



# **PRACTICAL GUIDE FOR FOREIGN RESEARCHERS IN CANTABRIA**

**University of Cantabria  
Vice-rectorate for Internationalisation**

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# 1. GENERAL INTRODUCTION

## 1.1 PRESENTATION

The main objective of this guide is to assist foreign researchers who wish to come to Cantabria for work or research purposes, fellowships, exchange programmes, doctoral programmes, etc... in their search for information. This guide has been designed to answer the many questions researchers are faced with when they arrive in our self-governed region, be it alone or accompanied by their family. We have tried to present a comprehensive picture of the working conditions, everyday life and singularities of our region, as well as the different procedures required to settle here.

## 1.2 CANTABRIA

Cantabria is a one-province region where Spanish is the only official spoken language.



Note: At the end of this guide there is an appendix where other maps and street plans can be checked.

### SELF-GOVERNED REGION OF CANTABRIA: MAIN FIGURES

**Extension:** 5253 km<sup>2</sup>  
**Coastal length:** 284 km  
**Provinces:** 1 (562.309 inhabitants)  
**Capital:** Santander (183.955 inhabitants)  
**Official language:** Spanish  
**Time zone:** European Continental Time Zone  
**Currency:** Euro (€)  
**Average temperature in August:** 19° C  
**Average temperature in December:** 9.5° C

## Geography

Cantabria stands out because of the great diversity of its environment. The coastal landscape of beaches, bays and cliffs blends together with valleys and highland areas, such as the mountain range of The Picos de Europa, situated in the western area. Several short but fast-flowing rivers cross the region, forming valleys perpendicular to the Bay of Biscay.

## Climate

The weather is very mild and rainy throughout the year (the average temperature in August is approximately 19 °C and in December 9.5 °C). This humid, mild weather gives the region a rich and varied nature with plenty of woods and meadows.

## Religion

Cantabria is a non-denominational region, although the vast majority of its population is Roman Catholic. Most holidays have religious backgrounds. Nevertheless, any other form of religion is respected and protected under the Constitution.

## Welfare State

Cantabria's welfare indicators are above the Spanish average in terms of income, health, education, culture, leisure, employment and housing. Life expectancy is 75 years for men and 82 for women. Almost all the population (97%) is covered by the Spanish National Health System through the regional "Servicio Cántabro de Salud". School Education is compulsory from 3 to 16 years. Most schools are totally or partially financed by the Regional Government.

## Social Context

Cantabria is endowed with a favourable social environment guaranteed by means of a Social Agreement between Trade Unions, Employers and the Regional Government, which provides a stable social framework. This agreement has been in force since 1999 in order to improve the competitiveness of the industry while fostering the creation of a dynamic region with social stability and economic growth. As a result of this agreement trade disputes are currently almost irrelevant.

## Economy

Production in Cantabria is comprised of three main areas:

- **The Tertiary Sector:** most of the population of Cantabria work in the services sector, especially in the outlying areas of the region's capital.
- **The Agricultural Sector:** approximately 50% of the population are involved in this primary sector, above all in those areas that are physically more inaccessible such as Liébana, Valderredible and the Pas and Miera Valleys.
- **The Industrial Sector:** once again approximately half of the population works in industry. This sector of production is to be found primarily in the area of the Besaya and Pisueña Valleys, Campoo de Enmedio and Reinosa.

It is industry that represents the most important strategic economic sector, generating approximately 24% of the regional Gross Value Added. The breakdown by areas of activity is as follows:

Metallurgy and manufacturing of metallic products	26%
Food, drink and tobacco	18%
Machinery and mechanical equipment	9%
Electrical, electronic and optical material and equipment	7%
Transport equipment	6%
Chemical industry	6%
Miscellaneous non-metallic mineral products	6%
Rubber and plastics	5%
Wood and cork	4%
Paper, printing and graphic arts	4%
Miscellaneous manufacturing	3%
Extraction, energy and water	3%
Textile, clothing, leather and footwear	2%

The industries that stand out in this sector (in terms of how much they contribute to the regional GDP) are: component parts for the automobile industry, linked to a highly competitive ancillary automobile industry that is recognised both nationally and internationally; metalworking, an industry long established in many parts of Cantabria and which, comprising many companies devoted to metallurgy, iron and steel, and metal parts, is today still one of the pillars of the sector; food, very closely linked to the region's natural resources and represented by important dairy industries and canneries etc.; chemicals, where a quite considerable number of multinational companies are to be found and, finally, other industries such as electrical mechanics, distribution and logistics (taking advantage of Cantabria's potential and ideal location), Information and Communication Technologies (ICT), etc. which, though not of such significance as the other previously mentioned industries, do clearly represent a percentage that is by no means insignificant and which has constantly grown over the last few years.

### 1.3 SANTANDER

Santander is a coastal city that grew in 19th century thanks to a flourishing commercial activity and also throughout the 20<sup>th</sup> century thanks to tourist activity promoted by the Spanish Royal Family. It currently offers a friendly atmosphere within a very beautiful natural setting with large beaches and attractive promenades. All these features make Santander a comfortable city to live in, with a wide range of cultural and sport attractions (*for more information refer to chapters 15, 18, 19 y 20 of this practical guide*).

