

# ATHENS

P R O G R A M M E

# SURVIVAL GUIDE ATHENS MADRID UPM MARCH 2019

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## 1. MUST DO & MUST HAVE

### · GROUPS

Join our FB and WA groups asap! There we may help and warn you about any changes, if necessary.

**Facebook Group:** <https://www.facebook.com/groups/2035469296754931/>

**WhatsApp Group:** <https://chat.whatsapp.com/HvVB2yNpNEJ977GbNu4aUn>

### · EMERGENCY NUMBERS

There are some **emergency** contact phone numbers:

**Organiser Alba: +34 689457919**

**Organiser Sofia: +34 660 11 68 54**

### **Health insurance:**

We'd like to remember you that it's a must to travel with your **European Health Insurance Card** and/or a health insurance. If you have your own private health insurance it is really important that you know the terms of your contract when going abroad.

### · METRO

One of the best ways to travel through Madrid is the Metro which is a rail system. It operates every day from 6:00 AM until 1:30 AM and the trains pass every few minutes, so it is quite a quick way to get everywhere in Madrid. There is a Metro Map which we highly recommend you to download:

### **Metro Map:**

<https://www.metromadrid.es/sites/default/files/documentos/Viaja%20en%20Metro/Planos/Planoesquematicofebrero2019.pdf>

Take a look at the webpage of the Metro. You may find it very useful, as in this page you can enter two metro stations and it tells you how to get from one station to other, which trains you have to take and the time it will take you to get there. In this webpage you will also find the prices of the tickets and where to buy them.

### **Recommended route application:**

[https://www.metromadrid.es/en/viaja\\_en\\_metro/trayecto\\_recomendado/index.html](https://www.metromadrid.es/en/viaja_en_metro/trayecto_recomendado/index.html)

### **Tourist Card:**

We highly recommend you to acquire the tourist card, that will allow you to use all means of public transport in the Community of Madrid.

[https://www.metromadrid.es/en/viaja\\_en\\_metro/Tarifasybilletes/abonos/contenido02.html](https://www.metromadrid.es/en/viaja_en_metro/Tarifasybilletes/abonos/contenido02.html)

·COMPLAINTS FOR FOREIGN TOURISTS SERVICE

In case you may need it, you can call the following number:

**Telephone reports: +34 902 102 112**

This service is available in different languages. Here you have the hours you can use it in each language:

LANGUAGE	OPENING HOURS
English	From 9:00 to 21:00 h (Monday to Sunday)
French	From 9:00 to 21:00 h (Monday to Sunday)
German	From 9:00 to 21:00 h (Monday to Sunday)
Italian	From 9:00 to 21:00 h (Monday to Sunday)

## 2. WHERE IS MY ACCOMODATION?

### **Accommodation 1: La Posada de Huertas**

**[Calle de las Huertas, 21, 28014 Madrid](#)**

Phone: +34 91 429 55 26

Metro Station: **Antón Martín Line 1 ( Light Blue)**

*The closest and most useful alternative is **Sol Station** within an 8 minutes walk, where you can take three Metro Lines (**Line 1, Line 2, Line 3**) and another two Cercanías Lines (**C3, C4**).*

Students are expected to pay for the 8 night's accommodation / per person. (19'50 €/per night, breakfast is included) **at arrival time.**

**Check – In:** Friday, March 15th

**Check – Out:** Saturday, Saturday 23rd

### 3. HOW DO I GET TO THE ACCOMMODATION?

#### FROM THE AIRPORT:

##### Option 1 - Metro:

Take the metro in any airport terminal, **Line 8** to **Nuevos Ministerios**. In **Nuevos Ministerios** change to **Line 10 (Navy Blue)** to **Tribunal** station and there just change again to **Line 1 (Light Blue)** to **Antón Martín**.

