GUIDE FOR INTERNATIONAL STUDENTS
FALL SEMESTER
YEAR 2018-2019

WELCOME
WILLKOMMEN
BIENVENIDOS
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ONGI ETORRIAK

www.unavarra.es
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WELCOME TO THE PUBLIC UNIVERSITY OF NAVARRE
1. NAVARRA, PAMPLONA, UPNA. THINK UPNA, LIVE UPNA

UPNA is located in Navarra, a region with a high standard of living located in the north of Spain, south of the Pyrenees and at one hour’s drive to the sea.

www.unavarra.es

Its main campus, Campus Arrosadia, is placed in Pamplona, a city of 250,000 inhabitants internationally known for its local festivities of San Fermin: www.pamplona.es

In Campus Arrosadia there are six faculties and schools, research centers, a library, the residence hall, a sports center, golf course and a language school...

UPNA has an extensive cultural (www.unavarra.es/cultura) and sports (www.unavarra.es/deportes) offer, available to the entire community.

There is also a specialized health campus located in the hospital complex of Pamplona. (Avenida Barañáin, s/n).

One hour’s drive from Pamplona, in Tudela, there is a second Campus where you can follow programmes of Physiotherapy and Engineering Design.

The community consists of around 800 teachers, 450 administrative staff and 8,000 students. Official studies of Bachelor’s, Master’s and Doctoral levels, as well as University Own Degrees are offered every year.

| 22 Bachelor Degrees | School of Economics and Business Administration |
| 30 Masters          | Faculty of Human and Social Sciences |
| 14 Doctoral Programmes | School of Agricultural Engineering |
| 26 Own Titles (Posgraduate programmes) | School of Industrial and ICT Engineering |
| as well as training and continuing education programmes for students and university graduates. | Faculty of Health Sciences |
|                        | Faculty of Law |
2. THE CAMPUS. HOW TO GET TO UPNA

Arrosadia Campus:

www.unavarra.es/conocerlauniversidad/en-campus/pamplona-campus/how-to-get-here?

1. Teaching Block, EIO
2. Library
3. Cafeteria
4. Los Acebos Building
5. Los Madroños Building
6. Los Magnolios
7. Las Encinas Building
8. Los Tejos Building
9. Los Pinos Building
10. Los Olivos Building
11. Maintenance
12. Workshops and Laboratories
13. Jeronimo de Ayanz R&D Centre
14. Canteens
15. Las Soforas Building
   Administration Building
16. Rector’s Building
17. El Sario
18. Agricultural Practical Facility
19. Sports Centre
20. Sports Centre
21. Sports Centre
22. IDAB
23. ADITech
24. University Hall of Residence
3. WHAT TO DO ON ARRIVAL

1º WELCOME ACTIVITIES

Join whenever possible the guidance meetings organized by the Internationalisation and Cooperation Office. In this meeting you will be given the enrolment materials and information on housing, medical insurance, visa, student card, UPNA’s etc. Place, hour and date of these meetings is published here.

Besides, UPNA organizes a welcome program for international exchange students, published here, at the end of August and January, with the aim of providing a first contact with the University, the city and our culture.

2º NOTIFY YOUR ARRIVAL

If you are not able to attend this meeting, please notify your arrival to the Internationalisation and Cooperation Office.

3º CONTACT YOUR ACADEMIC COORDINATOR

In that session you will be given the name and e-mail of your Academic Coordinator. You should contact him/her as soon as possible to fix the final study Program.

You can also contact the Academic Coordinator for Spanish subjects, prof. Orreaga Ibarra (orreaga@unavarra.es), for any doubts related to the learning of Spanish at our institution.

4º ENROLMENT AT THE INTERNATIONALISATION AND COOPERATION OFFICE

You have two weeks after the beginning of the semester to formalize the registration of subjects with the help of your academic coordinator. Please, hand over the enrolment form, signed by your Academic Coordinator and by yourself, to the Internationalisation and Cooperation Office.
5º DO YOU NEED SUPPORT?

For any academic doubt, you can contact your Academic Coordinator.

For any more general question, you can contact the Internationalisation and Cooperation Office or the University Welcome Office.

