



SURVIVAL GUIDE ATHENS MADRID UPM NOVEMBER 2019



1. MUST DO & MUST HAVE

1.1 GROUPS

Join our FB and WA groups asap! You will be informed and warned about any possible changes.

Facebook Group: <https://www.facebook.com/groups/2412924702358615/>

WhatsApp Group: <https://chat.whatsapp.com/EIWfgH3uinOCykv4llg1o4>

· EMERGENCY NUMBERS

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

Organiser Laura: +34 655 54 44 00

Organiser Miguel: +34 654 19 92 66

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 train 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 Metro's webpage. You might find useful information and tools, for example: you can enter two metro stations (Starting point and destination) and it tells how to get from one station to another. It also tells you which trains you have to take and the time it will take you to get there. And other important thing, you'll 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

Tourist Card:

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

https://www.metromadrid.es/en/viaja_en_metro/Tarifasybilletes/abonos/contenido02.html

1.2 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 15:00 h (Monday to Sunday)
Italian	From 9:00 to 15:00 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, November 15th

Check – Out: Saturday, November 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:

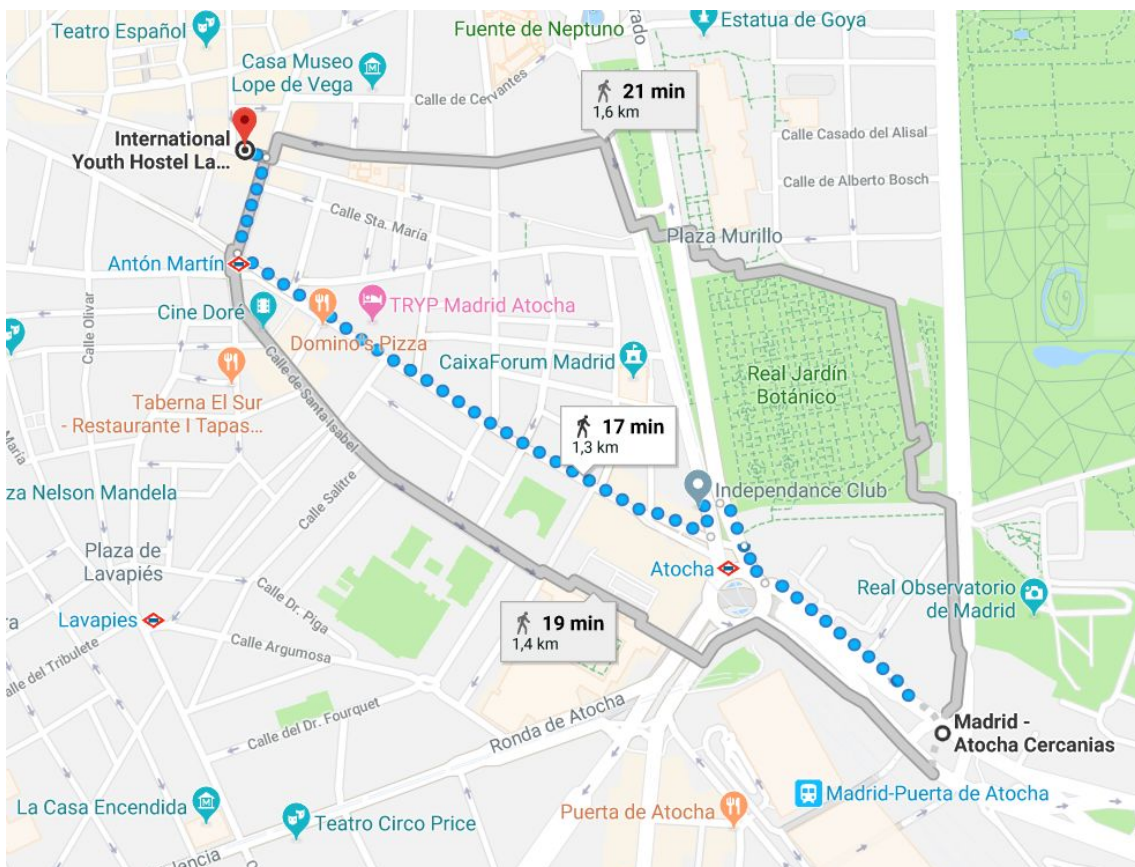
Cercanías train / Airport Bus to Atocha

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, November 15: Welcome Party