Interesting webs:

- Web: <http://www.santanderciudadviva.com/>
- Web: <http://www.cantabriajuven.com/santander>

## 2. ENTRY AND RESIDENCE CRITERIA FOR EU CITIZENS

EU citizens in Cantabria staying for more than three months should visit Santander Foreign Office (Oficina de Extranjeros) in order to register themselves:

### **OFICINA DE EXTRANJEROS EN SANTANDER**

C/ Vargas, 53  
 39071 Santander (Cantabria)  
 Phone: + 34 942 99 93 95 (Atención al público)  
       + 34 942 99 93 99 (Cita previa)  
 Fax: + 34 942 99 93 89  
 Opening hours: from 9 am to 2 pm

## 3. ENTRY AND RESIDENCE CRITERIA FOR THIRD-COUNTRY NATIONALS

According to the Spanish Organic Law on the Rights and Freedoms of Foreigners in Spain and their Social Integration, and notwithstanding the relevant provisions of special laws and the International Agreements of which Spain is a signatory, a foreigner is a subject who does not hold Spanish nationality. This Organic Law does not apply, though, to those who hold the nationality of an EU Member State and to those who are covered by community status, all of whom are the subject of the EU law. Nevertheless, this Organic Law shall apply to any extent in which its application would result in a more favourable treatment.

All citizens from any other countries require an entry visa. Application for this entry visa has to be made at the Spanish Embassy or Consulate in the applicant's home country. The entry visa is to be applied for and issued at the Diplomatic Representation or Spanish Consular Office corresponding to where the foreigner will be residing. The visa, once validly issued in the passport or travel documents and in force, entitles the bearer to remain in Spain under the conditions in which it has been issued, notwithstanding the obligation to obtain, if such were the case, the Foreigner Identity Card.

### 3.1 VISA

#### **General Visa Regime**

Citizens of the countries listed below do not need a visa for stays of no more than 90 days per six months without engaging in a working activity, but they do need one for longer stays:

ANDORRA	CROACIA	JAPÓN	POLONIA
ARGENTINA	EL SALVADOR	LETONIA	REPÚBLICA CHECA
AUSTRALIA	ESLOVAQUIA	LITUANIA	REPÚBLICA DE COREA
BOLIVIA	ESLOVENIA	MALASIA	RUMANÍA
BRASIL	ESTADOS UNIDOS	MÉXICO	SAN MARINO
BRUNEI	ESTONIA	MÓNACO	SANTA SEDE
BULGARIA	GUATEMALA	NICARAGUA	SINGAPUR
CANADÁ	HONDURAS	NUEVA ZELANDA	URUGUAY
CHILE	HUNGRÍA	PANAMÁ	VENEZUELA
COSTA RICA	ISRAEL	PARAGUAY	HONKG-KONG / MACAO

More detailed information can be found on the web pages of the Spanish Ministry of External Affairs and Cooperation ([www.mae.es](http://www.mae.es)), the Secretary of State for Immigration and Emigration (<http://extranjeros.mtas.es/es/>) and the Ministry of Internal Affairs ([www.mir.es](http://www.mir.es)).

In order to clarify specific doubts the Ministry for Internal Affairs has made the following telephone number available: + 34 900 15 00 00. In Santander there is also a Foreigner Office, the details for which appear below:

#### **OFICINA DE EXTRANJEROS EN SANTANDER**

C/ Vargas, 53

39071 Santander (Cantabria)

Phone: + 34 942 99 93 95 (Atención al público) / + 34 942 99 93 99 (Cita previa)

Fax: + 34 942 99 93 89

Opening hours: from 9 am to 2 pm

#### **Student Visa Regime**

Students who want to carry out research or training work on a non-salaried basis, or complete or extend their studies in officially recognised Spanish education or science centres (public or private), need a student visa, which can be applied for at the Diplomatic Representation or Spanish Consular Office in the applicant's home country.

The student visa allows foreigners to stay in Spain and take part in courses and study programmes, or undertake training or research activities for the entire length of their duration. The student or researcher's immediate family members (spouse and children under the age of 18, or children under parental authority or guardianship) can also apply for a Spanish residence visa without the researcher or student having to prove a period of prior residence. If the researcher or student and their accompanying family members intend to stay in Spain for a period longer than 6 months, they must apply for the corresponding "Foreign Student Visa", an identifying document that proves their legal situation in Spain.

Foreign student visa holders (not their family members) may be authorised to engage in salaried professional activities if the employer presents the corresponding employment application; the statutory requirements are met; and the professional activities are compatible with the study programme, signing a part-time or full-time contract for a period of no more than 3 months.

### 3.2 WORK PERMIT

Third-country nationals aged over 16 years who wish to engage in a lucrative labour or professional activity in Spain must have the corresponding **work permit**.

### 3.3 RESIDENCE PERMITS

In order to legally reside in Spain, third-country nationals must be in possession of a certificate of stay or residence permit. There are two types of residence permits: the temporary residence permit (to stay in Spain for more than 90 days but less than 5 years) and the permanent residence permit (to settle in Spain indefinitely and work under the same conditions as Spanish nationals).

#### Temporary Residence Permits

Foreigners who wish to reside in Spain without engaging in a remunerated activity must apply for the corresponding visa in order to obtain a temporary residence permit. They must therefore prove, among other requirements, that they have sufficient means of subsistence and livelihood (for themselves and the family members living with them) for the entire length of time they intend to stay in Spain.

Foreigners who are staying in Spain may also be granted a temporary residence permit in a limited set of exceptional cases (close personal ties, international protection, humanitarian factors and government collaboration).

Foreigners who wish to reside and work in Spain must apply for a temporary residence permit and a work permit for self-employment or paid employment.

#### Family Members

The foreign national's immediate family members (spouse and, in some cases, minor children, or disabled children for whom they are the legal guardian, and parents) also have the right to reside in Spain after being granted a temporary residence permit for the purpose of family reunification. The length of the residence permit is equal to that of the third-country national who applied for family reunification. Family reunification can be applied for after having legally resided in Spain for a one-year period and already having applied for a second year of residence in the country.

