STUDENT HANDBOOK

SEMESTER & YEAR PROGRAMS
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JYS in SEVILLE

About JYS Study Abroad

JYS came to Sweet Briar in 1983 as a coeducational program in Seville, Spain.

JYS seeks to provide a setting in which students from different institutions of higher learning in the USA can fulfill their individual academic and non-academic goals for their study-abroad experience, with the broader objective of helping them become more aware, engaged, and responsible members of the global community. To reach these goals, JYS focuses on the following immediate objectives: facilitating the students’ transition and acclimatization to Seville; fostering the best possible academic experience in classes offered by the University of Seville and by the JYS program; helping students to increase their proficiency in Spanish at all levels (reading, writing, hearing, and speaking) and their knowledge of the culture and the history of Spain in and outside of the classroom; providing opportunities for students to become involved with and integrated in the local community through extracurricular activities and through home-stays; and providing the necessary guidance and support to help them overcome the inherent difficulties of living in a different environment.

Program Overview

JYS offers programs for the full academic year and for the fall or spring semesters. Semester or academic-year students can apply to two different levels: high intermediate or advanced. High-intermediate students must have completed the equivalent of at least three semesters of college Spanish prior to the beginning of their studies in Seville. If studying in Seville only for one semester, high-intermediate-level students must take the seminar “Advanced Composition and Conversation” and may not enroll in regular University classes. If studying for an entire academic year, these requirements and restrictions apply only during the first semester. Advanced-level students are required to have completed the equivalent of five college-level courses in Spanish.

JYS works in agreement with the University of Seville, a prestigious 500-year-old institution of higher learning. This means that for the duration of their studies in Seville, semester and year students are enrolled at the University of Seville. At the moment, JYS students choose to take classes mostly within two schools at the University, the School of Geography and History (Facultad de Geografía e Historia) and the School of Philology (Facultad de Filología). These two schools offer many different courses on Spanish history, culture, and language, some of them with a special focus on Andalusia or Seville.
Virginia Office

<table>
<thead>
<tr>
<th>STAFF</th>
<th>EMAIL</th>
<th>PHONE</th>
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<tbody>
<tr>
<td>Giulia V. C. Witcombe</td>
<td><a href="mailto:gwitcombe@sbc.edu">gwitcombe@sbc.edu</a></td>
<td>434.381.6281</td>
</tr>
<tr>
<td>Director</td>
<td></td>
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<td>Toni Hudson</td>
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<td></td>
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<td>Study Abroad Coordinator</td>
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</tr>
</tbody>
</table>

General Contact Information

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Seville Office

<table>
<thead>
<tr>
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<tr>
<td>Sandra Soto Delgado</td>
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<tr>
<td>Office Manager</td>
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<td>María Martínez Carmona</td>
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</tr>
<tr>
<td>Student Life Coordinator</td>
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<tr>
<td>María de la Torre Laviana</td>
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41001 Sevilla, España

Student Center Seville

The JYS main office (oficina central) is located about 400 meters from the University of Seville building where you will be attending most classes.

Our main office is a working space, both for JYS staff and for you. There are very simple rules that must be respected:

1. Speak only in Spanish (except in the case of an emergency or when the staff allows you to speak English).
2. Make sure your behavior does not affect the work of others.
3. Food and drinks are allowed in the library of the office. There is also a water dispenser (with hot and cold water) and plastic cups for your use.
4. Clean up after yourself, especially when you use the restroom.

In our student center there are three classrooms where orientation classes and JYS seminars will be held. Whenever the classrooms are not in use, you are welcome to study or read or meet other JYS participants there. You can also use our modest library.

There are seven computers with Internet for student use at the JYS main office during office hours. These computers are mainly for class work: researching, preparing and printing assignments or essays, and the like. Students will be able to check their e-mail and access Internet for other personal uses as long as no other students need to use the computers for class work.

Additionally, the JYS office has wireless Internet access, which is available to all students with a laptop and a wireless card. (To get access to this service you need to send us your laptop’s physical address as soon as possible, so we can add the information to our system. To obtain this address, check the instructions online (Current Student website), or you can talk to José (Pepe) Reyes, our computer expert, in Seville.) Before you leave the USA, remember to make sure that your computer can use 220-volt electricity. If it does not, you will need a current converter, which is cheaper in the USA.
PRE-DEPARTURE

Photo
We need a recent and clear digital photo of you for our files and in order to recognize you at the airport at the beginning of the semester. Send it to us at jys@sbc.edu no later than May 15 (for academic-year and fall-semester students) or November 15 (for spring-semester students).

Passport
You must have a valid passport to apply for a student visa and travel to Spain.

In order to use your passport, it must be valid for at least six months after your departure from Seville at the end of the semester. For more information, visit: www.travel.state.gov, and click on the link for passport information.

Checklist:

Scan a copy of you passport pages containing your photo, personal information, and signature.

1. Upload a copy to your JYS Account
2. Make sure your parent(s)/guardians have a copy
3. Print a copy to use as an ID in Spain*

*You MUST have identification with you at all times in Spain. It is safer to carry around a copy with you at all times rather than your actual passport.

IMPORTANT: JYS requires that at least one family member or guardian have a valid passport in the unlikely event of an extreme emergency. If your parent or guardian does not have a passport, share the passport application with them.

Student Visa

U.S. Citizens
Processing time for student visas varies by consulate, and each consulate requires different application items. The average processing time is 45 days. Make sure you read the requirements specific to the consulate where you submit your visa application.
Things you need to know

- Consulate jurisdiction is divided according to permanent or school address of the applicant. Pick the one most convenient for you.

- Each office has its own regulations pertaining to hours, personal appearance, payment, and return procedures. Careful read your consulates requirements.

- Budget the additional cost of traveling to your consulate. You will have to make more than one trip to the consulate.

- You must present your actual passport at the consulate (no copies). It will remain in the consulate until the visa is granted.

- Signature notarization: most banks have notary officials, as well as many offices on campus. Some may charge a small service fee.

- Doctor’s Letter: You need to provide a typed letter from a doctor (not a nurse) stating you are in good health, free from contagious or infectious diseases and drug addictions. Plan ahead an contact your doctor for a visit. The letter must be on the doctor’s letterhead and include their signature. Be sure it is written within one month of submitting the visa application.

ACADEMIC YEAR STUDENTS ONLY

- Criminal Clearance Record (*Academic-Year Students ONLY*): Obtain one by contacting your local police department. If you moved in the past five years, then you need one from your previous residence as well.

- *Apostille of the Hague* (*Academic-Year Students ONLY*): Contact the Secretary of State for your location. If it has been issued by a federal authority, then you can get it from the U.S. Department.

EU Members

You do not need a student visa for Spain if you have an EU passport.

Non-U.S. Citizens, Non-EU Members

If you are not a U.S. citizen, you need to contact your Spanish consulate for requirements specific to obtaining a student visa, and if there are any travel restrictions once you are in Spain (if you plan to travel outside of Spain).

Consulates

A current list of consulates in the United States is available on the website of the [Ministerio de Asuntos Exteriores y de Cooperación de España](https://ministerioexterior.gob.es). Each consulate has different visa requirements, appointment booking, and processing time. PLEASE MAKE SURE YOU READ THE INFORMATION SPECIFIC TO THE CONSULATE YOU ARE VISITING.
Identity Cards

International Student Identity Cards

Before you leave the U.S. you may want to obtain an International Student Identity Card (ISIC), which will allow you to get many discounts for an entire year all over Europe. For more information, visit their website at http://www.isic.org. A similar card is the ISE Card: http://www.isecard.com. JYS does not have an opinion on which card may be better or whether it is even worth getting one. It is a matter of personal preference: some students get one and regret not getting the other one, some students get one and never use it, some students do not get one and never felt the need to use one. There are as many opinions as there are students!

American Youth Hostels Membership

If you are planning on traveling around Europe, you may want to consider becoming a member of Hosteling International USA. Check out their information at http://www.hiayh.org.

Language Test

Before you leave for Spain, you have to take a language proficiency test available on your application profile on TerraDotta. Do not fret about these tests and do not worry about their results: all accepted applicants have the necessary level of competency in Spanish (we have made sure of that in the application process). The purpose of the placement tests is not to give you a grade, but rather to divide the total group into smaller, more manageable groups. Differences in level tend to be quite small among the groups, and the contents of the classes of all groups will be exactly the same. Each group will have different classes, which cover various areas of study that are designed to facilitate the student’s transition to living and studying in Seville.

The test is broken up into five parts. Please make sure you complete all five by the requested due date.
Immunizations

JYS recommends the following immunizations before studying in Spain:

**Hepatitis A & B:** Recommended for all students

**HPV:** There are two HPV vaccines, but only one should be given to men (Gardasil). If you are a male 22 through 26 and having sex with men you should complete the HPV vaccine series if you have not already done so.

**Pneumococcal:** There are two kinds: PCV13 and PPSV23. Check with your healthcare professional to find out if one or both vaccines are recommended for you.

**Meningococcal meningitis:** Check with your healthcare professional on the number of doses.

**MMR:** measles, mumps, rubella

**Tdap:** tetanus, diphtheria, pertussis.

Talk to your physician if you normally get a seasonal flu shot about the possibility of getting it before leaving the U.S. You may be able to get seasonal flu shots in Spain, but your health insurance does not cover them.

Paying Bills

If you foresee having outstanding bills in the U.S., you can arrange to pay them online or you will need to have someone take care of them in your absence.

Power of Attorney

This is a document that allows you to designate a person to make decisions about your assets, should you become incapacitated to do so.

It would be a good idea to take a look at this page from the US Department of State, designed specifically for students planning to go abroad: http://studentsabroad.state.gov.

Voting

If there is going to be an election while you are abroad and you want to be able to vote, you will need to obtain absentee ballots. Check out the U.S. Department of Defense website for information: http://www.fvap.gov.
Flying U.S. to Spain

If your transatlantic flight will land in Madrid, where you will have to go through Immigration. If you requested that your luggage be checked through to Seville, then it will be automatically transferred to your flight. When you arrive in Seville, you will have to pick up your luggage and go through customs. Either the Seville JYS staff and/or your host family will try to be at the airport to meet you. We will contact you if someone cannot be at the airport to meet you.

Housing assignments (host family name and address) will be provided via email to students and parents. Everyone traveling on the Group Flight from JFK will be given their housing and roommate assignments by the Student Assistant at some point during the trip.

Everyone is responsible for:
- their own flight arrangements,
- their own lodging and meals until the group arrival date,
- getting to their host family homes. Host families are not required to meet or provide students with transportation at the airport. However, if their schedules allow will be at the airport to meet the Group Flight. It is important you fill out your flight information if you are NOT flying with the group so JYS staff can alert your host family to your arrival time.

Tips for Flying

Flying overseas can be both physically and psychologically stressful, especially if you have never done it before. Here are some tips that may make your journey more bearable:

A couple of days before leaving:

- Exchange $50-$100 into euros for transportation or tips when you arrive.
- Foam earplugs and a sleeping mask may help you sleep on the plane.
- Call the airline ahead of time if you need to order a special meal, like a vegetarian plate. Pack cereal, raisins, or crackers to take along.
- Eat lighter meals before and during the flight – it will make you feel better when you arrive.
- To offset in-flight dehydration, drink 8 to 10 glasses of water a day and reduce your alcohol and caffeine intake a couple of days before departure and during the flight.
- Make sure you check with the airline about the items that you are allowed to carry on with you.
- Fill any prescribed medications you might need, and take along a copy of each prescription.
- If you have a minor accident or suffer a severe cold or flu before your departure, get medical treatment and all necessary prescriptions before you leave for Spain. Do not go medically un-
treated until you reach Spain because it may lead to a very unhappy, uncomfortable beginning for you, your Spanish family, and your roommate (if you have one).

On departure day:

- In your carry-on bag pack reading material, clothes and toiletries for one day and night in case of lost luggage or flight cancellation, and any prescription medication that you take regularly.
- All the liquids you are carrying onboard must be in a sealed zip-lock bag.
- Do not buy bottled water or any other drinks to carry on the plane: they will not be allowed through security. You will be able to buy some once you have gone through security.
- On the plane, do not leave valuables or your passport in the seat-back pocket. They could be forgotten or stolen.
- At some point during the flight you will have to fill in an entry form for Spain in which you will be asked to write down your address in Spain. Since you won’t know it yet, you must put down the JYS office address: Paseo de las Delicias 3, 1º Izq. 41001, Sevilla.
- Just before arrival, dispose of any snacks that contain fruit, grains, or nuts. Most countries do not allow you to bring them in.

When you arrive:

- Although jet lag affects different people in different ways, it is said that it usually takes one day per time zone traveled to overcome it. To help in this process try to follow the local schedule as much as possible and get out in the sun if you can.
- Eat light meals and do not drink too much alcohol or caffeine until your body has adjusted to the time change.
Packing

Airline Luggage Allowances and Restrictions

Airlines keep changing luggage allowance limits and restrictions for international flights. Please check luggage requirements for the airline you are flying with.

