





WELCOME!

The ultimate guide for international students
coming to the University of Vigo

ESN Vigo Erasmus Guide 2021-2022



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INTRODUCTION

So... are you coming in Erasmus (or any other international exchange program) to the University of Vigo? **Great!** 🦸

We already know that the first part of the process -applying for the grant and getting the documents- was tough enough. And that's why we want to make the rest of it easier for you!

Here you have the ultimate guide for your Erasmus at the University of Vigo. All you need to know is in this document. So take a seat, a big coffee and read it carefully. If you have any doubt, just ask us!

WHO ARE WE? WHAT'S ESN?

Erasmus Student Network (ESN) is a non-profit international student organisation. Our mission is to represent international students, providing opportunities for cultural understanding and self-development under the principle of “**students helping students**”, which means that we're going to provide you with information about the different cities and campuses, and we will organise special events, activities, and trips for you. You can see all we offer at the end of the document.

BUDDY PROGRAM

One of the services we offer, and the first one you have to know about, is the Buddy Program. A buddy is just a local ESN volunteer who will be assigned to you prior to your arrival to help you during your first few days in the city. Your buddy will pick you up at the station/airport, help you find accommodation if you need to, go with you to the University for the first time, and help you with anything you may need. 😊

The ESN Buddy Program is a different program than the one offered by the ORI (International Relations Office), but their essence is all the same. Both (ORI and ESN) try to distribute the international students between the two services. So, if you have already asked for an ORI volunteer, please don't ask for an ESN one.

HOW TO ASK FOR A ESN BUDDY?

In order to ask for a buddy you just have to fill in this form: <http://www.esnvigo.org/satellite4/buddy-program>. We will reply to you when we find a matching volunteer according to your preferences and arrival details. So, make sure you know all the details about your arrival in the city (Vigo/Pontevedra/Ourense) when you request a buddy. We strongly recommend to try and have it done at least a week before your arrival, if possible.

CONTACT US!

If you have any doubts you can ask them on the Facebook groups: 📢


- If you are coming to the cities of Vigo: [ESN Erasmus Vigo 2021-2022](#)
- If you are coming to the city of Pontevedra: [ESN Erasmus Pontevedra 2021-2022](#)
- If you are coming to the city of Ourense: [ESN Erasmus Ourense 2021-2022](#)

You can also follow our Fan Page to see all the news:

<https://www.facebook.com/Erasmus.Student.Network.Vigo/>

In each of these groups there are several ESN volunteers who live in the city and will try to answer all your questions. Feel free to post your doubts or questions or even answer those of your fellow students. The point is to help each other and share useful information or tips. So don't be shy and speak up! ✌️

ESNCARD

The ESNcard is our membership card, which will bring you many discounts with our partners in Ourense, Pontevedra and Vigo and in many cities throughout Europe!! 

- Local discounts: www.esnvigo.org. On ESNcard > Partners Vigo/Pontevedra/Ourense you will find all our partners and discounts offered in each one of these cities for ESNcard holders.
- All European discounts: www.esncard.org. You can search for discounts all around Europe just by searching the city you are travelling to.
- This card is **required** to participate in some ESN events, trips and activities.
- This card is **only available in ESN events** and costs €10. Every ESNcard comes with a free welcome pack!! (please, don't forget to bring and ID photo and your ID/passport)

SIM LYCAMOBILE: SPANISH TELEPHONE NUMBER

Lyca is a low cost mobile company and an official ESN Spain partner. Thanks to this partnership, we can offer your free Lycamobile SIM cards with your welcome pack. The main advantage of this SIM card are the free calls between Lycamobile numbers, so if all of you have one, you can call the others for free. 📱

You won't have to sign a mobile phone contract or register your bank account to pay the monthly fee because it is a prepaid card. You may think that a prepaid card is not what you're looking for because you also want Internet in your cellphone, but it is! Because you can purchase an Internet pass.

Additionally, with this SIM card you will enjoy cheap international calls. Check your country in the following links:

- Bundles: <https://www.lycamobile.es/en/bundles/>
- International fares <http://www.lycamobile.es/en/internationalrates>
- **Calling from Lyca to Lyca is totally FREE!**
- If you top up your credit, you will get twice as much!
<https://www.lycamobile.es/en/free-credit-every-top/>
- Phone help: dial 321
- Check your consumption: *221# (or 94#) and press call. You'll receive a free SMS with the info.
- **We'll activate the SIM card at our offices.**
- **This card is available in our ESN events.**

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THE UNIVERSITY OF VIGO

YOUR FACULTY, YOUR COORDINATOR, THE ENROLMENT

You can check the faculties in each campus (Vigo/Pontevedra/Ourense), their Erasmus coordinators and their webs in the link below:

<https://www.uvigo.gal/en/study/mobility>

The official academic calendar is available here: [Calendario Académico UVigo 2021-2022](#)

We've summarized the main dates.