**Metro is the easiest way to reach the hostel from any airport terminal.**

##### Option 2:

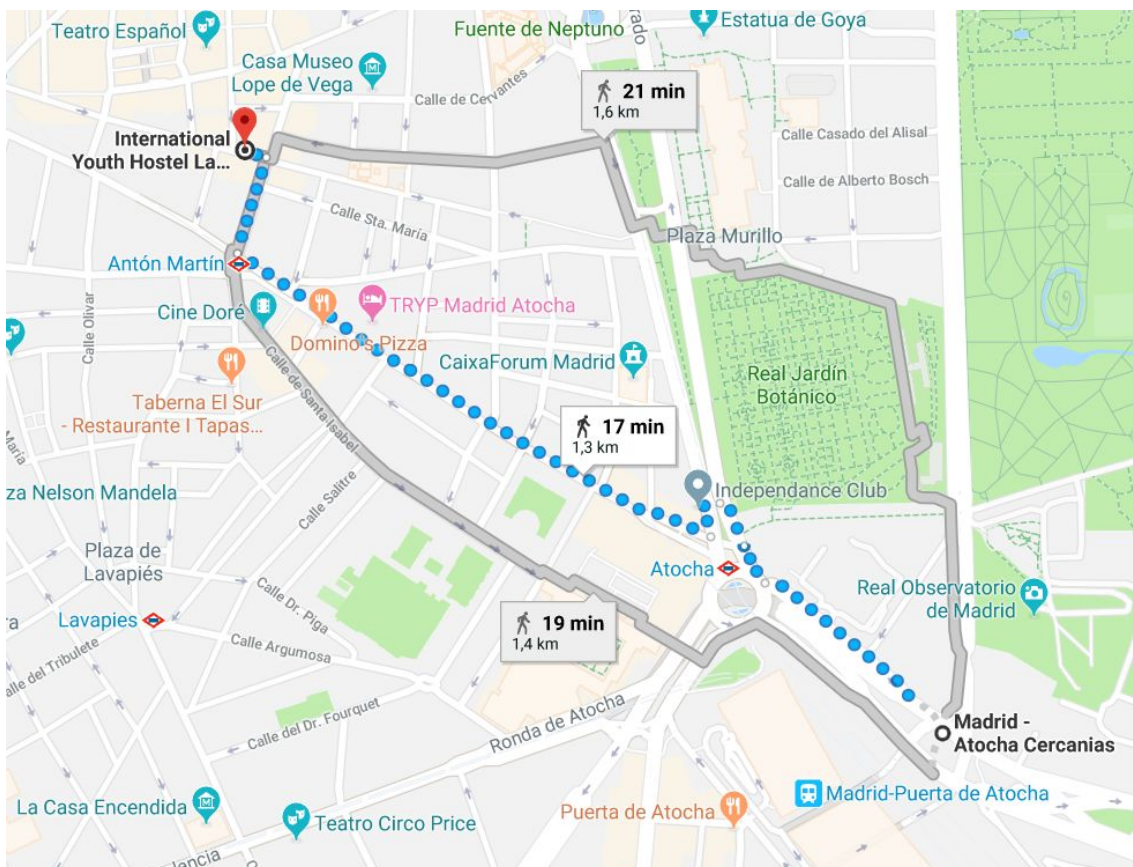
##### Cercanías train / Airport Bus to Atocha

You can choose between *Cercanías* train (**C1**) or Airport Bus. Both of them will take you to *Atocha* Station. Just do realize that **C1 Cercanías** Line only sets off from Terminal 4 of the airport. If you arrive at a different terminal, you have to take a free bus from T1/T2/T3 to T4, outside any terminal.

##### From Atocha Station to the accommodations

From *Atocha* Station there are about 15 minutes by foot to the hostel, through *Atocha Street*, getting *Anton Martín Square*.

Alternatively you can take buses 6, 26 or 32 to get there or metro **Line 1** from *Atocha* to *Antón Martín*.



**FROM MÉNDEZ ÁLVARO MAIN BUS STATION:**

The bus station has its own *Metro* Station inside, called **Méndez Álvaro** as well. Take the Metro there, **Line 6 (Grey)** to *Legazpi* (2 stops). There change to **Line 3 (Yellow)** to *Sol*. Going to the accommodations from *Sol* Station will only take you 8 minutes by foot.