### Internationalisation and Cooperation Office

<table>
<thead>
<tr>
<th>Campus Pamplona</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: Arrosadia Campus Administration Building (Las Sóforas). Ground floor. E- 31006 Pamplona, Spain. Opening hours: Monday to Friday, 8:30h to 14:30h</td>
</tr>
<tr>
<td>Tel.: (+34) 948169643 / (+34) 948169654</td>
</tr>
<tr>
<td>Contact: <a href="mailto:incoming@unavarra.es">incoming@unavarra.es</a></td>
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</tbody>
</table>

### University Welcome Office

<table>
<thead>
<tr>
<th>Campus Pamplona</th>
<th>Campus Tudela</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: Campus Arrosadia. Libray. Ground floor. E- 31006 Pamplona, Spain. Opening hours: Monday to Friday, 8:30 to 19:00</td>
<td>Address: Avda. Tarazona s/n. Tudela, Spain Opening hours: Monday to Thursday, 8:30 to 14:30 and 15:00 to 16:30 and Friday 8:30 to 14:30</td>
</tr>
<tr>
<td>Tel.: (+34) 948 16 90 96</td>
<td>Tel.: (+34) 948 41 78 00</td>
</tr>
<tr>
<td>Contact: <a href="mailto:oficina.informacion@unavarra.es">oficina.informacion@unavarra.es</a></td>
<td>Contact: <a href="mailto:oficina.informacion@unavarra.es">oficina.informacion@unavarra.es</a></td>
</tr>
</tbody>
</table>

Contact your Buddy!

Before coming to UPNA we assigned you a local voluntary student taking part in the Buddy Programme, to help you to adapt on arrival.

You have possibly emailed each other, and he/she could help during the first days!
4. PRACTICAL INFORMATION ON ARRIVAL

4.1 Housing Options

University Residence Hall

The University Residence Hall “Los Abedules” is located on the Arrosadia Campus. It has 250 places and different types of rooms: single rooms with kitchen, single rooms with shared kitchen and double suites for one night stays. Further information: www.resa.es/eng/residencias/los_abedules

International exchange students have a discount of 20% on the published fee. You can book your room since 356€/month. If you choose this option, you must make the reservation by yourself directly at the address and / or Tel. numbers listed below:

<table>
<thead>
<tr>
<th>Residencia Los Abedules</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address: Arrosadia Campus</td>
</tr>
<tr>
<td>Public University of Navarre. Calle Sadar, 26</td>
</tr>
<tr>
<td>E-31006 Pamplona, Spain</td>
</tr>
<tr>
<td>Tel.: (+34) 948 981 200</td>
</tr>
<tr>
<td>Fax: (+34) 948 242 257</td>
</tr>
<tr>
<td>Contact: <a href="mailto:losabedules@resa.es">losabedules@resa.es</a></td>
</tr>
</tbody>
</table>

Shared Apartments

Most of the exchange students choose to live in a shared apartment in the city, near the campus. The Accommodation Service of the university is located in the University Welcome Office and provides information about apartments and rooms for rent: https://www.unavarra.es/alojamiento/

<table>
<thead>
<tr>
<th>Accomodation service – University Welcome Office</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campus Pamplona</td>
</tr>
<tr>
<td>Address: Arrosadia Campus. Library.</td>
</tr>
<tr>
<td>Ground floor</td>
</tr>
<tr>
<td>Opening hours: Monday to Friday,</td>
</tr>
<tr>
<td>8:30 to 19:00</td>
</tr>
<tr>
<td>Tel.: (+34) 948 16 90 96</td>
</tr>
<tr>
<td>Contact: <a href="mailto:oficina.informacion@unavarra.es">oficina.informacion@unavarra.es</a></td>
</tr>
</tbody>
</table>
Although prices can vary greatly, depending on the conditions of each flat and the area, the average price is between 250 and 300 euros per month for a single room in a shared flat with 3 or 4 people, including expenses (electricity, water and heating). Not all flats have telephone and/or internet connection, but where they are available, these expenses are usually not included.

It is necessary when renting a flat to pay the first full month plus one added month deposit as a guarantee. This deposit will be returned back to you when leaving if everything is OK; so you should calculate that at the beginning you may have to pay about 500 euros approx.

### 4.2 Cost of life

The Spanish currency is the euro. The cost of life will vary depending on the lifestyle of the student. 500 euros is the minimum you may need to live each month, but you will need around 800 euros per month if you want to travel or enjoy other leisure, recreational or training activities.

