

# BOO!

## SURVIVAL GUIDE

BEST courses

BEST VALENCIA



# GREETINGS, FUTURE MONSTERS AND ENGINEERS!

Welcome to the amazing city of Valencia, where sunny days, incredible culture and unforgettable adventures await you!

Get ready to explore new places, discover delicious food, meet amazing people from all over Europe and, of course, share a few screams and laughs along the way!

In this survival guide, you'll find everything you need to make the most of your BEST adventure. So step through the door, and let the fun begin!







# BEST COURSES

Throughout the whole year, BEST organises different activities where students of technology from member universities get the chance to complement their fields of study, discuss educational matters, learn and take their first steps into an international career, increase their international experience, set up contacts, improve their English level and have fun.

In these events, participants attend lectures taught in English which are delivered by professionals, who have either obtained academic certification and have at least a university level degree on the course's subject or been employed in the same field.



At the end of the course, students take an exam or a presentation. Each BEST event is attended by at least 22 engineering and technology students.



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# TARDEO

## The Spanish art of late-afternoon socializing





Tardeo is a cultural phenomenon in Spain, especially in cities like Valencia. It refers to the tradition of socializing in the late afternoon and early evening. Unlike a rushed happy hour, Tardeo is a leisurely affair where people gather at bars, cafes, and terraces to enjoy drinks, tapas, and good company. It's a perfect time to unwind, chat, and soak in the vibrant atmosphere of Spanish social life.

# SOBREMESA

**Eating is a social affair, and dessert is just the beginning of the conversation.**



Spanish gastronomy is not just about the food; it's a holistic experience. Sobremesa, the time spent lingering at the table after a meal, is an integral part of Spanish dining culture. Instead of rushing off, people engage in lively conversations, share stories, and savor the lingering flavors. It's a moment to connect with friends and family, making the meal more than just a physical necessity but a social event.



# FIESTAS

**The more fireworks, the better.**

SPANISH CULTURE





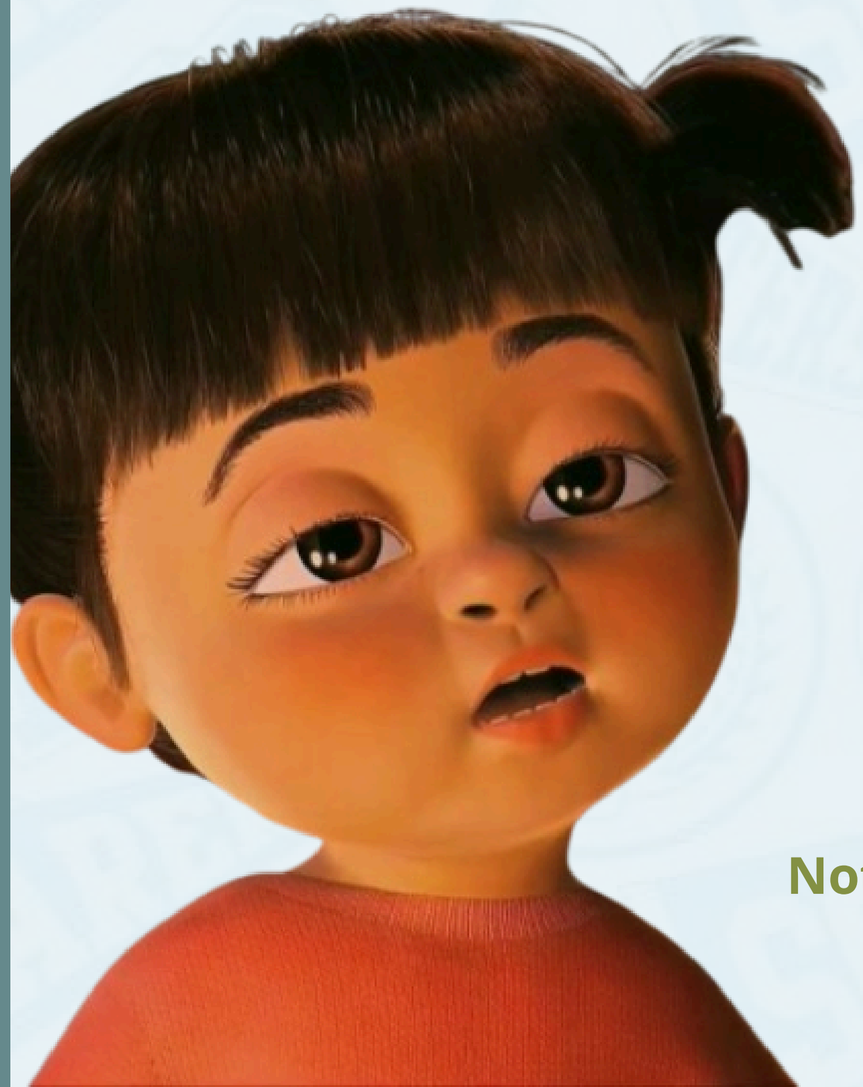
Fiestas, or festivals, are deeply ingrained in Spanish culture, reflecting the country's rich history and diverse traditions. From the world-famous La Tomatina to local celebrations such as Fallas, Spain knows how to throw a party. Expect lively music, colorful parades, traditional dances, and, of course, fireworks. Participation is encouraged, so don't be shy, join in the festivities and immerse yourself in the joyous spirit of the event.

