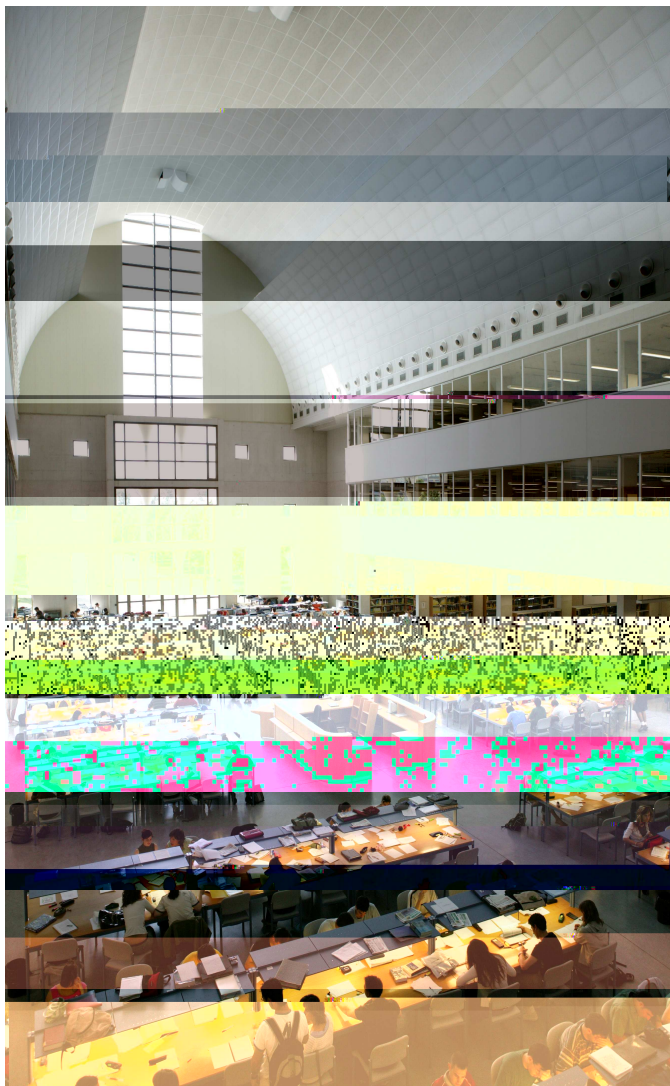




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# WELCOME TO THE PUBLIC UNIVERSITY OF NAVARRE!



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## Introduction

Pamplona is the capital of Navarre, a region in the north of Spain on the border with France. In the Middle Ages, Navarre was an important crossroads for travellers and pilgrims on the Way of St James. In addition to its historical importance, Navarre is, above all, wealthy in terms of natural diversity. In just 10,400 square kilometres, there are three climatologically distinguishable zones, making for a great variety of natural landscapes.

More information: <http://www.turismo.navarra.es/esp/home/>  
Pamplona, famous all round the world for the San Fermin fiesta, is a small, safe, peaceful city with a great student life.

Find out more at: <http://www.pamplona.net/>



## General information on the UPNA



Institution: Public University of Navarre (Spain)  
Address: Campus de Arrosadía,  
31006 Pamplona (Spain)  
University Erasmus Code:  
E PAMPLON 02  
Website: [www.unavarra.es](http://www.unavarra.es)

Built in the 80s and 90s, the Public University has three campuses: the main campus, called the Arrosadía Campus, is in Pamplona. And there are two smaller ones: another one in Pamplona for Health Sciences and one in Tudela, a town 100 km away from Pamplona, for Physiotherapy and Technical Design Engineering. The university is committed to providing quality higher education. Outstanding resources complement teaching at this young, dynamic university. Multimedia centres, a library, sports facilities and cultural activities are all easily available at the university. There is a map and information on the Campuses at:

<http://www1.unavarra.es/conocerlauniversidad/campus>



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## 1. Application process

1.- **Nomination:** the university of origin must notify the UPNA that the student has been selected to study here (by e-mail or post).