<table>
<thead>
<tr>
<th>Item</th>
<th>On Campus</th>
<th>Out of Campus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee</td>
<td>0.75 €</td>
<td>1.20 €</td>
</tr>
<tr>
<td>Menu</td>
<td>6 €</td>
<td>15 €</td>
</tr>
<tr>
<td>City Buses</td>
<td>0.70 €</td>
<td>Single ticket 1.35 €</td>
</tr>
<tr>
<td>Books</td>
<td></td>
<td>250 - 300 €/year</td>
</tr>
<tr>
<td>Leisure</td>
<td></td>
<td>200 - 250 €/month</td>
</tr>
</tbody>
</table>

### 4.3 Transportation

Public transport in Spain (train, bus, taxi, etc.), is safe and reliable. The choice depends mostly on the itinerary, schedule and budget that better fit your needs.

**Plane**

The airport is situated in **Noain** (6 km from the city center Pamplona) and has regular flights to Madrid and Frankfurt.

There is a taxi stop and a bus stop (Line A) on its front door.

**Train**

The train is a comfortable and economic option to travel from Madrid or other Spanish cities. More information: [www.renfe.com](http://www.renfe.com)

The train station of Pamplona is placed in the **neighbourhood of San Jorge**, C/ La Estación.
s/n. There is a taxi stop and a city bus stop on its front door (line 9 and line A) and a very close city bus stop (line 7 and N7).

Regional and national buses

The bus station (regional and national buses) is in the city center (c/ Yanguas y Miranda, n°2) and connects several cities at a very affordable prices. It can be the best option to get from airports such as Bilbao or Santander.

See more at: www.estaciondeautobusesdepamplona.com

In its front door there is a taxi stop and a city bus stop (Line 16).

Very close to this bus station, at Plaza de Merindades, most of the city buses lines will make a stop.

City buses

In Pamplona, the city bus is informally known as “villavesa”.
- City bus lines number 1, 6 and 9 stop at UPNA.
- Line 9 connects the train station (Renfe) with UPNA.
- Line A connects the Airport with the regional and national bus station, and with the train station (Renfe).

You can access to all the lines and schedules at: www.infotuc.es

Hiring a bicycle:

The city council of Pamplona offers a bike rental service, called “Servicio NBici”


Besides, other private companys may offer a bike rental service, which is accessible on the internet.

Taxis

You can ask for a taxi through a phone call:

Tel.: 948 232300 / 948 351335 (Tele Taxi San Fermín /www.taxipamplona.com)
Tel.: 609 452191 / Taxi Licencia 044

Or at any of the taxi stops in Pamplona.

Among many taxi stops in Pamplona, you will find one at the airport, at the train station, and at the regional and national bus station (c/ Yanguas y Miranda, n°2).

More information at: www.mcp.es/transporte/como-solicitar-un-taxi
4.4 Visa

Citizens and residents of the European Union

Citizens and residents of the European Union do not need a visa to enter Spain. With a valid identity card or passport they can live in Spain as long as they wish.

Nevertheless, if they are going to stay longer than 90 days in Spain they must register in the Central Register of Foreigners in the Foreign Office.

Citizens from abroad Europe

Non-EU students wishing to stay more than 90 days must follow the following procedure:

- They enter Spain with a D visa issued by the Spanish consulate in the country of origin of the student; the validity is 3 months.
- During the first month in Pamplona, they must apply for a Student’s Card at the Foreign Office. This card will allow them to live in Spain for a maximum of one year.

The Student’s Card will be issued for the duration of your academic stay at UPNA, and will allow you to travel within the countries who signed the Schengen agreement and who do not opposite. That means that you will not need a visa to travel to those countries. However, it is strongly recommended that before you leave Spain you ask about your legal situation at the Foreign Office.

