

1. Moving in and around Madrid...



1.1 Arriving in Madrid

By air: Barajas international Airport is 16 km (10 miles) from Madrid. For information on airlines, flights, etc. call: Tel.: 913 058 343/44/45/46
Tel.: 902 353 570 (www.aena.es)

The best way to get to and from the airport is by metro, bus or taxi:

Metro: You will find the metro station in Terminal 2 of the airport. The line 8 goes to Mar de Cristal, there you have to change to line 4 to go to the city center.

Price (single ticket): 1,15 EUR (10 tickets/5,35 EUR).

Airport Bus: From Plaza Colón Tel.: 914 316 192
Metro: Colón

This bus runs from the bus terminal under Plaza Colón to Barajas Airport daily between 4,45h and 1,30h, every 10-20 minutes. The bus makes 6 stops along the way and takes between 30 and 60 minutes, depending on the traffic.

Price: one-way 3 EUR.

Taxi: Taxis are abundant and expensive at Barajas Airport. A trip from the airport to the center of Madrid can cost between 18 and 25 EUR (including supplements). Bare in mind that there are extra fees such as the initial charge, airport supplement, baggage, public holiday supplement and after 23.00h late night supplement. Price information is clearly explained on a sticker (in English and Spanish) on the back door of all cabs.

Check that the taximeter shows only 1,45 EUR before starting your journey

EuroInterns

Start	1,45 EUR
Airport Supplement	4,00 EUR
Coach and train stations- supplement	2,00 EUR
Holiday supplement (from 6 to 23 hours)	0,85 EUR
Night supplement (from 23 to 6 hours)	0,85 EUR

Tele Taxi: Tel. 91 371 21 31 URL: www.tele-taxi.es

By train: Renfe: National Railway Company.

Information and reservations.

Tel.: 902 240 202

(www.renfe.es)

Train Stations

Chamartín: C/. San Agustín de Foxá, Madrid.

Tel.: 913 232 121

Metro: Chamartín. Trains to and from France, Northern Spain and Portugal.

Atocha: Glorieta del Emperador Carlos V,

Tel.: 902 100 007

Metro: Atocha Madrid. Trains to and from southern Spain as well as the high speed train AVE to Seville.

Tel.: 915 340 505

1.2 Transport

METRO

Information:

Tel.: 915 525 909

(www.metromadrid.es)

Tel.: 902 444 403

Time table:

from 6.00h to 1.30h

Price for one trip:

1,15 EUR

Price for a 10-trip-ticket (METROBUS):

5,35 EUR

Abono de Transporte (for 1 month):

Zone A

34,55 EUR (adult pass)

23,60 EUR (under 21 years)

Zone B1

40,10 EUR (adult pass)

26,70 EUR (under 21 years)

Calle Manuel Cortina 5 bis, 6° - D

28010 Madrid, (Spain)

Tels.: (34) 667-838-136; (34) 91- 446-4726

www.euointerns.com, info@euointerns.com

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Tickets are available at all Metro booths inside the station and at the ticket machines next to the turnstiles. Free maps (un plano del metro) are available at metro ticket booths and tourist offices.

- The monthly Bus/Metro Pass, “Abono de transporte” is valid for unlimited use on bus, train and metro use within Madrid. To get your “Abono de Transporte” pass you must take a passport-sized photo and your identification to one of the tobacco shops (Estancos/Tabacalera) and fill out a form. Cost 1,20 €. The adult pass is issued immediately. You will need a passport-sized photo and a copy of your passport if you are under 21, which takes ten days to process.

Each month you can buy your ticket (by showing your “Abono de transporte” pass) at most Estancos or in the Metro.



1.3 Buses

- Time table: 7 days a week from 6.00h to midnight
- One-way ticket: 1,10 EUR
- 10-trip ticket (Metrobus): 5,20 EUR (valid for both bus and metro)

One-way tickets are purchased on the bus (have change ready, only 5 EUR bills are accepted) and the 10-trip ticket is available at official tobacco shops (Estancos) at some newsstands as well as the metro booths.

