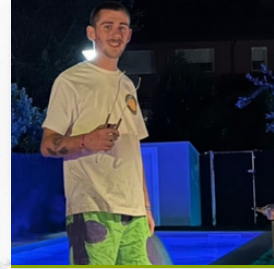
This is us!



Stefan



Leslie



Portero



1.2. What do we do?

First of all, in association with the Vice Rectorate of International Relationships, we are in charge of the Buddy Program. If you are interested, throughout this program you will be assigned a local student that is willing to help you before and during your stay in Alcalá. We know that arriving in a new country with a different culture can be quite challenging, but we are sure that your buddy will make everything easier. To apply for a buddy, download the app [Papaya \(ESN\)](#) and create a profile in "Programa tutor 2022/2023"

Also, we organize the Welcome Days, that are days where you can meet us and get to know other students. Thanks to these Welcome Days you will have the opportunity to meet all the people that will become part of your new Erasmus family, learn more about Alcalá and its traditions and lose the fear of what is yet to come.

In addition, along the year you will be able to take part in all the other activities that we organize, among the which the most remarkable are:

Lunes de Tándem

Every Monday we celebrate a session of linguistic exchange in which you will have the opportunity to meet other young adults like you and put into practice everything you are learning in a new language. If language lessons are not enough for you, don't hesitate to come every week to find out what we have prepared for you in order to learn about different languages and cultures in the most dynamic way.



Sports day and dance lessons

From time to time, we like spending some time sweating our T-shirts and feeling the rhythm through our veins. Therefore you will be able to enjoy a Zumba class in Residencia Lope de Vega. But if you are not keen on dancing, don't worry, we celebrate a 'Sports Day' in which you will show in which sport you excel.



Tapas crawl

If there is something typical in Alcalá, those are our Spanish tapas. This is an activity in which we gather together around a table to keep discovering the different Spanish dishes that you will miss so much once you go back to your home country.



Karaokes

After many singing sessions under the shower, it is time to show to your Erasmus friends how great you sing and have a good time together. Plus, we have theme karaokes: 2000s music, Disney songs, don't miss them! Who knows if in a few months you will be crowned as the new Karaoke Master of ESN Alcalá.



Trips

Finally, we also want you to discover every spot of your new country by our side. For that purpose, we organize day trips and longer trips during the whole year to the most emblematic places of the Spanish geography like País vasco, Valencia, Barcelona, Islas Baleares, Toledo, Sevilla, Córdoba, El Escorial, etc. We also organise excursions to places near Alcalá, such as Guadalajara, Segovia or Cuenca. Beautiful cities that you can't miss.

Stay tuned thanks to our [Facebook](#) group or our IG account (@esn_alcala) to find out about all the details of the different trips because for sure you cannot miss any of them!!



País Vasco



Segovia



Barcelona

1.3 Where can you find us?

Our office is located downtown in Alcalá, on the first floor of Alcalingua's building (Calle Escritorios, 4).

Do not forget to check our office hours on our Facebook group or instagram account before coming to visit us!

Remember that you can find more information in our erasmus portal: <https://esnalcala.org/>

You can also find us in our social networks, in our website and in our email:

- Fan Page Facebook: <https://www.facebook.com/esn.alcala/>
- Facebook group: <https://www.facebook.com/groups/629004751406701/>
- Web: <http://www.esnuah.org>
- Instagram: @ESN_Alcala
- Email: info@esn-uah.org

[Click here to see the direction in Google Maps](#)



1.4 How can you join ESN Alcalá?

To join our community and enjoy the different advantages that ESN has, we want to introduce you to the ESNcard. Thanks to this card you will be able to get discounts in accommodation, shops, trips (ESN trips, ALSA, etc.), restaurant services, nightlife venues, hairdressers and many more sites.

You can see where to get discounts here: <https://esnalcala.org/descuentos>

Getting your ESN card is very easy, you can purchase it in our office together with a Welcome Pack full of surprises for the price of 15€. You will only need to fill out a form that we will publish in our Facebook group and website, and bring a passport photo to our office.