**4. SCHEDULE**

**Friday, March 15: Welcome Party**

**Saturday, March 16: Registration & Official Opening / Museum**

**Sunday, March 17: Museum / City Rally**

**Monday, March 18 – Friday, 23: Lectures**

**Wednesday, March 20: Night Walk + Party**

**Friday, March 22 : Farewell Party**

## Friday, March 15– Welcome Party

The party will be held at a place called **Mitty Cats** ( Calle Julián Romea, 4, 28003 Madrid)

**Meeting Point: 23:00 at Metro Guzman el Bueno.**

**One drink ticket is provided by BEST-UPM students. You must show your ID-Card with a picture to the BEST-UPM students that will be at the pub entrance BEFORE 23:30.**

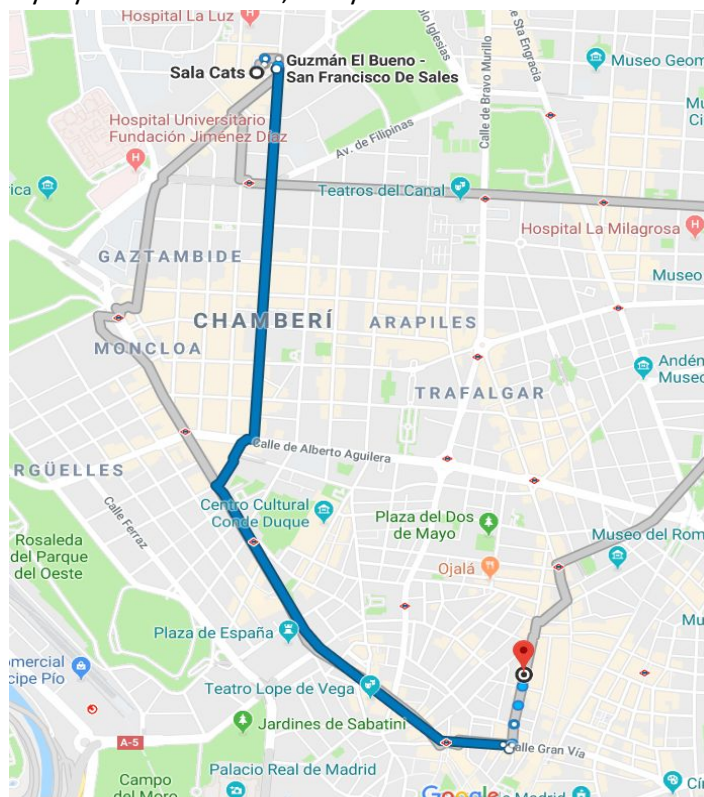
### REMARKS:

- **Make sure you bring and ID (with a picture), your passport or similar along with you. We need to identify you.**
- **Come quite smartly dressed. If you're not, you might not get admitted by the staff.**
- **BEFORE 23:30!**
- **Dinner is NOT included.**

If you leave before 1:30 you can take the metro back to the accommodations. If not, the city has an efficient network of **night transport** that works during all night so you can come back to the hostel by bus whenever you want. You can go in 'búho' (owl) buses that end and begin their line at *Guzman el Bueno* and their frequency depends on the day of the week, being around 40 minutes from Sunday to Thursday and 20 minutes in Friday and Saturday nights.

You'll have to take the N21 at *Guzman el Bueno* towards *Gran vía- Chueca* (9 stops, 17 min approx.) and there go walking to the hostels (10 minutes approx.).

You may also take a **taxi**. There are many taxis in Madrid and they are not particularly expensive, especially if you are not alone, and you will be not.





## Saturday, March 16 – Registration & Official Opening / X Museum

### **11:00** Registration and Official Opening at *Rectorado de la Universidad Politécnica de Madrid, Edificio A.*

You should look for the table with the number of your course and do the registration there. You have to pay the fee for the Social Activities and Organizers will give you your welcome Pack.