<table>
<thead>
<tr>
<th>Foreing Office</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address:</strong> Avda.de Guipúzcoa, 40bajo (Barrio Buztintxuri)</td>
</tr>
<tr>
<td>E-31071 Pamplona, Spain</td>
</tr>
<tr>
<td>Opening hours: Monday to Friday, 9:00 to 14:00h.</td>
</tr>
<tr>
<td>Fax: (+34) 948979235</td>
</tr>
<tr>
<td>Contact: <a href="mailto:infoext.navarra@seap.minhap.es">infoext.navarra@seap.minhap.es</a></td>
</tr>
</tbody>
</table>

All useful and updated information about visas can be found at the Ministry of Foreign Affairs and Cooperation web page.
4.5 Health Insurance

Citizens and residents of the European Union

If you are a citizen or resident of the European Union, European Economic Area or Switzerland you must obtain the European Health Insurance Card in your country. This card will guarantee your health coverage while in Spain, in the same terms and conditions as the Spanish citizens.

Check where is your closest health center in Pamplona. Health centers are painted with purple colour in the map of Pamplona given to you during the meeting orientation. They are also called “ambulatorios”, in an informal way.

Citizens from countries with health insurance benefit agreement

If you come from another country, find out whether there is an agreement between the National Health Service of your country and Spain (it is the case of some Latin American countries). If so, you can obtain a document from the authorities of your country to have free coverage in Spain. If you can benefit from this insurance, check your closest health center in Pamplona (in purple in the map given).

Citizens from countries without health insurance benefit agreement

If you are not in one of the above categories, you must have a private medical insurance while in UPNA. Consult your insurance company about where to go in case you need it, before you may need it.

You can also visit this web for updated information, corresponding to the Spanish Ministry of Employment and Social Security.

Medical and Psychological assistance at UPNA:

UPNA offers to the university community a free medical and psychological assistance, so you can use it and ask for information, orientation or for a basic service.
# Medical and Psycological Assistance

<table>
<thead>
<tr>
<th>Medical assistance</th>
<th>Psycological assistance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Place: Classroom 024 Aulario. Campus Arrosadía. Pamplona. Opening hours: 8h to 19,30 h. during academic period 8 to 14,30 horas, during non-academic periods</td>
<td>Place: Classroom 025, Aulario Campus Arrosadía. Pamplona. Opening hours: 9 to 18 h, Monday to Thursday 9 to 15 h, Friday</td>
</tr>
<tr>
<td>Tel: 948 16 96 10 <a href="mailto:asistencia.sanitaria@unavarra.es">asistencia.sanitaria@unavarra.es</a></td>
<td>To set up an appointment: Tel.: 948 166179 <a href="mailto:asistencia.sicologica@unavarra.es">asistencia.sicologica@unavarra.es</a></td>
</tr>
</tbody>
</table>

**European emergencies phone number: 112**
4.6 More interesting info

Tourism
Government of Navarra: www.turismonavarra.es
City Council of Pamplona: www.pamplona.es

<table>
<thead>
<tr>
<th>Oficina de Turismo del Ayuntamiento de Pamplona</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calle San Saturnino 2, Planta baja. 31001 Pamplona</td>
</tr>
<tr>
<td>Tel.: 948420700</td>
</tr>
<tr>
<td><a href="mailto:oficinaturismo@pamplona.es">oficinaturismo@pamplona.es</a></td>
</tr>
</tbody>
</table>

Citizen’s Information Service – City council of Pamplona
Tel.: 010 (from Pamplona)
Tel.: 948420100 (with mobile phones or out from Pamplona)

Local Policy
Web: http://policiamunicipal.pamplona.es/
Tel.: 092 (from Pamplona)
Tel: 948 420 640 (with mobile phones or out from Pamplona)

Postal mail
Postal mail is a national public service in Spain. There are 5 postal mail offices in Pamplona

<table>
<thead>
<tr>
<th>Oficina Central de Correos Pamplona</th>
<th>Oficina Centro Comercial La Morea (Galar)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address:</strong></td>
<td><strong>Address:</strong> Barrio de la Morea s/n (Parque comercial Galeria), 31191 Galar.</td>
</tr>
<tr>
<td>Paseo de Sarasate 9. 31002 Pamplona.</td>
<td><strong>Opening hours:</strong> Working days: 10:00 to 22:00 Saturday: 10:00 to 22:00 Sunday and festivities: Exceptionally</td>
</tr>
<tr>
<td><strong>Opening hours:</strong></td>
<td></td>
</tr>
<tr>
<td>Working days: 8:30 to 14:30 and 16:30 to 20:00</td>
<td></td>
</tr>
<tr>
<td>Saturday: 09:30 to 13:00</td>
<td></td>
</tr>
<tr>
<td>Sunday and festivities no service</td>
<td></td>
</tr>
<tr>
<td>Tel.: 948207217</td>
<td>Tel:948857267</td>
</tr>
<tr>
<td>Fax: 948229892</td>
<td>Fax: 948857282</td>
</tr>
</tbody>
</table>

