



UNIVERSIDAD
SAN DÁMASO

VERITATIS VERBUM COMMUNICANTES

GUIDE FOR ERASMUS+ STUDENTS

IMPORTANT STEPS TO DO UPON ARRIVAL

- Once you've landed at Madrid Barajas Airport, there are several options to get the city. You could either go by taxi (flat fee of 30€ regardless of your destination), airport bus or metro.
- Get a Spanish SIM Card: understanding the exact costs and the fine print when it comes to choosing the best SIM card deal is a bit complicated. Citylife Madrid will explain what you need to bear in mind.



- The easiest way to move around Madrid is by Metro, which Reaches most of the sites which may be of interest to visitors (www.metromadrid.es) There is a complete bus network (www.emtmadrid.es) as well as a commuter train network which connects the capital with surrounding towns (www.renfe.es/cercanias),
- Public transportation card and abono (monthly ticket): almost all students in Madrid use the public transportation system on a daily basis. The cheapest and most convenient way is to get your monthly transportation pass, which gives you full access to all Madrid public transportation. If you didn't order your transportation card online before departure, stop by Citylife Madrid office in the mornings and obtain your card instantly.





CLIMATE

The climate in Madrid is dry with cold winters and very hot summers.

The difference in temperature between winter and summer is rather severe and there are hardly any in-between seasons.





HEALTH INSURANCE REQUIREMENTS

- **Health Insurance Requirements EU students:**

European Health Card. Any other kind of private insurance must include all the conditions. Without insurance students cannot be registered.

- If you need to see a doctor and you hold the European Health Card, you must find out which "Centro de Salud" you belong to depending on the area of the city in which you live, or you can go to any private clinic close by to your house and receive treatment. In most cases, you will need to pay upfront, and file with your insurance company to be reimbursed.
- In case of an emergency, you can go to any emergency room at any public hospital in Spain and you will be attended. Billing can be handled following treatment, giving you time to contact your insurance company to find out how to proceed.



USEFUL CONTACT NUMBERS IN CASE OF EMERGENCY

- Comunidad de Madrid Emergency Number: 112
- Ambulances: 061
- National Police Service: 091
- Local Police Service: 092
- Fire Brigade: 085

- Police Station nearest to the University:
c/ Juan Álvarez de Mendizábal, 23
28008 Madrid
Tfno: 91559.94.88

HOUSING

You can get information using the following trustworthy online platforms:

1. **helpMadrid** is one of the biggest and most popular companies in Madrid offering rooms to rent at good quality and fair prices. Additionally, they offer lots of useful information on their webpage on the different neighbourhoods of Madrid,
2. **Idealista**, **Easypiso** and **Segundamano** are the biggest free platforms for young people looking for a room/flat in Madrid.
3. **Aluni.net** offers rooms in shared flats for students. Wifi and cleaning service included in the price.



COST OF LIVING

The cost of living in Madrid can reach between 600-800€ per month on average. This includes accommodation, maintenance and various expenses such as:

- Room in shared flat: 300 – 500€
- Daily lunch menu in restaurant: 10€
- Monthly travel card for the Madrid area, students aged under 26: 20€
- 1 litre of milk: 0,85€
- 1 loaf of bread: 0,50€

INTERESTING WEBSITES

www.turismomadrid.es

www.madridyoung.com

www.turismomadrid.es

www.madrid.org

www.madrid.es

International Relations Office

Universidad Eclesiástica San Dámaso c/Jerte, 10 28005 Madrid – Spain	www.sandamaso.es 
Contact persons at the International Relations Office:	
	Dr. D. José Antúnez Cid International Relations Manager director.oiri@sandamaso.es
	Gema González García International Relations Administrative Office gestion.oiri@sandamaso.es
	Silvia Díez-Chellini International Relations Administrative Office internacional.oiri@sandamaso.es
Opening Hours:	From Monday to Friday: 08.00 – 10.00 hrs. (1 st floor)

Important documents to bring when you arrive

Once you arrive to the University, the International Relations Department will need the following documentation:

- Learning agreement
- Application form
- Medical insurance and passport fotocopy