

# Universitat Rovira i Virgili

## 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  
Espanya

Web: [www.urv.cat/international](http://www.urv.cat/international)  
E-mail: [mobility.in@urv.cat](mailto:mobility.in@urv.cat)  
[hosting@urv.cat](mailto:hosting@urv.cat)  
Phone: +34 977 55 8129  
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 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 nº41** 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



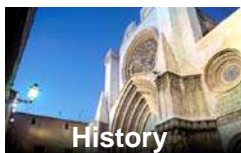
- [Master in Classical Archaeology:](#)  
**Jose Ignacio Fiz** (joseignacio.fiz@urv.cat)
- [Master in Quaternary Archaeology and Human Evolution:](#)  
**Carlos Lorenzo Merino** (carlos.lorenzo@urv.cat)



- [Master's Degree in Urban Anthropology, Migrations and Social Intervention:](#)  
**Gaspar Maza** (gaspar.maza@urv.cat)



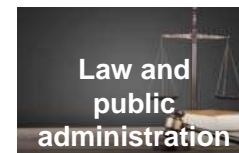
- [Bachelor's Degree in Publicity and Public Relations / in Journalism / in Audiovisual Communication / Master's Degree in Strategic Communication in the Risk Society:](#)  
**Natalia Lozano** (natalia.lozano@urv.cat)



- [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:](#)  
**María Jiménez** (maria.jimenez@urv.cat)

# Our campuses, Faculties and Technical Schools



## Sescelades Campus

Tarragona



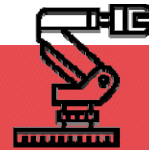
Faculty of Chemistry



Faculty of Education  
Sciences and Psychology



Faculty of Oenology



School of Engineering



School of Chemical  
Engineering





# Sescelades Campus

Tarragona



## Mobility Academic Coordinators



- [Bachelor's Degree in Infant Education:](#)  
**Oriols Rios** (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 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:](#)  
**Jose 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

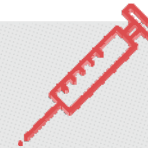


Faculty of Tourism  
and Geography

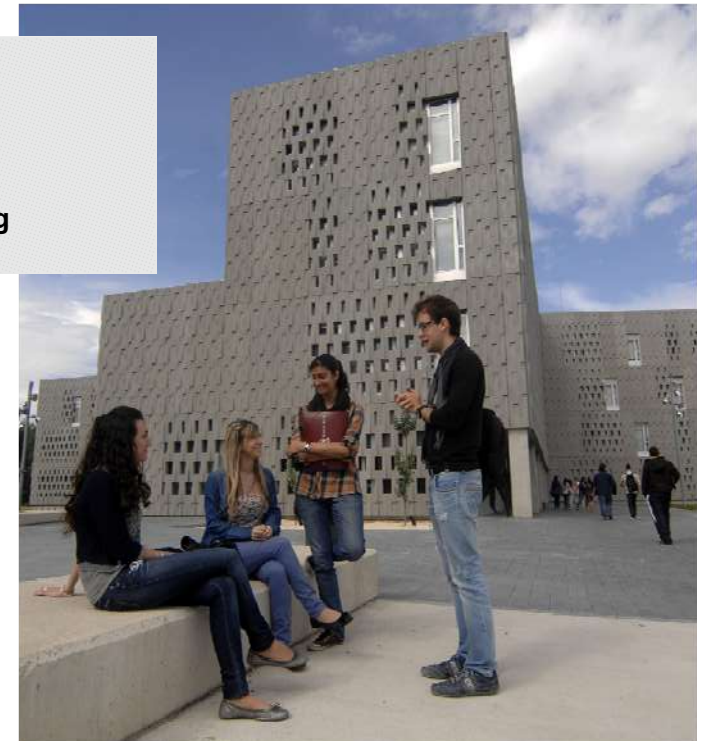


### Terres de l'Ebre Campus

Tortosa



Faculty of Nursing





## Vila-Seca Campus

Vila-Seca

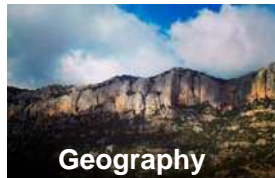


## Terres de l'Ebre Campus

Tortosa



## Mobility Academic Coordinators



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



- [Bachelor's Degree in Tourism:](#)  
**Coia Domingo** (coia.domingo@urv.cat)