# CULTURAL DIVERSITY




Spain is a diverse country with distinct cultures and traditions across its regions, known as autonomous communities. Each community has its own language, traditions, and even cuisine. For instance, Valencia, the Basque Country, and Andalusia have unique identities that contribute to Spain's rich tapestry. Embracing and appreciating this diversity adds depth to your experience in Valencia and fosters a greater understanding of the country as a whole.

# SIESTA

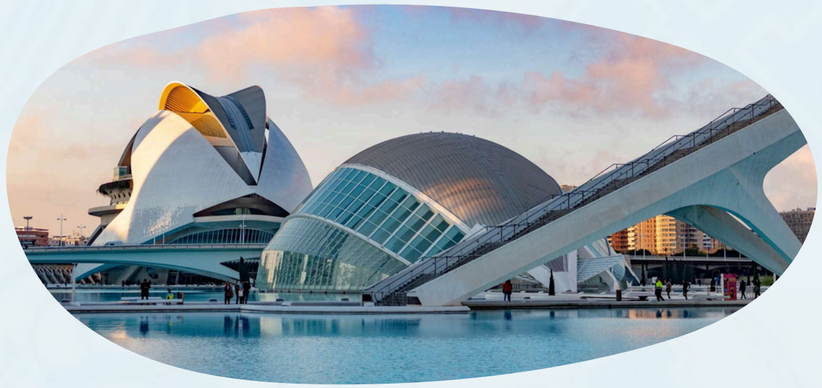


The siesta, a short afternoon nap, is a cherished part of Spanish daily life. While not everyone adheres to this tradition, it's an integral aspect of the Spanish rhythm. Many shops and businesses close for a few hours in the afternoon, allowing locals to rest and recharge before the evening activities. While not mandatory, experiencing a siesta can be a delightful way to embrace the Spanish lifestyle.

**Not everyone participates, but those who do swear by it**

# BEST SIGHTS

## Ciudad de las Artes y las Ciencias



The City of Arts and Sciences is one of Valencia's most iconic landmarks. This futuristic architectural complex is home to a science museum, an opera house and an IMAX cinema and planetarium.
Its stunning architecture has also been featured in famous movies and TV series, such as Tomorrowland, Westworld and even Star Wars: Andor!
So, if it looks like something from another galaxy, now you know why!

## Turia River



The Turia Gardens are considered Europe's largest linear urban park, stretching over 9 km through the heart of Valencia. Once a river, its former riverbed was transformed into a beautiful green oasis after a major flood in 1957.
Today, it's the perfect place to walk, cycle, play sports or simply relax and enjoy the Mediterranean sunshine!