EMT: La empresa municipal de transportes (red and yellow buses) Tel.: 914 068 810

Time schedule: from 6.00h to 24.00h

NIGHT BUS: Búho (“owl”) buses numbered N1 to N20 begin from Plaza de Cibeles and Sol and go to different points throughout the city and suburbs. Fares are the same as daytime service.

Time schedule. Between midnight and 5:00h (weekends 5.25h).

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1.4 Coaches in Spain and Europe

Estación Sur

To: Alicante, Barcelona, Málaga
Metro: Méndez Alvaro; Buses: 8, 102, 148

Tel.: 914 684 200

Tel.: 914 684 511

Conde de Casal (Auto Res)

C/ Fernandez Shaw, 1
Metro: Conde de Casal; Buses: 14, 32, 56, 143
To: Cáceres, Cuenca, Salamanca, Sevilla, Valencia

Tel.: 915 517 200

La Sepulvedana

Paseo de la Florida 11
Metro: Príncipe Pío; Buses: 41, 46, 75
To: Córdoba, La Granja, Navacerrada, Sevilla

Tel.: 915 304 800

Continental Auto

Avda. De América
Metro: Avda. de América, Buses: 29, 52, 114
To: Burgos, Santander, San Sebastián, Pamplona

Tel.: 917 456 300

Tel.: 902 330 400



1.5 Flight Information

Flight information

Tel.: 913 058 343

Tel.: 913 936 000

Airport information

Tel.: 91 305 83-
43/44/45/46

Iberia (www.iberia.es)

Tel.: 902 400 500

Lufthansa (www.lufthansa.es)

Tel.: 902 220 101

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British Airways
(www.british-airways.com/spain)

Tel.: 913 769 666

Air France (www.airfrance.es)

Tel.: 901 112 266

KLM (www.klm.es)

Tel.: 913 054 347

Tel.: 902 222 747

American Airlines (www.aa.com)

Tel.: 915 972 068

1.6 Taxi

Servitaxi

Tel.: 916 720 077

Around town and to or from the airport, the price is whatever is shown plus whatever supplements are authorized and listed on the right window in the back seat of the car.

1.7 Trains/ RENFE

24-hours information

Tel.: 902 240 202

Reservations 5.00 a.m. – 23.50 p.m.

(www.renfe.es)

Atocha:

Direction south, south east Spain and Portugal.

AVE (Tren de Alta Velocidad Española) to Córdoba and Sevilla

Metro: Atocha RENFE

Chamartín:

Direction northeast and southern Spain and most capitals in Europe.

Metro: Chamartín; bus: line 5 & 80

Príncipe Pío:

Direction north, northeast Spain (Príncipe Pío/ Norte; bus: line 41, 46, 7)

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1.8 Lost luggage

If you loose something on the train, go to the lost property department at the appropriate station. If the loss or the theft occurs when using the taxi service, go to the lost property office where drivers are obliged to leave the object within 48 hours of finding it (Negociado de Objetos Perdidos, Plaza de Legazpi, 7.- Tel.: 915 884 346/-48; Office hours 9.00h to 14.00h – Metro: Legazpi).

1.9 Car Rental

Atesa: Airport	Tel.: 913 937 232 Tel.: 902 100 101
Chamartin Plaza de España	Tel.: 917 406 700 Tel.: 915 425 015
AVIS: Local number Toll free number	Tel.: 933 443 700 Tel.: 902 135 531
Budget: Airport (www.budget.com)	Tel.: 913 937 216 Tel.: 901 201 212
Europcar: Airport/ Atocha/ Chamartín (www.europcar.es)	Tel.: 91 343 45 12
Hertz: Airport/ Atocha / Chamartin (www.hertz.es)	Tel.: 917 499 069
Sixt: C/ Antonio Maura 4 (www.sixt.es)	Tel.: 902 287 600

1.10 Bike Rental

Madrid is not an especially bike friendly city but if you are determined, here are two establishments that rent bikes.

