



**I'm a mobility
student!**

**MOBILITY GUIDE
for incoming
students 2024-25**



**UNIVERSITAT
ROVIRA i VIRGILI**

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1. General information

1. 1. Where?

Tarragona

The Universitat Rovira i Virgili (URV) is the public university of Southern Catalonia. **Based in the province of Tarragona**, the URV has campuses in Tarragona, Reus, Vila-seca, Tortosa and El Vendrell.



International Center

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International Center
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 Erasmus code: E TARRAGO 01

Visit our website [here](#).

1. 2. How to arrive?

How to get to Tarragona



There are many companies flying to Barcelona Airport and some to Reus Airport, too.



If you arrive at BCN airport, from Terminal 2 you can travel to Barcelona and stop in **Bcn-Sants / Bcn-Passeig de Gràcia / Barcelona-Estació de França** (all three are in the city centre) and then change to another train to Tarragona or Reus.



From Barcelona airport you can easily book a transfer through [PLANA BUS](#) Company that departures from Terminal 1 or buy the ticket on the bus.

How to get to the International Center



From the train station you can take the **bus 41** and stop in **Joan Molas** (around 30 min).



From the bus station or city center you can take the **bus 54** to **Joan Molas bus stop** (around 15 min).

More information about the bus stations and stops [here](#).



1. 3. Our campuses and faculties



- **Catalunya Campus** (Tarragona)



Faculty of Arts



**Faculty of
Legal Sciences**



**Faculty of
Nursing**

Check out the **mobility academic coordinators** in the next page!



**Master's Degree in
Classical Archaeology**



Jordi Carbonell



jorgeangel.carbonell@
urv.cat



**Master's Degree in
Quaternary Archaeology
and Human Evolution**



Carlos Lorenzo Merino



carlos.lorenzo@urv.cat



**Master's Degree in Urban
Anthropology,
Migrations and Social
Intervention**



Jordi Moreras



jordi.moreras@urv.cat



**Bachelor's Degree in
Publicity and Public
Relations / in Journalism
/ in Audiovisual
Communication /
Master's Degree in
Strategic Communication**



Natalia Lozano



natalia.lozano@urv.cat



**Bachelor's Degree in
History of Art**



Jordi Carbonell



jorgeangel.carbonell
@urv.cat



**Bachelor's Degree in
English Studies**



John Style



john.style@urv.cat



**Bachelor's Degree in
History**



José Ignacio Fiz



joseignacio.fiz@urv.cat



**Bachelor's Degree in
Catalan Language and
Literature**



Diana Gorostidi



diana.gorostidi@urv.cat



**Bachelor's Degree in
Hispanic Language and
Literature**



Natàlia Català



natalia.catala@urv.cat



**Bachelor's Degree in Law
/ in Labour Relations and
Employment / in Social
Work**



Nuria Torres



nuria.torres@urv.cat



**Bachelor's Degree in
Nursing**



Lina Casadó



linacristina.casado
@urv.cat

- **Sescelades Campus** (Tarragona)



**Faculty of
Chemistry**



**Faculty of
Oenology**



**Faculty of
Education
Sciences and
Psychology**



**School of
Engineering
(ETSE)**



**School of
Chemical
Engineering
(ETSEQ)**



Check out the **mobility academic coordinators** below
and in the next page!



**Bachelor's Degree in
Infant Education**



Silvia Molina



silvia.molina@urv.cat



**Bachelor's Degree in
Primary Education / in**



Pedagogy



Maria Carmen Julià Ferré
carme.julia@urv.cat



Bachelor's Degree in Psychology



Jorge Dueñas



jorgemanuel.duenas@urv.cat



Bachelor's Degree in Social Education



Silvia Molina



silvia.molina@urv.cat



Bachelor's Degree in Oenology / in Biotechnology



Cristina Reguant



cristina.reguant@urv.cat



Bachelor's Degree in Agricultural and Food Engineering / in Mechanical Engineering / in Chemical Engineering



