



Packing & Travel Tips

We've done a decent amount of traveling and have made some classic travel mistakes in our time. Be smarter than us by following these tips!

What should you pack?

In addition to clothing, here are some basic suggestions on what to pack:

- Laptop
- A small weekend-size bag/backpack/collapsible duffel bag for trips you'll take during your time abroad
- Plug adapters for Spain/Europe
- Any medication you need (and copies of the prescription written in generic term)
- Your favorite over-the-counter medication that you like to take when you have a cold, headache, etc.
- Comfortable shoes – good for walking on cobblestones
- Warm clothes and layers!
- Your NYU ID card
- Any items that you cannot live without

What should you leave at home?

- Linens (including pillows)
- Kitchen utensils, pots, or pans
- Appliances (e.g. hairdryer, flat irons, shavers). Even with a plug adaptor and converter, the higher voltage can destroy your small appliances and could potentially knock out power in entire buildings, which isn't a great way to make friends abroad. If you're not willing to forgo the blow dryers and flat irons for a few months, then it's best to purchase local versions once you get there in January

What should you pack in your carry-on?

Here are some basic items to pack in your carry-on:

- Pack your weekend bag (backpack, duffel bag, etc.) with everything you'll need for the first few days of your trip and bring it as a carry-on on the plane, so you'll be ready in case your baggage is delayed
- Copy of your travel itinerary and documents
- Passport (and copies of your passport)
- Medication (with copies of the prescription written in generic term)
- Copy of your health insurance card and information from GeoBlue (you will receive an email from GeoBlue in December with instructions on how to set up your profile and print out your insurance card)
- Valuables (e.g. laptop, camera)
- Copies of important phone numbers



NYU

Global
Programs

- Arrival cheat sheet (sent to students about two weeks before the start of the term)
- Don't forget that you cannot bring more than 3 oz. of any liquid in your carry on for your flight overseas. Airport security can be very stringent. Make sure you follow all the rules when it comes to flying!
- Snacks. It's horribly unpleasant to be hungry and thirsty while you're on a plane, so bring some snacks (stay away from fruit, especially if you have a layover, as some countries don't want you to bring perishable food into their airports). And make sure you have your own water on the flight (though, remember, you can't take any through security).

Tips to Consider Before You Travel

- Obtain an entire supply of medication for the duration of your time away. Bring copies of the prescription written in generic term as well. Note: for some conditions and some medications, you will not be able to obtain a full supply. In that case, contact the NYU Wellness Exchange at (212) 443-9999 or wellness.exchange@nyu.edu NOW (don't wait until just before you depart!).
- Inform your bank and credit card companies that you will travel abroad. Make sure they won't block your accounts when they see international charges, and ask for phone numbers to call from abroad in the event you have any issues. The 1-800 numbers on the back won't always work from overseas.
- Some students like to arrive in-country with local currency, which you can obtain from most banks. You can also stop at an ATM at the airport upon arrival. Know that currency exchange kiosks have notoriously bad exchange rates.
- Set up a plan of communicating with your family members or friends while abroad (how often will you talk? What technology will you use? What time of the day will you talk based on time differences?).
- Plan for your phone use abroad – Will you unlock your smart phone and get a new SIM card? Will you buy a local phone and SIM card when you arrive? Will you obtain a global plan through your home provider?
- Make several photocopies of your passport ID page and credit/debit cards to leave with a family member or someone you trust. That way, if these items are lost or stolen, they're much easier to replace.
- If you follow a special diet (vegetarian, kosher, etc.) don't forget to inform your airline ahead of time.
- Buy a journal. Study abroad is a profoundly personal experience and Instagram alone won't capture the spirit of what you are doing. Keep a journal that is meant to be just for you.
- Check out the average temperatures in Madrid and pack appropriate clothing!
- Check carry-on and checked luggage restrictions with your airline.

Cultural Adjustment: Preparing to Live in a Different City

You might find yourself getting a bit anxious as you get closer to the date of your departure. It's natural to be nervous before moving to new surroundings. Here are some steps you should take to prepare:

1. View the *"What is Culture"* Webinar and *"Culture of Prague"* Webinar at: www.nyu.edu/global/culturaladjustment



2. Research the culture you will experience by logging into GlobeSmart through NYUHome: GlobeSmart is a web-based cultural awareness training tool which provides quick and easy access to extensive knowledge on how to engage effectively with people from countries around the world.