**Students have to pay for the European Dimension Activities Fee: 25€ during registration! (Please, try to bring the exact amount of the fee)**

**11:30 Official Welcome** to the ATHENS March 2019 Session, with the participation of UPM International Office and ATHENS Coordinators, and professors of the ATHENS Session Courses, along with the Students Delegates ("Team Leaders") in charge of the students-tutoring for the extra-academic activities.

#### **Directions to Rectorado A UPM:**

[Av/Ramiro de Maeztu 7 28040, Madrid](#)

**Phone:** +34 91 336 61 68

**Metro stop:** *Vicente Aleixandre*, Line 6 (Grey).

**Exit :** *Juan XXIII*

**In case you arrive in Madrid on Saturday, the directions from the airport to the meeting place are the following:**

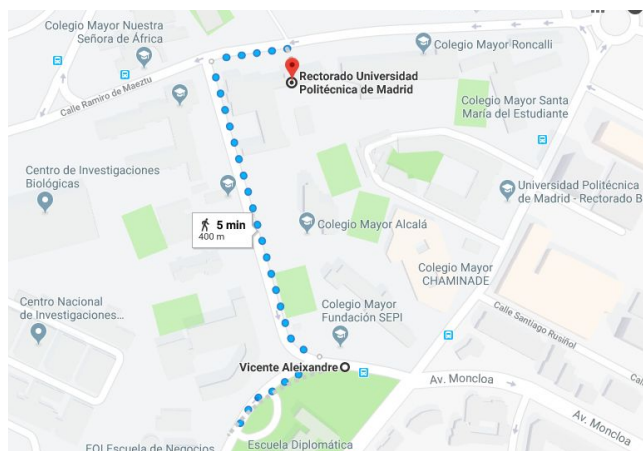
Do take the metro in the airport, any terminal, **Line 8** to *Nuevos Ministerios* (7 stops). There, take metro **Line 6** to *Vicente Aleixandre* (4 stops).

#### **From the accommodations to the meeting point on Saturday:**

Take the metro in *Antón Martín*, **Line 1**, to *Cuatro Caminos*. There, take the metro again, **Line 6**, to *Vicente Aleixandre*. (35 minutes approx.)

**In *Vicente Aleixandre* station, take the exit *Juan XXIII*, and follow the map.**

Here you have the map of the *Rectorado* area.



## **17:00 H Visit to Reina Sofia Museum**

**Lunch before the visit the Museum will be provided.**

Do remember that you are not allowed to take photos inside the museums.

## **Sunday, March 17 - Museum + City Rally**

Visit to *Museo del Prado*, lunch at the Retiro Park and City Rally.

Do remember that you are not allowed to take photos inside the museums.

**Lunch will be provided this day** (one or two sandwiches with a bottle of water and a piece of fruit).

After lunch you will have some free time. We would recommend you to spend some time visiting *Retiro Park*.

**City Rally is programmed at 16:00.** It consists on a little game to make a first contact with the city and with the other participants of the programme. All the participants, divided into groups, will enjoy a journey around the city of Madrid, playing little games in some of the more famous points of the city.

### **Meeting point 10:30 at Atocha Station**



**How to get to the Meeting Point the accommodations:** the easier and faster way is going by foot. *Atocha Station* is very, very close from the accommodations (14 minutes), but if you are really lazy you can take the metro in *Anton Martín Line 1* (Light Blue) to *Atocha* and then just cross the street (13 minutes).

**You are not allowed to go inside the museum with your camera. You can leave it at the lockers in the entrance of the museum.**

**Don't forget to bring your student's card along with you!**



## Monday, Nov 18 – Friday, March 22: Lectures

### LIST OF COURSES:

#### **UPM-94 Simulation Tools in Sound Reinforcement**

**SITE: ETSI Sistemas de Telecomunicación**

[Campus Sur Universidad Politécnica de Madrid, Crtra de Valencia, km 7, 28031 Madrid](#)

**Coordinator:** Juan José Gómez Alfageme

Phone: +34 913 365 481

Email: [juanjose.gomez.alfageme@upm.es](mailto:juanjose.gomez.alfageme@upm.es)