1st semester	Classes begin:	6th September 2021*
	Classes end:	28th January 2022*
	Winter holidays begin:	20th December 2021
	Winter holidays end:	7th January 2022
2nd semester	Exams begin:	December 2021*
	Exams end:	January 2022*
	Marks close:	18th February 2022
	Classes begin:	31st January 2022*
2nd semester	Classes end:	10th June 2022*
	University holiday:	28th January 2022
	Carnival holidays:	28th February and 1st March 2022
	Spring holidays begin:	11th April 2022
	Spring holidays end:	15th April 2022
July exams (in case you didn't pass an exam)	Exams begin:	May 2022*
	Exams end:	June 2022*
	Marks close:	1st July 2022
July exams (in case you didn't pass an exam)	Exams begin:	June 2022*
	Exams end:	July 2022*
	Marks close:	25th July 2022

**Note that the class and exam periods may change depending on the faculty.*

You must personally enrol at your faculty's secretary office until the 31st October.

After your enrolment you can find important information about your courses, including latest news, start dates, professor notes, marks and other content, in the University's

virtual platform, called Moovi. You can access Moovi at the following link: www.moovi.uvigo.gal.

In some cases you can pre-register in a course before being enrolled by clicking on “Pre-registration” in the left bar browsing through the courses until you find the one(s) you are looking for.


If you can't pre-register and the professors use the platform quite often (this depends on the professor's teaching method), you will have to borrow the materials from your classmates until you can enrol in the course, because the course contents won't be available until you do that.

We recommend that you talk to your coordinator, pick some subjects and attend their classes to get to know whether you like them. It's also good to introduce yourself to the professor at the beginning or end of the class. If you miss his or her presentation, do not forget to ask about the evaluation method.

When you organize your schedule, you should also be aware that if there are several groups for the same course (with different schedules) you can choose the one that suits you better. Some professors are more strict with the number of people in the groups than others (especially in practical lessons), so if you want to join another class or group you should let the professor know so that they can add your name to the group you will attend.

It'd be great if you can have a clear idea of which courses you like and think you can pass before September ends, and enrol when you are sure. You should not enrol a course if you have doubts about it because you won't be able to modify your registration later.

SPANISH COURSE, GALICIAN COURSE

You'll be given detailed information about the Spanish and Galician courses at the welcome meetings organised by the ORI (International Relations Office). 

In case you cannot attend any of these presentations or you want to get some course details in advance, here is a short overview:

- **Spanish Courses 2021-2022**

All the information: http://cdl.uvigo.es/espanol_estraxeiros.php?idioma=en

→ **Semester course (1 semester, Vigo/Pontevedra/Ourense)**

Info: 60 hours (47 classroom hours). Levels A1, A2, B1, B2 and C1. Final exam. 4 ECTS recognition.

LEVEL PLACEMENT TESTS: after ORI Presentation (free test).

Classes: starting after level placement tests

How to enrol/More info: <http://centrodelinguas.fundacionuvigo.es/>

- **Galician course (1 semester)**

Some info: recognised with 2 ECTS. 75 hour course, cultural trips included.

All the information:

<https://www.uvigo.gal/en/campus/language/training>

Enrolment and classes dates will be available on the previous link.

Price: **FREE!**

LIBRARY

If you want to borrow books from the libraries of the University you have to apply for a library card. You can get this card at your faculty library.

Otherwise, you may use any library of the University to study or read books as long as you don't need to take them home.

SPORTS

The Sports Service of the University of Vigo offers a wide range of services.

You can check all the information on their website*:

<https://www.uvigo.gal/en/campus/sports>

As a summary, these are some things you may be interested in:

*You may use the facilities without a regular reservation or service subscription.

- The mUVer subscription is the type of membership that will give you access to the campus facilities and discounts in organized activities:
 - **Basic subscription:** (Free for students). Includes changing room, lockers and athletics track.
 - **mUVer Subscription:** (Annual 60€, semester 35€). Includes fitness rooms, group fitness classes, athletics track, discounts on sports schools, Augaventura, Delecer and health services.
- If you prefer to go to another gym out of campus, there are more discounts available for gyms in the city centres, and at the so-called open sport centres (centros deportivos abiertos).

- Check [here](http://deporxest.uvigo.es/WebDeportesUVigo/abonos/) all the services offered:
- If you want to enrol in a service click “Authentication University Community and Graduates” and log in with the username and password you were given at the ORI on your first day.