#### Duration, Renewal and Termination

Temporary residence permits and temporary residence and work permits have an initial duration of one year, and are renewable for additional two-year terms, as long as the circumstances of the application have remained unchanged from the previous application.

It is possible in some cases to change a student visa into a residence and work permit, without having to apply for a new visa.

The temporary residence permit expires (among other factors) when the foreign resident can no longer provide sufficient financial resources, means of livelihood, health care assistance or suitable accommodation, and when, apart from rare exceptions, the resident has resided outside Spain for a period of more than six months in one year.



## Permiso de residencia permanente

Foreign nationals may apply for a Permanent Residence Permit after 5 years of legal and uninterrupted residence in Spain.

Before travelling to Spain, you can check out the following web pages for more information:

### European Union:

- [www.europa.eu.int](http://www.europa.eu.int)
- [http://europa.eu.int/public-services/spain/citizens/residency/permits\\_es.htm](http://europa.eu.int/public-services/spain/citizens/residency/permits_es.htm)

### Ministry of Internal Affairs:

- [www.mir.es](http://www.mir.es)

### Ministry of External Affairs and Cooperation:

- [www.mae.es](http://www.mae.es)

The web page of the Secretary of State for Immigration and Emigration includes a list of the Foreigner Offices in the different Spanish provinces:

[http://www.igsap.map.es/sgpro/extranjeros/oficinas\\_extranjeros.htm](http://www.igsap.map.es/sgpro/extranjeros/oficinas_extranjeros.htm)

For more detailed information you can call the Spanish Consulate in your home country. From within Spain phone calls to the Ministry of Internal Affairs are free: call 900 15 00 00. From abroad the following number must be called: + 34 915 37 24 23.

## 3.4 HEALTH REQUIREMENTS

When so deemed by the Ministry of Internal Affairs, in accordance with the Ministries for Health and Consumer Affairs and for Work and Social Affairs, all persons that wish to enter Spanish territory must present, at the point of entry to the country, **a health certificate issued in the originating country** by the medical services designated by the Diplomatic Representation or Spanish Consular Office, or undergo a medical examination by the Spanish Department of Health service, on arrival at the border, so as to be able to prove that they are not suffering from any of the quarantinable diseases that appear in the International Health Regulations, or in any international agreements on this matter of which Spain is a signatory, notwithstanding what is established by European Union regulations.

## 3.5 PROOF OF ECONOMIC MEANS

The public officials responsible for carrying out entry checks on people have the right to demand that any foreigner about to enter Spanish territory prove that he/she possesses sufficient economic resources or economic means of living for his / her maintenance during the period of time he / she is in Spain, and also to be able either to travel to another country or to return home.

A foreigner must prove that these economic resources are available to him / her by actually showing them, if they hold them in cash, or by presenting certified cheques, traveller's cheques, fund transfers, credit cards or bank certificate, or by documents validating that they will be able to legally obtain the said means.

The public officials responsible for entry checks have the right to allow a person to enter the country, **but for a shorter period of time that is in proportion to the amount of resources** that are available to them, informing the person in question, by writing it in their passport or other equivalent document, of the deadline for departure from Spanish territory.

Foreigners must prove that they have, at the very least, **the resources that are indicated as follows:**

- For their maintenance, during their stay in Spain, the economic resources or means of living, to the amount stipulated by Ministerial Order, as a result of the proposition made by the Ministries for External Affairs and Cooperation, for Internal Affairs and for Work and Social Affairs, taking into account the number of days that they intend to stay in Spain and the number of people travelling together; this amount may be revised annually, if so required, by Internal Affairs Ministerial Order, as a result of the evolution in the Consumer Price Index.
- Ticket or tickets to return home or to travel to a third country; these tickets must be made out in the traveller's name, be non transferable and closed, and indicate the means of transport to be used.

## 4. STRUCTURE OF THE SCIENCE AND TECHNOLOGY SYSTEM IN CANTABRIA

### 4.1 STRUCTURE OF THE SCIENCE AND TECHNOLOGY SYSTEM IN CANTABRIA

The University of Cantabria (UC), which is one of the institutions of relevance in the field of research in the self-governed region, is one of the most important Spanish universities in the field of R+D, it being an ideal place for the professional training of highly qualified staff.

The UC is the first university in Spain in R+D+i in relative terms. This position makes it possible for this academic institution to establish and develop a very intense and close collaborative relationship with the business world, with which there is constant ongoing synergy, as much in research projects as in the specific formation of human capital. In this sense, there are placement programmes and training grants are offered every academic year.

In order to promote transference of technical results from the university to the business sector, the Centre for Technological Development was set up in 1999, in which general support services are made available to research.

#### 4.1.1 Marqués de Valdecilla Institute for Formation and Research

The Marques de Valdecilla Institute for Formation and Research (IFIMAV) is a management agency run by the Department for Health and Social Services, dependent on the Marqués de Valdecilla Foundation, and its aim is to promote the activities of Biomedical Formation and Research that integrates the different health institutions of the Cantabrian Health Service., and of which the [Marqués de Valdecilla University Hospital](#) is the most important.

Its main objective is to integrate quality clinical research with high level basic research in order to facilitate the transference of scientific progress achieved in the prevention and treatment of the most important health problems.

More information:

<http://www.fmdv.org/PortalWeb/ifimav/ifimav.htm>

#### 4.1.2 University of Cantabria Centre for Technological Development

The aims of the University of Cantabria Centre for Technological Research (CDTUC) are: to make the transference of technical results from the University to the business sector attractive, to make the creation or establishment of new technology-based businesses easier, and, in general, to contribute to the Technological Development of the Region by promoting innovation both in industry and in the service sector.