Saturday, November 16: Registration & Official Opening / Museum

Sunday, November 17: Museum / City Rally

Monday, November 18 – Friday, 23: Lectures

Wednesday, November 20: Night Walk + Party

Friday, November 22 : Farewell Party

Friday, November 15- Welcome Party

The party will be held at a place called **Lasal Bar Club** (Calle de Guzmán el Bueno, 98, 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.

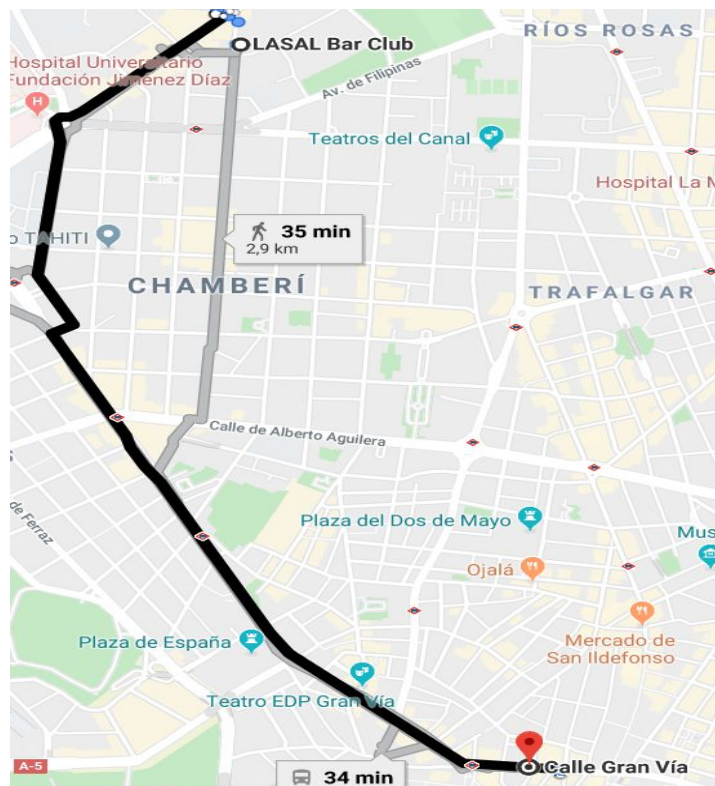
REMARKS:

- **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* (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, November 16 – Registration & Official Opening + 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:

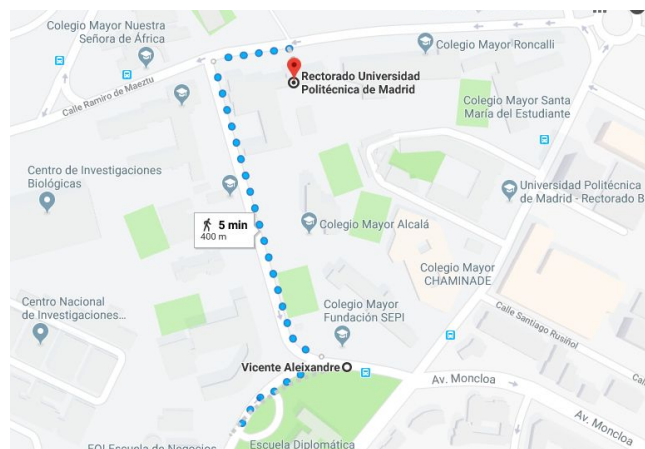
Do take the metro in the airport, any terminal, **Line 8** to *Nuevos Ministerios* (7 stops). There, take metro **Line 6** to *Vicente Aleixandre* (4 stops).