www.correos.es

Información telefónica en España: Tel: 11818 (private)
5. CAMPUS FACILITIES

5.1 General Services and Students Support Services

www.unavarra.es/servicios/apoyo-al-estudiante

UPNA offers a wide range of General Services to all members of the university community: Social Action, Cultural Activities, Health and psychological aid, Library, Dining facilities and cafeterias, Cooperation for Development, University Ombudsperson, Sports, Languages, General Register, Financial Services, Religious Service, Equality Unit, etc.

Moreover, UPNA offers a series of Support Services specific for students: Accommodation and residencies, Youth Associations, University Card, Student Council, Student Representative, Employment and Internships, University Welcome Office, Entrepreneurship lab (LUCE), Mobility, Legal Guidance, Career Guidance, Tutoring Plan, Peer Mentoring Program, Former Students and Friends Programme, Partner Alumni-International Students

Wi-Fi

You will be able to use Internet on Campus with your user name and password. They will be
given to you at the welcome session.

Pamplona also has different areas where you can have free Wi-Fi access: parks, libraries and cultural centers. Here you can see the places on the city map.

**UPNA Student Card**

UPNA student card gives you access to the computer rooms at UPNA, allows you to borrow books from library, gives you access to sports facilities, etc. It also allows you to obtain discounts in theatres, cinemas and other leisure places in Pamplona.

Due to the cooperation with Banco Santander, the student card includes a rechargeable electronic wallet and may be linked to a bank account, if the students holds an account at Banco Santander.

**To obtain the student card**, you should go to:

- New students of Campus de Arrosadia: Banco Santander Office, Teaching Block, from 9:30 to 14:30. The day you are assigned depends on the letter which your surname starts with:
  
  - September 5\(^{th}\): from A to BAZ
  - September 6\(^{th}\): from B8 to DID
  - September 7\(^{th}\): from Die to GARC
  - September 10\(^{th}\): from GARD to IZZ
  - September 11\(^{th}\): from J to MARTINE
  - September 12\(^{th}\): from MARTINF to PERELZZ
  - September 13\(^{th}\): from PEREM to SANY
  - September 14\(^{th}\): from SANZ to ZZ

- New students of Nursing (Health Sciences Campus) and Physiotherapy (Campus of Tudela): the administrative services of your Faculty in Health Sciences Campus (Avda Barañáin s/n, Pamplona).

**Partner Alumni-International Students**

Partner Alumni-International Students Program offers you the possibility of having assigned a PARTNER ALUMNI (Former Student of UPNA), who can introduce you in our culture and language, and who can set a different relationship, forwards the University environment.
Your PARTNER ALUMNI can support you to integrate in our city, region, culture and habits:
- Offering you information and help
- Practicing the language
- In any other issue during your stay in our city

If you are interested, you can write to a3u@unavarra.es, with your name, phone number and email.

5.2 Online Services

1º From www.unavarra.es you can log in “Online Services Platform” (https://portal.unavarra.es/), where you should enter your user name and password.
2. Through “Students Platform” you will have access to the online services of the university: e-mail box, transcripts of records, agenda, library catalogues, Mi Aulario, etc.

MiAulario is a virtual place to access online to every one of the subjects you are enrolled in. Only when your enrollment is done will you be able to enter in MiAulario.

Important: If you haven’t complete your enrolment yet but you are sure that you are going to take a subject, you can ask the lecturer to register you as a guest while your enrolment is being processed, so you can access to all the information published in MiAulario.

6. YOUR REGISTRATION AT UPNA

You can register your subjects at the Internationalisation and Cooperation Office, following these instructions:

1º Fill in the Enrolment Application Form. It has already been emailed to you, but you can also find it here.

2º Get it signed by your Academic Coordinator at UPNA. You also must sign it.

3º Hand it back to the Internationalisation and Cooperation Office, before the 7th of September, 2018. You can do modifications until the 14th of September, 2018.