OTHER UNIVERSITY SERVICES

Other University services which you can use are:

- **Psycho-pedagogical cabinet** (Gabinete psico-pedagógico): psychological support, study techniques, self-esteem and self-motivation training and more:
www.uvigo.es/uvigo_gl/vida/psicopedagogico/
- **Extensión Universitaria**: they organise extracurricular courses and activities, conferences, cultural events, and different creativity and artistic creation contests. As a member of the University family, you can also participate! Check their website for further information: <https://www.uvigo.gal/en/campus/culture>

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DETAILED INFORMATION OF YOUR CAMPUS

1. VIGO

HOW TO REACH THE CITY ✈

Plane, train, bus... There are many options to reach Vigo. You still don't know how to get here? Please click the link below to find very exhaustive information about how to get to Vigo by different means of transport:
<http://www.esnvigo.org/satellite4/how-get-vigo>

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HOTELS AND HOSTELS IN VIGO WITH ESN DISCOUNT

■ **Alda Hoteles**

[Alda Hoteles](#) chain is present in more than 40 cities in the Northwest of Spain (Vigo, Pontevedra, Ourense, etc).

The offers are as follows:

- Room for 1 person: €25 per day.
- Room for 2 people: €30 per day.
- Room for 3 people: €36 per day.

In addition, for €5 (per day) you can have a buffet breakfast.

More info: <https://esnvigo.org/satellite4/partners/alda-hoteles>

■ **Hotel Junquera** ★ ★

[Calle Uruguai 19, 36201. Vigo](#)

Price with discount: standard single room: €28, standard double or twin room: €40, standard triple room: €58; breakfast included in all the prices. (This discount is also available for your family members).

If you want to book online, to make this offer valid, you need to do it by writing an E-mail to info@hoteljunquera.com. Don't forget to say you are an Erasmus student.

■ **Other accommodation options without discount**

You can find other accommodation options at the following pages:

- Hostels/hotels: www.hostelworld.com, www.booking.com.

GENERAL INFORMATION ABOUT THE CITY

We are sure that you have many questions about how Vigo is: weather, what you should bring, etc. Please visit this page to find some useful tips: <http://www.esnvigo.org/satellite4/erasmus-vigo-coming>

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FIRST STEPS TO DO WHEN YOU GET TO VIGO

1. Go to the hostel to check in. You can see some recommendations above.
2. Sign your arrival form at the University (ORI office) that is in the [Miralles building](#), which looks like [this](#). The closest bus stop is at the Faculty of Economy and Business, but the building is still at a short walking distance... Check the info about the University buses [here](#).
3. Find a place to live. If you have a buddy, he/she will help you with that.
4. Visit your faculty coordinator. Check info [here](#).

CITY BUS

The Vigo bus company is Vitrasa. There are special fares for students, but you cannot get them without a personal bus card.

How to apply:

- Go to the Vitrasa office in the Vigo city hall, and follow the instructions. We recommend you to bring important documents (ID/Passport, Letter of Acceptance...) Location: [Praza do Rei, 1, 36202 Vigo, Pontevedra](#).
- You can add credit to your bus card in any Abanca ATM.
- A normal bus ticket costs €1.35 which must be paid in cash to the driver (they don't accept €20 or higher banknotes). With the card and the University student fare, each trip costs €0,68. Card holders pay their fare by introducing the card in a slot machine next to the driver when they get on the bus.
- Card holders can take up to three buses of different lines in less than 45 minutes and pay only for the first one. You'll read "transbordo" (transfer) on the small screen. You must pay for all the trips if you don't have a card.
- There are no monthly transport cards to purchase, -you'll always pay for the real number of trips you make.

University buses

If you are studying at Torrecedeira (Sede Ciudad) your faculty will be in the city.

If your faculty is in the CUVI (University City of Vigo, or Sede Campus), you will have to get there by bus, since **CUVI is 13 km away from the city center.** !

There are four bus lines going to CUVI. The first two are "shuttles" (they go directly to the campus and make few stops in between), but the other two are regular lines that make more stops in their way.

- Line U1: Universidade - Plaza América (shuttle)
- Line U2: Universidade - Plaza España (shuttle)
- Line L8: Universidade - Areal/Porto
- Line L15C: Universidade - Samil/Navia

Find all the information about the University city buses here:

www.vitrasa.es/php/index.php?pag=secciones/seccion&seccion=10

Find your best possible connection here:

<http://www.vitrasa.es/php/index.php?pag=calculo-rutas>. Write down your departure point ('Origen') and type "Universidad" as destination ('Destino').

Other relevant bus lines

We also recommend that you check the bus lines near your flat. One of the most important is the circular C1 that runs very often around the city centre.