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.



16:00 H Visit to *Museo del Prado*

Lunch before the visit the Museum will be provided.

Do remember that you are not allowed to take photos inside the museums. As well you are not allowed to enter with a backpack, so you should leave it at your accommodation or at the museum locker.

Sunday, November 17 - Museum + City Rally

Visit to the Mint Museum, lunch at the Retiro Park and City Rally.

Do remember that you are not allowed to take photos inside the museum. Remember you also that if you bring 3€ this day you will have the opportunity to coin your own medal as a perfect souvenir of the Mint Museum.

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

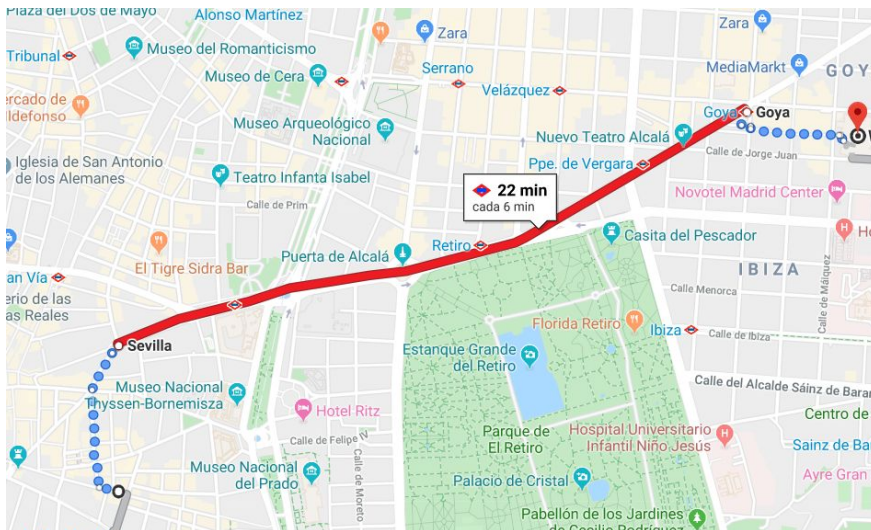
After lunch you will have some free time. We would recommend you to spend some time visiting *Retiro Park*.

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 WiZink Center



How to get to the Meeting Point the accommodation: the easier and faster way is going by metro. You need to get to *Sevilla* station (5 minutes from the accommodation) and take **Line 2** to *Goya* station (4 stops) and walk another 5 minutes to get to the WiZink Center.



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, November 18 – Friday, November 22: Lectures

LIST OF COURSES:

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 91 336 7626

Email: pilarcristina.izquierdo@upm.es

UPM-107 Spectral signatures: from foods to fuels

SITE: ETSI Agronómica, Alimentaria y de Biosistemas

[Av. Puerta de Hierro, 2, 28040 Madrid](#)

Coordinator: Pilar Barreiro

Phone: +34 91 336 5845

Email: pilar.barreiro@upm.es

UPM-115 Physical Computing based on Open Software and Hardware Platforms

SITE: ETSI Telecomunicación

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

Coordinator: Antonio Pérez Serrano

Phone: +34 91 336 7366 ext 3404

Email: antonio.perez.serrano@upm.es

UPM-119 Complex Coastal Hazards

SITE: ETSI Minas y Energía

[Calle de Ríos, Rosas, 21, 28003 Madrid](#)

Coordinator: Carlos Paredes Bartolomé

Phone: +34 91 067 6486

Email: carlos.paredes@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 91 336 4134

Email: marcela.gonzalez.gross@upm.es

UPM-127 The Basics of Construction Products in a Circular Economy: from End-of-Life Products to Secondary Raw Materials