You can find more information about where to use the ESNcard at our office, in our website or by checking the following web: <https://escard.org/>.



¡This is Lucero, our donkey pet!
Even though it's a donkey, it's pretty cute, don't you think?

02.

GETTING

STARTED

2.1. Accommodation

2.2. SIM Card

2.3. Transport

2.1 Accommodation

Are you an exchange student looking for accommodation in Alcalá? Here you have the best options!

UNIVERSITY RESIDENCES FOR STUDENTS

Living in a university residence is the easiest way to meet people. The University of Alcalá offers you the option of staying both in the historic centre and on the external campus, located about 3-4 kilometres from the centre.

RESIDENCES IN THE “CAMPUS EXTERNO” OF THE UAH

The University offers two residences in the “campus externo”. They are a bit far from the city centre, so you will have to take the bus, train or car.

If you want more info, click here: [CRUSA](#) and [RESA](#).



Tip!

If you are going to study Social Sciences or languages, the best option for you is to live in the city centre, because there are the faculties where these degrees are taught. Because of the same reason, if you are going to study Sciences or an Engineering it would be interesting to live in the "campus externo".

RESIDENCES IN THE CITY CENTRE OF ALCALÁ DE HENARES

The residence Love de Vega could not have a better location because you will only spend 5 minutes walking to any of the faculties in the city. Besides, it will be easy for you to find a supermarket, cafes, restaurants and shops. Click here if you want more information: [LOPE DE VEGA](#)

Quite further away from the center is the Cardenal Cisneros University Residence, although at a more affordable price. You can see more information here: [RUCC](#)

SHARED FLAT FOR STUDENTS IN ALCALÁ DE HENARES

If you are not convinced about residences, you can also stay in a shared flat for students in the centre of the city.

There are some websites where you can find rooms and flats to share with other people. Here are some of them which are available both in English and Spanish.

<https://badi.com/es/>

www.idealista.com

<https://www.fotocasa.es>

<https://www.spotahome.com>

<https://inlifehousing.com>

Remember that you can always contact your buddy from ESN Alcalá if you need any help or visit our website.



2.2 SIM card

In the ESN office you could receive for free a prepayment SIM card of Lyca that we will activate for you when you get your ESNcard as well. Lyca Mobile offers affordable rates that include both telephone calls and internet, so you do not need Wifi all the time. If you want more info about the rates please click here: www.lycamobile.es/es/

2.3. Transport

2.3.1 HOW DO I GET TO ALCALÁ FROM ADOLFO SUÁREZ MADRID-BARAJAS AIRPORT?

	Price (aproximated)	Time (aproximated)
BUS (Suggested)	3,60 euros	45 - 50 minutes
TAXI	It depends (at least 30-45 euros)	25-35 minutes
TRAIN	3,25 euros (+Extra fare)	1 - 1:30 hours

AUTOBUS

OPTION 1

LINE 824 (SUGGESTED).

If you are at terminal T1, T2 or T3 you can take bus 824, which starts at T1 and T2 (from terminal T3 you can walk until the bus stop).

If you are at terminal T4 you need to take the airport bus, which connects the terminals, and take off at terminal T1 or T2, here you can see the map of the terminals: http://www.alcalanow.com/wp-content/uploads/2012/10/AA-TyA-MAD_ConexionesTerminales_EN.pdf

Once you get there, take the bus 824 to Alcalá.

Here you can check the timetable of the bus 824:

http://www.crtm.es/datos_lineas/horarios/8824H1.pdf

OPTION 2

LINE 200 (from the airport until Canillejas)

+ ALSA bus to Alcalá: 223, 227, 229 lines.



IMPORTANT!

REMEMBER THAT YOU MUST BRING CASH WITH YOU (COINS OR NOTES OF 5€) TO PAY THE BUS DRIVER.