You can check all the city bus lines here: www.vitrasa.es/renovaciones

HOSPITALS, POLICE (NIE), AND OTHER SERVICES

Below we are including some addresses and phone numbers you may need during your stay.

Hospitals

As you are not living in Vigo for a long period of time, you don't have an assigned family doctor by default. You can apply for a family doctor if you want but that is a rather complicated process that requires you to fill in quite some documents.

So we recommend you not to do it if you don't need to go to the doctor often. If you ever need a doctor in Vigo because of a sporadic condition (flu, pain, etc.) you may go to the hospitals mentioned below and enter the emergency room ("Urgencias") directly. They will assist you, but don't forget to bring your European Health Insurance Card (EHIC) or any other health insurance card you have. If you want any volunteers to go with, just ask us!

- **Hospital Povisa (Emergency Entrance)**
Address: [Rúa Salamanca, 5, 36211 Vigo](#)
Telephone: +34 986 413 144
- **Hospital Álvaro Cunqueiro (Emergency Entrance)**
Address: [Estrada de Clara Campoamor, 341, 36312 Vigo](#)
Telephone: +34 986 811 111
- **Centro de Salud Bolivia (Emergency Entrance)**
Address: [Rúa Pizarro, 22, 36204 Vigo](#)
Telephone: +34 986 471 233

Police

You may need to go to the police station for some of the following reasons: you lost your wallet, you want to report a theft, you need to get your NIE (identity document for foreign people, necessary to open a bank account), etc.

- **Police Emergencies**
Telephone: 092
- **Comisaría de Policía**
Address: [Rúa López Neira, 39, 36211 Vigo](#)
Telephone: +34 986 820 020
- **Policía Local de Vigo**
Address: [Plaza do Rei, 1, 36202 Vigo](#)
Telephone: +34 986 810 101

Other services

- **Radio Taxi Vigo**
Telephone: +34 986 123 123
- **Ambulancia (health emergency)**
Telephone: 061
- **Butane gas suppliers**
Repsol, Gas Butano
Telephone: +34 986 270 407
- **Bus station Vigo**
Address: Avenida de Madrid, 57
Telephone: +34 986 37 34 11

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2. PONTEVEDRA

HOW TO REACH THE CITY ✈

Train, bus... There are many options to reach Pontevedra. You still don't know how to get here? Please click the link below to find very exhaustive information about how to get to Pontevedra by different means of transport:

<http://esnvido.org/satellite4/how-arrive-pontevedra/>

HOTELS AND HOSTELS RECOMMENDED IN PONTEVEDRA

Here are some hotel suggestions for your first days in the city. They are ordered from the cheapest to the most expensive ones:

- **Hostel Aloxa**
Address: [Rúa Gorgullón, 68](#) (opposite)
Price: *High season rate (July & August): €12 **
*Low season rate (rest of the year): €10 **
*Extras: sheets €3, towel €1
<http://www.alberguealoxa.com/>
- **Slow City Hostel**
Address: [Rúa Amargura, 5](#)
Price: €17,50 per person (dorm of six). Bed in double room: €40.
<http://slowcityhostelpontevedra.com/contactreservations/>

■ **Pensión Santa Clara**

Address: [Rúa Santa Clara 31, 1ªA](#)

Price: *High season rate (16th July - 14th August):* single room €25, double room €40*.

Low season rate (rest of the year): single €18, double €30*.

*Check more bedroom types at their website

<http://www.pensionsantaclara.es/>

■ **(Hostel) Pensión Residencia Peregrino**

Address: [Rúa Ramón Otero Pedrayo, 8](#)

Price: *High season rate:* single 35€, double 45€.

Low season rate: single 25€, double 35€.

*Check more bedroom types at the website

<http://www.hostalperegrino.es/>

■ **Hotel Madrid**

Address: [Rúa Andrés Mellado, 5](#)

Price: *High season rate (July & August):* single €35, double €50.

Low season rate (rest of the year): single €28, double €35.

*Check more bedroom types at the webpage

<http://www.hotelmadrid.org/>

■ **Hotel La Peregrina**

Address: [Avenida de Eduardo Pondal, 76](#)

Price: *High season rate (15th June-4th Sept.):* single 35€, double 45€.

Low season rate (rest of the year): single 30€, double 40€

*Check more bedroom types at the webpage

<http://www.hotellaperegrina.com/>

■ **Hotel Avenida**

Address: [Rúa Eduardo Pondal, 46](#)

Price: *High season rate (15th June - 30th September):* single 36€, double 54€.

Low season rate (rest of the year): single 30€, double 48€.