Carakol

C/ Tortosa, 8

Metro: Atocha, line 1, cerca puerta de AVE

Tel.: 915 399 633

Bicimania

C/ Palencia, 20

Metro: Alvarado, line 1

Tel.: 915 331 189

2. If you get sick during your stay in Madrid...

EMERGENCY NUMBER:

Tel.: 112

INSALUD (Health Service)

C/ Carrera de San Jerónimo, 32

Central: C/ Sagasta, 6 (Metro: Bilbao)

(www.msc.es/insalud)

Tel.: 913 690 491



2.1 Hospitals

Unidad Médica Anglo-Americana

(Bilingual medical care: dermatologist, gynecologist, dentist, traumatologist, emergencies, check-ups)

C/ Conde de Aranda 1-28001 Madrid

(Metro: Retiro) Mon.-Fri. 9.00h- 20.00h,

Sat 10.00h- 1.00h

Credit cards are accepted

Tel.: 914 351 823

Calle Manuel Cortina 5 bis, 6° - D

28010 Madrid, (Spain)

Tels.: (34) 667-838-136; (34) 91- 446-4726

www.eurointerns.com, info@eurointerns.com



2.2 Doctors

Interclinic: Dr. Ayala, Dr. Noriega, Dr. Cid Tel.: 915 769 901
C/ Claudio Coello, 117 – 28006 Madrid
Mon- Fri. 9.30h- 14.00h / 15.30h – 19.00h
Sat. 9.00h – 12.00h

Dentist: Dr. Ulf Thams Tel.: 915 970 588
(German, English, French, Norwegian, Swedish speaking)
C/ Capitán Haya, 23 – Esc.2, 2º5.- 28020 Madrid
Mon- Fri. 9.00h – 14.00h / 16.00h – 20.00h
Wednesday: closed in the afternoon
Friday: closed in the morning

Clínica Dental: Dr. Jean Louis Seguillón/ Dra. Celia Crespo
Avda. Madroños, 49 – 28043 Madrid Tel.: 913 004 648
(English, French speaking)
Mon.- Thurs.: 9.00h – 19.00h, Fri 9.00h – 17.00h

2.3 24 Hour emergency chemist

Chemists which are open 24 h.

To find out where the nearest chemist is, you can call: Tel.: 098

There is also a note on each chemist's door indicating the closest 24 hours emergency chemist.

The following chemists are open 24 hours a day:

C/ Goya (Metro: Goya)

C/ Toledo 46 (Metro: Tirso de Molina)

C/ Conde de Peñalver, 27 (Metro Lista/ Goya)

C/ Mayor 59 (Metro Opera/ Sol)

Calle Manuel Cortina 5 bis, 6º - D
28010 Madrid, (Spain)

Tels.: (34) 667-838-136; (34) 91- 446-4726

www.eurointerns.com, info@eurointerns.com



3. To communicate with your family, friends etc. In your country.....

3.1 Communication (post office and telegrams)

Main post office at Cibeles Tel.: 915 218 195
Palacio de Comunicaciones, Plaza de Cibeles
(Metro: Banco de España, Buses: 1, 2, 15, 20, 27, 34, 45, 51, 52)

Open for sending letters and packages: 8.00h to 21.00h, Monday to Friday
8.00h to 15.00h, Saturday.

All neighborhoods have their own branches of the post office, with a more restricted schedule. “El Corte Ingés” in the Puerta del Sol also has one.

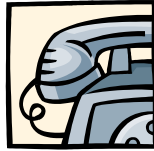
General information about Post Offices Tel.: 902 197 197
www.correos.es

3.2 Stamps (Standard letters): Stamps and bus or metro tickets also

Stamps can be purchased at the post office or at most Estancos (Tobacco shops). If you are not sure how much of a stamp you need or you think the letter is not standard size or weight, just ask the attendant to weigh it for you.

3.3 Estancos (Tobacco shop):

Tobacco Shops. If you need tobacco, stamps, but also metro tickets, just look for the burgundy and yellow sign reading “Tabacos”.
Most open from 10.00h to 14.00h and 17.00h to 20.00h Monday to Friday and Saturday from 10.00h to 14.00h



3.4 Phone lines

General telephone number information: Tel.: 1003
Hours from 8.30h to 9.30h, Monday – Friday. Tel.: 010

This information line will give you almost any kind of information you need on Madrid. Addresses, telephone numbers, events information, cultural information, and just about anything else you can think of!

Operators are available in English and French, but you may have to wait.