The CDTUC provides a series of services aimed at bringing the University closer to the regional industrial fabric, to act as a support to businesses in R + D activities and to collaborate with different departments at the University of Cantabria in basic and applied research activities. These particular services are: A Videoconference Room, Materials' Characterisation Service (a laboratory with state-of-the-art equipment which makes it possible to carry out chemical or microstructural analyses or temperature analysis on any kind of material), an Animalarium (located in the School of Medicine), as well as a Telecommunication Technology Service (located in the School of Industrial Engineering and Telecommunications).

##### **Centro de Desarrollo Tecnológico de la Universidad de Cantabria**

Escuela Técnica Superior de Ingenieros de Caminos, Canales y Puertos  
Planta 3, módulo 10-A  
Av. de los Castros, s/n. 39005 Santander (Cantabria)

Web: <http://www.cdtuc.com/>

Phone: + 34 942 20 09 13

E-mail: [asonjm@gestion.unican.es](mailto:asonjm@gestion.unican.es)

#### 4.1.3 Research Results Transference Office (OTRI)

The OTRI is the University of Cantabria's Research Results Transference Office. It is a unit responsible for promoting and handling the relations between the University and the business world, in the context of research and technological innovation. This office is accountable to the Vice Rector for Research, and they work in close collaboration with the Research Management Unit.

The OTRI hours of opening are: Monday to Friday – 08.00 to 14.30 and 17.00 to 19.00. Outside the annual lecture period the hours of opening are 09.00 to 14.00.

More information:

<http://www.unican.es/WebUC/Unidades/Investigacion/otri/Inicio.htm>

**OTRI ~ Oficina de transferencia de Resultados de Investigación**

Universidad de Cantabria

Pabellón de Gobierno

Avda. de los Castros S/N

39005 Santander – Cantabria

Phone: + 34 942 20 10 29 / + 34 942 20 10 79 / + 34 942 20 10 71

Fax.: + 34 942 20 10 70

## 5. NATIONAL R&D PLAN

The R&D Regional Plan seeks to fulfil a relevant function in the context of a society of knowledge, whose postulates are aligned with the aim stated by the European Union in the Lisbon Summit: to become the most competitive and dynamic knowledge economy in the world.

Within the framework of this strategy, in April of 2005 the European Commission presented the VII R&D Framework Program and the first Competitiveness and Innovation Program. The objective of this second initiative is to deliberately support business innovation.

On its part, the Spanish Government promoted the INGENIO 2010 Program, whose aim was to close the 'scientific-technological gap' in relation with the rest of the UE countries.

The Government of Cantabria has also prioritized this policy, by presenting it as one of the twelve strategic axes of the so-called '*2004-2007 Plan de Gobernanza*'. Thus, the axis 'Technological, Business and Industrial Design of Cantabria' expressly intends to foster the System of Regional Innovation through vehicles such as the R&D Regional Plan.

## 6. FINDING A JOB

### 6.1 EMPLOYMENT SERVICE OF CANTABRIA

The Employment Service of Cantabria is a self-governing administrative institution, with its own legal status and full legal capacity to pursue those ends through the competences attributed to it in matters of work via the General Administration in charge of this area.

Its essential purpose is to carry out a generalised and coordinated policy focusing on stable and full-time quality employment, guaranteeing an efficient performance not only in the job search for workers but also adequate needs coverage for employers; this service is both public and free of charge, and assures equal opportunities in job-finding, free movement of workers, job market unity, fair treatment and coordination with the national employment system.

To get in touch with this service:

Headquarters:  
C/ Castilla, 13 6ª Planta  
39009 SANTANDER  
Phone: + 34 942 20 83 21  
<http://www.empleacantabria.com/>

### 6.2 TEMPORARY AGENCIES

Temporary Employment Agencies (E.T.T.) take on workers in order to be able to release them to other companies. For those companies that have posts to fill, contracting staff through an E.T.T. means a saving of costs in the selection process. On some occasions the workers that an E.T.T. has assigned to a company obtain stable employment there.

The worker that is assigned to a client company by an E.T.T. is paid the same amount as if the company itself had taken the worker on directly (total equalisation of salaries is guaranteed by law). The salary includes the pro-rated bonuses and holidays. The E.T.T., as well as paying the worker a salary, is also responsible for making other payments: National Insurance, training, replacement workers in cases of absenteeism, etc. To these direct costs we have to add the costs of the E.T.T. structure and activity, selection costs, taxes, etc., and the logical business profit. It is important to clarify here that the E.T.T. charges the client company all of this and it is never deducted from the salary that corresponds to the worker.

A search for work can be carried out by making a visit in person to one of their offices and handing in a C.V. Once there, it will be necessary to fill out a form so that your personal data can be put into the computer system. Some E.T.T.s systematically call in every person that has handed in a C.V. so that they can, by means of an interview, better understand the chosen career path, availability of working hours or work preferences..

Below there appear some examples of Temporary Work Agencies:

<p><b>ABACO EMPLEO E.T.T., S.A.</b> C/ Isabel II, nº 10, 2º dcha. 39002 Santander</p>
<p><b>ADECCO</b> C/ Antonio López, 2-4 Phone: + 34 942 36 26 70 39009 Santander <a href="http://www.adecco.es/">http://www.adecco.es/</a></p>
<p><b>ALTA GESTIÓN</b> C/ Antonio López, 22 Phone: +34 942 36 31 30 Fax: + 34 942 36 51 77 39009 Santander <a href="http://www.altagestion.es/">http://www.altagestion.es/</a></p>
<p><b>CONSULTORÍA Y ORGANIZACIÓN DE EMPRESA E.T.T., S.A.</b> c/ Joaquín Pérez Cossío, 5</p>
<p><b>EUROEMPLEO E.T.T., S.L.</b> C/ Calderón de la Barca, nº 1 entr. Dcha. 39002 Santander Phone: + 34 942 31 23 12</p>
<p><b>GESPER GESTION DE PERSONAL EMPRESA DE TRABAJO TEMPORAL SL</b> C/ Numancia 4, 1º izda. 39007 Santander Phone: + 34 942 23 61 00</p>