<http://hotelavenidapontevedra.com/index.php>

■ **Other options**

You can find other accommodation options at the following pages:

- Other hostels/hotels: www.hostelworld.com, www.booking.com

GENERAL INFORMATION ABOUT THE CITY

We are sure that you have many questions about how Pontevedra is. Weather, what you should bring, etc. Please visit this webpage to find some useful tips:

<http://www.esnvigo.org/satellite4/what-pontevedra>

FIRST STEPS TO DO WHEN YOU GET TO PONTEVEDRA

1. Go to the hostel to check in. You can see some recommendations above.
2. Go to the office of the Erasmus coordinator of your faculty to sign the arrival form. Click [here](#) to find the contact information of your Erasmus coordinator.
3. Find a place to live.

MOVING AROUND THE CITY

There are no city buses in downtown Pontevedra because you can go everywhere on foot.

In fact, you can check the approximated walking distances and times between different parts of the city: www.pontevedra.eu/movete/

Other important buses

Other important buses are the ones of the group Monbus. You will find more information in their webpage: www.monbus.es

HOSPITALS, POLICE (NIE), AND OTHER SERVICES

Here are some addresses and phone numbers you may need during your stay.

Hospitals

As you are not living in Pontevedra for a long period of time, you don't have an assigned family doctor by default. You can apply for a family doctor if you want but that is a rather complicated process that requires you to fill in quite some documents.

So we recommend you not to do it if you don't need to go to the doctor often. If you ever need a doctor in Pontevedra because of a sporadic condition (flu, pain, etc.) you may go to the hospitals mentioned below and enter the emergency room ("Urgencias") directly. They will assist you, but don't forget to bring your European Health Insurance Card (EHIC) or any other health insurance card you have. If you want any volunteers to go with, just ask us!

If you often need to go to the doctor during your stay, you should go to the Centro de Saúde A Parada and apply for a family doctor.

■ Hospital Montecelo (adults emergency room)

Address: [Rúa Mourente, s/n](#)

Telephone: +34 986 800 000

■ **Centro de Saúde A Parda**

Address: [Rúa Gaiteiro Ricardo Portela](#)

Telephone: +34 986 868 824

Police

You may need to go to the police station for some of the following reasons: lose your wallet, to report a theft, you need to get your NIE (identity document for foreign people), etc.

■ **Police emergencies**

Telephone: 092

■ **Police station (Comisaría de Policía)**

Address: [Rúa Joaquín Costa 17](#)

Telephone: +34 986 868 383

■ **Policía Local de Pontevedra**

Address: [Rúa Alexandre Bóveda](#)

Telephone: +34 986 833 080

Other services

■ **Radio Taxi Pontevedra**

Telephone: +34 986 868 585

■ **Ambulancia (health emergency)**

Telephone: 061

■ **Butane gas suppliers**

- Repsol Gas Butano

Address: [Paseo Domingo Fontán, s/n](#)

Telephone: +34 986 873 563

- Teyca Butano SL

Address: [Praza de Barcelos, 14](#)

Telephone: +34 986 853 310

■ **Bus station**

Address: [Rúa da Estación](#)

Telephone: +34 986 852 308

■ **Campus of Pontevedra**

Address: [Campus Universitario A Xunqueira](#)

Telephone: +34 986 812 000

- **School of Forestry Engineering**
Address: [Campus Universitario A Xunqueira](#)
Telephone: +34 986 801 900
- **Faculty of Fine Arts**
Address: [Rúa da Maestranza, 2](#)
Telephone: +34 986 801 800

3. OURENSE

HOW TO REACH THE CITY ✈

Train, bus... There are many options to reach Ourense. You still don't know how to get here? Please click the link below to find very exhaustive information about how to get to Ourense by different means of transport:
<http://esnvigo.org/satellite4/how-arrive-ourense>

HOTELS AND HOSTELS WITH ESN DISCOUNT

- **Grelo Hostel (Youth Hostel)**
[Rúa Pena Trevinca, 40, 32005 Ourense](#)
Price with discount: 15€/night (All year)
<http://www.grelohostel.com/es/index.php>
- **Other options**
You can find other accommodation options at the following pages:
 - Other hostels/hotels: www.hostelworld.com, www.booking.com

GENERAL INFORMATION ABOUT THE CITY

We are sure that you have many questions about how Pontevedra is. Weather, what you should bring, etc. Please visit this webpage to find some useful tips:
<http://esnvigo.org/satellite4/what-see-ourense>

FIRST STEPS YOU HAVE TO DO WHEN YOU GET TO OURENSE

1. Go to the hostel to check in. You can see some recommendations above.
2. Go to the University to sign your arrival form (ORI office).
3. Get your city bus card. Check the info below.

4. Find a place to live. If you have a buddy he/she will help you with that. If not, check this information.
5. Visit your faculty coordinator. Check info [here](#).