- Items you **must carry on** with you: Passport, tickets, prescription medicine, glasses or contact lenses (plus cases and cleaning supplies), money and credit cards, any other official documentation, camera, computer, any other expensive piece of equipment you are bringing to Spain, and a change of clothes and underwear in case your checked luggage is lost or your flight is canceled or delayed.
- Some items you **cannot carry on** with you: sharp items (razors, scissors, nail files, etc.), liquids, flammable items, etc. This list keeps changing, so you may want to contact the airline a couple of days before departure to make sure that everything you plan on carrying on is acceptable, or you may risk having to throw it away at the airport.

Most of you will travel during your stay in Seville, so you may want to consider using a large (hiking-style) backpack as one of your checked bags. Remember that the less luggage you have, the easier it be to store while you travel. You cannot count on storing luggage with your Spanish families over extended periods of time such as before the semester begins, the winter vacation, or the summer following an academic year. JYS never assumes responsibility for any student luggage during these times.

What to Bring

Generally speaking, you should bring less than you think you will need, for the following reasons:

- You will have to personally carry all your luggage for considerable distances, such as up several flights of stairs and/or down several city blocks.
- You will accumulate things during your stay in Seville (and your luggage allowance will be the same or worse on your return flight!).
- The more you have the more difficult it will be to store it or transport it while you travel.
- Spanish homes tend to have much less space and your living quarters will probably be smaller than what you are used to.
- You will be able to buy most of the items you may need in Spain.

Do not leave packing to the last minute. If you do, you will probably pack things you do not need and forget to pack things you need.
Clothing

The best approach to this matter is simplification. A good way to do this is to lay out everything you think you want to take, cut it in half, and possibly cut it in half again. Most of you will bring too many clothes and too varied a wardrobe. Remember, you can and will shop during your travels.

When you pack, think through what you use in your daily routine to make your personal list. If you have the slightest doubt as to whether you should pack something, you probably should not pack it.

<table>
<thead>
<tr>
<th>General</th>
<th>Winter-specific (both fall &amp; spring semesters)</th>
<th>Spring/early fall-specific</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 2 pairs of jeans</td>
<td>• 1 or 2 heavyweight sweaters</td>
<td>• Something cool to sleep in</td>
</tr>
<tr>
<td>• 2 pairs of pants</td>
<td>• 2 or 3 long-sleeved shirts</td>
<td>• Lightweight summer clothing</td>
</tr>
<tr>
<td>• 2 lightweight sweaters</td>
<td>• Something warm to sleep in</td>
<td>• Shorts</td>
</tr>
<tr>
<td>• 1 or 2 sweatshirts</td>
<td>• 1 nice outfit</td>
<td>• Short-sleeved shirts</td>
</tr>
<tr>
<td>• 1 or 2 nice outfits for going out</td>
<td>• 1 mid- or heavyweight jacket</td>
<td>• Light long-sleeved shirts and sweaters for evening</td>
</tr>
<tr>
<td>• Exercise clothes</td>
<td>• Gloves and scarves</td>
<td>• 1 nice outfit</td>
</tr>
<tr>
<td>• 2 weeks worth of underwear</td>
<td>• Several pairs of warm socks</td>
<td>• 1 light jacket</td>
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<tr>
<td>• shirts you can layer</td>
<td>• Several pairs of lightweight socks</td>
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</tr>
<tr>
<td>• Swimsuit</td>
<td>• Silk long underwear</td>
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<table>
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<tr>
<td>• 1 pair of waterproof shoes</td>
<td>• 1 pair of comfortable shoes for daily wear</td>
<td></td>
</tr>
<tr>
<td>• 1 pair sneakers</td>
<td>• 1 pair of slippers</td>
<td></td>
</tr>
<tr>
<td>• 1 pair of dressy shoes</td>
<td>• 1 light jacket</td>
<td></td>
</tr>
<tr>
<td>• 1 pair of comfortable shoes for daily wear</td>
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Remember:

• If you forgot something, you can have it shipped to you or you can purchase it in Spain, but be aware that it may be difficult to find very large sizes.
• Women in Spain tend to wear more dresses and skirts than women in the U.S.
• Generalizations are inevitably inaccurate, but it could be said that in general Spaniards tend to look more “dressed up” than Americans most of the time, even for what Americans would consider casual events.
• Sneakers tend to be used only to exercise – most people prefer leather shoes for even the most casual situations.
• Walking barefoot at home is not common among Spaniards, and many señoras frown upon others doing so and/or will insist that you wear some sort of shoes. Also, Spanish homes tend to not have wall-to-wall carpeting and floors are normally marble (very cold in the winter!)
• You should expect to walk virtually everywhere in Seville and in Europe, which makes comfortable shoes a must. If you can’t walk a mile or two in a pair of shoes don’t bring them!
• It would be advisable to bring some Dr. Scholl’s lamb’s wool and/or moleskin pads for blisters.
• Women: It may be very difficult to find women’s shoes in sizes 10-11 and above. Also, it’s worth considering bringing at least one pair of flat shoes for going out, because you will be walking a lot at night – often on cobble-stoned streets.
• Men: It may be very difficult to find men’s shoes in sizes 10-11 and above.

Odds and Ends
A few other things you may want to pack: a schoolbag, a small flashlight, small binoculars for sightseeing or hiking, a collapsible umbrella, a padlock (to keep your belongings safe in hostels if you travel), some tissues for the transatlantic trip, a laundry bag.

Grooming Items
Spain offers a huge variety of grooming products, however there are not many places or products for Afro-textured hair, natural or treated. We recommend you bring any relaxers, oils, or other items you may use since they won’t be as easily accessible in Spain.

What Not to Bring
Do not bring anything that has great sentimental or economic value or that cannot be replaced, because you probably will not need it and it may get lost or stolen. We also recommend that you do not bring any appliances that you can do without or that you can buy in Spain: the adapter/converter may end up costing you more than buying the appliance in Spain.

If You Forgot Something Important
If you forgot something that you absolutely need, you have two options:

1. You will be able to find virtually everything you may need in Spain, although prices may be more expensive. (If you are going to be in Spain in January, this is the month of universal sales: everything goes on sale and the prices continue to decrease during the entire month and well into February).
2. You can have your family or friends ship whatever you need to our office in Seville.
Weather

Keep in mind the following general remarks about the weather in Seville while you plan what to pack.

When you arrive in Seville in late August or early September it can be extremely hot. This weather can last through mid-October, but temperatures will soon become more moderate and remain quite pleasant until late November. Expect virtually no rain until late in the fall.

January and February may bring many days that are cold, rainy, and windy. The sense of prevailing cold at this time comes from the lack of indoor central heating systems rather than from actual cold. You will be sure to experience days in January and February that are in the 60-degree range, but there are also many days in the high 30’s-to-low-40’s range. True bitter cold is unknown, and the thermometer almost never goes below 32º F. That said, be prepared to feel colder indoors than you are used to, including at your host home and the University building. In January and February many will come down with la gripe, as will many Spaniards. And every year students experience winter doldrums, brief depressions, and total longing for central heating. This is life as it is lived in Spain in the early twenty-first century. Since misery wants company (or, as they say in Spain, mal de muchos, consuelo de todos) it may help you to think that everyone is in the same boat: at times we will all be very hot; at others, we will all be cold. A plus is that mid-February is a great time to go to southern Portugal for a weekend—no swimming (unless you are the type to swim off the coast of Maine in June), but walking, sun, and glorious beaches are all available at very reasonable prices.

Towards the end of February, temperatures climb back up and you can expect really mild weather throughout spring, with some wind in March, and some rainy spells in April. May is probably the loveliest month in Seville weather-wise. Before academic-year and spring-semester students leave in late May or early June, they will have experienced summer temperatures and been to the beach for some good swims.

Finally, if you are planning on traveling north in the late fall, winter, or early spring, keep in mind that you will encounter much colder temperatures.

Medication & Eye Care

If you have a chronic condition, make sure you consult your physician about any precautions or supplies you may need while in Spain. It is also a good idea to familiarize yourself with the Spanish terms that may be relevant to your condition, in case you need to talk to a doctor about it in Seville. Wikipedia can be a good starting point for this.
Prescription Medications

Be sure to bring with you any prescription medications (for allergies, chronic conditions, birth control, etc.) in amounts that will last through your semester/year. All prescription medications must be transported across international borders (including within the E.U.) in their original containers. You should also get your physician to write a prescription with the generic name of your medication and the dosage, in case you run short. If you want to learn specific details about authorized medicines in Spain, check the Guía de Prescripción Terapéutica on the website of the Agencia Española de Medicamentos y Productos Sanitarios from the Ministerio de Sanidad y Consumo: http://www.imedicinas.com/GPTage (in Spanish only).

Over-the-counter Medications

Over-the-counter medications are excellent and inexpensive in Spain but if there is a brand that you prefer, bring it with you. Vitamins are readily available. Pharmacists are trained differently in Europe than in the USA and are excellent resources. Their job is often to assess symptoms and recommend medications that can be obtained without a prescription. Often, medications that are prescription in the USA are non-prescription in Spain. Once in Seville, your señora will help you find a neighborhood pharmacist with whom you feel comfortable asking about remedies and rely on him/her when it comes to aches and pains, colds and flu, mild stomach problems and other common ailments.

General Supplies

It may be a good idea to bring a small first-aid kit with Band-Aids, painkillers, a small tube of antiseptic/healing ointment, and any appropriate items that reinforce your personal sense of being prepared for small emergencies. If you suffer from motion sickness, bring a remedy that you know works for you. There is a lot of bus travel during the first few weeks in Spain.

You may want to bring an oral thermometer from the USA if you want Fahrenheit readings, since European models use centigrade.

Feminine Products

Tampons (tampones) and sanitary pads (compresas) are readily available in pharmacies and supermarkets, although they are not generally available in women’s restrooms. Women are advised to carry enough supplies with them at all times. If you prefer a specific brand of tampon you may want to bring a supply with you, as specific brands and varieties differ in Spain.

Glasses and Contacts

Glasses or non-disposable contact lenses: bring an extra pair or two in case of damage or lose to the originals.
Disposable Contacts

If you wear disposable contact lenses you should treat them as a prescription medication, and bring enough with you to last for the duration of your stay—many well-known brands of contact lenses are available in Spain, but most are more expensive than they are in the USA. As with medications, students who wear glasses or contact lenses should bring a clearly written prescription with them, in case they need to find replacements in Spain.

Money

How Much You Will Need

Your fees cover the cost of all the trips organized by JYS and your lodging and all your meals with your host family until December 30, if you are a fall-semester student, and until May 30, if you are an academic-year or a spring-semester student. If you take a regular University class and have an exam after December 30 or May 30, your lodging and food will be covered until the day after the exam.

Depending on your lifestyle (and always keeping in mind the fluctuating exchange rate between the U.S. dollar and the euro), a monthly allowance of $500.00-$800.00 is recommended to cover all personal expenses: bus fare, postage, cell phone, and entertainment in Seville, as well as limited domestic travel within Spain. JYS suggests that students should also budget an additional $250.00 per semester for books and academic supplies.

If you plan to travel extensively in Spain and/or the rest of Europe during vacations (particularly during the week-long breaks in spring for Semana Santa and Feria) and/or during the summer, you will absolutely need to plan on spending more. Expenses will vary according to taste, budget, the duration of a trip, and the countries visited.

How to Access Your Money

There is no single right answer for all students on how to access their money from Spain. Here are some guidelines to keep in mind when choosing the best option for you.

Cash (Dollars or Euros)

Bringing large amounts of cash is definitely not advisable because it can get lost or stolen. Instead, you should plan to obtain most of your money once you arrive. However, it is a good idea to change $50.00-$100.00 into euros before leaving the USA so that you have some cash on hand during your first few days in Spain. Euros may be purchased at AAA, at any large bank dealing in foreign exchange, or at the airport before you leave the USA. Exchange rates will generally be better in the country you are visiting than at your hometown bank, so do not exchange a large sum before leaving. You could also bring a similar amount of dollars to exchange in case you have problems accessing your money by other means.
To obtain the most current information regarding exchange rates, check the Foreign Currency Exchange Rates section of the financial pages of *The Wall Street Journal* or *New York Times*, or go to a currency converter.

**Traveler’s Checks**

Traveler’s checks are much safer to carry than cash, so some students choose to bring all of the money they will need for the semester/year in traveler’s checks. If you choose to do so, you may exchange them for euros at most banks. Many students find this to be the safest way to manage their money in Spain, but obviously it requires a large outlay of money at the beginning of the term. And remember that you will have to sign all of them once at the bank where you obtain them and again when you cash them – if you are bringing many checks signing them can be quite annoying!

**Important:** If you choose to bring traveler’s checks, make sure you get American Express and not Visa checks. In the relatively recent past, a student had problems finding a bank that would agree to cash his Visa traveler’s checks.

**Personal Checks**

Personal checks from American banks will be impossible to use in Spain.

**Opening a Checking Account in Seville**

This is **not advisable**, especially if you will be in Seville for a semester only. Spanish banks are very different from USA banks and dealing with them may prove very frustrating.

**ATM Cards**

The most convenient method to access money in Spain is with your ATM/Debit card linked to a checking account. Find out from your bank what your limit is on daily withdrawals and what their policies are regarding international transactions.

