MOBILITY STUDENT GUIDE
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

Universitat Rovira i Virgili
International Center
Av. Països Catalans, 17-19
43007 Tarragona
España

Web: [www.urv.cat/international](http://www.urv.cat/international)
E-mail: mobility.in@urv.cat
hosting@urv.cat
Phone:
+34 977 55 8129 /
+34977256569
Erasmus code:E TARRAGO 01
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 departs 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 n°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 stops:
http://emtanemambtu.cat/about/planol-general/
Our campuses
Our campuses & Faculties

Catalunya Campus
Tarragona

Faculty of Arts
Faculty of Legal Sciences
Faculty of Nursing
Catalunya Campus
Tarragona

Mobility Academic Coordinators

- **Master in Classical Archaeology:**
  Jose Ignacio Fiz (joseignacio.fiz@urv.cat)
- **Master in Quaternary Archaeology and Human Evolution:**
  Carlos Lorenzo Merino (carlos.lorenzo@urv.cat)
- **Master's Degree in Urban Anthropology, Migrations and Social Intervention:**
  Gaspar Maza (gaspar.maza@urv.cat)
- **Bachelor's Degree in Publicity and Public Relations / in Journalism / in Audiovisual Communication / Master's Degree in Strategic Communication in the Risk Society:**
  Natalia Lozano (natalia.lozano@urv.cat)
- **Bachelor's Degree in History of Art:**
  Marta Serrano (marta.serrano@urv.cat)
- **Bachelor's Degree in History:**
  Joan Casanova (joan.casanovas@urv.cat)
- **Bachelor's Degree in English Studies**
  Cristina Andreu Jiménez (cristina.andreu@urv.cat)
- **Bachelor's Degree in Hispanic Language and Literature:**
  Natàlia Català (natalia.catala@urv.cat)
- **Bachelor's Degree in Catalan Language and Literature:**
  Diana Gorostidi (diana.gorostidi@urv.cat)
- **Bachelor's Degree in Law / in Labour Relations and Employment / in Social Work:**
  Aitana De la Varga Pastor (aitana.delavarga@urv.cat)
- **Bachelor's Degree in Nursing:**
  Maria Jiménez (maria.jimenez@urv.cat)
Our campuses, Faculties and Technical Schools

Sescelades Campus
Tarragona

Faculty of Chemistry
Faculty of Education Sciences and Psychology
Faculty of Oenology
School of Engineering
School of Chemical Engineering
• Bachelor's Degree in Infant Education: Oriols Ríos (joseoriol.rios@urv.cat)
• Bachelor's Degree in Primary Education: Cristina Valls (cristina.valls@urv.cat)
• Bachelor's Degree in Social Education / in Pedagogy: Maite Novo (mteresa.novo@urv.cat)
• Bachelor's Degree in Psychology: José Manuel Gavilán (jm.gavilan@urv.cat)
• Bachelor's Degree in Chemistry / in Biochemistry and Molecular Biology: M. Elena Fernández (mariaelena.fernandez@urv.cat)
• Bachelor's Degree in Oenology / Bachelor's Degree in Biotechnology: Cristina Reguant (cristina.reguant@urv.cat)
• Bachelor's Degree in Agricultural and Food Engineering / in Mechanical Engineering / in Chemical Engineering: Allan Mackie (allan.mackie@urv.cat)
• Bachelor's Degree in Computer Engineering: Aïda Valls (aida.valls@urv.cat)
• Bachelor's Degree in Electronic and Automation Engineering: José Luis Ramírez (joseluis.ramirez@urv.cat)
• Bachelor's Degree in Electrical Engineering: Francisco González (francisco.gonzalezm@urv.cat)
• Bachelor's Degree in Telecommunication Systems and Services Engineering / in Telematics Engineering: Antonio Lázaro (antonioramon.lazaro@urv.cat)
• Bachelor's Degree in Chemistry / in Biochemistry and Molecular Biology: M. Elena Fernández (mariaelena.fernandez@urv.cat)
Our campuses & Faculties

Vila-seca Campus
Vila-seca

Faculty of Tourism and Geography

Terres de l’Ebre Campus
Tortosa

Faculty of Nursing
Mobility Academic Coordinators

- **Bachelor's Degree in Geography and Territory Planning:**
  Jordi Blay (jordi.blay@urv.cat)

- **Bachelor's Degree in Nursing:**
  Mª Luisa Mateu (marialuisa.mateu@urv.cat)

- **Bachelor's Degree in Tourism:**
  Coia Domingo (coia.domingo@urv.cat)
Our campuses, Faculties and Technical Schools

Bellissens Campus
Reus

Faculty of Medicine and Health Sciences

Faculty of Business and Economics

School of Architecture
Mobility Academic Coordinators

• **Bachelor's Degree in Architecture:**
  Agustí Costa (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:**
  Christian Duran (interfee@urv.net)
Before your arrival...
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 for **5 to 8€**.

Coffee in a cafeteria costs around **1.2€**

One way bus ticket costs **1.50€**, but you can get a youngster bus pass for **19.50€ valid for 100 trips**.
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** in Tarragona. 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:**
[https://redotri2.urv.cat/habitatge/estudiants/index_a.html](https://redotri2.urv.cat/habitatge/estudiants/index_a.html)

To access the information you need to put your ID once you are introduced in our system (1st semester: July / 2nd semester: December). 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](https://redotri2.urv.cat/habitatge/estudiants/index_a.html) & [Residència Mediterrani](https://redotri2.urv.cat/habitatge/estudiants/index_a.html)
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 little bit of a surprise. Lunch is eaten around 2PM and dinner between 9–10PM, and even later at weekends and in the 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.
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.
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.

- If you want to apply for a mentor, please request one contacting mobility.in@urv.cat
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.

Health 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.

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 buying 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.
### General academic calendar

<table>
<thead>
<tr>
<th>Lessons &amp; Exams</th>
<th>Holidays</th>
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</thead>
<tbody>
<tr>
<td><strong>1st Semester:</strong> 19 September 2022 – 05 February 2023</td>
<td>Christmas time: 23 December 2022 – 6 January 2023</td>
</tr>
<tr>
<td><strong>2nd Semester:</strong> 06 February 2023 – 27 June 2023</td>
<td>Easter break: 03 - 10 April 2023</td>
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*Each Faculty/School can have their own academic calendar different to the general one above. You can find more information about each Faculty/School in this link: [http://www.urv.cat/en/about/structure/faculties/](http://www.urv.cat/en/about/structure/faculties/)*
Please take into account that this page is in Catalan language.
You can check it in other languages here: https://www.urv.cat/international/movilidad/en_coordinadores-movilidad.html
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 you have to follow in order to be accepted:

You have to complete the URV on-line application within the application periods:
• First semester / Full academic year students: from 1 April to 1 June 2019
• Second semester students: from 1 April to 1 November 2019
You will find all the information in the link below. Please, read it carefully:
http://www.urv.cat/international/movilidad/en_tramites.html

If you have any doubt about the subjects/courses offered by the URV, you can check the links in the previous Mobility Coordinators diapos or in this link:
Before your arrival, the International Center team will send an e-mail inviting you to join a **welcome session**. Do not forget to check your e-mail account frequently (the one you used to complete the on-line application).

The welcome meeting will be recorded and sent to you, in case you can not attend it.
Welcome to the URV!