Helpline: Tel.: 915 591 393
Hours from 7.00h- 11.00h, Monday – Friday.
This non-profit, English speaking helpline offers counseling and advice to foreigners in Madrid as well as general information.

Tourist information telephone Tel.: 902 100 007
A phone line which will connect you with the Oficina de turismo of the province you are interested in.
Hours from 8.00h- 10.00h, Monday- Friday

24 hours emergency chemist	Tel.: 098
Ambulances	Tel.: 915 884 400
Civil guard	Tel.: 062
Europe Assistance	Tel.: 915 972 125
Fire department	Tel.: 080
International information	Tel.: 025
Municipal police	Tel.: 092
National Information / collect call	Tel.: 009
National police	Tel.: 091
Police station Metropolitano Sol station	Tel.: 915 229 076

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Police Station, Atocha Station
Social security
World Assistance

Tel.: 915 274 627
Tel.: 061
Tel.: 900 126 061

3.5 Mobile Phones

To get a prepared card for your mobile, ask in any kind of mobile store such as: the Phone House, Movistar, Vodafone, Amena, Telnet, etc. for a “tarjeta de prepago”.

3.6 Country codes

To connect with the international network, you have to:
Dial the 00 prefix, dial the country code and the area code except cero (if there is one) and then the number you find below.

*Bear in mind that rates are lower at night, weekends and Bank holidays.

Austria	-43-	Italy	-39-
Belgium	-32-	Japan	-81-
Canada	-1-	Korea	-82-
France	-33-	Netherlands	-31-
Germany	-49-	Switzerland	-41-
Great Britain	-44-	USA	-1-
Ireland	-353-		

You can make your calls from telephone boxes using coins or phone cards, which can be bought from “tobacconist” for 6 or 12 EUR. You can also now use credit cards in some phone boxes. Most of the bars, cafes and restaurants are provided with public payphones. Keep in mind that hotel usually charge a 25% commission. For long duration and long distance calls, it is advisable to use public phone centers:

Gran Vía, 30 (08.30h- 22.30h)
Palacio de Comunicaciones, Pza de Cibeles, Mon. - Sat. (08.00h – 24.00h),
Sun. (08.00h – 22.00h)

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28010 Madrid, (Spain)
Tels.: (34) 667-838-136; (34) 91- 446-4726
www.eurointerns.com, info@eurointerns.com



3.7 Internet Cafes

CYBER INTERPUBLIC

Tel.: 915 231 550

C/ Carrera San Jerónimo, nº18

Hours: Every day from 9.00h to 24.00h

CYBERMAD

Tel.: 914 200 008

Atocha, 117

Hours: Monday to Saturday from 11.00h to 23.00h

Even holiday – Sunday closed

BBIGG

C/ Alcalá, 21

Tel.: 915 219 207

Metro: Sevilla, Sol, Gran Vía

Fax service available!

There are many internet cafes in Madrid, just ask which one is close to your accommodation.

4. Day by day in Madrid...

4.1 Shopping timetable

Opening hours:

10.00h - 14.00h and from 17.00h – 20.00h

Monday through Friday.

Some smaller store close on Saturday afternoon and all stores are closed on Sunday. Stores are allowed to open on the first Sunday of every month, although not all do so. Major department stores and supermarkets do not close at mid-day.

Calle Manuel Cortina 5 bis, 6º - D

28010 Madrid, (Spain)

Tels.: (34) 667-838-136; (34) 91- 446-4726

www.eurointerns.com, info@eurointerns.com



4.2 Money

You can change your money and checks at most banks. Open from 9.00h to 14.00h weekdays and from 9.00h to 13.00h on Saturdays.

Another possibility is to go to one of the many Exchange Bureaux which are found in the center and open until late. There are also Exchange Bureaux at the airports, train stations, and in most four or five stars hotels.

4.3 Banks

Barclays Bank Tel.: 914 102 800
Plaza de Colón, 1

Deutsche Bank Tel.: 915 773 577
Paseo de la Castellana, 41

Citybank Tel.: 914 355 190
José Ortega y Gasset, 29

Caja Postal de Ahorros Tel.: 915 327 220
Paseo de Recoletos, 7

Normally you can withdraw up to 300 EUR from the cash dispenser, however there is one next to Sol (Bankinter, C/ Mayor – C/ de Pastos) where you can withdraw up to 600 EUR.