TRAIN

There is no direct train from the airport to Alcalá!!!

If you are at terminal T1, T2 or T3 you need to take the airport bus, which connects the terminals, and take off at terminal T4 (here you can see the map of the terminals:

http://www.alcanow.com/wp-content/uploads/2012/10/AA-TyA-MAD_ConexionesTerminales_EN.pdf

If you are at terminal T4, you must take the train with destination Príncipe Pío and take off at ATOCHA (5 stops). Once you are in Atocha, you must change trains and take one with the destination ALCALÁ DE HENARES or GUADALAJARA (lines C-7 and C-2).

More information:

<https://www.renfe.com/es/es/cercanias/cercanias-madrid/mapas>

TAXI

This is the most expensive option, but if you carry lots of luggage or if there is no public transport when you arrive, you can take a taxi. The ride lasts about 25 minutes and the price is variable (at least 35-35€).



2.3.2 CONNECTION BETWEEN ALCALÁ DE HENARES AND THE SCIENTIFIC-TECHNOLOGICAL CAMPUS (“CAMPUS EXTERNO”) AND THE UNIVERSITY

BUS

LINE 2:

https://moovitapp.com/index/es/transporte_p%C3%BAblico-line-2-Madrid-21-857945-749958-0

LINE 3:

https://moovitapp.com/index/es/transporte_p%C3%BAblico-line-3-Madrid-21-857945-749959-0

LINE 1A (CIRCULAR - CLOCKWISE):

https://moovitapp.com/index/es/transporte_p%C3%BAblico-line-1A-Madrid-21-857945-3418732-0

LINE 1B (CIRCULAR - COUNTERCLOCKWISE):

https://moovitapp.com/index/es/transporte_p%C3%BAblico-line-1B-Madrid-21-857945-3418733-0

We recommend you to take these buses if you study at Medicine, Pharmacy, Chemistry, Environmental Sciences or Polytechnic faculties. You can also get to the rest of the faculties by walking from the bus stops.

Explanatory note: If you take the circular line to go to UAH Campus from your home and you use line 1A, to return home you must use line 1B; or vice versa, if on your way to the University you use line 1B, to return home you will have to use line 1A.

From Alcalá de Henares train station you must take the train with destination GUADALAJARA (line C2) and take off at the next stop (ALCALÁ UNIVERSIDAD). We recommend you to take the train if you study at Biology or Pharmacy faculties. You can also go to the other faculties of the “campus externo” by walking.

If you take the train to go back to ALCALÁ DE HENARES don't forget to validate your transport card or ticket at the Renfe automatic vending machine.

More info: <https://www.renfe.com/es/es/cercanias/cercanias-madrid>

2.3.3 GUADALAJARA CAMPUS (EDUCATION FACULTY AND MULTIDEPARTAMENTAL BUILDING).

If you want to go to any of these two faculties, you can do it by train or bus.

BUS

(60 minutes, a more limited frequency)

Bus line 221A from Alcalá de Henares. Timetable and route:

<http://horariosautobuses.org/linea-221a-alcala-de-henares-guadalajara-por-alovera-alcala-de-henares.html>

It takes 15 minutes walking from Guadalajara bus station to any of the faculties.

(40 minutes, depending on the connections, Suggested option)

From Alcalá de Henares train station take the train with destination GUADALAJARA (line C2) and take off at the last stop (GUADALAJARA).

From Guadalajara train station, you will take a bus to arrive at the faculties.