#### **UPM-101 Madrid and its history through the analysis of the most emblematic city buildings**

**SITE: ETS Edificación**

[Av. Juan de Herrera, 6, 28040 Madrid](#)

**Coordinator:** Pilar Izquierdo

Phone: +34 91 3367626

Email: [pilarcristina.izquierdo@upm.es](mailto:pilarcristina.izquierdo@upm.es)

#### **UPM-118 Neurophotronics of vision**

**SITE: ETSI Telecomunicación**

[Campus Ciudad Universitaria, Av. Complutense, 30, 28040 Madrid](#)

**Coordinator:** Ana Pilar González

Phone: +34 915495700 ext. 3411

Email: [anapilar.gonzalez@upm.es](mailto:anapilar.gonzalez@upm.es)

#### **UPM-123 Inclusion in Sport: promotion sport participation of people with disabilities through technology and science**

**SITE: INEF**

[Universidad Politécnica de Madrid, Calle Martín Fierro, 7, 28040 Madrid](#)

**Coordinators:** Javier Pérez Tejero

Phone: +34 913 364 137

Email: [j.perz@upm.es](mailto:j.perz@upm.es)

#### **UPM-126 Exercise is Medicine: from theory to practice**

**SITE: INEF**

[Universidad Politécnica de Madrid, Calle Martín Fierro, 7, 28040 Madrid](#)

**Coordinator:** Marcela González Gross

Phone: +34 913 364 039

Email: [marcela.gonzalez.gross@upm.es](mailto:marcela.gonzalez.gross@upm.es)

#### **UPM-129 Mestizo Madrid**

**SITE: ETS Arquitectura**

[Av. Juan de Herrera, 4, 28040 Madrid](#)

**Coordinator:** Ángela Ruiz

Phone: +34 696 064 566

Email: [angela.ruiz@upm.es](mailto:angela.ruiz@upm.es)

**UPM-130 Teamwork communication issues for disciplinary future professional students**

**SITE: ETS Arquitectura**

[Av. Juan de Herrera, 4, 28040 Madrid](#)

Coordinator: Paloma Úbeda Mansilla

Phone: +34 629 788 395

Email: paloma.ubeda@upm.es

**UPM-131 Introduction to the symbolic Computation: algorithms and applications**

**SITE: ETSI Sistemas de Telecomunicación**

[Campus Sur Universidad Politécnica de Madrid, Crtra de Valencia, km 7, 28031 Madrid](#)