4.4 Lost Credit Cards

If you want to pay with credit cards you will find a complete network of cash points at your disposal; most shops also accept credit cards. If your credit cards are lost or stolen contact one of the following addresses immediately.

Open 24-hours a day with English- speaking operators available

American Express Tel.: 915 720 320
Credit cards Tel.: 900 994 426
Traveler's cheques

Calle Manuel Cortina 5 bis, 6° - D
28010 Madrid, (Spain)
Tels.: (34) 667-838-136; (34) 91- 446-4726
www.eurointerns.com, info@eurointerns.com



Diners Club	Tel.: 915 474 000
Master Card / Access Eurocard	Tel.: 900 971 231
Visa España	Tel.: 915 192 100
Visa	Tel.: 900 974 445
Eurocard	Tel.: 914 353 040
Mastercard	Tel.: 914 353 040

4.5 Embassies

Austria	Pº Castellana, 91	Tel.: 915 565 605
Belgium	Pº Castellana, 18	Tel.: 915 776 306
Brazil	C/ Fernando el Santo, 6	Tel.: 917 004 650
France	C/ Salustiano Oloazaga, 9	Tel.: 914 238 900
Germany	C/ Fortuny, 8	Tel.: 915 579 000
Great Britain	C/ Fernando el Santo, 16	Tel.: 913 190 200
Greece	Av. Doctor Arce, 24	Tel.: 915 644 653
Italy	C/ Lagasca 98	Tel.: 915 776 529
Japan	C/ Serrano, 109	Tel.: 915 625 546
Netherlands	Av. Comandante Franco, 32	Tel.: 913 590 914
Portugal	C/ Pinar, 1	Tel.: 917 824 960
Sweden	C/ Caracas, 25	Tel.: 913 081 535
Switzerland	C/ Nuñez de Balboa, 35	Tel.: 914 313 400
USA	C/ Serrano, 75	Tel.: 915 872 200



5. Security...

Madrid, like every other big city, has its share of crime. If you are cautious, you should be fine. Watch your wallet all the time. Men are recommended to put their wallets in their front pockets, and women if possible, should avoid carrying a purse. If you must do so, make sure the strap is across your chest (not over your shoulder) and that your hand is over it at all times.

Pickpockets abound in Madrid, especially in the metro and train stations, and tourist areas such as the Puerta del Sol, Gran Vía and Plaza Mayor. Carry as little money as possible, the same goes for credit cards. Write down the number of your credit cards in case they are lost or stolen. Carry a photocopy of your passport; leave the original at home. Spanish police have the right to request identification at any time. If this occurs, show them the photocopy of your passport and offer to have them go home with you to get the original if necessary.

6. The Official Holidays in Spain are...

January 1 st	New Year's Day (Año Nuevo)
January 6 th	Three Kings Day / Epiphany (Reyes Magos)
March/ April	Good Friday (Viernes Santo)
May 1 st	May Day (Día del trabajador)
May 2 nd	Madrid Day (Día de la Comunidad de Madrid)
May 15 th	San Isidro (Saint Isidro's Day)
August 15 th	Virgen de la Paloma
October 12 th	Columbus Day (Día de la Hispanidad)
November 1 st	All Saints Day (Día de todos los Santos)
November 9 th	Virgen de la Almudena
December 6 th	Constitution Day (Día de la Constitución)
December 8 th	Immaculate Conception (La Inmaculada)
December 25 th	Christmas Day (Navidad)

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7. Useful Internet addresses about Madrid:

www.mundimadrid.es
www.comadrid.es
www.qdq.es
www.softguides.com/index_madrid
www.descubremadrid.com
www.guiadelocio.com
www.guiademadrid.com
<http://www.cocinadelmundo.com/paises/spain/index.html>

8. Tourism...

Oficina de Turismo Tel.: 914 294 951
C/ Duque de Medinaceli, 2

Oficina de Turismo Tel.: 913 665 477
3, Plaza Mayor Tel.: 915 881 636
Monday to Saturday open 10.00h to 20.00h
Saturday 10.00h to 14.00h

TIVE (official student travel agency) Tel.: 915 437 412
C/ Fernando el Católico, 88 Tel.: 915 430 208
Metro: Moncloa
Open 10.00h to 14.00h. Monday to Friday and 9.00h to noon, Saturdays.
In TIVE you can apply for a student I.D card, get information and make reservations. Reduced rates for people under 26 and students with Ids under 30.