URBAN BUS

The Ourense city bus company is Urbanos Ourense. It is not indispensable to move around the city by bus, but if you want to, here are some advice:

<http://www.urbanosdeourense.es/php/index.php?pag=index>.

Bus card

We don't recommend that you get one of these because you won't use it very often. But if you want to anyway, here you are the steps to get it:

- Go to any Abanca office and bring the following items:
 - ID photo
 - Copy of your passport/ID
 - Copy of your acceptance letter at the UVigo
- Once you receive the email stating that the card is ready, you can pick it up at any Abanca office.
- You can add credit to your bus card in any Abanca ATM.
 - With the card, each bus trip costs:
 - Regular card: 0,62€
 - Student card (under 27 years old): 0,43€
 - Without the card, each bus trip costs 0,85€, to be paid in cash.

TOURIST TRAIN TO THE HOT SPRINGS (TERMAS)

You can also make use of the tourist train to visit the hot springs, the so-called *termas*.

HORARIO PÚBLICO			
TEMPORADA BAIXA (laborais, sábados, domingos e festivos)		TEMPORADA ALTA (laborais, sábados, domingos e festivos)	
PRAZA MAIOR Saídas	OUTARIZ Saídas	PRAZA MAIOR Saídas	OUTARIZ Saídas
10:00	11:00	10:00	11:00
12:00	13:00	11:00	12:00
16:00	17:00	12:00	13:00
18:00	19:00	13:00	14:00
20:00*	21:00*	16:00	17:00
		17:00	18:00
		18:00	19:00
		19:00	20:00
		20:00	21:00

* Horario discontinuo
(consultar información)




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HOSPITALS, POLICE (NIE) AND OTHER SERVICES

Here you can find some addresses and telephones that you may need during your stay in Ourense.

Hospitals

As you are not living in Ourense for a long period of time, you don't have an assigned family doctor by default. You can apply for a family doctor if you want but that is a rather complicated process that requires you to fill in quite some documents. 

So we recommend you not to do it if you don't need to go to the doctor often. If you ever need a doctor in Ourense because of a sporadic condition (flu, pain, etc.) you may go to the hospitals mentioned below and enter the emergency room ("Urgencias") directly. They will assist you, but don't forget to bring your European Health Insurance Card (EHIC) or any other health insurance card you have. If you want any volunteers to go with, just ask us!

If you need to go often to the doctor during your stay you have to go to the same place and ask for a family doctor.

- **Hospital CHUO (Centro Hospitalario Universitario Ourense)**
Address: [Ramón Puga Nogueiro, 54 - 32005 - Ourense \(Ourense\)](#)

Telephone: +34 988 38 55 00

■ **PAC (Punto de Atención Continuada)**

Address: [Concello, 13 - 32003 - Ourense \(Ourense\)](#)

Telephone: +34 98 38 59 01

Police

You may need to go to the police station for some of the following reasons: you lose your wallet, you want to report a theft, you need to get your NIE (identity document for foreign people, necessary to open a bank account), etc.

■ **Police emergencies**

Telephone: 092

■ **Police station (Comisaría de Policía)**

Address: Maestro Vide, 2 - 32004 - Ourense (Ourense)

Telephone: +34 988 39 17 71

■ **Policía Local de Ourense**

Address: Victoria Kent, 1 - EL PUENTE - 32001 - Ourense.

Telephone: +34 988 51 15 69

Other services

■ **Radio Taxi Ourense**

Telephone: +34 988 21 00 11

■ **Ambulancia (health emergency)**

Telephone: 061

■ **Butane gas suppliers**

○ Repsol, Gas Butano

Address: Av. De Santiago, 15. C.P. 32001, Ourense, Ourense.

Telephone: +34 988 21 13 15

■ **Ourense bus station**

Address: Ctra. de Vigo, 1 (B° do Pino) - 32001 - Ourense

Telephone: +34 988 21 60 27

ACTIVITIES AND SERVICES OF ESN

Wow! Now you have a lot of information. But take it easy. You don't have to know all about your city, just keep this document and check the information when you need it.