Let them know when you will be abroad, if you don’t they may block your account. Many banks in the USA apply a service charge each time you use the ATM of a different bank, and these service charges will apply to ATM activity in Spain as well.

Before leaving home, be sure that you have a plan for maintaining an adequate balance in your checking account. Many students choose to add a parent’s name to their account to ensure that someone in the U.S. will be able to add money to/access their account in case of an emergency.

**Credit Cards**

Credit cards are a convenient way to make **purchases**, but they are not as widely accepted as in the USA and some businesses require a minimum purchase amount. Visa and MasterCard are almost universally accepted.
accepted in Spain and in the rest of Europe. American Express cards are not always accepted, so JYS recommends that you do bring some other type of card in case you cannot use American Express.

A new development as of Fall 2012 is that students have been having problems making online purchases because their credit cards do not meet the safety standards required by the European Union. We recommend that students contact the banks that issue the cards they are planning to use in Spain and request a secure code to make online purchases (Código de Comercio Electrónico Seguro or CES in Spanish).

Your credit card company may charge you a fee for cash advances (in addition to a currency conversion fee), so it may be better for you to get cash through a debit card and use your credit card for purchases. Some students have had a good experience with Capital One MasterCard, which can be used at ATMs abroad without being charged a conversion fee (although the Spanish bank will charge a fee). You have to ask for a PIN for the credit card to use it as an ATM card too.

Before you leave home, check with your credit card company so you understand their policies with regards to credit card use abroad and let them know when you will be abroad or, as with debit cards, it may get blocked after the first time you use it. Make sure you arrange to pay your bills electronically or plan for someone to pay them while you are away.

**Important:** It is a good idea to make a photocopy of the front and back of all identity and/or credit cards before leaving the USA—remember that emergency or cancellation telephone numbers are on the back of these cards. Students should bring one copy of this information to Spain, and leave another copy with your family in case of emergency.

**Cell Phones**

For safety purposes, all JYS students are required to have a cell phone and Spanish phone number in Seville.

There are several options:

If your American phone can be used in Europe, you may want to take it to Spain, but make sure you find out from your company how much their international rates are. Many of our students who initially chose to take their phones to Spain ended up getting another phone there because calls were expensive.

If you know someone who has been in Europe and is willing to sell/give you their phone, be aware that you may have to purchase a new SIM card and also pay a fee to unlock the phone if you want to use a different service provider than the original.

Another option to consider before you leave for Seville is Alów, which offers phones and plans for Spain (and also just SIM cards if you already have a phone). You can signup with them while you are still in the
U.S., which has obvious advantages: you, your family, and your friends will have your number before you leave (please remember to pass it on to us as well). They have an online registration page specifically for the JYS Program: http://www.alow.es/registration/jys/en/.

If you want to wait until you are in Seville, there are several options with local companies:

- Orange (http://www.orange.es)
- Yoigo (http://www.yoigo.com)
- Movistar (http://www.movistar.es)
- Vodafone (http://www.vodafone.es)

Some of these companies may also offer Internet service. JYS will help you locate different cell phone stores, but you will be entirely responsible for purchasing the phone and dealing with any problems that may arise, which is, looking on the bright side of things, a great way to practice and improve your Spanish!

This is an important matter and only you can make the right decision for yourself. JYS does not expect you to purchase cell phones or cell phone service from any of the companies listed above. We encourage you to do your own research and try to find better deals on international phones. The important thing is that everyone must have a working cell phone in Seville for the duration of her/his studies with JYS.

Electronics

Computer

Many students bring their personal laptop and/or tablet/iPad. Remember to carry it on board the plane – do not check it through. You may want to consider insuring your computer in case it gets lost or stolen (your parents’ home insurance may actually cover it).

If you bring your computer, make sure that it can use 220 volts. You will need a plug adapter for Spain, which is cheaper to buy in the USA, but you can also buy one in Spain or even “rent” one from us. For 2 euros we will let you use one of our adapters the entire semester/year; we will give you back the 2 euros when you return the adapter.

You will have access to computers in our office and at the University during regular working hours. There is free Internet access at your host family home, at any of the Facultades at the University, and the JYS office on Paseo de las Delicias. In order to have access to the JYS network, you need to e-mail us your device’s wireless Internet connection number as soon as possible. Instructions are available on the Current Student website.
If you have any problems getting this information, we will help you out when you get to Seville.

You can also have free wireless Internet access at the public library *Infanta Elena*, near the University building. (We will take you there during orientation and will tell you what you need to do to get a library card if you are interested.)

**Camera**

Make sure your camera charger works with 220V. Memory cards tend to be cheaper in the USA, so plan on bringing some with you. Do not forget a battery charger and any computer cords or software that you might need. If you use film, bring it with you since it is more expensive in Spain. You should pack your camera in your carry-on bag.

**Electrical Appliances**

We recommend any appliances you bring are battery-operated, since American electrical appliances usually require a converter/adapter. Past participants have recommended that students bring a small pocket radio and a battery-powered travel alarm clock.

**Toiletries**

We recommend that you bring only those items you consider absolutely indispensable, for 3 reasons: they may break and spill in your luggage, they take up precious space, and you will be able to find all the toiletries you need in Spain.

**Bedding and Towels**

They will be provided at your home-stay, but if you plan to travel and/or go to the beach you will need an extra towel of your own. Towels/beach towels are generally cheap, so it may be better if you buy one or two in Spain.

**Sports equipment**

If you plan a trip to the mountains during winter or spring vacation, you should pack a ski outfit. Ski boots and equipment can be rented at mountain resorts. Bring a tennis racket and skates if desired (ice-skates can be rented at rinks). If you are inseparable from your skateboard, be aware that although you may carry it on board the plane to Spain, you will need to check it through on any domestic flights in Spain. Seville has just opened a new skate park and a bike lane, and many streets in the center of the city are pedestrian and bicycle-friendly. If you plan to bring your bicycle with you, make sure you can carry it through the airport. Also, be sure to let the program know—this way we can do our best to place you in a home-stay that has enough space to store your bicycle.
Gifts for your host family
While not required, it is a nice gesture to bring to your host family in Seville (usually a “host mother” or señora) a small gift from the USA, something that takes up little room in your suitcase, is not heavy, and will not break. Your ideas about such a gift are certainly as good as any suggestions from the JYS office. In this case, it is truly the thought and the gesture that count. If the gift pleases you and is something that reflects you or your family, the USA in general, or your local region in particular, it will please your señora as well. It is not advisable to bring food, unless you want to bring something that is strictly regional and that will make it through a transatlantic trip, e.g. pralines from New Orleans. You do not need to bring a present for each family member: one token of appreciation will be sufficient.

Odds and Ends
A few other things you may want to pack: a schoolbag, a small flashlight, small binoculars for sightseeing or hiking, a collapsible umbrella, a padlock (to keep your belongings safe in hostels if you travel), some tissues for the transatlantic trip, a laundry bag, guidebooks (for Spain and/or Europe, although we have several in our library that you can use).

What Not to Bring
Do not bring anything that has great sentimental or economic value or that cannot be replaced, because you probably will not need it and it may get lost or stolen. We also recommend that you do not bring any appliances that you can do without or that you can buy in Spain: the adapter/converter may end up costing you more than buying the appliance in Spain.

If You Forgot Something Important
If you forgot something that you absolutely need, you have two options:
1) You will be able to find virtually everything you may need in Spain, although prices may be more expensive. (If you are going to be in Spain in January, this is the month of universal sales: everything goes on sale and the prices continue to decrease during the entire month and well into February).
2) You can have your family or friends ship whatever you need to our office in Seville. You will find the address in Appendix a (Program Contacts) at the end of this document.
Academics

It is crucial that you plan your academic future carefully to make the most out of your study abroad experience. There are several things you should complete before you leave:

1. Discuss a tentative academic program of study with your academic adviser.
2. Fill out the Tentative Program of Study Form found in your JYS Account.
3. Check with your Study Abroad Adviser to see if you can receive credit for the JYS Orientation.
4. Take the language tests found on your JYS Account (not for a grade, but for class placement during orientation).

Do not stress about registering for classes. We will thoroughly cover this topic during orientation in Seville.

There will be a brief add/drop period for classes at the beginning of the semester (exact dates will be announced during orientation). Once you have finalized your courses, we will have you sign off on your official list of the courses and send it to your academic adviser for approval. This will avoid any problems with accreditation upon return to your home institution.

Classes

JYS requires students to be enrolled in 4 semester classes. Semester classes are held over 12 weeks of instruction. There are 3 types of semester classes open to all JYS students, all of them taught in Spanish by qualified native instructors.

A. **Sweet Briar seminars** are small classes (5-15 students), taught by JYS staff at our office, located around the corner from the University of Seville. When compared to the other two types of classes (cursos concertados and cursos regulares) they seem similar to the college/university classes in the U.S. in that they are relatively informal, focusing on active participation and learning through discussion. These classes are open only to JYS participants.

B. **Cursos concertados (“CC”)** tend to have more students than seminars (15-30 students), are taught by University of Seville professors and are open to all international students. Each class meets four hours per week, either on Monday/Wednesday or on Tuesday/Thursday. The University of Seville posts the course offerings for each academic year on their website. Links can be found on the JYS website as well.

C. **University of Seville classes (University classes or cursos regulares)** vary in size and are taught by University of Seville professors. They are the classes that Spanish students take at the University, which are also open to foreign students with a high level of Spanish. Traditionally, JYS students have taken classes at the Schools of Filología (www.siff.us.es) and Geografía e Historia (http://ge-
Ud. ografíahistoria.us.es), and these are the classes that we recommend you focus on, because they will give you a greater understanding of all aspects of the culture you are going to live in. **Important:** Students at the high-intermediate level may not take a University class during their first semester in Seville.

Links to course syllabi are available on the Current Student website.

**Important notes about Cursos concertados and University classes**

*Facultad de Filología* (School of Philology) offers language and literature classes, and *Facultad de Geografía e Historia* (School of Geography and History) offers geography, history, anthropology, and art classes. It does not matter which school you take classes in, although your college/university may prefer one or the other.

The syllabi for some of these classes are available in English either on the University of Seville website or through the JYS office. If, in order to receive credit from your home institution, you need a syllabus that is not available in English, **it is your responsibility to translate it yourself and send it via e-mail to the JYS office before October 30th (fall semester) or March 15th (spring semester).** The JYS staff will go over your translation and approve it or recommend changes. If you fail to submit a syllabus in a timely fashion, you risk not having it available when you need it.

Fall semester regular University classes begin in late September and end in January; spring semester regular University classes begin in February and end in June. These timeframes can pose challenges for students who want to or are required by their home institutions to take regular University classes: fall-semester students usually return to the USA in December; spring-semester students cannot take classes that have begun in September; and year students and spring-semester students usually prefer to return to the USA in May, when all their other classes end. Regular University exams tend to place during the first ten days in February and July.

The program fees will cover the room and board and medical insurance of students taking a University of Seville regular class until the day after her/his last final exam. But most students need to return earlier than the scheduled dates of their exams. In this case, it is possible to ask the professor to change the date of the exam or to provide an alternative evaluation method, but students must be aware that professors have the right to say no, and there is nothing that JYS can do to change their decision. For that reason, students should be flexible and ready to look for alternative classes.

Keep in mind the following points:

- **Permission:** If you are taking a University class, you MUST talk with the professor personally and receive his/her permission before signing up for the course.
- **Grades:** Many professors will allow you to attend year-long courses for one semester only and receive a grade at the end of the semester. Other professors insist on waiting until the end of the academic year to give out grades. The Spanish system is very different from the USA system, and
you must be patient. But don’t worry: you will get your grade.

• If you cannot stay until January (fall semester) or June (spring semester), you MUST ask your professor for an alternative evaluation method and you must notify JYS in writing about the agreement you have reached with your professor. Some colleges/universities require that students stay until the day of the final exam and take it along with the Spanish students – if you are not sure whether your college/university has this requirement, you need to talk to someone at your school.

• Spanish universities do not publish their catalogs almost until the beginning of the semester. Therefore, although we revise this handbook every semester, course information in the links provided can only give you an approximate idea of what classes may be available. You will receive updated course information during orientation.
## Course Comparison Chart

<table>
<thead>
<tr>
<th></th>
<th>JYS Seminars</th>
<th>Cursos concertados</th>
<th>Regular classes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Level</strong></td>
<td>All</td>
<td>All</td>
<td>Only advance</td>
</tr>
<tr>
<td><strong>Size</strong></td>
<td>5-15</td>
<td>15-30</td>
<td>Varies</td>
</tr>
<tr>
<td><strong>Open to</strong></td>
<td>JYS Students Only</td>
<td>International students from any study abroad program</td>
<td>Local students and some international students</td>
</tr>
<tr>
<td><strong>Location</strong></td>
<td>JYS Student Center</td>
<td>University</td>
<td>University</td>
</tr>
<tr>
<td><strong>Instructors</strong></td>
<td>JYS Professors</td>
<td>University</td>
<td>University</td>
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</tbody>
</table>
| **Advantages**   | • Small class size  
                  • More class discussion 
                  • Instructors are very approachable 
                  • Classes are designed specifically for the semester | • Meet other international students  
                  • Instructors are used to and enjoy teaching U.S. students 
                  • Classes are designed specifically for the semester 
                  • Slower paced for multiple levels of Spanish | • Meet Spanish students  
                  • Experience of taking regular classes and having the “authentic” university experience 
                  • Get a non-U.S. perspective on material |
| **Drawbacks**    | Only JYS students | • Classes can be large  
                  • Level of Spanish spoken by other international students can be lower than JYS requirement | • Classes can be large 
                  • Faster paced 
                  • Lecture style classes with less participation |
| **Level of Difficulty*** | Medium | Medium-Hard | Hard |

* **Level of difficulty:** There are many factors that contribute to making a class more or less difficult, such as class size, approachability of instructors, daily workload, pace, responsibilities of students, etc.