9. In your leisure time.....

9.1 Museums

If you have an international student I.D card, please take it along with you. There are discounts at most museums for students. Information on museums, their opening hours, etc. Can be found in various guides. Some of them will be given to you on the first day of classes or you can ask for one at the tourist offices in Madrid (see for addresses in this guide). You can also buy La Guía del Ocio at any newsstand.

Museum del Prado

Tel.: 913 302 900

Pº del Prado s/n

Metro: Banco de España

www.museoprado.mcu.es/home.html

Opening hours: Tuesday to Sunday open 9.00h to 19.00h

Reina Sofía

C/ Santa Isabel 52

Metro: Atocha

www.museoreinasofia.mcu.es

Opening hours: Monday to Saturday open 10.00h to 21.00h.

Sunday open 10.00h to 14.30h

Tuesday it is closed.

Free entrance: Saturday from 14.30h and all day Sunday.

Tel.: 914 675 062

Tel.: 914 683 002

Museo Thyssen-Bornemisza

Pº del Prado, 8

Metro: Banco de España

www.museothyssen.org

Opening hours Tuesday to Sunday, from 10.00h to 19.00h.

Closed on Mondays. The ticket office closes at 18.30h.

Tel.: 914 203 944

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www.eurointerns.com, info@eurointerns.com



9.2 Cultural center

Casa de América

Tel.: 915 954 800

Paseo de Recoletos, 2

Metro: Banco de España

www.casamerica.es/quienes.htm

Opening hours: Monday to Friday 11.00h to 14.00h

And 17.00h to 20.00h & Sunday open from 11.00h to 14.00h.

Círculo de Bellas Artes

Tel.: 913 605 400

C/ Marqués de Casa Riera, 2

Tel.: 902 422 442

Metro: Banco de España

www.circulobellasartes.com

Founded in 1880, one of the most emblematic buildings of the Gran Vía / Alcalá confluence since 1926. It plays a major part in every area of the arts in Madrid, more so than more heavily subsidized institutions, and, apart from a theatre and a concert hall and a wonderful café, it has four impressive exhibition spaces that show work in all media.

Centro Cultural del Conde Duque

Tel.: 915 885 834

C/ Conde Duque, 9-11

Metro: San Bernardo

The Cuartel Conde Duque, a magnificent 18th-century edifice built as barracks for Philip V's Guard by Pedro de Rivera. It now functions as a multi-purpose exhibition space, concert venue and base for a wide variety of other services.

La Casa Encendida

Tel.: 915 063 875

Ronda De Valencia, 2

Metro: Embajadores

www.lacasaencendida.com

Opening hours: 10.00h to 22.00h

Centro Puerta de Toledo

Ronda de Toledo, 1

Metro: Puerta de Toledo

www.art-es.com/anga

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9.3 Food and drink

Breakfast: 7.00h to 11.00h. Most people eat a light breakfast, consisting of digestive cookies and coffee. Many people have their breakfast in a cafeteria, where for about 2,50 EUR you can get coffee and a toast or a pastry. On the weekends or after a late night out, Try the Spanish specialty churros con chocolate.

Lunch: 13.00h to 15.30h. Lunch is the main meal of the day in Spain. You begin with a primer plato: salad, soup, paella, spaghetti and then a main course: meat, fish, or chicken generally served with potato. Spaniards drink water or wine during their meals. Lunch, especially when eating out, is followed by dessert: flan, cake, fruit and coffee or tea.

Menú del día: Served in most restaurants and cafeterias, an inexpensive, filling and well-rounded meal at lunchtime. Most restaurants post a sign outside or inside the window indicating the choices available. You choose a first and second plate, a drink, dessert and coffee. Most “menús” cost between 8 and 10 EUR.