The day after to your enrolment you will have access to the teaching materials and all information related to your registered subjects at Mi Aulario: https://portal.unavarra.es
7. WHICH SUBJECTS CAN YOU TAKE: BACHELOR’S DEGREES

Video: https://youtu.be/qkb51zn9jog

The courses offered to exchange students are principally the ones that integrate the Bachelor’s level. Only if it is collected in the agreement with your university, will it be possible to take Master subjects.

To choose your subjects, follow these steps:

- Go to the Bachelor Degree Studies page:
  www.unavarra.es/grados/estudios-grados/oferta-completa-grados
- Choose the specific Degree you are interested in:

Exchange students can take almost any subject offered at any Degree, including subjects offered at different Degrees if needed.

Besides, you can get ECTS credits by taking part in cultural activities, sport activities or language subjects taken at UPNA’s Language Centre. You would not register these subjects at the Internationalisation and Cooperation Office, but directly in each unit:

- Cultural Activities: http://www.unavarra.es/cultura
- Sport Centre: www.unavarra.es/deportes
- Language Centre: www.unavarra.es/idiomas

When you enroll in that type of subjects/activities, please indicate that you would like to get credits for them. You will have to pay for them in the same conditions as local students.
8. SUBJECTS AND ECTS CREDITS

Bachelor’s Degrees at UPNA have 240 ECTS credits. On average, Spanish students take 60 ECTS per academic year; that is 30 ECTS per semester.

1 ECTS credit equals 25 student working hours, including attendance to lectures and seminars, exams, study hours at home, etc.

The subjects offered every semester at different Bachelor’s degrees may have 3, 6, 9, 12, or even 24 ECTS.

9. SUBJECTS: GENERAL INFORMATION

You can only take subjects taught during the semester that you stay at UPNA.

Choose the subjects that better fit your interests and check out in which semester and academic year they are offered.

- If your stay is on Autumn Semester, you can’t take either subjects offered on Spring Semester or annual subjects.

- If your stay is on Spring Semester, you can’t take either subjects offered on Autumn Semester or annual subjects.

- If your stay includes both semesters, in September you will do the enrolment in subjects of the Autumn Semester and in February you will do the enrolment in subjects of the Spring Semester.

To check the semester which the subjects are taught in:

1. From each bachelor’s Degree web site, you can access to its Guide of Subjects and Teachers.

2. You will find information about:
   a. Academic year
   b. Semester
   c. Code of the subject
   d. Name of the subject
   e. Number of credits
   f. Lecturers
10. SUBJECTS: SCHEDULES, GROUPS AND CLASSROOMS

When choosing the subjects, you must check its schedules, in order to avoid selecting courses whose timetables overlap. To know it:

1. In the web site of the bachelor’s Degree you have chosen, please enter Schedules (and Classrooms)

2. Many subjects are offered in different Groups. Each Group has a different schedule.

Example: There may be a morning group and an afternoon group for the same subject, sometimes also a Basque language group, a Spanish language group and an English learning group. English friendly subjects correspond to Spanish language Groups.

The information on schedules and classrooms of all the courses taught in the degree is available entering: Weekly schedule and classrooms
You can select the academic year in which the subject is taught (First, Second, Third or Fourth), the academic period in which the subject is taught (First Semester, Second Semester, All of them), the Group of Groups, and the name of the Subject.

Click on “Ver Calendario”, and you will see your own schedule.

After you formalize the registration of the subjects, you could find your customized schedule and classrooms entering: Check your customized schedule and classrooms:

Most subjects are taught in the Teaching Block (“Aulario”), Campus of Arrosadia, Pamplona, except for:

- Bachelor’s Degree in Nursing: Faculty of Health Sciences near the Hospital’s area, neighbourhood of Mendebaldea, Avda Barañain, s/n, Pamplona.
- Bachelor’s Degrees in Physiotherapy and Mechanical Design Engineering: Campus of Tudela, Tudela

Remember: If you have any doubts, you can directly ask at the Students Information Office, Library Building, ground floor), Campus of Arrosadia, Pamplona.

11. SUBJECTS AND TEACHING LANGUAGES: SPANISH, FRENCH, ENGLISH AND “ENGLISH FRIENDLY” SUBJECTS

The Internationalisation and Cooperation Office has published the list of subjects taught in Spanish and in English as well as the so called “English Friendly” Subjects. At Bachelor’s degrees in Early Childhood Education and in Primary Education subjects taught in French are also offered.