### 6.3 JOB SEARCH VIA THE INTERNET

- **Segunda Mano**  
<http://www.segundamano.es/>
- **Info Jobs**  
<http://www.infojobs.net/>
- **Laboris**  
<http://www.laboris.net/>

### 6.4 VOLUNTEERING WORK AT THE UC

The UC's Office for Solidarity and Volunteer Work, which is accountable to the Vice Rector for Students, allows the university community to take part in various volunteer and solidarity projects run by ALCER (Association against Kidney Disease), the ONCE (Spanish National Organisation for the Blind) and APATACAN (Association for Parents affected by Autistic Disorder and other Development Disorders) and others.

#### **Oficina de Solidaridad y Voluntariado**

Edificio Interfacultativo, despacho 339

Horario: 9 a 12 h. (Monday to Friday)

16:30 a 18:30 h. (Tuesdays, Wednesdays and Thursdays)

Phone: + 34 942 20 08 86

E-mail: [solidaridadyvoluntariado@unican.es](mailto:solidaridadyvoluntariado@unican.es)

## 7. NATIONAL HEALTH SYSTEM

### MEDICAL ASSISTANCE IN CANTABRIA

The Spanish National Health System covers medical assistance for all EU citizens and has signed an agreement with the following countries: Andorra, Norway, Brazil, Chile, Ecuador, Paraguay, Panama, Peru and Morocco.

In order to benefit from this agreement which guarantees free medical care and the partial reimbursement of the cost of medicines, the European Health Insurance Card or the E-111/128 forms must be requested in the country of origin.

Citizens from countries not included above **must take out a private insurance policy**, as must those citizens who, for whatever reasons, are not covered by the National Health System of their country, despite being from a European Union country or one of those mentioned above. No individual will be admitted without submitting written proof of medical insurance valid for the whole period of stay.

If you need to make use of this service during your stay, you should go to the nearest Doctor's Surgery or Health Centre with your passport and the European Health Insurance Card or a copy of the E-128/E-111 form.

When necessary, these are the Health Centres and Surgeries in Santander:

#### Primary Medical Assistance

Health Centre	Address	Phone
Centro de Salud Castilla-Hermida	C/ Castilla, s/n. Santander	942 22 96 95
Centro de Salud Cazoña	Avda. Torres Quevedo, s/n. Santander	942 34 61 94
Centro de Salud Centro	C/ Isabel II, 17. Santander	942 21 81 61
Centro de Salud Dávila	C/ General Dávila, 71. Santander	942 22 87 70
Centro de Salud Los Castros	Avda. de Los Castros, 155. Santander	942 37 05 05
Centro de Salud Puertochico	C/ Tetuán, 59. Santander	942 27 00 72
Centro de Salud Sardinero	C/ Alcalde Vega Lamela, 6. Santander	942 39 30 06
Centro de Salud Vargas	C/ Vargas, 57. Santander	942 20 34 61
Consultorio Monte	Repunte, s/n. Monte (Santander)	942 33 26 22
Consultorio Peñacastillo	C/ Camarreal, 19. Santander	942 32 19 63
Consultorio San Román de la Llanilla	Barrio El Somo, s/n. San Román de la Llanilla.	942 33 33 59

## Hospitals

<p><b>Hospital Universitario Marqués de Valdecilla</b>          Avda. Valdecilla, s/n. 39008 SANTANDER.          Phone: Centralita: 942 20 25 20          Urgencias Sanitarias: 061 (válido en toda Cantabria)</p>
<p><b>Hospital Comarcal de Sierrallana</b>          Barrio de Ganzo, s/n. 39300 TORRELAVEGA.          Phone: Centralita: 942 84 74 00          Urgencias: 942 84 75 25</p>
<p><b>Hospital Comarcal de Laredo</b>          Avda. de los Derechos Humanos s/n. 39770 LAREDO.          Tel Centralita: 942 63 85 00          Urgencias: 942 63 85 10</p>
<p><b>Hospital de Campoo</b>          Avda. de Castilla, 22. 39200 REINOSA          Phone: 942 75 51 55</p>

## 8. ACCOMMODATION

### ACCOMMODATION IN CANTABRIA

Santander is a tourist city in the summer and offers a wide variety of flats for rent in the private sector, while the availability of places in University Halls of Residence, either public or private, is rather more limited.

#### Flats for rent

- <http://www.yaencontre.com/vivienda/results.php/pisos-alquiler-santander- ESP>
- [http://inmobiliaria.segundamano.es/resultados.cfm?idprovincia=39&idzona=215&palabra=&m2=0&hab=0&precio\\_max=0&subcategoria\\_id=5100&categoria\\_id=69&busqueda=](http://inmobiliaria.segundamano.es/resultados.cfm?idprovincia=39&idzona=215&palabra=&m2=0&hab=0&precio_max=0&subcategoria_id=5100&categoria_id=69&busqueda=)

#### Hotels in Santander

<https://www.hotelchiqui.com/>  
<http://www.hotel-palaciodelmar.com/>  
<http://www.gruporhin.com/home.html>  
<http://www.h-santos.com/hoteles/hoPhone.aspx?idH=23&op=21&lg=1>  
<http://www.hotelreal.es/>  
<http://www.abbasantanderhoPhone.com/>  
<http://www.hoteles-silken.com/>  
<http://www.hotellasbrisas.net/>