In general, JYS seminars may seem less difficult because our teaching faculty is more familiar with the types of classes that USA students are accustomed to, not because they are less rigorous academically.

Regular classes usually go at a faster pace because they are meant for native speakers, and instructors do not take into account the linguistic or cultural limitations foreign students may have. Additionally, regular classes place the responsibility of the learning process squarely on the student: there may not be daily assignments, for example, so the student is absolutely responsible for keeping up with reading materials and doing research.

*Cursos concertados* occupy an intermediate position between the two ends of this spectrum.
Learning Disabilities

Students with documented learning disabilities can request accommodations for all their classes in Seville. In the case of JYS seminars and cursos concertados students will need to talk directly to the professors, who may request to see official documentation from the students' home institutions. In the case of regular University classes, students will have to have an interview at the Unidad de Atención al Estudiante con Discapacidad (http://www.sacu.us.es/sacu/es/05_041.asp) and also talk to their professors. Any student seeking accommodations must talk to JYS’s Resident Director, Sandra Soto Delgado, during the orientation period. She will provide the necessary guidance to ensure that individual students’ needs are met.

Class Registration

Consult your Academic Adviser about classes you want to take in Spain before you leave your home institution. We register you for classes once you are in Seville.

Unless your college/university has specific restrictions (for example, some institutions require their students to take at least one regular class), you may take any combination of JYS seminars, cursos concertados, and University classes. Here are some good combinations, based on input from past students:

- Two cursos concertados, two regular classes
- One seminar, two cursos concertados, one regular class
- One seminar, three cursos concertados
- Two seminars, one curso concertado, one regular class

Each course you take, no matter of what type, carries 3 credits. In order to obtain credit for a class, you must have a passing grade in it. There will be a brief add/drop period at the beginning of the semester, so you can attend a number of classes before you have to make a final decision.

The registration process is divided into 2 parts: pre-registration and final registration. Pre-registration begins during orientation. Final registration takes place about two weeks after semester classes start.

Pre-registration (during Orientation)

During the first days of Orientation you will receive the University guide for cursos concertados and syllabi of the different seminars, as well as additional information from our team. Sandra Soto Delgado, our Resident Director, will help you through this process and will be able to answer any questions you may have.

Cursos concertados
Initial selection of 5 cursos concertados and fill in a pre-registration form (where you will also specify the section you would like to attend if there are more than one section per course)

**Why preregister for 5 cursos concertados?**
You are securing yourself a space in the ones you eventually decide to take. If you do not preregister for a course, you may not be able to take it. Once classes start you will be able to attend all the classes you preregistered for and choose which ones you really want to take.

**JYS Seminars**
Choose a seminar you want to attend. There must be a minimum of 5 students registered for the seminar to proceed.

**Final registration**
The add/drop period is the first two weeks of classes, during which you will be able to attend all the cursos concertados you pre-registered for and any seminars and regular classes you may be interested in. Once you decide to take a course, you must go to class and sign up on the list the professor gives you. If you decide not to take a course, you simply stop attending it.

At the end of the two weeks, you will need to schedule a meeting with Sandra at the JYS Office in order to finalize your registration. For final registration you will take the following steps:

**JYS seminars**
During the first two weeks tell your professor you would like to take her/his seminar. Each seminar must have a minimum of 5 students and a maximum of 15. If there are fewer than 5 students interested in taking a certain seminar, that seminar will be cancelled and the student will need to find another option.

**Cursos concertados**
You must inform the academic coordinator about the cursos concertados (out of the 5 you pre-registered for) that you are interested in taking and sign a final registration form. You will need to fill out one ficha (information card) per curso concertado you want to register for, and hand them in to the professors during class. **Important: Handing in these fichas to professors does not mean you are registered in the course – it is only a way for the professors to know your information.**

**Regular University classes**
Provide Sandra with the following:

1. specifying the school (facultad) in which the course is taught,
2. the name and number of the course, and the time/s it meets.

**Very important: You need Sandra’s approval to take regular courses.**
You must complete the **Sweet Briar Registration Form**, which includes information about all seminars, *cursos concertados* and regular classes you want to take. You must also fill out the schedule included in that form.

Once all the forms have been completed, the JYS team hands in all the documentation to the secretary of foreign students at the University and registration is over!

**Observations about regular classes:**

1. If your home institution allows it, you may take a regular course for pass/fail, but you must first obtain permission from the professor at the beginning of the semester. If granted, you will receive the 3 credits.

2. If you take a regular course, you must conform to the official calendar of the University with respect to exams, classes, and academic activities. Only those students staying for the fall semester will have the opportunity of being evaluated following other proceedings, or anticipating the official dates of the exams, so that they do not have to come back in January. But this opportunity may not be granted to you by the professors, so please make sure you do have at least a couple of options. **Very important: If you have any doubts, consult Sandra in order to avoid misunderstandings.**

3. If you take regular courses during the spring semester you may have to stay in Spain until the end of the academic calendar, that is, the end of June or, exceptionally, beginning of July.

**Add/drop period**

You cannot drop classes after the first week of classes, so it is very important that you make sure you want to take the classes you sign up for. Exceptionally, you may be allowed to add classes after that first week of classes.

You must e-mail Sandra at [jys-docente@sbc.edu](mailto:jys-docente@sbc.edu) if you have any questions about adding or dropping a class.

**Registration ratification**

During the first half of the semester, you must sign off on your course selection and schedule on the Sweet Briar registration form. By signing this form, you are confirming that you will remain in the listed courses for the semester. This information will function as the basis of the transcripts sent to your home institution.
Independent Study

There are two options and here are the guidelines:

Guidelines:
• JYS cannot facilitate additional financial aid for Independent Studies. Students must meet with a financial aid adviser at their home institution for questions concerning coverage.

Independent Study Supervised by the home institution:
• Students must submit an Independent Studies proposal signed by their Academic Adviser and by the Supervising Faculty member to the Director of JYS and Academic Adviser for approval. Proposals must be received at least one month prior to departure.
• Final grades must be submitted at the end of each semester to the Academic Adviser in Spain.
• Grading is the responsibility of the Supervising Professor and Academic Adviser of the student’s home institution.
• Students are responsible for the requirements set by the Supervising Faculty member.
• JYS will provide access to materials and resources for the project. The JYS Academic Adviser is available for consultation and support for the project, as well as reporting progress to the Supervising Faculty.

JYS Supervised Independent Study:
• Students participating on an Independent Study option will be responsible for selecting the appropriate program of study with the JYS Academic Adviser, and clearing it with their Academic Adviser and the Registrar's Office of their home institution.
• Students must submit an Independent Studies proposal signed by their Academic Adviser of the home institution to the Director of JYS and JYS Academic Advisor. Applications for an Independent Study must be received at a minimum one month prior to departure for review and approval by the Director of JYS and the Academic Adviser in Spain office. **All proposals must be pre-approved by the home institution before submittable.***
• In order to receive credit for the project, students must complete the required number of hours for the project, including meetings and material submission to the JYS Academic Adviser.
• The Academic Adviser communicates directly with the JYS Academic Adviser concerning the outline of the project, the requirements, and deadlines for the student.
• The final project will be graded by the JYS Academic Adviser and communicated to the student’s Academic Adviser at their home institution at the end of the semester.
• The Independent Study is 28 hours total for 2 credits per semester. The credits will appear on the JYS Transcript as Pass/Fail.
Missing Class

You are allowed a maximum of three sick days. Missing more than three classes will require a written excuse from a doctor. If you miss more than three days of class, you will be required to speak with the Resident Director (RD). The RD is then required to notify your home institution that you have missed more than the allotted number of classes.

Missing class will affect your final grade.

You are obligated to email your professor as soon as possible if you are going to miss class.

Extracurricular Activities

JYS offers 5 different types of extracurricular activities: internships, volunteering, intercambios and/or English tutoring, sports and leisure, and cultural activities. You will not be able to set up internships, volunteering activities, or intercambios/tutoring until you are in Seville and you know your schedule. During orientation, we will give out general information and will set individual meetings to address specific issues.

Internships

A list of internships is available on the Current Student website under Actividades Extracurriculares. All internships must be approved and setup through the JYS Office.

All internships require a signed contractual agreement stating you will complete certain tasks and hours each week. Failure to comply will result in an incomplete, which we will report to your home institution.

Time Commitment

The different internships have different time needs, but most range between 3 and 10 hours per week, either in the morning or in the afternoon/evening. Some are highly structured, whereas some others may be more flexible. All internships will begin after the orientation period.

Requirements and Eligibility

The requirements for each internship are established by the institutions or businesses that sponsor them. Some may be restricted to students of a specific major or with a specific background or experience. Some may require a minimum GPA. JYS may make recommendations, but the decision to accept a candidate rests ultimately on the sponsoring institution or business.

Compensation

All the JYS internships are unpaid.

Credit Options
a. **Non-Credit**

All the internships listed below are available as a non-credit option, as an opportunity to explore and gain experience in a specific field, to improve your linguistic skills, and to interact with Spaniards. At the end of the semester/year, interns receive a certificate issued by the sponsoring institution or business.

b. **For Credit**

Most of the internships listed below are available as a credit option. Although no credit is granted for the internship itself, three credits are granted for the research paper that accompanies it. Interested students must make sure that their home institution grants credit for such a research paper and contact a faculty sponsor who will evaluate it. The final grade will be determined by the director of the internship, JYS academic coordinator, and the faculty sponsor.

**Volunteering**

Volunteering can be a very satisfying experience at a personal level and a great opportunity to improve your language skills and to meet and work with Spaniards. JYS can help you find information about and get in contact with many non-profit organizations in Seville where you can volunteer.

On our [website](#) you will find the list of NGOs.

You will be required to sign a contractual agreement stating you are responsible for a certain number of hours and activities each week. Failure to comply will result in notifying your home institution.

**Intercambios and/or English Tutoring**

During the semester JYS gets requests from *sevillanos* looking for English native speakers to learn or practice their skills, either as an exchange of time (*intercambios*: half the time speaking English and half speaking Spanish) or in exchange for money (tutoring). We will give you the information as we receive it.

**Sports and Leisure**

JYS will help students find all kinds of activities, such as cooking, sewing, painting, singing, flamenco music and dance lessons (and any other kind of music and dance lessons), photography, theatre, sports, etc.

**Cultural Activities**

Check the [Actividades Extracurriculares](#) site and your groups Facebook page for information about shows, operas, art exhibits, films, and any other cultural activity that may be of interest to you.

**Exploration Course**

The Exploration of Language and Culture course begins with a two-week intensive that combines classes, excursions, and optional cultural activities. Attendance is mandatory to all classes, meetings, excursions,
and any other organized activities. Saturdays are used for cultural excursions outside of the city. Sundays are free. The orientation schedule can be found on the Current Student website.

If your home institution gives you credit for the Exploration course (and this is something you need to find out from them), you will receive 3 credits. Regardless of whether your school gives you credit or not, the course is required for all JYS students. JYS expects from students the same rigor and academic commitment towards this course as towards any other class.

**It is very important that, before you leave your college/university, you know whether you will receive credit for the Exploration course. In order to find out if you will get credit for the Exploration course talk to your study-abroad advisor.**

**Cultural excursions**

In Seville there will be a guided visit to the Cathedral one to the *Alcázar*, and one to the newly opened *Metropol Parasol*, a complex that features the (allegedly) largest wooden structure in the world, which houses a museum (*Antiquarium*) with Roman and Moorish remains, a market, cafés, and a panoramic terrace. Saturday excursions outside of the city include a visit to *Itálica* to see some of Spain’s most important Roman ruins. Other excursions will take place after orientation.

JYS updates their orientation schedule and calendar online. Students are provided with the link to the most current information each semester.
Living in Seville

JYS believes that living in a family setting is vitally important. Semester students must live with a host family. The semester is short, and many of you will travel a lot. Being in a family setting from the day you arrive until the day you leave ensures that you will have real, day-to-day, ordinary contact with sevillanos and their way of life. The most important fact to remember is that you will all be housed, and you will have a room and a meal waiting for you in your new residence in Seville once you arrive. Just be prepared for your housing in Seville to be very different from either your college housing or your own family’s home.