Manel Valles



manel.valles@urv.cat



Bachelor's Degree in Computer Engineering



Agustí Solanas



coord_mobilitat.gei@urv.cat



Bachelor's Degree in Electronic and Automation Engineering



Carlos Olalla



carlos.olalla@urv.cat



Bachelor's Degree in Electrical Engineering



Lluís Guasch



luís.guasch@urv.cat



Bachelor's Degree in Telecommunication Systems and Services Engineering



Pere Ràfols



pere.rafols@urv.cat



Bachelor's Degree in Chemistry / in Biochemistry and Molecular Biology



M. Elena Fernández



mariaelena.fernandez@urv.cat



Bachelor's Degree in Physics and Mathematics Engineering



Roger Guimerà



coord_mobilitat.gemif@urv.cat

- **Vila-seca Campus (Vila-Seca)**



**Faculty of
Tourism
and Geography**

Check out the **mobility academic coordinators** below!



**Bachelor's Degree in
Geography and Territory
Planning**



Joan Alberich



joan.alberich@urv.cat



**Bachelor's Degree in
Tourism**



Coia Domingo



coia.domingo@urv.cat

- **Terres de l'Ebre Campus (Tortosa)**



**Faculty of
Nursing**



Check out the **mobility academic coordinators** below!



**Bachelor's Degree in
Nursing**



Lina Casadó



linacristina.casado
@urv.cat

- **Bellissens Campus (Reus)**



**Faculty of
Medicine and
Health
Sciences**



**Faculty of
Business and
Economics**



**School of
Architecture
(ETSA)**

Check out the **mobility academic coordinators** below!



**Bachelor's Degree in
Architecture**



Sergio Coll



ri.etsa@urv.cat



**Bachelor's Degree in
Medicine / in
Physiotherapy / in
Human Nutrition and
Dietetics**



Montserrat Guardiola



coormob.fmcs@urv.cat



**Bachelor's Degree in
Business Administration
and
Management / in
Economics / in Finances
and Accounting**



Albert Fonts



interfee@urv.net

*Get more information on the Bachelor's or Master's Degree subjects you are interested in **by clicking its name on the boxes!**

2. Before your arrival

2. 1. Cost of living



A student spends **approximately 550€ on monthly expenses** including accommodation, meals and transport.



A shared flat with other students could cost around 200-300€ per person.



A daily lunch menu at a restaurant can cost between 8€ and 15€. In the evenings and on weekends prices are usually higher. In the URV canteen you can find a daily menu from 6€.



Coffee in a cafeteria costs around 1.5€



One way bus ticket costs 1.60€, but you can get a youngster bus pass for 20.75€ valid for 100 trips.

2. 2. Accommodation

We recommend you not to pay for a long period accommodation before you visit it. Our advice is that you **make a provisional reservation** at a student residence or hotel for your first days here. Once you arrive to Tarragona, you can look up some information about **renting flats and rooms**, so that you know and find the most suitable option.

[URV Database for flats and rooms](#)

To access the information you need to put **your ID** once you are introduced in our system. Contact us if you need a temporary password.

If you are interested in staying in a **student residence** we suggest to check the following: [Residència Sant Jordi](#) & [Residència Mediterrani](#).

2. 3. Understanding Catalonia



People in Catalonia make **gestures** and use their body a lot when they speak and they touch each other more than in other cultures (for example by putting a hand on the shoulder). In informal situations people greet each other with **two kisses on the cheeks** – particularly if the persons have just been introduced. This applies to women to women and women to men, but not men to men.

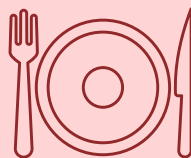
A **conversation** amongst a group of Catalan friends is usually lively (and loud). It is common for everybody to talk at the same time, so do not be surprised if another person starts a new conversation before you have finished what you were saying.

Perception of time depends strongly on where you come from. In Catalonia, people tend to be punctual in formal situations such as lessons, public events etc. but are more flexible regarding informal situations. It is also common for people to change their plans at the last minute



As a part of the *siesta* culture (*migdiada*), **shops** tend to be closed during the afternoon (between 1PM and 4PM). However, not all of them close during this time, so always check the opening hours!