2.- When the UPNA receives this notification (or nomination), or in the case of the ISEP program, once the UPNA has received and approved the applications for ISEP students from the central office in Washington, the student will receive the information and documentation needed for the exchange by e-mail.

3.- The university of origin or the student must complete and send (e-mail or post) the following documents to the UPNA's External Relations office (Relaciones Exteriores) before the 15<sup>th</sup> of June 2011 (for students coming in September to do the first semester or the full year) or the 15<sup>th</sup> of November 2011 (for students coming in January):

1. Exchange student application form
2. Provisional programme of study at the UPNA. Consult the information on the academic options and curricula in the later sections to fill in this programme of study properly.
3. Photocopy or scan of passport or national ID document
4. 1 passport-size photo with name and surname/s on the back. A scan of the photo can be sent but it must be in colour and high quality

These documents must be sent to the following address:

*Universidad Pública de Navarra*  
*Oficina de Relaciones Exteriores*  
*Edificio Las Sóforas*  
*Campus Arrosadía*  
*31006 Pamplona, Spain*  
[relext@unavarra.es](mailto:relext@unavarra.es)

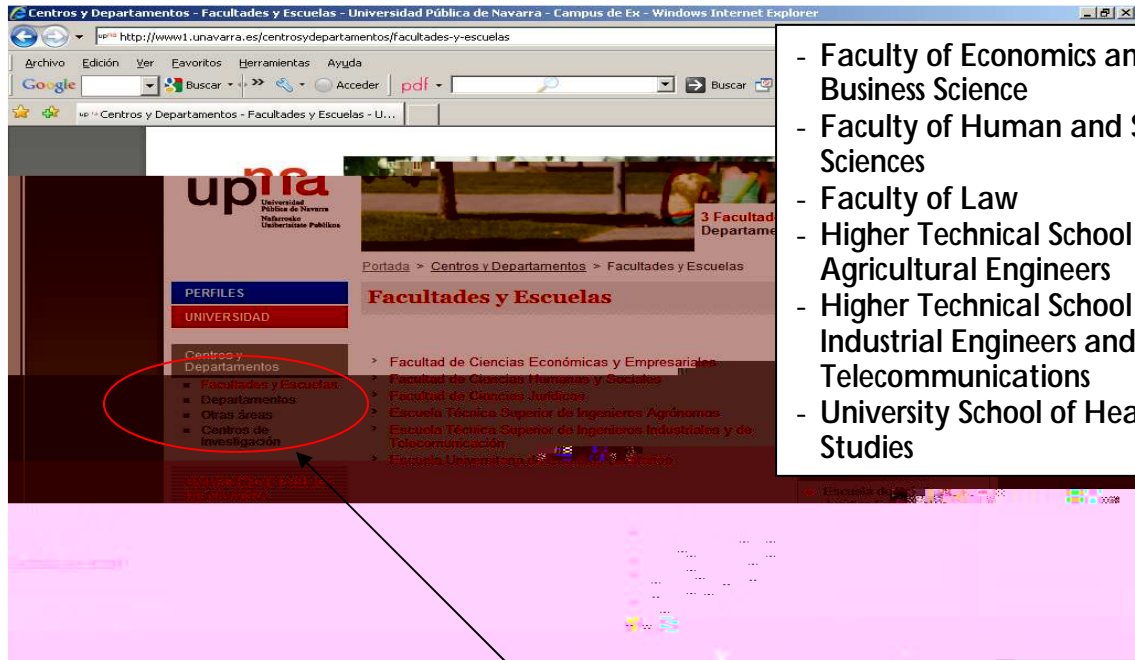
When this documentation has been received, it is understood that the application has been accepted. You will then receive an e-mail with the information you need in order to organise your journey to Pamplona. Non-European Union citizens will be sent a letter of acceptance by post so that they can apply for their visas.