Dinner: 21.00h to 23.00h. Spaniards eat dinner late and light. At home, most Spaniards have soup, sandwiches, fish, tortilla and yogurt. On the weekends and when eating out, dinner tends to be heavier and served later.

****A reminder:** When eating out, the price varies depending on where you choose to sit. Sitting at the bar is cheaper than at a table, and sitting outdoors tend to be more expensive than sitting inside.

Tapas: Late afternoons/ evenings and weekends, are usually reserved for “tapas” – bar hopping where small appetizers are served to accompany your drink. It is not unusual to skip dinner and visit several tapas bars or restaurants in an evening, ordering one or two tapas at each place. Typical tapas include patatas bravas or alioli (potatoes with a spicy garlic and olive



oil sauce), croquetas, chorizo (sausage). Most tapas bars are clustered together and in Madrid most can be found around the Plaza Mayor, the Rastro, Bilbao, Alonso Martínez and areas at Plaza Santa Ana.

Cafés and Bars: Spaniards often have a drink after work and on the weekend. Most do so, in the numerous bars, cafés and outdoor terraces throughout the city. Be aware that prices vary according to the area you are in, the time of the day (more expensive at night and on the weekends) and whether you sit at the bar or at a table. That same beer on a Friday night at a trendy bar, can cost up to 6 EUR! Be careful!

9.4 Vegetarian restaurants

Casa Vegetariana	Costanilla de los desamparados, 21	Tel.: 914 203 928
Al Natural	C/ Zorrilla, 11	Tel.: 913 694 709
La Mazorca	Pº Infanta Isabel, 21	Tel.: 915 017 013
Chez Pomme	C/ Pelayo, 4	Tel.: 915 315 773
Vegetariano	C/ Marqués de Sta. Ana, 34	Tel.: 915 320 927
Ecocentro	C/ Esquilache, 4	Tel.: 915 535 502
Estragón Vegetariano	C/ Costanilla de San Andrés, 10	Tel.: 913 658 982

9.5 Tiendas Ecológicas

Casa vegetariana Tel.: 914 203 928
Costanilla de los desamparados , 21
Vegetarian & vegan store
Specializes in Indian, vegetarian foods, spices, lentils etc.

Central Vegetariana
C/ de Palma 15 (Tribunal Metro)

Herbolario Tel.. 915 272 833
Calle de la Fe, 9



9.6 Tennis

Chamartín tennis club
C/ Federico Salmón, 4

Tel.: 913 452 500
Tel.: 913 500 745

9.7 Squash

Castellana Squash Club
Train Station Chamartin

Tel.: 917 338 898

9.8 Flamenco Dance

Escuela de danza “Duque”
C/ Cea Bermudez, 45
Metro: Filipinas
www.danzadunque.com

Tel.: 915 437 028

Centro de danza – Karen Taft
C/ Libertad, 15
www.karentaft.com

Tel.: 915 228 440

9.9 Gyms

Avanti Sport Center
C/ Isaac Peral, 14
Metro: Moncloa
Fitness, aerobics, salsa, yoga as well as other services

Tel.: 915 448 320

Gimnasio Argüelles
Fitness, aerobics, karate, squash, as well as other services
C/ Andrés Mellado, 21-23
Metro: Argüelles

Tel.: 915 490 040

Holiday Gym
Plaza Carlos Trías Beltrán, 4
Metro: Santiago Bernabéu

Tel.: 915 559 624

Príncipe Sport
Serrano, 240
Metro: Columbia

Tel.: 914 579 874

9.10 Swimming-Pools

The rooftop pool in the **Hotel Emperador**
C/ Gran Vía; 53

Tel.: 915 472 800

Offers spectacular views over the city and is open to non-residents for 25 EUR Monday to Friday and at the weekend for 35 EUR.

www.descubremadrid.com/buscador_pisci.asp



9.11 Bookshops

La Casa del Libro

Tel.: 915 442 908

C/ Gran Vía 29

Metro: Gran Vía

(open from 10.00h to 20.30h)

Librería de mujeres (Bookshop for women)

Tel.: 915 217 043

C/ San Cristóbal, 17 (open from 10.00h to 14.00h and 17.00h to 20.00h – closed Saturdays afternoon and Sundays)