Academic-year students are allowed to live independently during their second semester, although JYS discourages this option for four main reasons:

- Most students end up living with other foreigners rather than with Spaniards because the vast majority of students seeking housing in January/February are not Spanish. As a consequence, students are not forced to speak Spanish all the time and they also miss out on the cultural advantages that living in an “average” Spanish setting has.
- JYS cannot be responsible for anything related to independent living arrangements: students who do not want to live with a host family are responsible for finding their own apartment and dealing with all the personal and legal aspects of the process. If you want to live on your own, you will have to sign a document exonerating the program from any liability.
- Families provide a social and personal safety net that cannot be guaranteed by independent living arrangements.
- Contrary to what most students think, living with a family gives them more freedom to do what they really want to do, since tasks such as shopping, cooking, cleaning, doing laundry, etc. are taken care of by the family.

It is the program’s policy that students seeking to live on their own during their second semester in Seville pay the entire program fee upfront and be reimbursed for room and board once they have moved into their new home. The Seville office does not issue refunds. A check will be mailed to the student’s parent/s from our Virginia office in dollars, reflecting the conversion rate at the time it is issued.

Your Host Family

Standard practice is for two JYS students of the same to sex live in the same home, and possibly share a room. Many of the families we work with have been with the program for years, and they are more used to American university students than the average Spanish family. You have the freedom to come and go as you please will be respected. In turn, you are expected to demonstrate thoughtful and considerate interaction with your Spanish family.
Our host families vary from parents with young children to widowed or divorced women living alone. In order to avoid disappointments, you should not expect to be housed with a family composed by parents and children. Requests to be housed with such a family rather than with a señora cannot be accommodated – it is simply impossible.

The information you give us on the housing form will be crucial to determine where you will live. **We do not disclose housing assignments until departure date,** when the group meets at the airport. There may be last-minute changes that cause a domino effect on other housing assignments. **No exceptions are made.**

If you are traveling to Spain on your own, you must make sure you meet the rest of the group at the airport in Seville, where you will meet your host family.

**Requests to be moved will not be attended until students are actually in Spain and have sound reasons to request to be moved.** Students wishing to be moved **must request it directly to the JYS personnel in Spain.** Such requests cannot be made by phone or e-mail, nor by anyone other than the student wishing to be moved.

The majority of our housing accommodations are in apartments (pisos), which is the normal type of dwelling for 95% of Spaniards who live in urban areas. Whenever possible, we attempt to house students at a maximum 20-to-35-minute walking distance from the University. Requests to be “near the University” are very difficult to accommodate, unless a physical handicap makes it mandatory that we seek an extraordinarily close-by setting. Wherever you live, you will probably end up walking much more than you are used to in the USA. The upside is: Seville is a very flat city, the weather is nice most of the year, there are many people out in the streets all the time, and you will get in good shape without even noticing! If one day you do not feel like walking, do not despair: all apartments are on city bus routes, and buses are frequent, and cheap.

Remember that in the first weeks you will be doing much more to adjust than your host family will. Please do not expect any effort to make you feel “at home” in the sense of trying to recreate any experience you have known in the USA. **You have chosen to live and study in Spain.** Your host family will be your base for living out that choice.

Some families are very quiet at first, and students have to work at getting a conversation going; others will talk all the time. Some will be quite family-like, while others may be more distant and private vis à vis their students. All types will have their advantages and disadvantages—just be prepared to be patient and non-judgmental. Do not expect to begin your stay addressing your señora as mamá and any children as hermana or hermano—often students expect this, and are disappointed when it is not acceptable. You are a paying guest who will be adequately received, and with luck, good will, and effort you can develop
lasting ties with your host family. Be sure to give yourself, your roommate if you have one, and your Spanish family plenty of time to adjust to one another.

Every semester, students complete an evaluation of their host family experience, and JYS only keeps those families who receive positive evaluations. No matter how open or reserved your particular family may be, never forget that we place students with families who welcome students with kindness and understanding. However, if at any moment a family situation becomes intolerable for you, you must contact the student coordinator as soon as possible. We will work with you to solve the problem.

What Your Host Family Can Expect from You

They expect to receive a respectful, clean, neat, and gracious guest, willing to learn about his/her host family and their culture. This means:

- Understand that as the host family guest, it is your responsibility to adapt
  - Be attentive to the meal times and other routines within the family
  - Respect the family’s preference of TV shows, where available, and kinds of music
  - Treat any pets appropriately
  - Receive visitors with respect and discretion
  - Be attentive to what the family likes and does not like to talk about
- Take showers according to family schedules
- Be willing to interact with your host family, both in the home and in family and/or community events, without meddling in their private affairs.
- Be aware that the family may not be able to provide voluntary dietary choices
- Be aware that the family may not be able to provide as much privacy or comfort as you may be accustomed to
- Realize that household phones are usually for emergencies, not for convenience, and certainly not for un-reimbursed long distance calls
- Keep your possessions in a neat and tidy manner, to make your bed each morning, and look after your own basic housekeeping.
- Help out, when possible, with routine household chores, as do other members of your household.
- Communicate your plans clearly -what meals you will be away for, when you expect to be home (make sure your return time is acceptable to your family)-and stick to that plan as far as possible
- Understand that host families are
  - Not sources of pocket money, loans or financial responsibility of any kind
  - Not there for counseling or therapeutic attention
  - Not there to provide unusual services or treatment such as special diets that have not been pre-arranged by the provider, telephone time, maid service, clothing, recreation facilities, excursions, etc.
• Consume resources (electricity, hot water) sparingly—they are not cheap or abundant in most
countries. Do not shower at hours that will disturb the household.
• Be financially responsible for any damage to the host family property
• Behave as a respectful and responsible adult member of the household. Be sensitive and aware of
how your presence can contribute something to the household, through an active interest in the
family and participation in family activities. Ultimately, you are a goodwill ambassador, whose
behavior must reflect positively on yourself, your university and your country.

Personal Property
You are financially held responsible for any property damage to the host families home and/or personal
belongings. Any incidents should be reported immediately to JYS and a report submitted. JYS does not
offer any kind of insurance or legal advice for damaged or destroyed property. Theft is grounds for im-
mediate dismissal from the program and may be submitted to the proper local authorities.

You must contact JYS if at anytime your personal belongings are damaged or stolen while staying with
your host family.

Food
Food is possibly one of the most complicated aspects of living in another culture and with people you do
not know. Be open-minded! Adapting to the Spanish diet is part of adapting to the Spanish culture. Span-
ish cuisine is comparable to Italian or French cuisines but, sadly and undeservedly, it has never enjoyed
their worldwide reputation or respect. The Spanish diet mainly comprises bread, eggs, cheese, meats
(chicken, ham, and veal, beef not being as prevalent as in the USA), fish, and seasonal vegetables and
fruits. It also includes a significant amount of olive oil, which is an age-old staple of the Mediterranean
diet. Fried foods are common. Vegetables are usually boiled a little too much for the American taste.
Whatever your preconceptions may be about frying and boiling food, make sure you approach these cus-
toms with a positive attitude, keeping in mind that millions of people find them perfectly acceptable.

Meals Provided
Your JYS fees cover all your meals (breakfast, lunch, and dinner) with your host family or on JYS orga-
nized trips (until December 30, if you are a fall-semester student, and until May 30, if you are an academ-
ic-year or a spring-semester student). If you take a regular University class and have an exam after De-
cember 30 or May 30, your meals will be covered until the day after the exam.

Kitchen Usage
At this time JYS has no host families in which students may count on preparing their own meals, so you
should not expect to use the kitchen at all. Traditional Spanish señor as are very possessive about their
kitchens and sometimes do not allow even family members to use it on a regular basis – this is part of the culture. If you are ever allowed to use the kitchen, clean up after yourself. Remember that snacks are not provided by your host family, but you may ask your señora if you can have a small space in the kitchen to store your own snacks, fruit, crackers, soft drinks (no alcohol), etc.

Your señoras are sure to be expert cooks. Some students may find their señoras a bit too insistent on their eating more. This is yet another aspect of Spanish culture you must learn: your señoras take pride in their cooking and want to make sure you are satisfied and well fed. When they insist that you eat, they are treating you as they would their families and guests – it is a good thing and you should take it as a compliment. If you do not want to eat something, do not hesitate to tell your señora patiently, politely, and with a sense of humor.

**Breakfast (desayuno)**

Breakfast (desayuno) is usually minimal: the Spanish custom is to drink coffee, tea, or cocoa and eat some toasted bread. You should not expect your señora to serve cereal, eggs, yogurt, etc., as it is not the custom in Spain.

**Lunch (almuerzo or comida)**

The main meal each day is almuerzo or comida, at la hora de comer, which is sometime between 2:00 and 3:30 p.m. Be prepared for the fact that the national custom is still to take a big midday break to go home for almuerzo, and please plan to be present for most almuerzos. If you plan to miss almuerzo, let your señora know in advance – she may agree to leave your meal aside for you.

**Dinner (cena)**

Supper (cena) is fairly small and late at night, so the midday meal is very important.

**Dietary Preferences**

If you have dietary preferences, JYS will work with you and your host family to help assure that these preferences are respected, but you should know in advance that you will rarely have personal dietary whims met. Dietary restrictions of a religious, philosophical, or medical nature, however, are a completely different matter. If you do have such restrictions (and please make sure you describe them in the housing questionnaire), it may be more difficult for you to establish a situation with which you are perfectly happy, but it is certainly possible to accommodate most of your needs. Above all, we encourage you to exercise flexibility, patience, and understanding, and to express your wishes and concerns in a completely honest and direct (yet polite) manner.

**Vegetarians**

The JYS program has maintained close ties with the families who house our students through years. These values have fostered a growing understanding among our señoras about how to modify their food
preparation for students with dietary restrictions. Vegetarians will be accommodated, but you must know that vegetarianism is not common (although it is growing) in Spain, and JYS has no setting where a strict vegan diet can/will be guaranteed. If you are vegetarian, you must realize that it will be up to you to adjust to Spanish living conditions, and should come to Spain prepared to work with your señora in order to create a meal plan that is acceptable for both of you. Often, vegetarian students find that they are obliged to purchase certain dietary supplements not provided by their families.

Kosher
There is also no housing situation where a strict Kosher or Halal regimen can be maintained. For those who do not eat pork or shell fish products, there will be few problems, as all of our señoras understand that some students do not eat these foods. However, if your religious dietary restrictions are more stringent, please contact the JYS office in Virginia.

Whenever you have any concerns about food (as with anything else), please contact us as soon as possible, explain them to us, and allow us to find a solution. It is better to take care of such situations before they become too complicated and make everyone unhappy.

Laundry
Keep the following information in mind as you pack. Your señora is required to do one load of laundry per week per student. Keep in mind that Spanish washing machines tend to be smaller and slower (but more efficient and ecological) than the ones you are probably used to. You should never expect to do your own machine washing. There are some places in Seville where you will be able to do laundry, but they may not be close to your home and they are not as cheap as Laundromats in the USA. Most households in Spain do not have a clothes dryer. Clothes are normally hanged to dry, something that may take more or less time, depending on atmospheric conditions: make sure you pack enough underwear in case there is a (rare) rainy spell…

Personal Hygiene
Spain, and particularly Andalusia, gets very little rain throughout the year, which means that droughts are common and that water is considered a precious resource. Keep this in mind when you use water: have short showers and do not take baths. Taking long showers or bathing is considered thoughtless and selfish. You are allowed to take one shower a day. Extras need to be negotiated on an individual basis with your señora. The tendency of USA students to use unnecessarily large amounts of water has shown to be one of the most problematic aspects in the relationship between students and their host families.

Electricity and Electrical Appliance
Electricity and electrical appliances of all kinds are expensive in Europe. Try to be conscientious when you need to use electricity. Never leave a light on when you leave a room—your own, the bathroom, or
any another room. By doing this you will save electricity (and help the environment) and avoid possible complaints from your host family. The electrical current in Spain is 220 volts, while in the USA it is 110. The tendency of USA students to leave lights and appliances on when not necessary has shown to be another of the most problematic aspects in the relationship between students and their host families.

**Host Family Telephone**

Please note that you need to get a cell phone to use in Seville as part of our security protocols requirements.

Telephone service in Spain is very expensive and Spanish telephone companies charge even for local calls. You may receive brief phone calls at your host family’s house from 8:00 a.m. until 11:00 p.m. (tell your friends and family in the USA about the time difference), but you must assume that you may never make phone calls from your host family’s phone. Some families allow students to call their parents occasionally, if the call is either collect or charged to a credit/calling card, and is very brief. In any case, never ever use the family telephone without asking permission first. **You may not have a personal phone line installed during your stay with your host family.**

If you need to make a phone call, you have several options: your cell phone, a USA calling card (which you should get before you leave for Spain), public telephone booths, or phone cards (which you can purchase online – check out [www.speedypin.com](http://www.speedypin.com) or [http://www.phonecardmania.com](http://www.phonecardmania.com)). You can also use Skype ([www.skype.com](http://www.skype.com)) or Voipraider ([www.voipraider.com](http://www.voipraider.com)) in your laptop at home (**Important: Never in the JYS office!**).

**Internet**

All our host families have agreed to have Internet at home and provide free access to you. If for any reason your family asks you to pay any amount of money in order to have Internet access, you should notify JYS immediately, as this is not the arrangement we have made with our families.