Coordinator: Juana Sendra Pons

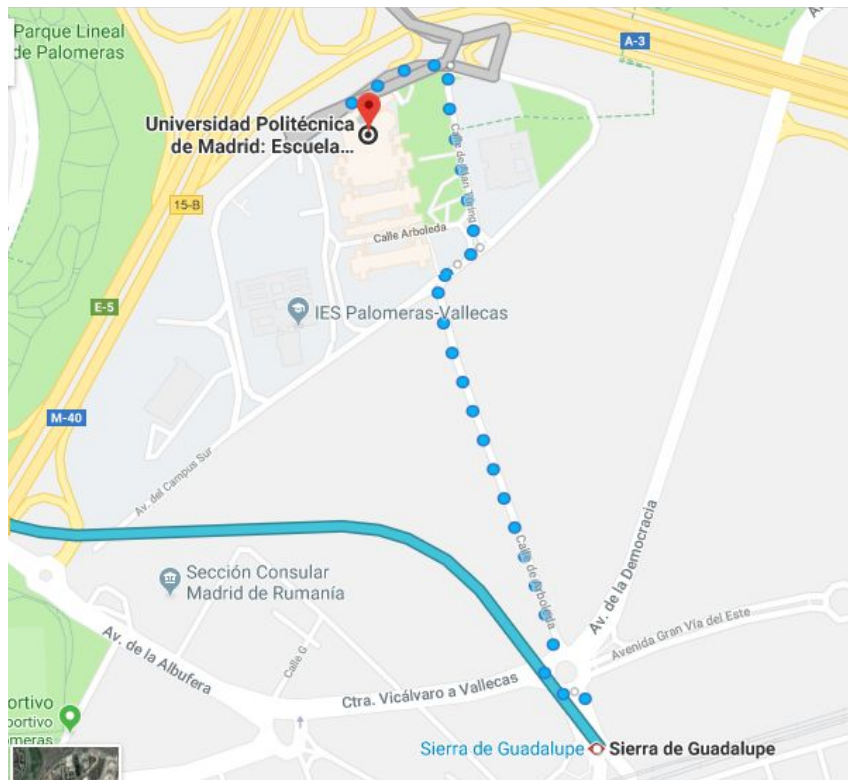
Phone: +34 910 673 455

Email: juana.sendra@upm.es

There will be different **Meeting Points** (you will find out how to get below), where some BEST-UPM student will be waiting for you on Monday to walk you to the different lecture rooms.

**From the accommodation the ETSI Sistemas de Telecomunicación**

Take the Metro in the station *Antón Martín*, **Line 1** (Valdecarros direction) to **Sierra de Guadalupe**. Then walk for about 10 minutes.



**From the accommodation the ETSI Telecomunicaciones**

Take the Metro in the station *Antón Martín*, **Line 1** to *Cuatro Caminos*. In *Cuatro Caminos* change to **Line 6** to ***Ciudad Universitaria*** and walk for about 15 minutes.

**From the accommodation to ETSI Edificación**

Take the metro in *Sol* station, **Line 3**, to *Moncloa*. There take the **Line 6** to ***Ciudad Universitaria*** and walk for about 6 minutes. (30 minutes).

**From the accommodation to ETSI Edificación**

Take the metro in *Sol* station, **Line 3**, to *Moncloa*. There take the **Line 6** to ***Ciudad Universitaria*** and walk for about 6 minutes. (30 minutes).

**From the accommodation to INEF**

Take the metro in *Sol* station, **Line 3**, to *Moncloa*. There take the **Line 6** to ***Ciudad Universitaria*** and walk for about 10 minutes. (30 minutes).

## Wednesday, March 20

### Night Walk

The purpose of the Night Walk is to show you some of the most emblematic places of the city at night. It will take up an hour and a half approx. then we will take you to some pubs to grab some drinks and party for a while.

**Meeting Point: Sol Square (next to the bear and the strawberry tree) at 20:15 (metro lines: L1, L2 and L3).**

**Remarks: Dinner is not included.**

## Friday, March 22 – Farewell Party

The party will be held at a place called ***Bolshói*** ([Av. de Brasil, 3B, 28020, Madrid](#))

**Meeting Point: 23:00 at *Estrecho* Metro Station (Line 1).**

**One drink ticket is provided by BEST-UPM students. You must show your ID-Card with a picture to the BEST-UPM students that will be at the pub entrance BEFORE**

**00:00.**

**REMARKS:**

- **Make sure you bring and ID (with a picture), your passport or similar along with you. We need to identify you.**
- **Come quite smartly dressed. If you're not, you might not get admitted by the staff.**
- **BEFORE 00:00!**
- **Dinner is not included.**