- Education faculty. You can take any of this lines:

- Line L4 (destination: “Hospital”), “Calle Madrid, 1” stop
- Line L6 (destination: “Las cañas”), “Dos de Mayo” stop

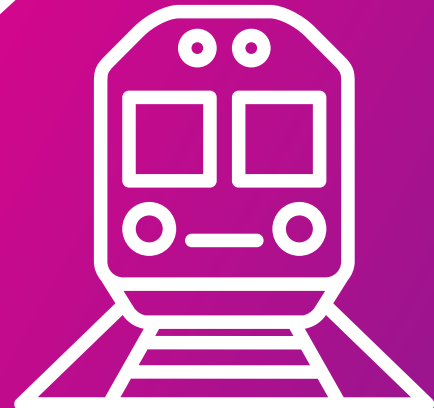
- Multidepartamental building. You can take any of this lines:

To go:

- Line L4 (destination: “Hospital”), “Calle Cifuentes” stop
- Line C2 (circular), “Constitución” stop

To go back (To Guadalajara Station):

- C1 “RENFE” Stop
- L4 “Paseo de la Estación” Stop



2.3.4 HOW DO I GET MY TRANSPORT CARD?

The public transport card will make it easier to commute in Comunidad de Madrid (train, underground and bus). There are two options to obtain it: Those are the steps that you will need in order to get it:

1. Enter the following website:

<https://tarjetatransportepublico.crtm.es/CRTM-ABONOS/entrada.aspx>

1. Click on 'Quiero obtener una Tarjeta Transporte Público'
2. Select your age
3. Enter your ID (DNI / Passport / DNI not Spanish / Resident card)

Currently there are two possibilities, apply for the transport card at home or make an appointment in person by selecting the 'Alcalá de Henares' Office (It is located in the Central Train Station of Alcalá de Henares). C/ Pedro Lainez).

Check [this video](#) for more details:

- If you apply online, fill in all the required fields and it will be sent to your home address.
- If you apply in person:
 5. Click on the Office 'Alcalá de Henares'
 6. Choose a date and time (within 30 days).
 7. Go to your appointment with your ID
 - + Pay your payments

¡AND THAT'S IT!



IMPORTANT

If you don't have a Spanish telephone number yet, leave the field

You must recharge it every 30 days: At Renfe or Metro automatic vending machines or at a "estanco" (tobacconist's)

- The tax depends on your age:
 - If you are under 26 years old, the price is 20,00 € per month
 - If you are 26 or over 26 years old, the tax varies depending on the areas where you commute.

2.3.5 ADDITIONAL LINKS

- **BUSES OF ALCALÁ DE HENARES:**

<http://www.monbus.es/es/comunidad-de-madrid/transporte-urbano-metropolitano>

Map of Alcalá de Henares with bus lines:

<https://aytoalcalah.maps.arcgis.com/apps/webappviewer/index.html?id=21e91f4a156c4dbf88709f0ab0b40b2c>

- **GUADALAJARA BUSES WEBSITE: :**

<http://urbanos.guadalajara.es/>

Map of Guadalajara with bus lines:

<http://urbanos.guadalajara.es/descargas/descargas.xhtml>

- **“ALCALÁ DE HENARES - TU CIUDAD” AND “CUIDA ALCALÁ” APPS, AVAILABLE FOR IOS AND ANDROID.**
 - With the “Alcalá de Henares - Tu Ciudad” app, you can get to know the very latest news, events, and activities that are taking place in the city. In addition, it also has plenty of interactive maps so that you can more easily find places of interest (monuments, museums, parkings, green areas, healthcare centres, pharmacies, bus network...).
 - With the app "Cuida Alcalá", citizens will be able to report any incident related to waste management and cleaning in the city.

2.3.6. HOW TO GET GUADALAJARA’S TRANSPORT CARD?

- For Guadalajara buses you’ll need to request an ‘Abono Ordinario’. You must go to an office. Centro Municipal Integrado Eduardo Guitián, Avenida del Vado, 15 (Guadalajara) is open from Monday to Friday from 9:00 a.m. to 2:00 p.m. or municipal offices: Plaza Mayor, 1 (Guadalajara), in the afternoon on Tuesdays and Thursdays, from 3:00 p.m. to 6:00 p.m., or at the Guadalajara Bus Station.
- You’ll have to recharge sometimes, each trip has a cost of € 0.70, which is deducted from the card (Minimum recharge is 10€).