You will be able to use the Internet at our main office during business hours (through our computers or your laptop), at the University (through your laptop connected to their wireless service or through their computers), and at any number of businesses throughout the city. In the past, some students have purchased Internet service in Seville, but satisfaction with the service or with the costs has not been uniform. If you choose to purchase Internet service in Seville, be aware that you do so at your own risk: JYS cannot mediate between you and Internet service providers.
Many students get very frustrated when they cannot have the same access to Internet they are used to in the USA. Remember that you were the one who decided to leave home and study abroad, where things are not the same, including Internet access!

**Sending and Receiving Letters and Packages**

You may receive **letters** and **postcards** at your host family’s address or at our office, as you prefer (but make sure all your mail is addressed to you, not to the program).

We discourage students from having **packages** sent to their host family address because sometimes the delivery companies require a signature and, if no one is in to sign, the package may be returned to the sender. Instead, we recommend that packages be addressed to you, adding **Junior Year in Spain** in parenthesis, and sent to the JYS office, thus:

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Name of Student
(JYS in SEVILLE)
Paseo de las Delicias 3, 1º Izquierda
41001 Sevilla, Spain
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We recommend that you do not send anything by FedEx because if they attempt to deliver mail when our office is closed they will send the package back to the USA after the second unsuccessful attempt.

Anyone sending you a package from the USA should know the following:

- Parcel post is cheaper than airmail, but it can take up to two months for a parcel-post package to be delivered to you in Spain. Airmail packages are delivered more promptly, but the cost is higher.

- Shipments arriving in Spain from countries outside of the European Union weighing more than 10 kilograms (22 pounds) and/or with a declared value exceeding 22€ (about $30.00) are subject to customs duty and value-added tax, both of which can be expensive (24€ or up to 33% of the declared value).

- When mailing something, items should always be declared as “used personal effects” with no commercial value. Be aware that this means that you cannot insure your package. **If your items are not described as “used personal effects” you run the risk of having to pay a hefty customs fee that may end up being greater than the value of the items sent.**
Medicines cannot be shipped to Spain from outside the European Union. If you need prescription medication make sure you bring with you enough supplies to last you until the end of your stay.

Food cannot be shipped to Spain from outside the European Union: if the sender of a package describes it as containing “food,” it will be sent back. Candy and cookies are okay.

Guests

Inviting any guests into your Spanish home setting must be checked in advance with your señora. You may not have visitors of the opposite sex in your Spanish homes without express permission of your señora. Spanish families generally do not invite people other than family members into their homes. Instead, part of your cultural experience will be meeting your friends for copas or tapas and socializing outside of your living quarters, as Spaniards do.

Friends and family members visiting from the USA cannot expect to stay at your host family’s home. Sometimes families offer to put them up, either for free or for a fee, but in our experience these arrangements tend to end up badly. We discourage our students from accepting any such offers.

A Typical Day in Seville

The schedule below was written by a JYS alumna, and can give you an idea of what a day in Seville may be like once you settle in:

9:15 AM Breakfast with my señora and roommate. Pan tostado y café.
9:45 AM Catch the bus to Las Carmelitas, the school where twice a week I volunteer with an English teacher in her classes of 4-6 year olds.
2:30 PM Lunch with my señora and roommate. Gazpacho andaluz y paella.
3:10-4:40 PM Siesta. Read three chapters of Cervantes’s Don Quixote (with mi diccionario a mi lado), for tomorrow’s class.
4:40 PM Walk to class at the University of Seville over the Río Guadalquivir with vistas of the Torre del Oro and La Giralda.
5-7 PM Class: Learn about Spain’s three coexisting cultures during the Middle Ages – Jewish, Muslim, and Christian.
7-8:45 PM Meet friends near the cathedral, stroll through the pedestrian streets in el centro and check my e-mail.
9:30 PM Dinner: tortilla española.
11:00 PM Meet friends near the river to go to a local flamenco bar.
1:30 AM Eat hot, fresh churros con chocolate before going home to bed.

**Religion**

Religion has played a very important role in Spanish history and in shaping Spanish society, but things are very different in contemporary Spain. In a poll conducted in 2010 by INJUVE (Instituto de la Juventud), 10.3% of people between the ages of 18 and 34 described themselves as practicing Catholics, 48.6% as non-practicing Catholics, 7.5% as practicing other religions, 11% as non-believers, 9.6% as indifferent, 7.8% as atheists, and 3.9% as agnostics.

**Catholic**

Seville happens to be one of the more conservative large cities in Spain, where Catholicism has greater importance than in the rest of the country. For information on masses at different churches, go to [http://www.misas.org/buscar/?location=Sevilla&country_code=es](http://www.misas.org/buscar/?location=Sevilla&country_code=es).

**Protestant**

Brethren Church [www.iglesiaprosperidad.com](http://www.iglesiaprosperidad.com)

Bethany Evangelical Church [www.iglesiaevangelicabetania.es](http://www.iglesiaevangelicabetania.es)

Seventh Day Adventists [www.sevilla.adventistas.es](http://www.sevilla.adventistas.es)

Faith Baptist Church [www.fesevilla.com](http://www.fesevilla.com) (they also have an “English Bible Study”)

Church of Christ in Seville [www.idcsevilla.org](http://www.idcsevilla.org)

**Jewish**

A small community of Sephardic Jews remains in Seville, where the congregation meets in an apartment. JYS students have always been welcome to attend services there. After services on Rosh Hashanah and Yom Kippur in the fall, JYS students often choose to break fast together after services. In the spring, Jewish students are given the opportunity to celebrate a Passover Seder. This is their contact information:

Comunidad Judía de Sevilla  
C/ Bustos Tavera 8  
Tel. 954 21 34 38  
Email comunidadjudiadesevilla@hotmail.com

There is another Jewish community in Seville that you can contact: Comunidad Judía Progresista Bet Rambam (Haim Casas, betrambam@gmail.com).

Sweet Briar College JYS in SEVILLE

Student Handbook
For information about Jewish communities throughout Spain, check out the website of the Federación de Comunidades Judías de España: [http://www.fcje.org](http://www.fcje.org).

**Muslim**

There is a mosque at Plaza de León 9. The Fundación Mezquita de Sevilla meets there for dikr and other activities. They can be contacted at info@mezquitadesevilla.com. For information about other Muslim communities, check out the directory on this website [www.webislam.com](http://www.webislam.com).
Health and Safety

Group Medical and Accidental Insurance

All students in the JYS program are covered by a group accident and health insurance policy administered by Adeslas SegurCaixa during their time in Spain. A portion of each student’s JYS fee covers this policy, which is issued by Adeslas SegurCaixa to the individual student. JYS is not a party to the insurance arrangement between Adeslas SegurCaixa and the student, and JYS is not responsible for and disclaims any and all liability related to disputes between the student and Adeslas SegurCaixa.

Each student will receive an insurance card upon arrival in Spain, which should be produced as evidence of insurance coverage. For a detailed description of the coverage refer to Adeslas SegurCaixa: Description of Coverage. The policy does not cover:

- routine physicals
- dental work
- eye problems not caused by an accident
- claims arising from the influence of drugs, alcohol, or self-inflicted injuries

Students are only covered by the Adeslas SegurCaixa insurance while they are in Spain (and other countries in Europe/Africa if they travel during the weekends or breaks). If a student returns home during vacation or because of an emergency, he/she will not be covered by Adeslas SegurCaixa while in the USA. We strongly recommend that parents who have existing insurance policies for their son or daughter continue those policies to ensure he/she is adequately covered.

Students are also covered by a Campbell Insurance accident policy, which has a maximum benefit of $50,000 that covers loss of life, evacuation and repatriation.

If you have a chronic condition, make sure you consult your physician about any precautions or supplies you may need while in Spain. It is also a good idea to familiarize yourself with the Spanish terms that may be relevant to your condition, in case you need to talk to a doctor about it in Seville. Wikipedia can be a good starting point for this.

Personal Safety

Crime in Spain

The amount of violent crime in Spain is by any standards (national or international) a fraction of what it is in the USA. Muggings, pick-pocketing, purse-snatching, and other petty crimes do occur. Luckily, these
problems are easy to prevent if you practice the street smarts that you would use in any large urban center in the USA.

During orientation in Seville the group will learn about safety in the city.

If you are the victim of any crime, you must inform the program staff immediately. You will have to submit an Incident Report to us, which we will in turn submit anonymously to APUNE (the Association of North American University Programs in Spain) so that they can compile a national record, which in turn helps us detect and prevent trends in criminal activities against our students.

If leave Seville, whether you are traveling within Spain or out of the country, you must inform the JYS staff about your trip by registering it under Side-Trip Registration on your JYS Account.

Here are some safety suggestions to keep in mind while living in Spain and during your travels abroad:

- Be aware of your personal responsibility in exercising good judgment. Spending a semester/year abroad ordinarily will imply different types of risks than staying on your home campus.
- Petty theft, the most common crime in Spain, usually does not include violence or guns. However, if you are threatened with a weapon or physical abuse, you will avoid danger by rapidly surrendering your possessions.
- Avoid possible high-risk areas such as tourist spots late at night and underground passages: these tend to have a higher incidence of theft.
- Avoid large crowds.
- Do not go out alone at night.
- Be aware of your surroundings and avoid engaging in behavior that may diminish your awareness, such as drinking excessively, reading, talking on the phone, or listening to loud music while walking in areas you don’t know well.
- Going out with Spanish friends greatly reduces the risks of becoming a target for theft.
- Carry only the amount of money needed for a given day and do not display money, jewelry, or any other valuable items.
- Do not leave your belongings unattended and do not entrust them to anyone you do not know.
- Make copies of all your important documents. Carry copies with you and leave original documents in a safe place. (You will only need your passport when exchanging currency or when traveling.)
- If you are the victim of a crime, you should file a report (denuncia) at the nearest police station (comisaría). These reports may be useful in replacing stolen cards and documents and necessary if you want your insurance company to replace any valuables, such as cameras, phones, etc.
- Most Spaniards and Europeans in general are not hostile towards USA citizens, but it may be wise to follow these recommendations:
• Keep away from political demonstrations, particularly those directed against the USA.
• Avoid American establishments and gathering places.
• Speak Spanish in public places and avoid large groups of Americans.
• Avoid wearing American clothing and baseball caps, etc.
• Avoid making derogatory comments against other countries, races, religions, customs, etc.

• If you are female, do not walk alone in deserted or poorly lit areas, and at night. Try to always go out with someone and make sure someone always knows where you are going and when you are expected to be back.
• Make sure you always take your cell phone with you, that its battery is fully charged, and that you have enough credit to make an emergency call if necessary.
• Be careful in airports; avoid crowds and airport counters as much as possible. Do not carry parcels for anyone other than yourself.
• If possible, do not travel alone, but if you do travel alone, check in with friends or family from time to time and make sure that they are aware of your itinerary.
• If you are going to be away for an extended period of time, keep in touch with the JYS office either by phone or by e-mail. As a JYS participant, checking e-mail is an obligation because it is one of the means by which JYS will be able to give you important information.

Relationships and Sexual Health

In general, when establishing relationships with other people in Spain, you should practice the same judgment as you do in your normal life. In case they may be of help, here are some words of caution:

➢ Be careful of persons wanting to make your acquaintance very quickly.
➢ Meet people in public places, during the day, preferably with a friend or two. Avoid going anywhere with people you have just met, especially at night and alone.
➢ Do not ever give out your host family’s phone number or address freely, or the name and address of the JYS office, as this can lead to problems for all involved. If you feel pressured, give an incorrect address and phone number.
➢ The idea of a once-in-a-lifetime European romance can be very tempting, but you should consider any relationship carefully, particularly when you are overseas: there are different cultural values and rules regarding dating and relationships in Spain from those in the USA, so proceed cautiously and realize too that you are only in the country for a limited period of time.
➢ Be aware that sexual mores among the people you meet in Spain may be different from what you have experienced until now. Although machismo is not so prevalent among the younger Spanish males, you may still encounter it.
In many parts of the world, American females are seen as “easy” and many men may assume that when a woman dresses or behaves in a sexy or provocative manner she is looking for sex. To avoid sending the wrong message, make sure you adapt your dress and/or your behavior to the situations you place yourself in.

Please be aware that in any type of relationship, whether heterosexual, bisexual, or homosexual, if you choose to be sexually active in Spain, you must be completely responsible for your own health and safety. You cannot expect that your partner will be equally responsible.

Condoms (preservativos) are readily available in pharmacies and supermarkets in Spain.

Birth control pills are inexpensive and widely available in Spain, but their composition may not match USA prescriptions. If you use birth control pills, you should probably bring enough to last you through your stay in Spain. If that is not an option, it may be a good idea to talk to your doctor, before leaving the USA, about the most important aspect of chemical composition of your pill and what alternatives may work best for you in Spain. Women who are presently taking birth control pills should be very careful if they choose to stop taking them, as it can cause major physical and emotional upset.

Spain has one of the most progressive legislations regarding homosexual and transgender rights in the world. For instance, homosexual marriage and adoption by homosexual couples are legal, and the local Andalusian government covers the total costs of a sex-change operation if recommended by a doctor. Gay students should feel safe in most situations in Seville and in Spain. However, like everywhere else in the world, there are individuals who still harbor homophobic sentiments. Caution is always advised in unfamiliar places or situations or when interacting with strangers.