## Housing list of the University of Cantabria:

Students' Council (CEUC)  
 Edificio de Filología, 1ª planta  
 Avda. de los Castros, s/n. 39005 Santander  
 Phone: + 34 942 20 17 06  
 Fax: + 34 942 20 12 06  
 E-mail: [ceuc@alumnos.unican.es](mailto:ceuc@alumnos.unican.es)  
 Web: <http://www.ceuc.unican.es/Secciones/Alojamientos.html>

## 9. SERVICES

### Plane:

The airport, located 5 kilometres to the east of the city centre, has flights connecting Santander with Barcelona, Madrid, Gran Canaria, Seville, Valencia, Málaga, Alicante, Palma de Mallorca, London (Standsted) Rome (Ciampino), Frankfurt (Hahn) and Liverpool. There is a permanent bus service which connects Santander airport with the city centre bus station every 30 minutes. The bus ticket costs approximately 1.5 Euros.

Additionally, Bilbao Airport, situated about 120 kms from Santander, operates international flights to and from the main European capitals. There are buses and trains to and from Bilbao Airport to the city centre, where there is a coach service to Santander.

#### **Santander Airport**

☎+34 942 20 21 00

Web: <http://www.aena.es> (aeropuerto de Santander)

#### **Bilbao Airport**

☎+34 944 86 96 64

Web: <http://www.aena.es> (aeropuerto de Bilbao)

#### **Information Iberia (Spanish Airlines)**

☎+34 902 40 05 00

Web: <http://www.iberia.es>

### Ferry

A ferry links Santander with Plymouth (United Kingdom) once a week in March and then twice a week from April onwards. It is recommended that you check the timetables and dates.

#### **Brittany Ferries**

Zona Marítima, s/n

☎+34 942 36 06 11

Web: <http://www.brittanyferries.es>

## Train

Santander has two railway stations that correspond to two different railway companies (RENFE and FEVE) and they are situated at opposite ends of the same building.

RENFE connects Santander with Madrid and other places in Spain. This railway company has a radial track network, the centre of which is the capital of Spain.

### **RENFE Railway Station:**

Information and reservations: ☎+34 902 24 02 02

International information: ☎+34 902 24 34 02

Web: <http://www.renfe.es>

FEVE, the narrow gauge railway, joins all the self-governed regions in the North of Spain.

### **FEVE Railway Station:**

☎+34 942 21 16 87 / +34 942 20 95 22

Web: <http://www.feve.es>

## Coach

There are coaches from the French border linking Irún with Santander several times a day. This is the easiest route for those who reach Hendaya by train. There are also coaches that operate the routes to Paris, Brussels, London, Zurich and Geneva. The City Bus Service links The University of Cantabria with the rest of the city.

### **Santander Bus Station**

☎+34 942 21 19 95

Web: <http://www.santandereabus.com>

## Car

Those who prefer to drive here can cross the border at Irún-Hendaya, taking the National Road 634, or the toll motorway A-8 to Bilbao, and then following directions for Santander. Once here, the visitor will realise that the city's lay-out is along three main roads: Avenida de Los Castros (with the University campus in its northern part), Paseo de General Dávila, and the road which joins Cuatro Caminos with the city-centre and Sardinero (see *Santander street on the appendix of this Guide*).

## 10. LANGUAGES

### **THE UNIVERSITY OF CANTABRIA'S LANGUAGE CENTRE –CIUC–**

Link to: [CIUC –University of Cantabria–](#)

## 11. EDUCATION SYSTEM

### SCHOOLING IN CANTABRIA

Link to the Government of Cantabria's Website:

<http://www.educantabria.es/>

## 12. CULTURE

### CULTURE AND LEISURE ACTIVITIES IN CANTABRIA

The surrounding nature and the historical importance of many of the villages and buildings of Cantabria make this region very appealing for tourism, especially during the summer season. From the historical point of view, the region preserves important remains: i.e. Examples from the Prehistoric Era (the Altamira and Puente Viesgo Caves); Roman ruins such as those of Julióbriga, medieval settlements, such as Santillana del Mar; and several examples of the civil and religious architecture of the nineteenth and twentieth centuries (The Palaces of Elsedo, Soñanes and Rañada, among others).

#### Sports

Cantabria is endowed with facilities for sports, Santander, the capital, being the best equipped municipality. Football pitches and the outdoor bowling areas (a local sport) are the most widespread sports facilities throughout the region. Several yacht harbours are located along the coast, providing facilities for sailing and surfing. In the mountainous areas, mountaineering, trekking and skiing can be practised. For the important sport events, Santander has the Palacio de Festivales and the "Racing" football ground, both of them located in the Sardinero area.

- **Useful Webs:**

Web: <http://www.deportes.unican.es/>

Web: <http://www.guiadecantabria.com/ocioyturismo/deporte.htm>

- **Information about sport events:**

Web: <http://www.santanderciudadviva.com/deporte.asp>

- **Active tourism**

Web: <http://www.cantabriarural.com/>

#### Theatres

The city of Santander offers several cultural and leisure facilities, among which the following are the most outstanding:

- **Palacio de Festivales (Festival Hall)**

It offers a wide programme of activities throughout the year: classical music concerts, opera, zarzuela, jazz, theatre, dance and other performing arts.

C/ Gamazo, s/n.  
39004 Santander.  
☎+34 942 36 16 06  
Web: <http://www.palaciofestivales.com>

- **Centro cultural Caja Cantabria (Cultural centre)**

C/ Tantín, 25.  
39001 Santander.  
☎+34 942 20 43 00  
Web: <http://obrasocial.cajacantabria.com/indexProgrammea.asp>

- **Palacio de Congresos y Exposiciones**

Located in the *Sardinero* area, many events take place here every year.