Metro: Sol

Crisol

Tel.: 913 224 800

Juan Bravo, 38

Tel.: 913 440 967

Metro: Nuñez de Balboa

Paseo de la Castellana, 154

Metro: Cuzco

FNAC

Tel.: 915 956 200

C/ Preciados, 28

(open from 10.00h to 22.00h – Closed on Sundays)

Metro: Callao

Calle Manuel Cortina 5 bis, 6º - D
28010 Madrid, (Spain)

Tels.: (34) 667-838-136; (34) 91- 446-4726

www.eurointerns.com, info@eurointerns.com



9.12 Movies (original versions)

Most cinemas have a “Día del espectador”, usually Mondays or Wednesdays, where tickets are sold at a reduced price. For movies in the original version (foreign movies are dubbed into Spanish), check out the following cinemas:

Alphaville

C/ Martin de Heros, 14
Metro: Plaza de España
Tel.: 915 593 836

Bellas Artes

C/ Marqués de Casa Riera,2
Metro: Banco de España
Tel.: 915 225 092

Cine Doré (Filmoteca Española)

C/ Santa Isabel, 3
Metro: Anton Martín
Tel.: 913 691 125

Luna

C/ Luna, 2
Metro: Callao
Tel.: 915 224 752

Pequeño Cine Estudio

C/ Magallanes, 1
Metro: Quevedo/ San Bernardo
Tel.: 914 472 920

Princesa

C/ Princesa, 3
Metro: Plaza de España
Tel.: 915 599 872

Renoir Plaza de España

C/ Martin des Heros
Metro: Plaza de España
Tel.: 915 595 760

Renoir Cuatro Caminos

C/ Raimundo Fernandez
Villaverde,10
Metro: Cuatro Caminos
Tel.: 915 340 077

Rosales

C/ Quintana, 22
Metro: Argüelles
Tel.: 915 415 800

Multicines Ideal

C/ Doctor Cortezo, 6
Metro: Sol/ Tirso de Molina
Tel.: 913 692 518

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Verdi

C/ Bravo Murillo, 28
Metro: Canal / Quevedo
Tel.: 914 473 930

9.13 Press

the most popular newspaper in Spain are; El País, EL Mundo, ABC and La Razón. You can buy the daily newspaper at any newsstand. The different Autonomous Communities as well as most major cities also publish newspaper. For example, La Vanguardia is Barcelona's local newspapers. Lately there are also two free newspaper; Metro and 20 Minutes, distributed in Madrid. You can find them at the entrance of most of the metro stations.

9.14 Magazines

Publications abound in Madrid to let you know what's going on in and around the city. These magazines offer theatre, concert and movies listings, exhibition information and general events.

What's On, In Spain Magazine and The Broadsheet offer information in both English and Spanish.

La Guía del Ocio and Salir, Salir are guides to Madrid in Spanish, and probably the most completes ones available.

A supplement of El Mundo is published every Friday, containing weekly information on galleries, theatres, museums, films, restaurants and other events.

A monthly magazine for Spanish learners is Español Ya, with free distribution

Tel.: 913 667 862

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9.15 Music- Flamenco

Don't miss a Flamenco show (traditional Andalusian music and dance) while you're in Madrid.

Casa Patas (bar, restaurant)

C/ Cañizares, 10

Metro: Tirso de Molina / Antón Martín

www.casapatas.com

Tickets for the show must be reserved in advance

Tel.: 913 690 496

913 693 394

Corral de la Morería

C/ Morería, 17

Metro: Opera / La Latina

Open: Mon.- Sun. 9.00h. to 3.00h

The show starts at 22.45h.

Price: 20 EUR only

Tel.: 913 658 446

913 651 137



10. Did you know.....

- There are 10 Madrids in Spain, 22 in Latin America, 9 in the United States, 1 in the Philippines and 1 in France. In Madrid there are 400 restaurants, 18000 bars and cafés and 850 hotels.
- Madrid is 1 km. above sea level and is located on the geographic center of the Iberian Peninsula. Because of its central location and high altitude, the climate of Madrid is characterized by warm dry summers and cool winters.

Note: Please let us know if the information included is not up-to-date or if you have any suggestions.

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