In ESN we believe that Erasmus is the best experience in life. Actually, one of the ESN mottos is *"Mobility is a lifestyle"*. And that's why we'll try to make this experience amazing for all of you! 🎵🎵

So, breathe deeply, [put some music](#) and see what is waiting for you in Vigo, Pontevedra, and Ourense! Some of the activities ESN Vigo will organise are:

- **Chat & Beer, Chat & Tapas, Chat &...** : we meet some evenings to have a drink, sometimes some tapas, etc.
- **City Tours:** discover the city with us!
- **Visits to museums:** are you too lazy to go alone to the museums? Join the group, we'll try to organise guided tours for groups.
- **Night parties:** theme parties with free entry and special prices with the ESNcard. Normally they are from midnight until 5am, on Thursdays or Fridays.
- **Pre-parties:** some days we meet at night to have a drink, around 11pm to 1am.
- **Language tandems:** practice other languages and meet other people! →[More info](#)
- **Trips:** in Galicia, the rest of Spain, and even Portugal, to typical (and not so typical) destinations (Madrid, Barcelona, [Sevilla](#), [Salamanca](#), Basque Country, Lisbon, [Ibiza](#), etc.).
- **International Dinner:** everybody brings typical food from their countries, we share it, sing some karaoke, and [have fun!](#)
- **Picnics:** discover the nature of the surroundings of your city.
- **Sports:** surfing, soccer, running, hiking, etc. Tell us if you want us to organise any specific team.
- **Bowling:** come with us to play bowling and try to beat the ESN volunteers!
- **Dancing lessons:** learn salsa, bachata, and other dances.
- **Erasmus in Schools activities:** meet kids and teens at their schools, tell them about your country and share your experience with them. →[More Info](#)
- **SocialErasmus activities:** get involved with the social issues of the city. Visits to the elderly, free hugs in the street, volunteering, etc. →[More Info](#)


- **International Days:** Mother's Day Video, Environmental Care Day, etc. Feel the international spirit and celebrate important dates with us in the world.

And... if you have suggestions or you want to organise your own event/ theme party/activity, you can definitely count on us!

Joining all the ESN activities is for free, except the trips and some special events like surfing, International Dinner (because it includes a ticket with drinks), or other special activities.

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HOW TO JOIN THE ACTIVITIES

To join the activities you'll be invited to Facebook events with the date, time, location, and specifications a few days before. Don't forget to request the entry in the appropriate group: 

- If you are coming to the city of Vigo: ESN Erasmus Vigo 2021-2022
- If you are coming to the city of Pontevedra: ESN Erasmus Pontevedra 2021-2022
- If you are coming to the city of Ourense: ESN Erasmus Ourense 2021-2022

You can also follow our Fan Page to see all the news:

<https://www.facebook.com/Erasmus.Student.Network.Vigo/>

You can see some videos of previous years on our [ESN Vigo YouTube Channel](#).

Subscribe!

To join our trips you must have the ESNcard. This card is associated with a civil insurance for the association, so if you don't have it, we can't allow you to come to our trips.

For the rest of the events you don't need to have the ESNcard, but with it, you'll enjoy many discounts and advantages. For more information about it, jump into that part of this document by clicking here: [ESNcard](#).

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TRIPS AROUND SPAIN AND GALICIA

We will inform you very soon about the trips organised for the academic year 2021-2022. Stay tuned!

If you want to make trips on your own, we recommend you these sites to prepare your trip:

- BlaBlaCar and Amovens: car pooling networks. Sites: www.blablacar.com and www.amovens.com
- Vueling, Ryanair, TAP, EasyJet (airplane), Renfe, Eurorail (train), Autna (bus to Porto), Monbus (around Galicia), ALSA (to Porto and Lisbon and also around Spain). These companies offer the best price for traveling long distances!
- CouchSurfing: <https://www.couchsurfing.com/>
- AirBnB: rent out a private apartment for a short stay! www.airbnb.com

ESNCARD DISCOUNTS

With the ESNcard you will receive information about how and where to use it. Anyway, you can check all the discounts available in the three campuses on our site: www.esnvigo.org. Go to ESNcard > Partners.

NATIONAL PARTNERS (ESN SPAIN)

- **Eurosender:** search engine to compare prices of many different courier and shipping services. Use the code “**ESNSPAIN20**” and you’ll get 6% off!
- **ALSA:** Bus company. Using the code “**ESN21**” you’ll enjoy these discounts: 15 % off in national and regional tickets (from one region to another) and 12% off in international tickets.
- **DHL:** offers international students and ESN members through the ESNcard, a 30% discount on all shipments using the code **ESNSPAIN**.
- **Others:** Check the [website!](#)

LOCAL PARTNERS (VIGO/PONTEVEDRA/OURENSE)

You can check all the partners we have reached in the three cities of UVigo. Go to www.esnvigo.org, click on ESNcard and you’ll find all of them.

We have just renewed the partnerships and we have now more than 50. We are really proud that ESN Vigo is the Spanish section with the most discounts! (among 39 sections!) Wow, that’s great! Isn’t it? 🇪🇺 ✌️

So take a look and remember the names of the places where you are entitled to a discount. Take advantage of your ESNcard!