### Museums, Libraries and other places of interest

- **Bay of Biscay Maritime Museum**

C/ San Martín de Bajamar,  
s/n. Santander.  
☎ +34 942 27 49 62

- **Menéndez Pelayo Library and Museum**

C/ Rubio, 6. Santander.  
☎+34 942 23 45 34

- **Municipal Fine Arts Museum:**

The works of Spanish artists from all periods are exhibited.  
C/ Rubio, 4. Santander.  
☎+34 942 23 94 85

- **Regional Prehistoric and Archaeology Museum**

One of the most important in Spain, owing to the abundant Palaeolithic remains in the region.

C/ Casimiro Sainz, 4. Santander  
☎+34 942 20 71 05

- **Planetarium**

This visit is a must for the lovers of Astronomy. E.T.S. de Náutica.

Gamazo, 1. 39004 Santander.  
☎+34 942 20 31 00  
Web: <http://www.unican.es/Centros/nautica/Servicios/Planetario.htm>

- **Bullfighting Museum of Santander**

Plaza de Toros  
C/ Jerónimo Sainz de la Maza,

s/n. Santander  
 ☎+34 942 34 12 04

- **Museum and Research centre Altamira and Altamira caves**  
 “The Sistine Chapel of cave painting”.

Santillana del Mar.  
 CP: 39330. Cantabria.  
 ☎+34 942 81 80 05  
 Web: <http://museodealtamira.mcu.es/ingles/indexprova2.html>

- **Prehistory Museum of Puente Viesgo.**

Cueva del Castillo (Caves).  
 Antigua Estación de Ferrocarril.  
 Puente Viesgo. CP: 39670. Cantabria.  
 ☎+34 942 59 84 71

There are museums and libraries throughout the region, like the *Casona de Tudanca* and the Ethnological Museum in Muriedas, besides the well known ones in Santillana del Mar (Casas del Águila y La Parra, Torre de D. Borja, Palacio de Caja Cantabria, Fundación Santillana, Fundación Jesús Otero, Museum of the Inquisition), the museums of *Castillo de Argüeso* (XII and XIV centuries) and the roman ruins of Juliobriga (I century B.C.), the Cantabrian villages and the *Picos de Europa* Visitors centre.

### Art galleries

Interesting webs:  
 Web: <http://www.santanderciudadviva.com/exposiciones.asp>  
 Web: <http://www.guiadecantabria.com/cultura/galeria.htm>

### Nature

There are many green areas and natural parks throughout the region, some of the most important being:

- **Saja Besaya Natural Park**  
 (<http://www.cantabriajuven.com/naturaleza/saja/saja.html>)
- **Cabarceno Nature Park.** Penagos (<http://www.parquedecabarceno.com/>)
- **Lienres Dunes Park** (Piélagos)  
 (<http://www.cantabriajuven.com/naturaleza/liencres/liencres.html>)
- **Santoña and Noja salt marshes National Park**  
 (<http://www.cantabriajuven.com/naturaleza/marismas/marismas.html>)
- **Oyambre dunes Nature Park**  
 (<http://www.cantabriajuven.com/naturaleza/oyambre/oyambre.html>)
- **Peñacabarga Massif Park** (Villaescusa)  
<http://www.cantabriajuven.com/naturaleza/cabarga/penacabarga.html>
- **Picos de Europa National park** (Asturias, Castilla-León y Cantabria)  
 (<http://reddeparquesnacionales.mma.es/parques/picos/index.htm>)
- **Santilla del Mar Zoo** (<http://www.zoosantillanadelmar.com/>)
- **El Soplao Cave.** ☎+34 902 82 02 82. Web: <http://www.elsoplao.es/>

## Cinemas

Information about films showing, times and addresses can be found in any local newspaper or on internet:

- **Cinesa Bahía de Santander (El Corte Inglés)**

Polígono Nueva Montaña. Santander

☎+34 902 33 32 31

Web: <http://www.cinesa.es>

- **Peñacastillo Cinemas** (Centro comercial Carrefour)

Peñacastillo, s/n. Santander

☎+34 942 34 61 81

Web: <http://www.cineciudad.com>

- **Cines Valle Real (Centro comercial Valle Real)**

Alday, s/n. Cantabria

☎+34 942 26 19 00

Web: <http://www.circuitocoliseo.com>

- **Film Club**

Original version films are shown subtitled in Spanish, Jazz sessions etc.

C/ Bonifaz, 6. 39003 Santander

☎+34 942 31 93 10

Web: <http://www.palaciofestivales.com/cine.html>

- **Groucho Cinemas**

Alternative cinema and original versions.

C/ Cisneros (next to Plaza de la Esperanza)

Santander

## Architectonic Monuments

Web: <http://www.cantabriajuven.com/arte/>

Web: <http://www.santillanamuseodiocesano.com>

## Out on the town

Santander is a city well known for its pleasant and lively nightlife. Note should be made of the "wine bar areas", where people have drinks both inside and outside the bars. The most popular are those of *Cañadío* and *Perines* at night and *Peña Herbosa* and *Vargas* at midday and, in summer, the *Sardinero*. There are all kinds of restaurants, including international cuisine. There is a special city bus service ("Buscielago") available every hour at night in summer from 11:45, leaving from Plaza de Italia.

Outside Santander, other towns offer an interesting nightlife (Torrelavega, Solares, Cabezón de la Sal) also, during the summer months, many fishing villages and, in general, all the villages in the region, have a great atmosphere on the feast days of their local patron saints.