RECHARGING POINTS:

<https://www.guadalajara.es/recursos/doc/portal/2018/03/26/tarjeta-ciudadana-ubicacion-de-los-puntos-de-venta20154.pdf>

2.4 Sites of interest

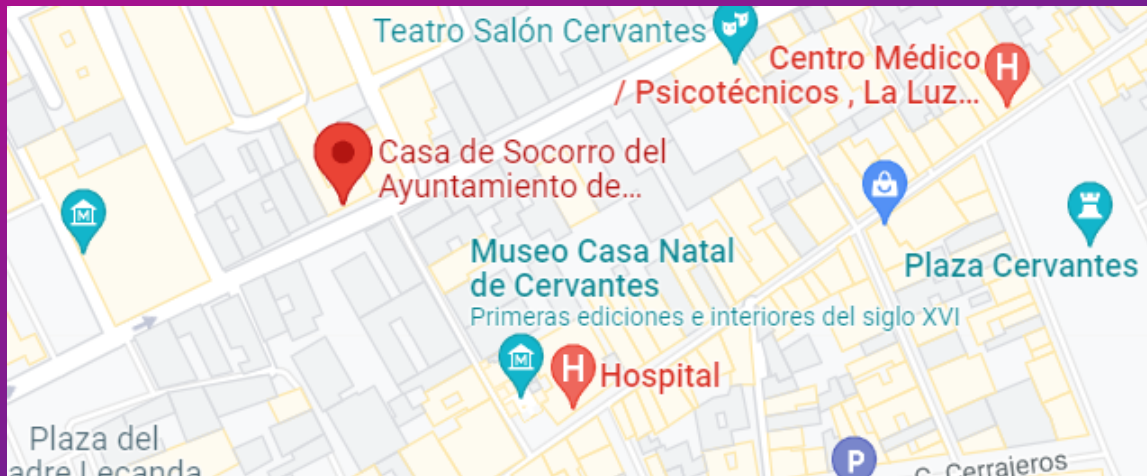
SHOPPING

In Spain there are many national and international supermarkets. Some of which you can find in Alcalá are Mercadona, Ahorramás, Carrefour and Dia.



If what you need is buying clothes and other products, we recommend the mall Alcalá Magna, which is located close to the city centre.

Apart from fashion stores, in the shopping centre La Dehesa (bus number 11, 1A-1B or train station “Alcalá Universidad”) there are stores of electronic devices, furniture for your apartment... Besides, you can go to Quadernillos cinema to watch the latest films (mostly dubbed into Spanish).



In case you are not satisfied yet, you can also go to the shopping centre El Corte Inglés (buses number 1A or 1B and 11, or train station “La Garena”).