Money and Budgeting

Credit Cards (specifically Visa and MasterCard) are widely accepted

- Credit cards usually offer the best exchange rate.
- Fee is generally very small; typically a small % of the total transaction, ranging from a few cents to a few dollars per swipe.
- Check with your credit card company for international fees/charges.

Debit cards *will* allow you to withdraw money from local ATMs

- Easiest way to access local currency! Exchange rate is much better than exchanging money at the airport.
- ATMs are often fee-free, BUT your bank *will* charge you! Check with your bank for fees.
- Make a few large withdrawals vs. many small ones. Lock excess money away in your room; only carry what you need!

Be sure to inform your bank and credit card company that you will be traveling abroad to make sure they won't block your accounts when they see international charges. Also ask for phone numbers to call from abroad in the event you have any issues. The 1-800 numbers on the back won't always work from overseas.

Create a budget:

1. How much money do you have in total for your semester in Madrid?
 - a. Determine how much spending money you'll have (which does not include any scholarships or financial aid that goes directly to your e-bill).
2. How much money will you need for essential items each month?
 - a. Outline your transportation costs, food shopping, cell phone bill, course books, laundry, toiletries, school supplies, etc.
3. Set aside an emergency fund.
4. How much money do you have after you deduct essential spending and the emergency fund from total amount for the semester?
 - a. Allocate this money among items for fun: personal travel, splurges, souvenirs, eating out at restaurants, going out with friends, entertainment, etc.
 - b. Refine and adjust your budget once you get to Spain
 - c. Take advantage of budget travel and student deals
 - d. Explore your host city and country.
Before scheduling your own day trips, look to see what NYU Madrid staff has organized
 - e. Skype with friends and family at home (instead of using your cell phone)
 - f. Watch the exchange rate (and create your budget in the host exchange rate)



SPRING 2017 MADRID CALENDAR

(Subject to change)

December 23rd – January 3rd
Sunday, January 22nd
Monday-Wednesday Jan. 23rd – 25th

Thursday, January 26th
Friday, January 27th
Saturday, January 28th

Friday, February 3rd
Saturday, February 4th
Tuesday, February 7th
Friday, February 17th
Friday-Saturday, Feb. 24th – 25th

Friday, March 3th
Monday-Thursday, March 6th -9th
Saturday-Sunday, March 11th- 12th
Fri.-Sat. March 17th-18th
Monday, March 20th
Friday, March 24th

Saturday-Sunday, March 25th-26th

Saturday, April 8th -
Sunday, April 16th
Monday, April 17th
Friday, April 21st
Friday, April 28th – May, Monday 1st

Monday, May 1st
Tuesday, May 2nd
Thursday, May 4th
Friday, May 5th
Monday-Thursday, May 8th- 11th
Friday, May 12th

JANUARY

Winter Recess (Program Office Closed)

UG Student Arrival in Madrid
Orientation Language and Cultural Sessions (UG)
(See Orientation Schedule)
FIRST DAY OF NYU CLASSES
Monday Class Schedule*
Day Trip to Segovia (UG)

FEBRUARY

Tuesday Class Schedule*
Day Trip to El Escorial
Last day to ADD/DROP. Last day to drop courses without a “W”.
Wednesday Class Schedule*
Academic Trips Option A: Córdoba**
Graduate Trip to Seville

MARCH

Tuesday Class Schedule*
MID-TERM EXAMINATIONS
Academic Trip Option B: Bilbao & La Rioja
Academic Trip Option C: Barcelona***
Holiday. (Program Office Closed)
Monday Class Schedule* Last day to withdraw (with a “W” on transcript). Last day to declare pass/fail grading option.
Academic Trip Option D: Salamanca & Ávila

APRIL

NYU Spring Recess (Program Office Closed)

NYU classes resume
Day Trip to Toledo (UG) / Graduate Symposium
Morocco Exchange

MAY

Holiday: Labor Day (Program Office Closed)
Holiday: Autonomy Day (Program Office Closed)
Farewell Fiesta
Last day of classes. Monday Class Schedule*.
FINAL EXAMS – NYU CLASSES ONLY
Student Departure

There will be additional outings organized by professors for their classes.

*These Fridays are reserved for required make-up classes, which students must attend.

**Mandatory for Islam and Spain course.

***Mandatory and exclusively for Art and Social Movements in Spain: 1888 – 1939 course.

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