Eating habits can also be a bit of a surprise. Lunch is eaten around 2PM and dinner between 9–10PM, and even later at weekends and in summer. You will notice that some restaurants are closed between lunch and dinnertime.



In addition, meals themselves might be different from what you are used to: instead of a full breakfast at home, people might have something small before going to work and then have a sandwich or cake around 10AM. Lunch can be a three-course meal with wine or beer. Eating is often related to social occasions, which is why friends and families tend to gather together for a meal.

If you wish to explore **Catalan gastronomy** you can start with *pa amb tomàquet* (bread with tomato), *tapas*, *paella* and *crema catalana*. However, in order to get a deeper insight into our delicacies it is worth trying a lunchtime menu in a local restaurant or even travelling out of town to find other traditional dishes.



Late night schedules apply not only to dinnertime but also to **going out**. People start gathering in pubs and bars around midnight and move on to the nightclubs from 2AM onwards.

There are several **local festivals** and many folk activities in Catalonia. In general, festivals take place outside in the open air. *Sant Jordi* (Saint George's day), on 23 April, is the Catalan celebration of love (similar to Valentine's day). Men give their girlfriend/wife/mother/friend a red rose as symbol of love, and women give men a book.



On Sant Joan's eve, on 23 June, people celebrate the summer solstice with fireworks, concerts and a full night of celebrations. One the most important festivals in Tarragona is **Santa Tecla** on 23 September.

2. 4. Survival Catalan

Catalonia has two official languages, **Catalan and Spanish** (*Castellano*). Catalan is widely used in conversation, public administration, media, education, and in everyday life. Although everyone speaks Spanish and many people can also speak English, it is useful to know at least some **basic words and expressions** in order to make your daily life easier.

Common phrases	
Good morning / afternoon!	Bon dia! / Bona tarda!
Hello! / Goodbye!	Hola! / Adéu!
See you!	Fins aviat! / A reveure!
How are you? / I'm fine!	Com estàs? / Estic bé!
What's your name?	Com et dius?
What time is it?	Quina hora és?
Sorry, I don't speak Catalan.	Ho sento, no parlo català.
Do you speak English?	Parles l'anglès?
I don't understand.	No l'entenc.
Could you repeat, please?	Podries repetir, si us plau?
Thank you (very much)!	(Moltes) gràcies!
Excuse me...	Perdoni / Disculpi...
I'm sorry!	Ho sento!
Help!	Ajuda!
Cheers!	Salut!

Everyday vocabulary

ATM	Caixer automàtic
Bread / Butter	Pa / Mantega
Bus stop	Parada d'autobús
Cash / Credit card	Efectiu / Targeta de crèdit
Email	Correu electrònic
Envelope / Postcard	Sobre / Postal
Fish / Meat / Fruits	Peix / Carn / Fruita
Food Store / Supermarket	Supermercat
Lecture hall	Sala de lectura
Milk / Coffee / Water	Llet / Cafè / Aigua
Open — Closed	Obert — Tancat
Pen / Pencil	Bolígraf / Llapis
Prepaid SIM-card	Targeta SIM pre-pagament
Pharmacy	Farmàcia
Police station	Estació de policia
Post office	Oficina de correus
Railway / Bus station	Estació de tren / d'autobusos
Residence permit	Permís de residència
Sugar / Salt / Pepper	Sucre / Sal / Pebre
Tenancy agreement (for a flat)	Contracte d'arrendament (d'un pis)
Ticket (one way/return)	Bitllet (anada/anada i tornada)
Timetable	Horari
Toilet	Lavabo

2. 5. Mentor Programme

How can a mentor help you?



The Mentor or Buddy can give you information about how to arrive in Tarragona or pick you up when you arrive at the train/bus station.

They can show you the city around, your Campus in the URV, and the most important places.

Your Mentor can help you finding accommodation for your first nights here, and help you with the definitive accommodation.

The Mentor gives you concrete indications about the transport that must be used to reach the city centre.