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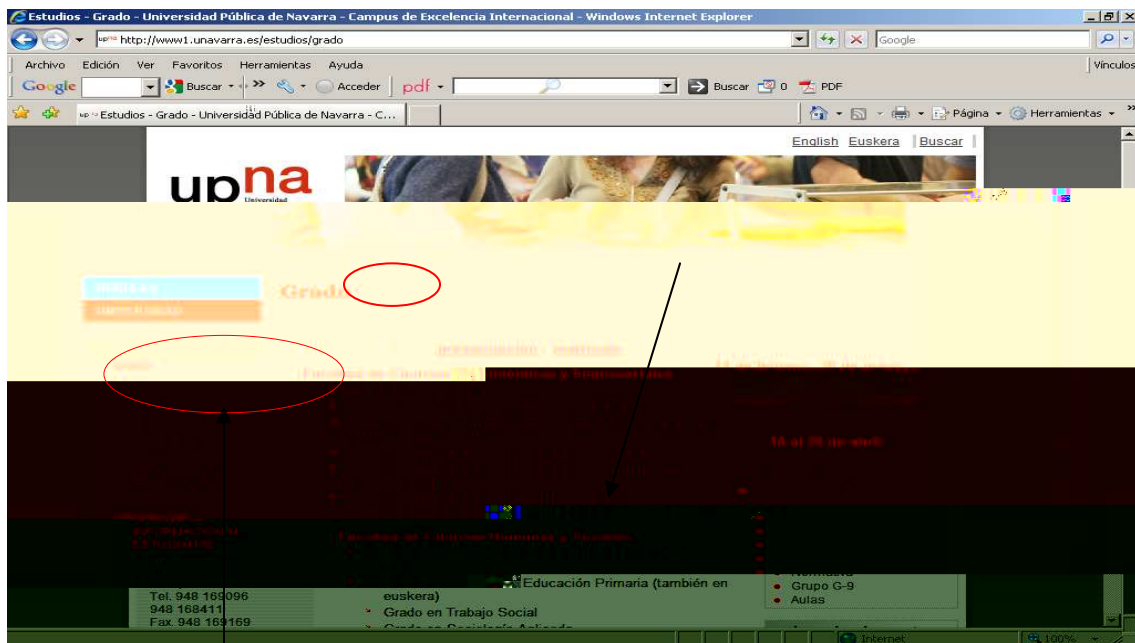
## 2. Academic Options

Academic activity at the University is organised in Faculties and Schools, which are:



- Faculty of Economics and Business Science
- Faculty of Human and Social Sciences
- Faculty of Law
- Higher Technical School of Agricultural Engineers
- Higher Technical School of Industrial Engineers and Telecommunications
- University School of Health Studies

Each of these offers different qualifications and degrees, which you can consult at:  
<http://www1.unavarra.es/centrosydepartamentos/facultades-y-escuelas>



Undergraduate Studies due to the gradual implementation of studies adapted to the European Higher Education Area (Bologna), there are currently two types of Undergraduate qualifications on offer:





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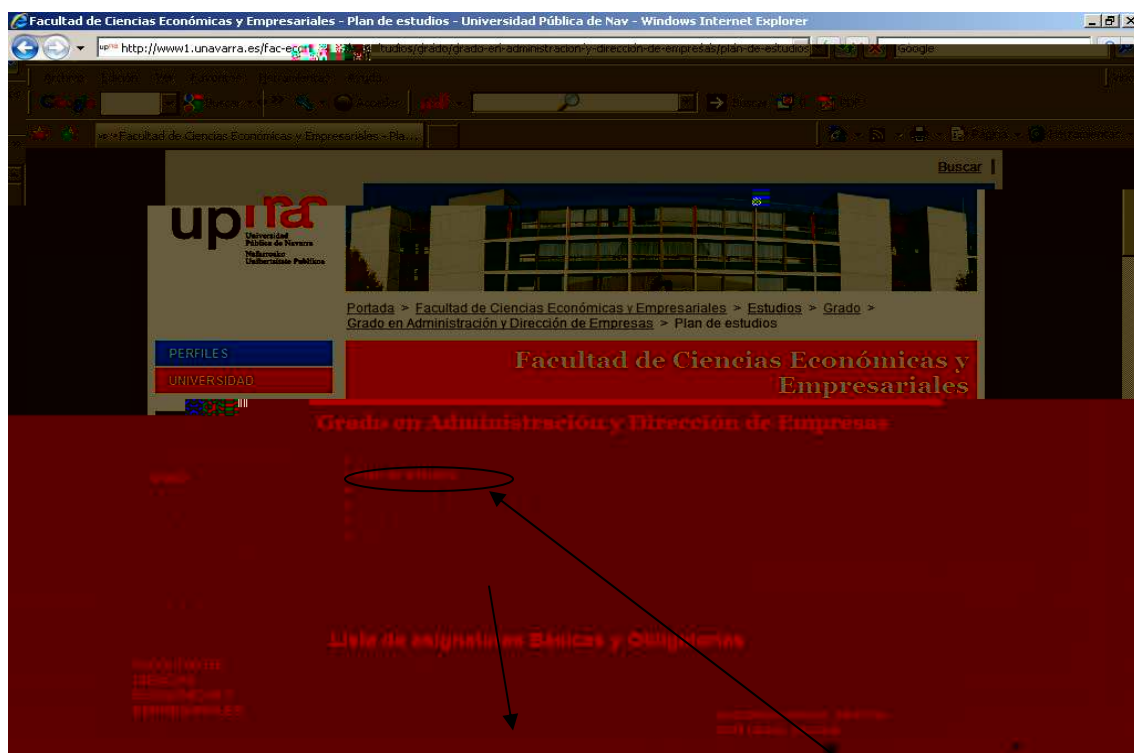
- Degree (adapted to the European Higher Education Area)  
one ECTS credit = 25 hours of student work.
- First and second cycle (older academic offer on his way out)  
one credit = 10 hours of class e (theory and practical classes).

Due to this process of adaptation to European regulations, the following will be on offer in the academic year 2011-2012:

- a. The first and second years of all the First Degree qualifications
- b. First, second and third years of the First Degree in Infant and Primary Education
- c. Third, fourth and fifth years of the First and Second Cycle qualifications

We always recommend that you ask your teachers or academic coordinator about the exam period and assessment system.

As an exchange student, you can take any Degree or First and Second cycle subject on offer at the UPNA whether they belong to the same qualification or several.



1. To consult the subjects that you can take, you should go to each qualification (be it degree or first and second cycle) and click on "academic offer". A list of subjects by year will appear. If you click on each subject, a description of the contents will appear.



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2. Before selecting the subject that you wish to take, make sure that it is going to be given during your stay at the UPNA: 1<sup>st</sup> Semester or 1<sup>st</sup> Four-month period, the second (2<sup>nd</sup> S or 2<sup>nd</sup> F) or for the full year (year). Remember that you cannot take full-year subjects if you are only going to be here for one semester.

3. In addition to the subjects of each qualification, the UPNA also offers a set of subjects called "free choice subjects". The options for 2011-12 will be published as of June.

You can see the options from last year to get an idea of these subjects  
[http://www.unavarra.es/estudiantes/Libre\\_eleccion/LE\\_asignaturas.htm](http://www.unavarra.es/estudiantes/Libre_eleccion/LE_asignaturas.htm)

4. Subjects in English:



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### Other complementary courses offered by the UPNA

In addition to the official studies, you also have the chance to sign up for other courses and activities to gain credits.