SITE: ETSI Agronómica, Alimentaria y de Biosistemas

[Av. Puerta de Hierro, 2, 28040 Madrid](#)

Coordinator: Justo García Navarro

Phone: +34 91 336 5863

Email: justo.gnavarro@upm.es

UPM-128 Ocean Paradigm Shift

SITE: ETSI de Caminos, Canales y Puertos

[Calle del Prof. Aranguren, 3, 28040 Madrid](#)

Coordinator: Pedro Fernández Carrasco

Phone: +34 620 11 5854

Email: pedro.fernandez@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 to 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. (35 minutes).

From the accommodation to ETSI Caminos, Canales y Puertos

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 6 minutes. (35 minutes).

From the accommodation to ETSI Agronómica, Alimentaria y de Biosistemas

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 5 minutes. (35 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. (35 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. (35 minutes).

From the accommodation the ETSI Minas y Energía

Take the Metro in the station *Antón Martín*, **Line 1** to *Ríos Rosas*. In *Ríos Rosas* walk for about 2 minutes. (20 minutes).

Wednesday, November 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. **REMEMBER TO BRING A COWBOY HAT TO THE NIGHT WALK.** Clicking [here](#) you can see some shops where you can buy one cowboy hat if you don't have one.

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, November 22 – Farewell Party

The party will be held at a place called ***TAHITI*** ([Calle de Fernández de los Ríos, 87, 28015 Madrid](#))

Meeting Point: 23:00 at *Moncloa* Metro Station (Line 3 / Line 6).

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 Meeting Point: Walk to the metro station *Sol* (6 minutes) and take **Line 3** to *Moncloa* station (5 stops).

Going back to the accommodation:

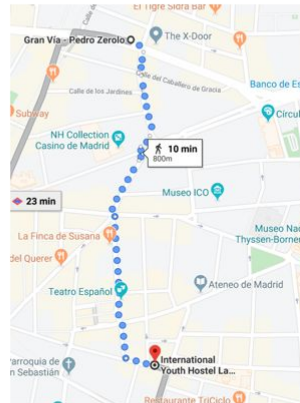
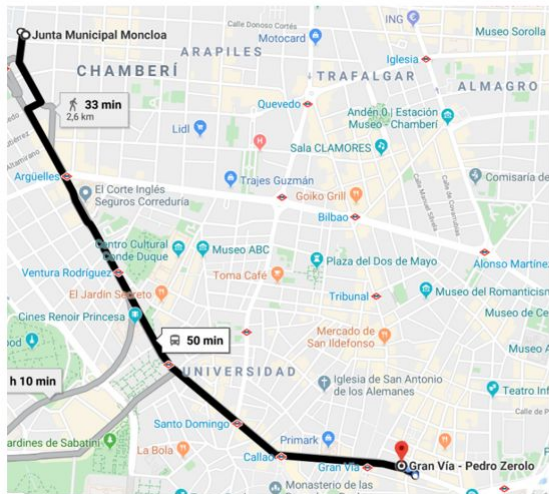
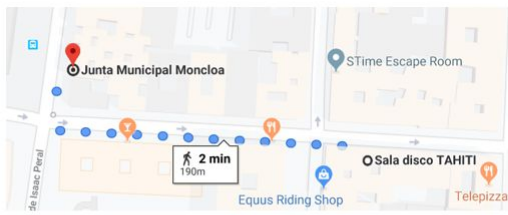
- **Before 1:30h:** you can take the metro back to the accommodations.

- **After 1:30h:** If you stay longer (as we hope you will), you have other options: You'll have to take the N21 (9 stops to Gran Vía - Pedro Zerolo) at Junta Municipal Moncloa towards Gran Vía - Pedro Cerolo. Once you get there might go walking to the hostel (10 minutes). (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.

UPM Athens Programme NOVEMBER 2019



Saturday, November 23- Departure day

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