**From the accommodation to the party:** Take the Metro in *Antón Martín* **Line 1** to *Estrecho* station.

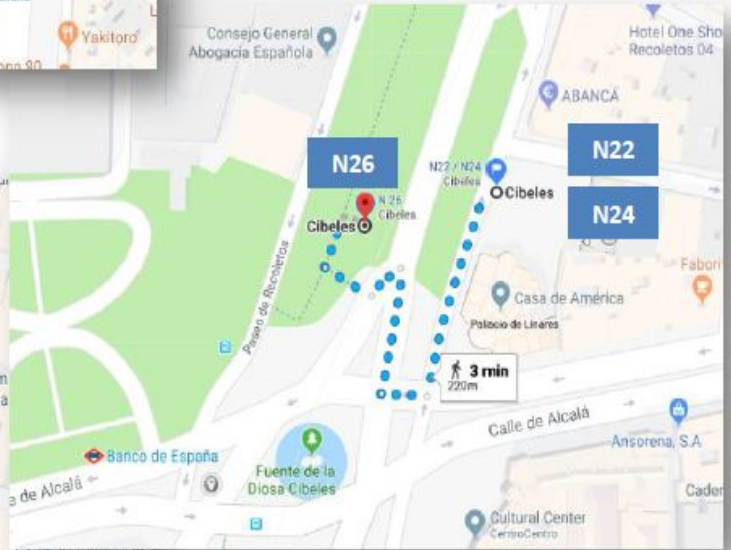
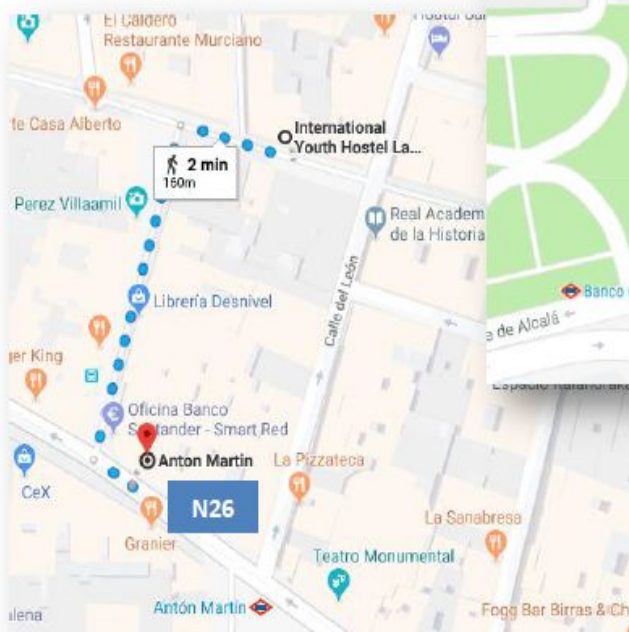
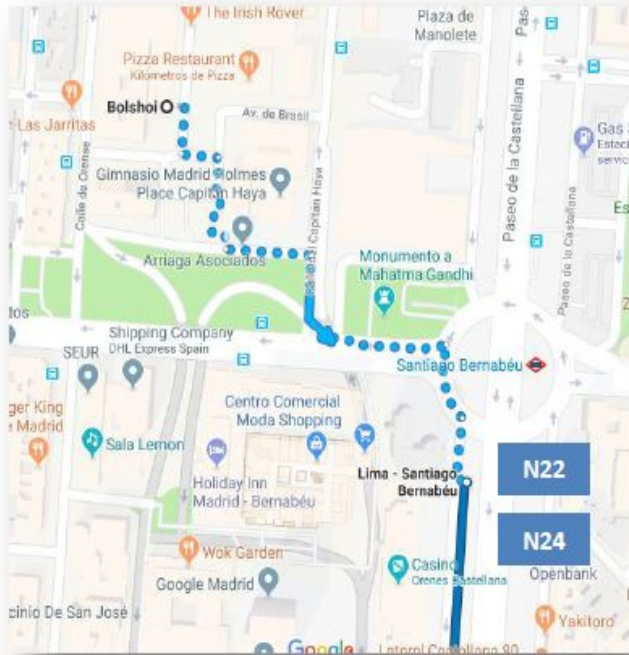
**Going back to the accommodation:**

- **Before 1:30h:** you can take the metro back to the accommodations.

- **After 1:30h:** If you stay longer (as we hope you will), you have other options: You'll have to take the N22 (12 stops to Cibeles) or N24 (10 stops to Cibeles) at Lima - Santiago Bernabéu towards Plaza de Cibeles. Once you get there you can take the N26 towards Aluche and get off at the station of Anton Martín (4 stops) or you can go walking from Plaza de Cibeles to the hostel (15 minutes approx.). (Map below).

You can take different buses depending on the hour; we would recommend you to check the best alternative on Google maps.

You may also take a taxi. There are many taxis in Madrid and they are not particularly expensive, especially if you are not alone, and you will be not.



## Saturday, March 23- Departure day

You are supposed to leave the hostel on Saturday, Nov 24, hopefully with a great experience in your pocket!