2. 6. Visa



Students from the European Union do not need a visa to enter Spain.

Students from outside the European Union should have a visa to enter Spain. This visa should be issued by the Spanish Embassy or Spanish Consulate before your arrival. The International Center will send an acceptance letter to the mobility students when they have been accepted by the academic coordinator.

Find more information [here](#).

2. 7. Medical assistance



Your health is very important for us, you will see that in the application **we ask for a copy of your European Health Card or a Health Insurance.**

European Students must obtain the **European Health Insurance Card** before leaving their country of origin and make sure it is valid during the mobility period.

You should attach a copy of the card in your application and present it together with your ID/Passport in the CAP (Primary Attention Center) or hospital in case of need medical attention in Spain.

It is mandatory to attach to the application a valid health insurance in Spain, that guarantees the care of your health and the possible accidents. We suggest you to wait for the definitive acceptance from URV before obtaining an insurance.

In the meanwhile, you can upload in the on-line application, a responsible statement explaining you will get an insurance covering you during your mobility period in Spain. The URV can offer you an insurance police. In such case, please contact tecnico@erv.es. If you need medical assistance, always contact the insurance policy emergency phone in order to receive instructions.

In case of emergency, dial 112 phone number

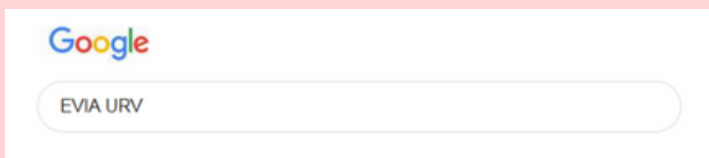
2. 8. General academic calendar

European Students must obtain the **European Health Insurance Card** before leaving their country of origin and make sure it is valid during the mobility period.

First semester (autumn)	From 9th September 2024 to 31st January 2025
Second semester (spring)	From 3rd February 2025 to 21st June 2025
Winter holidays	From 25rd December 2024 to 7th January 2025
Easter holidays	From 21st to 28th April 2025

Each Faculty/School can have their own academic calendar different to the general one above. You can find more information about each Faculty/School [here](#).

2. 9. Academic schedule



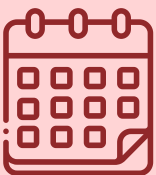
Or click [here](#).

Pick your faculty and studies.



- Escola Tècnica Superior d'Enginyeria
- Escola Tècnica Superior d'Enginyeria Química
- Facultat de Ciències de l'Educació i Psicologia
- Facultat de Ciències Jurídiques
- Facultat de Lletres
- Facultat de Medicina i Ciències de la Salut
- Facultat de Química
- Facultat de Turisme i Geografia
- Facultat d'Economia i Empresa
- Facultat d'Enologia
- Facultat d'Infermeria

Pick your subjects and discover your academic schedule.



HORA	DIMARTS	DIJOUS
8:00h-8:30h	NARRATIVA I GUIÓ AUDIOVISUAL Grp PRÀCTIQUES LABORATORI 1 (12234111). AULA 505	
8:30h-9:00h		TEORIA I ANÀLISI CINEMATOGràFICA I

Please take into account that this page is in Catalan language only. You can check it in other languages [here](#).

2.10. Application

As soon as your university has informed us that you have been selected to come to the URV as an exchange student, you will receive an e-mail explaining the steps to follow.

You have to complete the URV online application **within the application periods**:

- First semester / Full academic year students: from 1 April to 1 June 2024

Second semester students: from 1 April to 1 November 2024

You will find all the information in this [link](#). Please, read it carefully.

If you have any doubt about the subjects/courses offered by the URV, you can check the links in the previous **Mobility Coordinators** pages or in this [link](#).

2.11. Welcome meeting

Before your arrival, the International Center team will send you an e-mail to invite you to join one of the **welcome meetings**. Do not forget to check your e-mail account frequently (the one you used to complete the online application).

If you cannot attend any of the welcome meetings we organize, please send us an e-mail and we will send you an appointment for a personal welcome meeting in the International Center.