HEALTH AND EMERGENCIES

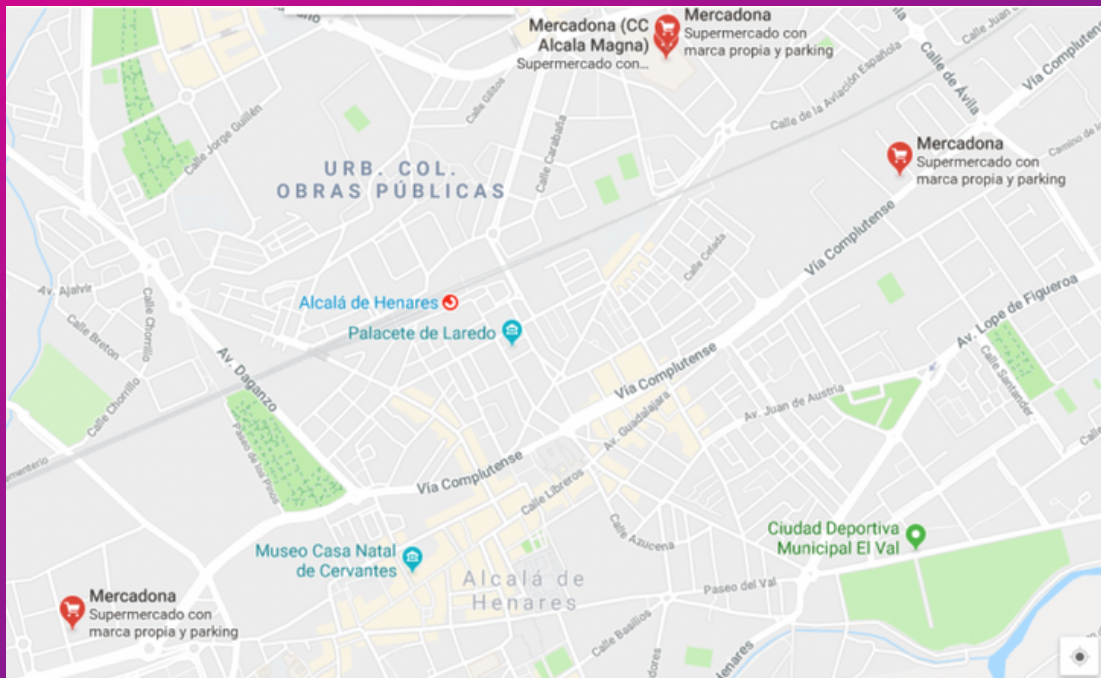
In Alcalá there are different public health centres where you can go when you need to see a doctor, such as Carmen Calzado or María de Guzmán, which are located in the city centre. If you need to see a doctor but the health centres are closed (during the weekend, a bank holiday or the night) you can go to the Casa de Socorro, where there is a doctor the whole day for free (C/ Santiago 13).

In case of an emergency you can always go to the Príncipe de Asturias Hospital (buses number 2, 3 and 227, or calling to 112).

You can buy medicines with medical prescription at the different pharmacies in Alcalá. Here you can also buy some medicines without prescription (for example when you have a cold, cough, stomach ache...).

The timetable of the pharmacies are different: in general, they open from 9:30 to 21:30, but some of them close at lunch time. There are also pharmacies which are open during the night.

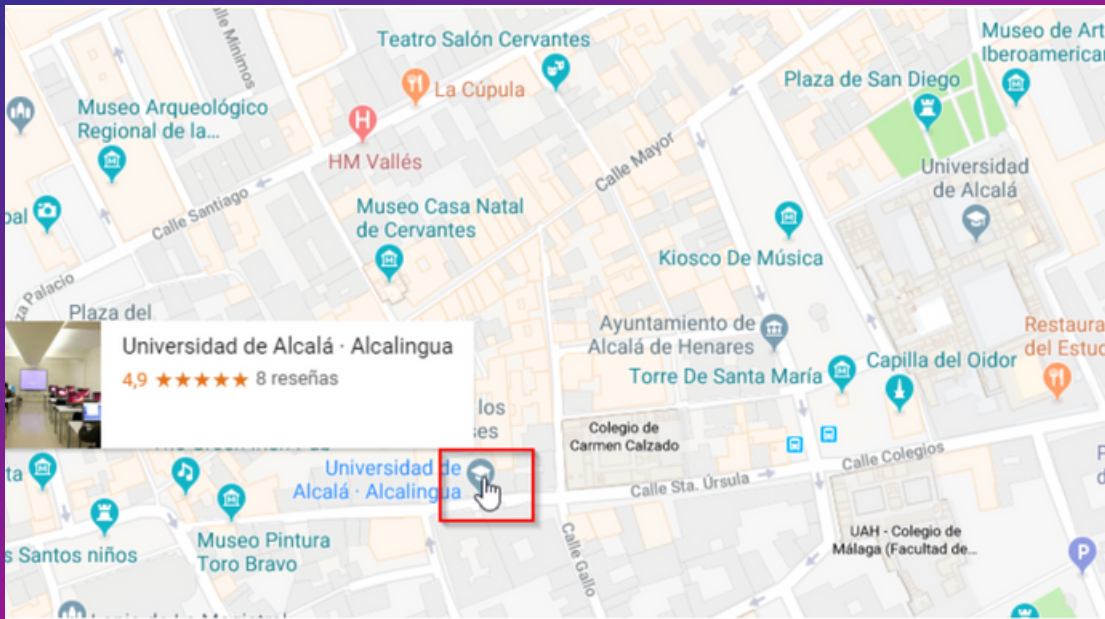
* In case of COVID-19 symptoms, please do not leave the house, call 900 102 112, a team of professionals will give you all the instructions.