HIV/AIDS is as prevalent in Europe as in the USA For the latest information about the virus and the disease, check out the CDC’s website: [http://www.cdc.gov/hiv/](http://www.cdc.gov/hiv/).

Legal Considerations

You will be subject to the laws and judicial procedures of Spain. According to Spanish law, at 18 you are considered of legal age. Spanish law requires you to carry some proof of identification at all times. The Spanish legal system is not as litigious as that of the USA and there is a greater focus on assuming personal decisions and responsibilities. In case of arrest, the USA consulate is limited to explaining laws and monitoring procedures to ensure that there is no discrimination. USA citizens are tried under the same rules as Spanish citizens, although foreigners may find it more difficult than Spaniards to obtain release on bail.
Sexual Harassment and Sexual Assault

JYS defines sexual harassment as any unwanted sexual advances from anyone in power over any aspect of your stay, including your living arrangements and your educational environment. Anyone who feels harassed by another student, a staff member, a faculty member or a member of his or her host family, should take the following steps:

1) Say no and say it firmly.
2) Inform the JYS staff, who will immediately remove you from the situation. Even if you think that you have handled the problem adequately on your own, please inform JYS so that no other student is placed in the same situation.

On the street, sexual harassment of women (primarily verbal) is unfortunately a fact of life in Spain, although it is becoming less prevalent than in the past. Foreign women are seen as easy targets by males who are in fact insecure and who believe that their use of the Spanish language is better than the woman’s. Women should be aware that most of them may encounter verbal harassment. This is what you should do to avoid this kind of harassment:

1) Try to “look” Spanish and speak Spanish. If you think your accent may give you away, simply do not speak to strangers.
2) Travel in pairs or groups to avoid feeling intimidated.
3) Avoid eye contact with any idle men standing around.
4) Exercise caution while drinking alcohol, so as to approach every situation—even those that do not seem unsafe—with as much attention as you would in the USA.

If in spite of your cautions you still attract this kind of harassment, you should do the following:

1) Pretend not to notice the harassment and keep walking.
2) Do not ever answer a taunt: no matter how good your Spanish is, you may be at a linguistic and cultural disadvantage with respect to the men who are harassing you.
3) If you feel threatened, enter the first shop you see, and explain your situation, or, of course, if you see a policeman or policewoman, walk towards them.

Psychological Well-Being

JYS does not employ doctors, psychologists, or psychiatrists on its own staff, but the Seville office keeps a list of reliable English-speaking practitioners and will refer students. The confidentiality of the relationship between patient and doctor is absolute. JYS observes this rule of medical ethics and will not discuss or release information to anyone without the patient’s permission. In particular if a student is hospital-
ized or treated by a doctor, a psychologist or a psychiatrist, he/she will be encouraged to contact his/her parents/families. However, if he/she refuses, the JYS staff will not contact them, except in a life-threatening situation or if the student is physically unable to do so.

The JYS staff members have authority to require the withdrawal of any student whose physical or mental condition prevents him/her from participating normally in the program.

**Psychological/Psychiatric Conditions:** Every year one or two students suffer some kind of emotional problem while studying in Spain. It seems that in almost every case the student has experienced similar problems while in the USA and has been consulting a psychologist or a psychiatrist there. **JYS emphasizes that if a student has or has had psychological or psychiatric issues, the additional pressure of all the changes that come from being in Spain can tip the scale, leading to much greater problems.** If you have recently had any type of emotional problem, JYS would urge you and your family to consult your mental health professional and consider very carefully whether or not you are up to facing the unavoidable stresses that study abroad will entail.

These remarks concern only very few students. The immense majority of students, in spite of some frustration, setbacks, and unexpected difficulties, will spend a wonderful and rewarding semester/academic year in Spain. From past experience, we know that for most of you it will be the best time in your college years.

**Support Groups:** There have been a few JYS students who have attended AA meetings in Seville in the past. These students loved both the support they received from the meetings and the friends—both Spanish- and English-speaking—made through AA. The JYS staff members are rigorous about confidentiality, so if a particular student would like assistance in finding a support group, they should speak to the JYS staff, who will try to find the group, if it exists in Seville.

**Eating Disorders:** If the program staff believes that a student is in medical danger, they may require that a student return to the USA for proper medical treatment. This would occur only in the event of their conviction, following a doctor’s advice, that the said student’s health is seriously threatened by obvious, persistent, and damaging weight loss.

These problems may not arise for any of you, but students should be prepared to ask JYS staff for help and advice whenever necessary. JYS will do everything possible to help program students find a healthy balance throughout the semester/year. Students should be prepared to follow the same rules in Spain as they do in the USA. With the right balance of food and liquid, rest and exercise, as well as social time and private time, everyone can remain as healthy in Spain as they are in the USA.
Alcohol

This is extremely important – please read carefully.

In Europe the legal drinking age is 18. In the last few years, alcohol-related incidents have increased greatly among USA students, who find themselves completely free to drink in Europe. Because what is at stake is the students’ well being, JYS has a zero-tolerance policy when it comes to alcohol-related incidents: if the program receives any reports about a student missing class, failing to turn in assignments, coming to class drunk, returning home drunk, getting in trouble while drunk, or any kind of incident involving the excessive consumption of alcohol, the student may be dismissed from the program immediately. There will be no second chance.

If you choose to drink alcohol, you must know your limits and drink in moderation in order to avoid potentially dangerous situations.

All JYS students are expected to be responsible for the safety and welfare of other JYS students. If several JYS students are in a place where excessive drinking takes place, they will be equally responsible for anything that may take place. In particular, parties in your home-stay are strictly forbidden. Any student organizing such a party will be immediately dismissed from the program. If you wish to invite a few friends over while your señora is absent, you must secure her permission beforehand, tell her the exact number of friends you expect, and what you expect to serve. Any deviation from this rule is grounds for dismissal from the program.

Drugs

Illegal drugs are just as illegal in Europe as they are in the USA. Sweet Briar College and JYS in Seville will not tolerate the use of drugs or illegal chemical substances. A JYS student will be dismissed from the program if drugs are used in the host family dwelling or in the JYS office. Innocent persons associated with the individual directly involved may be liable for penalties.

According to the Justice Department, every year more than 3,000 Americans are arrested abroad. Of those more than 1,000 are charged with drug-related offenses and are incarcerated for long periods of time. The USA bail system does not exist in most countries. Some students have the interesting idea that Americans are immune from local laws and that, if they are arrested, USA embassy officials can get them out of jail. This is far from the case: diplomatic representatives can only try to obtain humane treatment and legal representation. Travelers have been thrown in jail for entering an Islamic country with alcohol, or buying or using drugs—an offense punishable by death in some countries.
Excerpts from *The Drug Problem: Americans Arrested Abroad* (A quick reference aid on USA foreign relations, the Bureau of Public Affairs, and the Department of State):

**Background:** Although drug laws and enforcement policies vary in different countries, American travelers should be aware of the serious consequences resulting from the possession or sale of any type of narcotics. Penalties for drug violations are severe in foreign countries and may include lengthy prison sentences without parole. In addition, many countries do not permit bail in drug-trafficking cases.

**Travel Advice:** The global war on drugs is more intense than ever before. Many countries are increasing their efforts to stop the flow of illegal narcotics. Americans traveling abroad mistakenly believe that as USA citizens they are immune from prosecution under foreign laws or that buying or carrying small amounts of drugs cannot result in arrest. In reality, Americans have been jailed abroad for possessing as little as one-third of an ounce of marijuana. Travelers should be particularly wary of persons who ask them to carry a package or drive a car across a border; they might unknowingly become narcotics traffickers. The USA Customs Service will inspect baggage of travelers returning to the USA. This applies not only to hand baggage and packages but also to articles mailed back to the USA.

Persons required to take a medication containing narcotic drugs should carry a doctor’s certificate attesting to that fact and should keep medicines in their original and labeled containers. To avoid potential problems, travelers carrying such medicines should consult the embassies of the countries they will visit before leaving the USA. In Saudi Arabia, for example, narcotics include alcohol, amphetamines, barbiturates, codeine, captagon, and many other drugs or substances that may not be considered narcotics in the USA.

**Facts about drug arrests abroad:**
- Once travelers leave USA jurisdiction, they are not covered by USA laws and have no USA legal rights that can be exercised within the foreign country in which they are traveling.
- Few foreign countries provide trial by jury.
- Pre-trial detention may involve months of confinement in primitive prison conditions.
- Trials frequently involve lengthy delays or postponements and are conducted in the language of the foreign country.
- Sentences for possession or trafficking in drugs can range from 2 to 25 years and may include heavy fines.
- In some countries conviction may lead to a life sentence or even the death penalty.

**What USA consular officers abroad can do:**
- Ensure, to the extent possible, that the detainee’s rights under local law are fully observed and that humane treatment is accorded under internationally accepted standards.
- Visit the USA citizen as soon as possible after the foreign government has notified the USA embassy or consulate of the arrest.
- Provide the detainee with a list of local attorneys from which to select defense counsel.
- Contact family and/or friends for financial or medical aid and food, if requested to do so by the detainee.

What USA consular officers abroad cannot do:
- Demand a USA citizen’s release.
- Represent the detainee at trial, give legal counsel, or pay legal fees or other related expenses with USA Government funds.
- Intervene in a foreign country’s court system or judicial process to obtain special treatment.

Help available in the USA:
The Citizens Emergency Center in the Department of State’s Bureau of Consular Affairs:
- Provides emergency services relating to the welfare of Americans arrested or detained abroad.
- Transmits messages to incarcerated Americans or their next of kin in the USA.
- Helps arrange the transfer of private funds to USA posts abroad for delivery to Americans for legal fees, medical treatment, or dietary supplements.

Crisis Response Protocols

JYS has developed the following measures and guidelines to address potential threats to the safety of its participants while they are in Seville.

JYS Prevention/Security Measures

Before departure you will receive a plastic wallet-size Emergency Contact Card that contains the following information:

EMERGENCY CONTACT INFORMATION

<table>
<thead>
<tr>
<th>Contact</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Contact</td>
<td>606 45 86 90</td>
</tr>
<tr>
<td>2nd Contact</td>
<td>677 42 76 50</td>
</tr>
<tr>
<td>(Resident Director)</td>
<td>677 42 76 50</td>
</tr>
<tr>
<td>Emergency (any kind): 112</td>
<td></td>
</tr>
<tr>
<td>Medical Emergency: 061</td>
<td></td>
</tr>
<tr>
<td>Police: 091</td>
<td></td>
</tr>
<tr>
<td>Fire Department: 080</td>
<td></td>
</tr>
<tr>
<td>Telephone Information: 11888</td>
<td></td>
</tr>
<tr>
<td>Taxi Service: 954 67 55 55 or 954 58 00 00</td>
<td></td>
</tr>
<tr>
<td>Seville City Hall: 010</td>
<td></td>
</tr>
<tr>
<td>Embassy (Madrid): 91 587 22 00</td>
<td></td>
</tr>
</tbody>
</table>
Your Responsibilities

a. Checking e-mail is an absolute MUST. If you have more than one e-mail account, you MUST CHECK ALL of them because we will use e-mail to communicate with you throughout the semester.
b. When the Seville staff asks, you must bring your passport so that copies can be made.
c. You must give us the contact information of the person/s we should get in touch with in case of an emergency.
d. You must purchase a cell phone to use in Seville and you must give the number to the Seville office.
e. After the orientation period, you must fill out and update a schedule of activities so that we can find you more easily in case of an emergency.
f. You must inform the office of any travel outside Seville, providing information such as duration of travels, destination, and contact information abroad.
g. You must submit a written report to the Seville JYS staff about any incidents that occur to you or to any other JYS participants in which your or their well-being or safety was threatened in any way.
h. When asked by the program staff, you must fill out and submit evaluations on orientation, organized trips, classes, and housing. Please be aware that JYS will not release your transcripts until you fill out and submit all the evaluation forms we request from you.

What to Do in an Emergency

1. Stay calm.
2. Use your Emergency Contact Card to report the emergency and get help.
3. Cooperate with police, fire department, or medical staff and follow any instructions you are given closely.
4. If you are arrested, no one in our office will have any legal standing or be allowed to communicate with you. If you appoint one of us as your interpreter, that person will be allowed to be present when testimony is taken or in conversations with Spanish-speaking lawyers.

In Case of a Major Crisis

In case of a crisis that affects the whole group (such as natural disaster, war, terrorist attack, epidemic, etc.), the following protocols will be followed:

Stage 1. Stand-fast—Impending emergency, remain at site.
When information is received indicating a potential threat to the health or safety of students, the director will implement “stand-fast” instructions to all students. You will be contacted by a member of the office staff, who will:

1) notify you of the nature of the impending emergency,
2) provide you with instructions to remain in your usual lodgings (or wherever you are if it is safe) as you await further news and instructions, and
3) ask you to keep your cell phones turned on and within easy access.