- Languages: through the Advanced Language Centre <http://www1.unavarra.es/centroidiomas/> . If you wish to improve your Spanish, then see section 5 of this guide.
- Sports: <http://www1.unavarra.es/deportes/>
- Cultural activities





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## 4. Academic Calendar\* (pending approval)

### First Semester

- For students taking the intensive Spanish course:  
Date of arrival: 25<sup>th</sup> of August 2011  
Guidance Meeting: 26<sup>th</sup> of August 2011  
Intensive Spanish course: from the 29<sup>th</sup> of August to the 2<sup>nd</sup> of September 2011
- For students not taking the intensive Spanish course:  
Date of arrival: 1<sup>st</sup> of September 2011  
Guidance Meeting: 2<sup>nd</sup> of September 2011
- For all students:  
Lesson period: from the 5<sup>th</sup> of September to the 23<sup>rd</sup> of December 2011  
Holiday period: from the 24<sup>th</sup> of December 2011 to the 8<sup>th</sup> of January 2012  
Exam period: from the 12<sup>th</sup> to the 31<sup>st</sup> of January 2012

### Second Semester

- For all students:  
Date of arrival: 26<sup>th</sup> of January 2012  
Guidance Meeting: 27<sup>th</sup> of January 2012  
Intensive Spanish course: from the 30<sup>th</sup> of January to the 3<sup>rd</sup> of February 2012
- For all students:  
Lesson period: from the 30<sup>th</sup> of January to the 22<sup>nd</sup> of May 2012  
Holiday period: from the 5<sup>th</sup> to the 15<sup>th</sup> of April 2012  
Exam period: from the 23<sup>rd</sup> of May to the 6<sup>th</sup> of June 2012  
Extraordinary exam period: from the 20<sup>th</sup> of June to the 4<sup>th</sup> of July 2012

*\*Due to the gradual implementation of studies adapted to the European Higher Education Area (Bologna), there are currently two different academic calendars for Undergraduate qualifications:*

*Degree calendar:*

<http://www1.unavarra.es/estudios/informacion-academica/calendario-academico>

*First and Second Cycle calendar:*

<http://www1.unavarra.es/estudios/informacion-academica/calendario-academico?opcion=2>

**TAKE INTO ACCOUNT THE KIND OF QUALIFICATION (DEGREE OR FIRST AND SECOND CYCLE) OF THE SUBJECTS THAT YOU CHOOSE AND THEIR DIFFERENT CALENDARS TO KNOW WHEN YOU'LL FINISH THE ACADEMIC COURSE.**



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## 5. Spanish courses

- **Free intensive course on your arrival:** As an exchange student, you have the chance to take a free intensive Spanish course the week before the start of the semester (see the academic calendar in the previous section for the dates). To confirm attendance, send an e-mail to [centro.idiomas@unavarra.es](mailto:centro.idiomas@unavarra.es) before the 15<sup>th</sup> of August for the first semester and before the 10<sup>th</sup> of January for the second semester. You can find information on this course at: <http://www1.unavarra.es/centroidiomas/oferta-academica-idiomas/espaniol/oferta-academica?contentId=116886>
- **Spanish bridge course**



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## 7. Student visas

### EUROPEAN UNION STUDENTS

If you are a citizen of the European Union, then there are no special requirements for entry.

### NON-EUROPEAN STUDENTS

If you are not from the European Union (EU), the European Economic Area (EEA) or a country that is a member of the Schengen Area, then you need to apply for a student visa from your nearest Spanish embassy or consulate before leaving your country if you are going to study here for more than three months. In order to obtain your visa, you will need a letter of acceptance from the UPNA, which will be sent to you from the External Relations office.

We recommend that you find out about the documents you will need and how long it will take to process your visa at your nearest Spanish Consulate or Embassy so that you do not have to start later than expected.

It is important to know that a student visa alone does not allow you to work in Spain

## 8. Accommodation

The Public University of Navarre offers you the chance of spending your first four nights in the university hall of residence Los Abedules or, if there is no room, with a family (the cost of this accommodation will be covered by the UPNA. If you stay in this temporary accommodation longer, then you will have to cover the cost as of the 5<sup>th</sup> night; approximately 25/night, accommodation only).

You will have time to look for suitable accommodation during these 4 days. When you arrive in Pamplona, you will be provided with a list of flats available to share with other students and advice on how best to look for accommodation. Each student can look for a room in a flat already rented by other students or you can group together on arrival and look for a flat to rent between 2-3-4 people.