- [Bachelor's Degree in Nursing:](#)  
**M<sup>a</sup> Luisa Mateu** (marialuisa.mateu@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





# Bellissens Campus

Reus

## Mobility Academic Coordinators



- [Bachelor's Degree in Architecture:](#)  
**Agustí Costa** (ri.etsa@urv.cat)

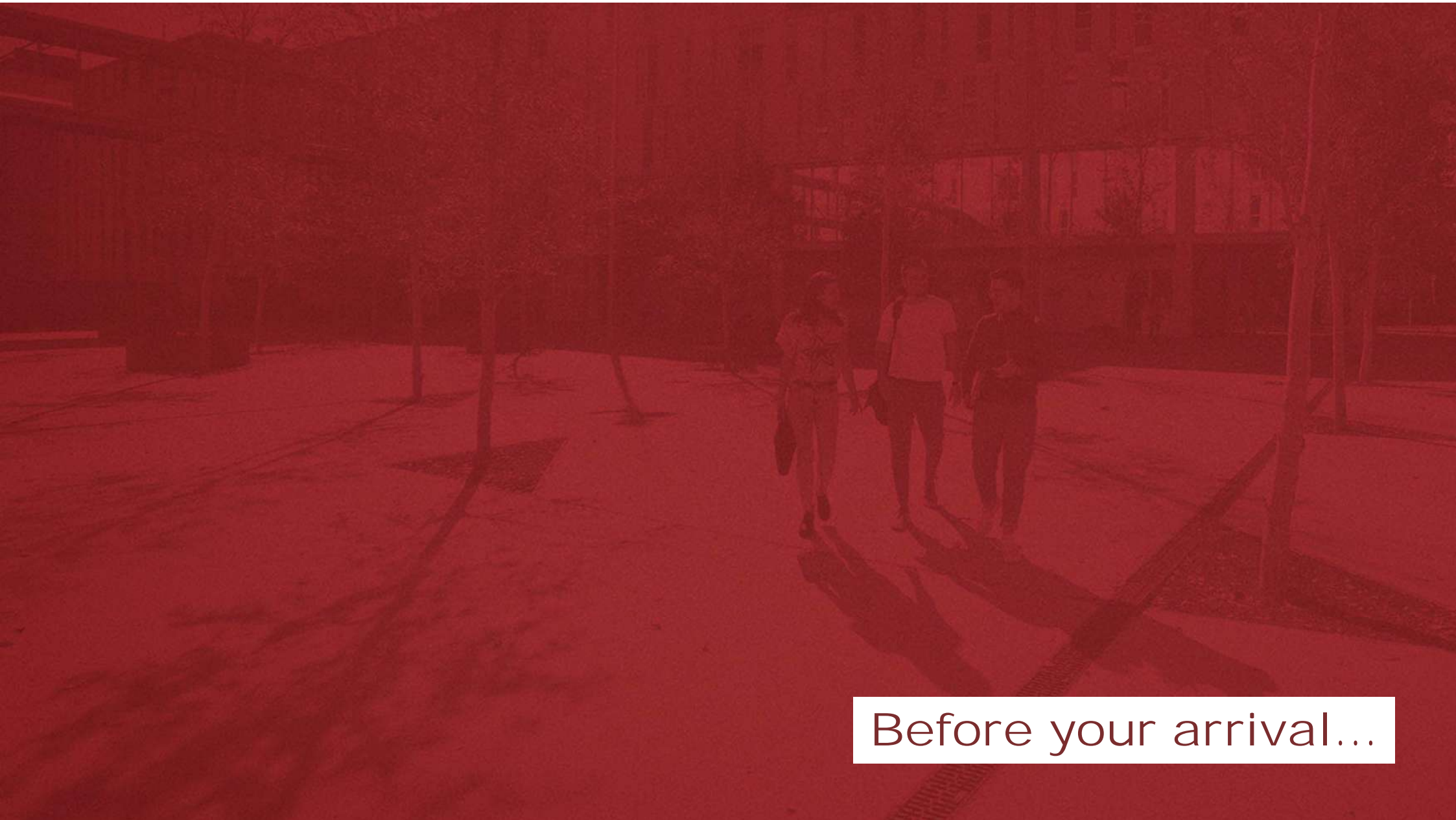


- [Bachelor's Degree in Medicine / in Physiotherapy / in Human Nutrition and Dietetics:](#)  
**Montserrat Guardiola** (coormob.fmcs@urv.cat)



- [Bachelor's Degree in Business Administration and Management / in Economics / in Finances and Accounting:](#)  
**Christian Duran** (interfee@urv.net)





Before your arrival...