Upon notification of a “stand-fast” communication, you should make prudent preparations, including:

1) collecting all necessary identification and travel documents, money and one emergency bag of essentials, which may include:
   a. Money, traveler’s checks, checkbooks, credit cards, etc.
   b. Passport, driver’s license, ID cards (together with photocopies of these)
   c. Prescription drugs and medical supplies
   d. Cell phone
   e. Change of clothing
   f. Personal hygiene products
   g. Flashlight/batteries
   h. Radio
   i. Keys
   j. Easily portable dry foods (crackers, cookies, candy, etc.)
2) making an inventory of other property that may have to be left behind (if there is time).

Stage 2. Consolidation Phase—Go to a pre-arranged assembly point, prepare for withdrawal.
If the situation deteriorates, the program director will notify students to move to the program’s main office on Paseo de las Delicias 3, 1º Izq. 41001, Sevilla.

Stage 3. Evacuation Phase—Leave as a group for safe haven.
The director will make a decision about leaving the city/country. You must cooperate fully.

Culture Shock

From* How to Cope with Culture Shock*, by Arthur Gordon -
Here are three suggestions they offer to anyone planning a stay in a foreign land:

1) Be aware that such a thing as culture shock exists, that it will probably affect you one way or another, but that it does not last forever.
2) Try to remember, if and when you become thoroughly disenchanted with your surroundings, that the problem probably isn’t so much in them as it is in you.
3) Accept the idea that while it may be somewhat painful, culture shock can be a very valuable experience, a mind-stretching process that will leave you with broader perspectives, deeper insight into yourself and wider tolerance for other people. A close student of the subject, Peter S. Adler, calls it “a very powerful and personal form of learning.” The whole experience, he says, “is that rare set of situations which forces the individual into experimenting with new forms of attitude and behavior.”

In addition to these main points, the experts offer a handful of common sense do’s and don’ts to anyone who may be exposed to culture shock:

1) Do not think that you’re strange or abnormal. If you had a happy life back home, why shouldn’t you miss some aspects of it or feel a sense of loss? You’d be abnormal if you didn’t.

2) Do not sit around being negative and critical; this just prolongs and deepens your gloom. Try to keep busy. Arrange something pleasant to look forward to. Set goals for yourself - learning ten new foreign phrases each day, for example - and stick to them.

3) Try not to be judgmental. Everyone has an ethnocentric tendency to think that his/her own culture is superior to all others. Actually, any culture is a good culture if it provides an environment that meets basic human needs.

4) Force yourself to look for the best not the worst, in your situation. People who go around looking for trouble usually manage to find it. Train yourself to enjoy the diversity of people and cultures, not fear it or shy away from it.

In sum, before he/she leaves home the visitor to a foreign land should make up his/her mind neither to resist the new culture nor to surrender to it. What he/she needs to do is fight or grope or inch his/her way toward a new and flexible personality, a personality that retains its own cultural identity but recognizes the rights of members of other cultures to retain theirs. If that new personality can help him/her toward a better understanding of him/herself and of others, if it can enable him/her to communicate easily and convey warmth and understanding and good will across the culture barricades, then the pain of culture shock will have served its purpose, and the recovered victim will truly have the best of two worlds.

Personal Observations on Culture Shock Gathered through the Years by a JYS Staff Member

Culture shock tends to happen in stages.

Your initial experience in Seville may surprise you by its pain: the homesickness; the unbearable missing of a special person in your life at home; the Spanish language that you are convinced you will never understand, let alone speak; the food, the climate, the living quarters; the different interpretations of what is unacceptably rude or dispensably polite.
Or you may quickly feel ecstatically happy. You may believe after the first few days that Seville, with its heat (or its chill factor) and its noise, its beauty and enchantment, is where you should have been living all your life.

Both extremes will move towards the middle where most of you will probably find yourselves upon arrival. There will be aspects of living and expectations on the part of Spaniards that will irritate, frustrate, or madden you, but you must try to adjust to them. Parts of the gradually emerging living patterns in Seville will captivate you. Fairly soon certain amenities of the Andalusian lifestyle will become part of your daily routine, a part that you will miss when you return to the U.S.

Whether you start out at one extreme or the other or find yourself at a comfortable mid-point, you will never proceed on a straight line from despair to delight or from exaltation to total discouragement. Nor will you always remain in that comfortable middle ground. If you are really hurting, talk about it with the JYS staff, your peers, or your señora if you feel she can help you. Many of our JYS families have been with our program for years and are wise in the ways of young Americans living in Seville. They can be among your best guides during your first weeks in Seville.

Talking these feelings out and trying different ways of working through them requires courage and commitment. It means learning to distinguish between your own self-pitying complaining and making a real effort to assess what’s causing you to suffer. It means resolutely not blaming other people or outside forces for what isn’t working in your own life. Finally, it means taking a hard look at your fantasies about life and study in Seville. You will need to figure out how to put aside those fantasies so that you can more effectively and happily deal with the reality of your life as it is actually being lived.

Those of you who have spent some time during high school in Spain or in Latin America will not be able to recreate that past. This may surprise you unless you consider it before you arrive in Seville. Try to imagine a 16-year-old Spaniard spending a month with an American family in New York City or Albuquerque, NM, or Huntsville, AL. Now think about that same young Spaniard returning at 19 or 20 to study for a year at the University of Michigan in Ann Arbor. The first experience may well be the chief inspiration for the second. It cannot be replicated in the second, nor should it be.

The stronger your Spanish is, the more likely you are to move with relative smoothness into your Spanish world. Use all available opportunities to practice and improve your reading, writing, and speaking. The duration of your period of adjustment in Seville will depend on the strength of your Spanish and your determination to use Spanish as much as possible. Trust that one morning you will wake up to realize that you have dreamed in Spanish for the first time. One evening you’ll come home and suddenly know that you felt absolutely at ease all day long.

More important even than strong Spanish skills is possessing a firm sense of your own worth, of your own unique ways of being responsible for how your life works out no matter what challenges you may face. Respect yourself. Respect your decision to be in Seville. Above all, respect the commitment implicit
in that decision to learn and mature as a thinking, feeling human being who has chosen to adapt to a foreign culture in order to enhance all that your present and future may offer.

Additional Strategies for Coping with Culture Shock

- Avoid comparisons.
- Remember to adjust to the best of your ability to your host family, your roommate, your peers, your orientation, your disappointing and/or exhilarating beginning period. Try to live your experience so that you learn, grow and mature, and do not hamper yourself with a negative, defeatist attitude.
- Remember that the homesickness of your first days at summer camp, summer study, college/university, etc., and asking, “why can’t this be like _______?” are inevitable. Ride these feelings out. Each student will have similar problems, and each will have to find his/her own solution.
- Your peers, your host family, the JYS staff may be of great help to you, but you are ultimately responsible for your own experience.
- Patience, politeness, a sense of humor, courage, and a spirit of adventure are important.
- Commit to adjusting, adapting, and learning from the inconveniences as well as the delights. You’ll make it through the rough times, and you’ll glory in the good times.
Traveling While in Spain

This an exciting time to explore Spain and the rest of Europe. Many of you will want to plan trips with family and friends during your time here. **We ask that you do NOT plan any travel plans until you have finalized your academic schedule at the end of orientation.** Failure to attend classes and mandatory excursions will impact your grades. Changing tickets due to scheduling conflicts can be very costly.

**ALL TRAVEL OUTSIDE SEVILLE MUST BE REGISTERED WITH JYS.**

Fill out **TRAVEL REGISTRATION** on the **Current Student** for any personal travel.

Students must register personal travel plans with JYS before departure. Failure to do so violates Health and Safety program requirements.

**Traveling by Bus**

Generally the cheapest traveling option, but not the fastest. Most students use the bus to travel to nearby destinations (within a few hours). There are two bus stations in Seville: *Plaza de Armas* and *Prado de San Sebastián*. For destinations, schedules, fares, and any other information, visit *Tussam*.

**Traveling by Train**

Traveling by rail is relatively easy, fast, and reasonably priced in Spain. Seville has one major train station (*Santa Justa*), which is easily accessible by taxi and by city bus. Trains leaving from this station travel throughout Spain and Europe. More specific information such as schedules and fares can be found at: *www.renfe.es*.

Many students travel by train in Europe, as trains are more efficient than buses and often less expensive than airplanes. There are different types of railroad passes that can make rail travel significantly less expensive. Which pass you choose will depend upon your destination. Generally, the most economical choices are the Eurail Youthpass, the Eurail Youth Flexipass, and the Eurail Saverpass. These passes allow unlimited travel in 17 European countries (not Great Britain or most of Eastern Europe). A rail pass must be validated within several months of the date of purchase, and can only be purchased in the U.S. JYS recommends that students NOT purchase a Eurail pass before coming to Europe, as their travel plans may change after arrival. However, passes can be easily purchased and mailed to students in Spain.

Passes are available for purchase through most U.S. travel agencies, or you can visit any of these websites: *www.raileurope.com*, *www.railpass.com*, *www.eurail.com*. 
Traveling by Air

This is usually the fastest, yet most expensive, option to go long distances. Plane tickets are easy to purchase online, but be aware that many U.S. Internet vendors such as www.expedia.com will sell tickets for destinations outside the U.S., but will not ship internationally.

For information on Spanish airports go to: http://www.spanish-airports.com.

Europe has several low-cost/low-frills with flights to Spain (but make sure you read the small print in detail because sometimes they charge for things that regular airlines would not, such as bathroom usage, or printed boarding passes, or luggage). The most common are: EasyJet, Ryan Air, and Vueling.

Check out this website for information on other low-cost airlines: http://www.etn.nl/lcosteur.htm.

The following search engines can give you prices of flights on different airlines: http://www.vuelosbaratos.com and http://www.vuelosbaratos.es.

Renting a Car

At most rental car dealers, you do not have to be 25. However, Spanish rental car companies that do rent to people under 25 are anxious to rent cars to drivers with 5 years of experience, so you may need to explain to them that the driving age in the U.S. is different than in Spain (18), and that you have had 5 years of driving experience.

If you plan to rent a car, you are advised to obtain an international driver’s license. Check out the AAA website for information: http://www.aaa.com.

Travel Warnings

Information from the U.S. government regarding travel safety for U.S. nationals can be found through the State Department at www.travel.state.gov. This is an excellent resource for students who want to find out more about countries they may be traveling to.
Problems

It is our greatest wish that you encounter no problems while you are with us, and everything we do has that goal in mind. Problems, however, are inevitable in life. If you have a problem, we urge you to let us know about it as soon as possible so that we can try to solve it. In the different sections of this handbook you can find steps to follow when you encounter specific problems. In this section, we want to outline what we think may be the most important general steps when faced with any problem:

❖ Stay calm and analyze the situation in a cool manner. Don’t make any rash decisions.
❖ If you think that your problem is caused by your host family, by another JYS student, by a professor, by a JYS staff member, or by any other individual, and the problem does not threaten your wellbeing in any way, you may want to talk to the person directly. Remember to stay calm and be as polite as possible. Do not jump to conclusions immediately. Try to be open-minded.
❖ If you have talked to the person in question and your problem still persists, contact the JYS staff immediately. If solving this problem is important to you, you should not hesitate to let us know.
❖ If the problem is threatening to you in any way, contact the JYS staff immediately. You may also want to contact the police or other emergency services directly. During orientation you will receive a plastic card with emergency and other important phone numbers.
Returning to the United States

What to Do With Accumulated Possessions in Spain
If you end up accumulating too many things in Seville and do not want to ship them back or pay the airlines excess-weight fee, you may want to donate them. There are many organizations that accept donations for schools, people with limited means, immigrants, etc. Check with the JYS staff in Seville if you want to donate your possessions.

If you do not want to take books back with you, you may want to donate them to the JYS library so that future students can benefit from their use.

Reverse Culture Shock
After spending a semester or a year abroad, you may experience a sort of reverse culture shock when you return to the U.S. You may start comparing Spain and the U.S., being overly idealistic about the former and overly critical of the latter. You may feel that you need to tell everyone how great your experiences were, how wonderful your new friends are, how much more you know about the world, about people, about Spanish... And you may get the impression that your family and friends do not really care to hear about it, that they were stuck in their old lives and have not evolved as much as you have. You may not feel at home in your old home. All this is normal, and you should apply the same judgment as you did when you first became aware of your culture shock in Spain. With a little bit of patience and time, you will soon be back to normal.

ALUMNI

Transcript Requests
To request an official transcript, go to: http://jys.sbc.edu/transcript-requests/. Download and complete the transcript request form. There is a $5.00 processing fee.

Student Ambassador
Represent JYS on your home campus and help attract new students by holding two events per semester. We provide you with business cards and a $75 stipend. Add it to your resume! Find out more here!

Student Assistant
If life back in the U.S. gets to be too tough and you want to come back to Seville and be a part of the JYS team, consider being a student assistant! The student assistant is a JYS alumna/us that travels with a new
group of students from the U.S. and stays with them through two-week intensive of the Exploration course. Some of the responsibilities of the position are: helping with the trip to Seville; helping the coordinators with classes, visits, and any other activities; and helping students who are new to Seville and the program in their transition. JYS will pay for your flight from the airport from where the group leaves (normally, New York’s JFK or Boston’s Logan) to Seville, your lodging and your meals with a family (your old family, if you would like), and health insurance for the duration of your assignment with JYS. You will also get a small stipend for personal expenses and a cell phone to use in Spain.