This website offers a general overview on the language in which the subjects are offered:

1. Courses offered in Spanish ordered by Degrees.

2. Subjects fully taught in English: lectures, teaching materials, office hours and evaluation in English.

12. LANGUAGE, CULTURE AND SOCIETY

SUBJECTS AT UNIVERSITY

If you want to know better our languages, culture and society, these subjects may be of your special interest. List of subjects here

Contact the Academic Advisor for Spanish subjects for any questions related to their contents, academic recognition you will get, schedules, etc., before you complete your enrolment application form:

Coordinadora de Español

Prof. Orreaga Ibarra
Human Sciences and Education Department
Campus of Arrosadia
Public University of Navarre
E-31006 Pamplona, España

Tel.: (+34) 948169520
orreaga@unavarra.es
13. LEARNING SPANISH AT THE LANGUAGE CENTER

Exchange students can take different language courses at the Language Center with academic recognition (ECTS credits), at the same price as local students (Spanish, French, English and German).

Moreover, some Spanish courses have an additional discount of 50% and others are free of charge.

Are you interested in these courses? UPNA offers you different options to facilitate your learning of Spanish:

- **Intensive Spanish course**, free of charge at your arrival, one week, from 9:30 to 13:30.
- **Semester course of Spanish**: two or three sessions/week of 2 hours each session, with a discount of 50% for exchange students.
- **Online course of Spanish**
- **Master Degree in Spanish Language, Marketing and Tourism**:
  - **Individual courses/modules of the Master degree in Spanish Language, Marketing and Tourism**: you can take specific courses or modules of the Master, and obtain a certificate and academic recognition (ECTS).
- **Bridge course**: 3-week intensive Spanish course before the start of every semester.

If you are interested in any of the courses, please send an email to centro.idiomas@unavarra.es or go to ask for information to the Language Center.

14. SUBJECTS AND EVALUATION SYSTEM

Each lecturer will indicate it at the beginning of each teaching period. You can also check it in the online information and at MiAulario, once you have registered the subject.
15. GRADING SYSTEM: UPNA’S Transcript of records

<table>
<thead>
<tr>
<th>Description</th>
<th>Grade Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Presentado</td>
<td>Absent</td>
</tr>
<tr>
<td>Suspenso</td>
<td>Fail</td>
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</tr>
<tr>
<td>Notable</td>
<td>Good</td>
</tr>
<tr>
<td>Sobresaliente</td>
<td>Excellent</td>
</tr>
<tr>
<td>Matrícula de Honor</td>
<td>First-class Honours (*)</td>
</tr>
</tbody>
</table>

(*) The mention of “First-class Honours” may be awarded to students who have obtained a qualification of 9.0 or higher. No more than five percent of students enrolled in one course at the corresponding academic year may be awarded this honour, unless less than 20 students are enrolled, in which case only one “First-class Honour degree” may be awarded.

4 weeks after the evaluation period, UPNA will send your transcripts directly to you home institution. You will not have to ask for it.

16. WELCOME ACTIVITIES CO-FINANCED BY UPNA

Apart from the activities of the Welcome Program, University organizes different activities for international exchange students.

16.1. Trips

Organized in collaboration with the “Erasmus Pamplona” Students Association

Welcome week: from the 3rd to the 9th of September with activities every day, as sports days, gynkana, photographic rally, juevintxo...

On Sunday, September 9th: Trip to San Juan de Gaztelugatxe

On Sunday, September 30th: walk to San Cristobal mountain or Ezcaba, in the north of Pamplona.