### ACCOMMODATION OPTIONS

#### 1. University Residence Hall

The UPNA has a Residence Hall for students on the Arrosadía Campus. It can house 250 people and there are different types of room: single rooms with kitchen, single rooms with shared kitchen and double suites for overnight stays.

More information: [http://www.resa.es/eng/residencias/los\\_abedules](http://www.resa.es/eng/residencias/los_abedules)



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Foreign exchange students have a 25% discount on the normal price published on the Website. This accommodation costs about 350 a month plus costs. Consult the conditions in the leaflet attached. If you choose this option, then you must book directly at the address and/or on the telephone numbers given.

## 2. Shared flats

Most foreign exchange students live in shared flats in the city near the Campus. There is a wide range of flats is available.

If you would like to know about flats and rooms for rent before arriving in Pamplona, then you can ask the university accommodation service for the list of flats and rooms for rent currently available (updated every month) by e-mail. [oficina.informacion@unavarra.es](mailto:oficina.informacion@unavarra.es)

Although prices vary a great deal, depending on the flat itself and the area it is in, most students pay between 250 and 300 a month for a single room in a flat shared by 3 or 4 people, including electricity, water and heating. Not all the flats have telephones and Internet, but in those that do, these count as additional costs.

Normally when you rent a flat, you will be expected to pay the first month in full and a deposit of one month's rent, meaning that you should expect to have to pay out about 500 in the first few days you are here.

## 9. Health Care

If you are a citizen of a country that is a member of the EU, the European Economic Area or Switzerland and have health coverage there, then you should have a European health card which you can obtain from the health authorities in



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## 10. Cost of living

The currency in Spain is the EURO. How much you spend will depend on your lifestyle. 500 a month is the minimum you need to live on, although we suggest a budget of 800 a month or more if you want to make the most of your time here by travelling and enjoying leisure activities and/or educational courses.

Approximate outlay per month in Euros:

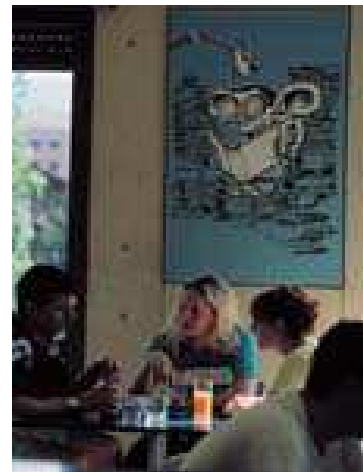
Accommodation: 250-400

Food: 250-350

Transport: 50-80 (a lot of students ride bicycles)

Books and student material: 150-250 (a year)

Leisure: 150- 250



## 11. Transport

Pamplona is excellently located and is well communicated with the rest of Spain. Zaragoza is just 175 kilometres away, Barcelona is 480 km away, Bilbao is 160 km away and Madrid is 407 km away, most of the journey being possible by motorway. The beach of La Concha in San Sebastián is just a hour's drive from Pamplona. It is also easy to visit France (Bordeaux is 325 kilometres away and Toulouse is 428 km away).

The most common ways of reaching Pamplona are:

- By aeroplane: The local airport is in Noain (4 km from Pamplona) and there are daily flights to and from Madrid and Barcelona.
- By train: The railway station is in the San Jorge district, near the city centre. You can link up with a long list of Spanish cities. This is the most comfortable and normally the most economical way to travel from Madrid. More information at: <http://www.renfe.es>
- By coach: The coach station is in the city centre and there are coaches to and from several cities at reasonable prices. This is the best way to get to Pamplona from the airports in Bilbao and Santander. More information at: <http://www.estaciondeautobusesdepamplona.com>



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Urban public transport in Pamplona is useful and cheap, and directly connects most districts with the city centre and the university.



PAMPLONA BUS STATION



## 12. Contact

International Relations Office  
Edificio de las Sóforas  
Campus Arrosadía, 31006 Pamplona,  
Spain  
Telephone: +34 948169643/9654  
Fax: +34 948169641