## 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 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 (1<sup>st</sup> semester: July / 2<sup>nd</sup> 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](#) & [Residència Mediterrani](#)

## 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 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 of the most important festivals in Tarragona is Santa Tecla on 23 September.





## 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? / Fine, thanks!	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

## 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.

## 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.

More information:

<http://www.exteriores.gob.es/Portal/es/ServiciosAlCiudadano/Paginas/EmbajadasConsulados.aspx>

## 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](mailto:tecnico@erv.es).

## General academic calendar

		Lessons & Exams	Holidays
		1st Semester: 23 September 2019 – 7 February 2020	23 December 2019 – 6 January 2020
		2nd Semester: 10 February 2020 – 23 June 2020	6 April 2020 – 13 April 2020

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/>

# Academic Schedule

SEARCH



EVA URV

SELECT



**evi** Estil Visual d'Informació Acadèmica **CONSULTA D'HORARIS** SORTIR

SELECCIÓ D'ASSIGNATURES

Usatxat genèric | 2018-19 | 02/04/2019

Est a la pàgina

Selecciona les assignatures que t'interessen del pla: Grau d'Enginyeria Agroalimentària (2010) Continueu

<p><b>Primer curs</b></p> <ul style="list-style-type: none"> <li>Acta única 1Q</li> <li>Formació bàsica i obligatòries</li> <li><input type="checkbox"/> FÍSICA 20214003</li> <li>Acta única 2Q</li> <li>Formació bàsica i obligatòries</li> <li><input type="checkbox"/> FÍSICOQUÍMICA 20214004</li> </ul>	<p><b>Segon curs</b></p> <ul style="list-style-type: none"> <li>Acta única 1Q</li> <li>Formació bàsica i obligatòries</li> <li><input type="checkbox"/> EDUACIÓ I CLIMATOLOGIA 20214011</li> <li><input type="checkbox"/> FONDAMENTS DE BIOCHEMIA I BIOLOGIA 20214007</li> <li><input type="checkbox"/> MATEMÀTIQUES II 20214006</li> <li>Acta única 2Q</li> </ul>
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CHECK



Quadre horari del període 06/09/2018 - 06/01/2019

HORA	DILLERS	DIMENYES	DIMENYES	DIMENYES	DIENES
9:00-10:00		ASSISTÈNCIA DE MATERIALS I CÀLCUL D'ESTRUCTURES Sig. CLARIB MAGISTRAL I 20214024 MÀR 104			ASSISTÈNCIA DE MATERIALS I CÀLCUL D'ESTRUCTURES Sig. CLARIB MAGISTRAL I 20214024 MÀR 104
10:00-11:00					ASSISTÈNCIA DE MATERIALS I CÀLCUL D'ESTRUCTURES Sig. CLARIB MAGISTRAL I 20214024 MÀR 104
11:00-12:00					ASSISTÈNCIA DE MATERIALS I CÀLCUL D'ESTRUCTURES Sig. CLARIB MAGISTRAL I 20214024 MÀR 104
12:00-13:00					ASSISTÈNCIA DE MATERIALS I CÀLCUL D'ESTRUCTURES Sig. CLARIB MAGISTRAL I 20214024 MÀR 104
13:00-14:00					ASSISTÈNCIA DE MATERIALS I CÀLCUL D'ESTRUCTURES Sig. CLARIB MAGISTRAL I 20214024 MÀR 104

## 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 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](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:

[http://www.urv.cat/international/movilidad/en\\_coordinadores-movilidad.html](http://www.urv.cat/international/movilidad/en_coordinadores-movilidad.html)

## 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 on-line 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.



# Welcome to the URV!



Campus d'Excel·lència Internacional Catalunya Sud  
Campus de Excel·lència Internacional Catalunya Sur  
Campus of International Excellence Southern Catalonia

 **International Center**  
international.strategy@urv.cat  
+34 977 558 129

 **www.urv.cat**

Algunes imatges d'aquesta presentació estan extretes d'[aqui](#).