# BEST SIGHTS

## Torres de Serranos

The Serranos Towers are one of Valencia’s most iconic medieval landmarks. Once part of the old city walls, they now offer stunning panoramic views over the city.
Climbing to the top is a great way to enjoy Valencia’s history while taking in its mix of old and modern charm.



## Mercado Central, Mercado de Colón and La Lonja







Mercado Central, Mercado de Colón and La Lonja are some of Valencia’s most special spots. More than just beautiful buildings, they are places where you can experience the city’s local lifestyle, discover traditional food and enjoy their unique architecture.
They are perfect for exploring, tasting local products and soaking up the authentic Valencian atmosphere.

# ON LA PAELLA ÉS UN ART I EL SÒL MAI FA SIESTA

**Where paella is an art, and the sun never takes a siesta**

Fallas is an exuberant and lively festival celebrated in Valencia every March. The city transforms into a spectacular display of colour, music and fire, with impressive fireworks, traditional mascletàs and enormous artistic monuments called fallas, made up of detailed figures known as ninots.

These elaborate and often satirical creations fill the streets, representing everything from famous personalities to humorous scenes. The highlight of the festival is La Cremà, celebrated on March 19th, when the fallas are set ablaze in a breathtaking spectacle of fire and tradition, marking the grand finale of Valencia's most iconic celebration.



# AMB EL COR ENCÉS EN FLAMES











ABOUT VALENCIA

Valencian, along with Spanish, is one of the co-official languages of the Valencian Community. While Spanish is widely spoken and understood, particularly in urban areas, learning a few basic Valencian phrases can enhance the cultural experience. Locals appreciate the effort, and it adds a layer of connection with the regional identity.



# VOCABULARY

| ENGLISH | SPANISH | VALENCIAN |
|---|---|---|
| Hi | Hola | Hola |
| Good Morning / Evening / Night | Buenos días / tardes / noches | Bon dia /a vesprada /a nit |
| Where is the toilet? | ¿Dónde está el baño? | On està el bany? |
| How much is it? | ¿Cuánto cuesta? | Quant costa? |
| Thank you so much | Muchas gracias | Moltes gràcies |

| ENGLISH | SPANISH | VALENCIAN |
|---|---|---|
| Please | Por favor | Per favor |
| Let’s go | Vámonos | Anem (Mone) |
| A beer, please! | Una cervecita, ¡por favor! | Una cervessa, per favor! |
| I’m sorry | Lo siento | Ho senc |
| ‘Bon Appétit’ | ¡Que aproveche! | Bon profit! |

# SOMETHING TO EAT?

## The historical Paella



**DO**

- Add rabbit
- Make vegan paella
- Use our own type of rice
- Put the rice in cross shape

**DON'T**

- Put chorizo in the paella
- Drop the paella on the floor

# SOMETHING TO EAT?

## More local food
























# SOMETHING TO DRINK?

## Some local drinks


Orxata


Zumo de naranja


Cremaet


Crema de café


Sangría


Agua de Valencia



Mistela


Cazalla

ABOUT VALENCIA

# WEATHER



Valencia is known for its Mediterranean climate and its 300 sunny days a year!

During the course dates, expect pleasant temperatures, warm and sunny days, and cooler evenings, with occasional rain. It's the perfect weather to explore the city, enjoy outdoor activities and maybe even visit the beach! Don't forget to bring a light jacket, sunglasses and some sunscreen.

# WHAT CAN YOU EXPECT?

**21–24°C**
Daytime

**12–15°C**
Nighttime

**Mostly sunny**
Spring weather

**Occasional rain**
Bring a jacket!

Typical spring conditions, not a daily forecast.