From the 5th to the 7th of October: Trip to Barcelona (to be confirmed)

November: Trip to Olite+ foz de Lumbier
More information and inscriptions: contact “Erasmus Pamplona” (AEP) Students Association by mail: erasmus.pamplona@gmail.com

16.2. Adventure sports

Nordic Walking

- Duration: A whole morning
- Exit: 8:30 AM from sports building parking
- Return: 14:00 PM
- Price: 8,00 euros
- Date: on Friday, September 21st
- Deadline: 14:00 PM in September 19th

Rafting - Murillo de Gállego

- Duration: Until the afternoon.
- Exit: 8:30 AM, from Sports building parking
- Return: 16:30 PM
- Price: 15,00 euros
- Date: on Saturday, September 29th
- Deadline: 14:00 PM in September 27th

Kayak - descent down the river Arga (Pamplona Canoeing Club):

- Duration: 3 hours and a half approx
- Exit: 16:00 PM, from “Molino de Caparroso” Canoeing School (Pamplona)
- Return: 19:30 PM
- Price: 8,00 euros
- Date: On Friday, October 5th
- Deadline: 14:00 PM in October 3rd

Trekking- Ata Valley

- Duration: A whole morning
- Exit: 8:30 AM, from Sports building parking
- Return: 15:00 PM
- Price: 8,00 euros
- Date: on Saturday, October 27th
- Deadline: 14:00 PM in October 25th

Arborism- [Urbasa Aventura] + Vía Ferrata

- Duration: A whole morning
- Exit: 8:30 AM, from Sports building parking
- Return: 15:00 PM
- Price: 15,00 euros
- Date: on Sunday, November 11th
- Deadline: 14:00 PM in November 8th

Trekking, Mounts of Sarbil

- Duration: a whole morning
- Exit: 8:30h. from Sports building parking
- Return: around 15:00h.
- Price: 8 euros
- Date: Saturday, November 24th
- Deadline: 14:00h in November 21th.

Rappel + Zip lining + Cave “Noriturro or Cristinos”

- Duration: a whole morning
- Exit: 8:30h. from Sports building parking
- Return: around 15:00h.
- Price: 15 euros
- Date: Sunday, December 16th.
- Deadline for inscription: 14:00h in December 13th.

You could get university credits from your participation in those activities, as well as from the assistance to the talks and seminars, when it is indicated in that way.

Further information and registration.
Registration: since September 3rd at 9:00, though the Online Services Platform (https://portal.unavarra.es/) or at the Sports Service (Sports building or Secuoya Building).
Opening hours: Monday to Friday from 9:00 to 14:30 hours. Credit card payment.
www.unavarra.es/deportes/actividades/actividades-en-la-naturaleza
17. Other activities

17.1 Sports with professional or semi-professional teams

The Public University of Navarre offers to international students who practice high-level sports activities in their home countries, the possibility to train with professional or semi-professional teams at UPNA’s Sports Service facilities.

There is currently the option of training with teams from the “Navarre Basketball Club” (www.basketnavarraclub.com) and “La Unica Rugby Club” (www.launicarugbytaldea.es). If you are interested, you can fill in the application form “Solicitud para formar parte del Programa de entrenamiento con equipos deportivos de Navarra”, and attach all documents that show your experience as high-level athlete.

The application form and documents should be handed in at UPNA’s Register Office or in the Sports Service.

http://www.unavarra.es/deportes/deporte-de-alto-nivel/estudiantes-internacionales

17.2 Cultural activities of the city council of Pamplona

The cultural activities run in Pamplona will be published here.

Don’t miss them! It’s a great opportunity to integrate with the locals!!
**Internationalisation and Cooperation Office**

**Campus Pamplona**

<table>
<thead>
<tr>
<th>Address: Arrosadia Campus Administration Building (Las Sóforas). Ground floor. E- 31006 Pamplona, Spain. Opening hours: Monday to Friday, 8:30h to 14:30h</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tel.: (+34) 948169643 / (+34) 948169654 Contact: <a href="mailto:incoming@unavarra.es">incoming@unavarra.es</a></td>
</tr>
</tbody>
</table>

**University Welcome Office**

**Campus Pamplona**

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Tel.: (+34) 948 16 90 96 Contact: <a href="mailto:oficina.informacion@unavarra.es">oficina.informacion@unavarra.es</a></td>
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</tbody>
</table>

**Campus Tudela**

<table>
<thead>
<tr>
<th>Address: Avda. Tarazona s/n. Tudela, Spain Opening hours: Monday to Thursday, 8:30 to 14:30 and 15:00 to 16:30 and Friday 8:30 to 14:30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tel.: (+34) 948 41 78 00 Contact: <a href="mailto:oficina.informacion@unavarra.es">oficina.informacion@unavarra.es</a></td>
</tr>
</tbody>
</table>

www.unavarra.es/relacionesinternacionales/