ESN OFFICE

You can find us on the second floor of the Spanish language school Alcalingua (Escritorios Street, 4).

Here you can obtain your ESNcard, pay for the trips that we organize, ask us any doubts...The timetable of the office is published weekly on our Facebook page and Instagram stories.



UNIVERSITY

The University of Alcalá consists on different faculties which are located in three areas: “campus histórico” (in the centre of the city), “campus externo” (on the outskirts) and “campus de Guadalajara” (located in the city Guadalajara). The main organism of the university is the Rectorate, which is in the “campus histórico”, where there are different departments, such as the International Relationships Office.

Next to the Rectorate there is the CRAI library, which is open 24 hours every day for free.

EATING

The typical activity in Alcalá is “tapear”. “Tapas” are a small portion of food which costs between 2.50€ and 3.50€, drink included. Some of the bars where you can try these “tapas” are El Indalo, La Cueva de Antolín, Hemisferio, La Posada Magistral...

There are also many restaurants, cafes and fast-food places all over the city, especially in the main street.



03.

MUST DO

3.1 Must do!

Because every student that arrives to the University of Alcalá, cannot finish their stay without experiencing each of the ten things listed below:

1. Take a pictures with the statues of [Don Quijote y Sancho Panza](#)
2. See the panoramic view of Alcalá and Madrid from [Ecce Homo](#) hill
3. Sorprenderte con el precio de las tapas que acompañan a las bebidas
4. Do not miss any of the activities that we have prepared for our [Welcome Days](#)
5. Visit the [Parainfo de la universidad](#) during the official Welcome Day
6. Eat a rosquilla de Alcalá (typical sweet)
7. Buy sugared almonds in a cloistered convent
8. Establish as meeting point the “[monigote](#)”
9. Go for a walk or a run along the [río Henares](#)
10. Visit [Palacete de Laredo](#) (1 euro with your TUI Card)



04.

IMPORTANT PHONES

Emergency and ambulances:

112

Local and national police:

091 and 092

Taxis:

918822188

General secretary of UAH:

91 885 4053

Office for international relations:

918854169

COVID-19 Medical Assistance:

900 102 112

¡Some experiences!

"I personally think that you guys are absolutely crazy. I don't know how anyone could feel lonely or sad in Alcalá with this incredible bunch of coordinators that are so dedicated for ESN stuff.

To sum it all up, I can't imagine a better ESN group and you guys inspired me to participate in ESN in my country as well. To make life better for poor people coming to Slovakia".

- Janna

"To ESN:

I want to start by saying that without you guys, this experience wouldn't have been the same. I loved every activity".

- Larisa

"Your integration weekend is when I made connections that led me to have fun and an exciting semester"

- Annie

"Dear ESN,

Thank you so much for all the activities and everything you all did for us. Without you, my Erasmus wouldn't have been the same, you did my experience greater and more wonderful than what I thought. So glad that you are part of the best experience of my life.

You have clearly wonderful souls. I wish you the best".

- Bianca.

" Esto no habría sido posible sin los mejores coordinadores del mundo. Aprecio mucho todo lo que habéis hecho por nosotros este semestre. Sois realmente especiales y os queremos mucho.

- Gigi

we look forward to meeting you!



¡Alcalá manda y no tu banda!



Erasmus Student Network
Alcalá