EUROPEAN PARTNERS

All the partners reached for all of the sections and countries are published on www.esncard.org. If you are travelling somewhere in Europe (as long as your ESNcard is valid) go to that site and type the name of the city you are travelling to. You can use

your ESNcard all around Europe, having access to thousands of events and discounts.

[>>>>RYANAIR!](#)

LANGUAGE TANDEM

If you are interested in learning languages in a non-formal way, we recommend you our language tandem. **Come to the tandem events:** we'll set some tandem activities, where you'll have several tables, each of which you can speak a different language in. Move around several tables and have a drink! You'll be invited to the events via Facebook.

ESN PROJECTS

In ESN we think that Erasmus is such an amazing experience that it has to be shared. You've been given the possibility to go on Erasmus, and perhaps a grant as well, but some other people couldn't or didn't for other reasons.

This experience will be very enriching for you but can also be for the local people, so we encourage you to participate in some social activities with the local community in order to make a change in society and promote intercultural values.

"Ok, sounds beautiful... but how am I going to make a change? I'm lost!"

Here we introduce you two social-related projects of ESN International. The plus that this kind of activities have is that they are punctual, so you won't spend much time on them. Normally they take between one and two hours and you are not asked to attend every single one of them, but invited to join the ones you are really interested in.

SOCIALERASMUS

Active social participation through international students. Some activities are:

- **Erasmus in Schools:** tell the pupils of a school how your country is, to live abroad and share your experience. We will help you to prepare some materials, will set a date that suits you and go with you. You will be given a certification of participation!
- **Free Hugs:** spread a bit of love and talk to the locals in this fun activity. We will bring posters with funny phrases!
- **Food and Clothes Collects:** we are in contact with associations that help the people with less resources that live in the cities of each of the three campuses, you can

participate bringing food and then come with us to the Food Bank to give it and talk to the volunteers.

- **Plastic tops collect:** we also collect plastic tops to donate them to associations of children with disabilities that use them to get money to finance their
- **Erasmus Bank:** In our offices we have the 'Erasmus Bank' system to collect all the things that last erasmus didn't need and we give it to the incoming students in order to make their first days in Spain easier and cheaper!
- **Dog's shelters visits...**

EXCHANGEABILITY

ESN developed the ExchangeAbility project to make our organisation accessible for students with disabilities, to help remove obstacles to participation in exchange and promote the opportunities available.

The ExchangeAbility project was also initiated due to a recognition of the current situation regarding the mobility of students with disabilities. According to the data from the European Commission, during the academic year 2017/18 246 students with special needs receiving a supplementary grant participated in Erasmus for study. This represents 0.16% of all Erasmus students. Although an increase compared to the previous years has been observed, the number is still exceptionally low.

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LENDING MATERIAL

If you want to go camping (for example to the one of Cies Islands) and you need tents, sleeping bags or sleeping mats you can take them, contacting before with our volunteers. We will ask for a deposit but we will give it back when you bring the materials. We also have some barbecuing material and different types of balls.

Consult here: <http://www.esnvigo.org/satellite4/lending-material-erasmus> what do we have and click on "Borrow request form" to fill the form. You will receive an email saying if they are available and in that case, when you can come to pick them up.

ERASMUS BANK

Also, we have some materials that the last Erasmus left here because they couldn't bring them with them in their suitcases. Consult which things are available in each campus and if you want to have them, just ask us!

You don't have to give them back.

Also, when you are leaving, you can contact us to leave your staff for other students.

HELP US TO IMPROVE!

If you have any suggestions, please notify us. You can send us a message to the general account: info@esnvigo.org and we will reply to you as soon as possible. If you want to do it anonymously you can look for a box of suggestions called “Box of Wishes” at our events.

10 APPS TO ADD ON YOUR PHONE

- **ESN events:** Download the app and find ESN Vigo!
- **WhatsApp:** Messaging Service
- **Verse:** for online payments
- **Vigo Bus/Moovit:** Unofficial and official apps of Vitrasa (bus service in Vigo)
- **Telegram:** Messaging and Calling Service
- **Skyscanner:** Trip Planning App, shows cheapest flights
- **XE Currency Converter:** converts all types of currency, WIFI not needed
- **Moneywise (Android), Ontrees (iPhone):** Keeps track of your expenses
- **Google Translate:** definitely handy!
- **WordLens:** Translate text using camera lens, works offline, select languages
- **Windguru:** keep on an eye on the weather wherever you are
- **VoucherCloud:** shows discounts on restaurants, stores etc.

Don't forget to request ESN Vigo on [Facebook](#), [Linkedin](#), [Twitter](#) and [Instagram](#)! All of the events, parties and activities alerts will be posted there. You don't want to miss out!

Make sure to check out our website www.esnvigo.org. It has all the information you need for a successful stay in Vigo!

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ESN Vigo Team