# CURRENCY AND PRICES



2€



1.5€



2.5€



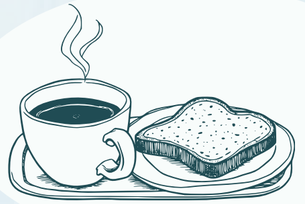

5€



1€



4€



4€



5€




ABOUT UNIVERSITY

Est. MU 1313

# UPV

## Polytechnic University of Valencia

The UPV is a young university, so don’t expect huge classes and architecture full of history. It is rather a modern campus with industrial facilities and lots of labs for investigation. It is located between the city center and the beach, which makes it the perfect spot for students.



BEFORE YOU COME

## IDENTIFICATION

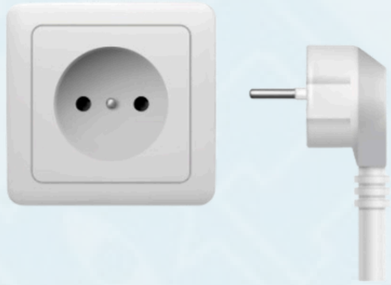
- ID card or passport
- VISA (if needed)
- Pocket money (EUR) (if needed)

## HEALTH

- European Health Insurance Card
- Medication (if needed)
- Toiletries

## ELECTRICITY

Connector Type F



## WHAT TO BRING

- Comfortable and lightweight clothing
- Comfortable walking shoes
- Swimsuit and beach towel
- Sunglasses and sunscreen
- Personal medication (if needed)
- Toiletries
- A flag from your country
- A reusable water bottle

## EMERGENCY

| What? | Phone |
|---|---|
| Emergency | 112 |
| Police | 091 |
| Firefighter | 080 |
| Violet Dot | 900 22 00 22 |
| Tourist Info | +34 628 789 837 |

# TRANSPORT

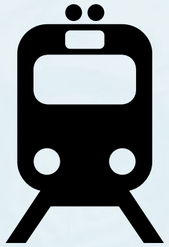
## TO VALENCIA



VALENCIA AIRPORT

(You can also arrive to Madrid or Barcelona airport and take a train or a bus (from 9 to 30€)

ESTACIÓ DEL NORD or ESTACIÓN JOAQUÍN SOROLLA





BUS STATION

## TO CITY CENTER

### FROM AIRPORT

- Line 3 or 5
- 3,90€ for a single ticket
  - Approximately 20 minutes

### FROM TRAIN STATION

- You're already in the city centre!
- To university: take metro to Benimaclet and then tram to La Carrasca
  - 20 mins

### FROM BUS STATION

- Walk 6 mins and take bus line 28
- Walk 8 mins and take metro line 1 or 2. In Àngel Guimerà take 3 or 5 line until Colón.

# TRANSPORT





## Disclaimer!

**Since the Weekend Activities will take place just outside Valencia, we recommend booking your return ticket for the afternoon or evening, as getting back to the city early in the morning or late at night may be difficult.**







# BEHAVIOUR

**Even monsters have rules!**



## Respect everyone

Be kind to other participants, organizers and locals.

## Be punctual

Don't make the other monsters wait for you!

## Take care of the accommodation

Keep shared spaces clean and respect the facilities.

## Stay safe

Look after yourself and your fellow monsters, especially during parties.

## Respect personal boundaries

Make sure everyone feels comfortable and included.

## Drink responsibly

Always know your limits and follow the organizers' instructions.

## Have fun

Participate, make new friends and enjoy your BEST experience!

# CONTACT US

**Stay connected with BEST Valencia throughout your adventure!**

**INSTAGRAM**
@bestvalenciaupv

**EMAIL**
contacto@bestvalencia.org



**BEST VALENCIA OFFICE**
Universitat Politècnica de València (UPV)
Building 4K – Casa del Alumno, 1st floor
From the main staircase, last door on the right.

**WE SCARE BECAUSE WE CARE!**

# MEET YOUR TEAM!

**Need help? Don't be scared, these monsters have got your back!**



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# SEE YOU IN APRIL!