## Cultural Events

The "Paloma O'Shea International Piano Competition" (every 3 years), the "Reina Sofía" Summer Courses and the "International Festival of Santander" (FIS) are all held in the summer. There are events commemorating the summers of the twenties, the time when the Spanish royal family used to spend their holidays in Santander. There are art galleries offering temporary painting exhibitions and lectures on scientific and current affairs. The 'Winter Festival' takes place in Torrelavega (Santander's neighbouring city) offering theatre, concerts... etc.

## Popular celebrations

There are celebrations throughout the year, although it is in summer when most of these take place.

To get more information:

Web: <http://www.welcometospain.net/fiestas>

## 13. USEFUL INFORMATION

### Cost of living

The following estimates have been made as a point of reference. Hence, the following information should only be used as a guideline.

Some examples:

Accommodation + utilities .....	300 € / month
Food.....	230 €
Transport .....	45 €
Health expenses (when necessary) .....	90 €
1 loaf of bread .....	0.60 €
1 litre of milk .....	0.70 €
1.5 litre of mineral water .....	0.35 €
1 coffee at the university .....	0.65 €
1 newspaper: .....	1.00 €
1 notebook .....	1.30 €
1 pen.....	1.00 €
1 city bus ticket .....	1.00 €

### Banks and Postal Services

There are numerous Spanish and International bank offices available to open a bank account. This is a highly recommended procedure as utilities are usually paid for via bank accounts in Spain.

In order to open an account it is necessary to show the Foreigner Identification Number (NIE). Some banks and *Cajas de Ahorros* ask for a photocopy of the passport.

Nevertheless, it is possible to open a temporary bank account in one of the offices that *Caja Cantabria* and the *Banco Santander Central Hispano* have in the building

housing the Law and Economics faculties. Passport/identification needs to be shown. Later on, it is necessary to apply for the Foreigner Identification Number (NIE) to have a permanent bank account. The opening hours of the offices on campus are: from 9:30 to 14:00 and from 16:30 to 18:30 h. for *Caja Cantabria*, and from 8:30 to 14:00 and from 17:00 to 18.30 for *Banco Santander*.

The main Post Office is located at Plaza de Alfonso XIII. There are other offices all over the city, provided with fax services and postal transfer services. Information about the location and timetables of the main office can be found in the Post Office Web page.

**CENTRAL POST OFFICE**

Plaza Alfonso XIII. Santander

☎+34 942 36 55 19

Web: <http://www.correos.es>

**Telephone Services**

**Asociación Cántabra de Empresas de Nuevas Tecnologías de la Información y las Comunicaciones (ASCENTIC)**

Web: <http://www.ascentic.org/>

**Cámara de Comercio, Industria y Navegación de Cantabria**

Web: <http://www.camaracantabria.com/>

**Centro Tecnológico de Componentes (CTC)**

Web: <http://www.ctcomponentes.com/index.html>

**Grupo de Iniciativas Regionales de Automoción (GIRA)**

Web: <http://www.giracantabria.com/index.asp>

**Instituto de Física de Cantabria (IFCA)**

Web: <http://www.ifca.unican.es/>

**Sociedad para el Desarrollo Regional de Cantabria (SODERCAN)**

C/ Hernán Cortés, 39. 39003 Santander

Phone + 34 942 29 00 03

Fax: + 34 942 31 44 72 / 942 21 70 11 / 942 29 02 76

E-mail: [información@sodercan.com](mailto:información@sodercan.com)



## Useful addresses and telephone numbers

<b>Bomberos</b> 080
<b>Centro Coordinador de Información y Documentación Juvenil</b> Avda. Menéndez Pelayo, 8-interior. 39006 Santander. Phone: 00 34 942 20 73 89 Fax: 00 34 942 20 74 03 Web: <a href="http://www.jovenmania.com/">http://www.jovenmania.com/</a>
<b>Consejo de la Juventud de Cantabria (CJC)</b> C/ Daoíz y Velarde, 13 entlo. Izq. 39003 Santander Phone: 00 34 942 22 17 22 Fax: 00 34 942 31 84 90
<b>Cuerpo Nacional de Policía</b> 091
<b>Emergencias</b> 112
<b>Farmacia de Guardia</b> Información 24 horas: 00 34 942 22 02 60
<b>Guardia Civil</b> 062
<b>Información sobre el estado de las carreteras</b> Guardia Civil de Tráfico: Phone: 00 34 942 23 68 12 Tele-Ruta: Phone: 00 34 91 441 72 22
<b>Oficina Municipal de Turismo</b> Hernán Cortés, 4 (Mercado del Este) 39003 Santander Phone: 00 34 942 31 07 08
<b>Policía Local</b> 092
<b>Radio-Taxi</b> 00 34 942 33 33 33
<b>Servicio de información internacional</b> 11825
<b>Servicio de información telefónica</b> 11818
<b>Universidad de Cantabria</b>  <b>Oficina de Relaciones Internacionales -ORI-</b> Avda. de los Castros s/n. 39005 Santander (Cantabria) Phone + 34 942 20 10 52 Fax: + 34 942 20 10 78 E-mail: <a href="mailto:relint@gestion.unican.es">relint@gestion.unican.es</a>  <b>Oficina de Transferencia de Resultados de Investigación -OTRI-</b> Pabellón de Gobierno Avda. de los Castros s/n. 39005 Santander (Cantabria) Phone + 34 942 20 10 79 Fax: + 34 942 20 10 96 E-mail: <a href="mailto:otri@gestion.unican.es">otri@gestion.unican.es</a>  <b>Unidad de Gestión de la investigación</b> Pabellón de Gobierno Avenida de los Castros s/n. 39005 Santander (Cantabria) Phone + 34 942 20 10 31 Fax: + 34 942 20 11 03 E-mail: <a href="mailto:unigesinves@gestion.unican.es">unigesinves@gestion.unican.es</a>

## Consulates

<p><b>BOLIVIA</b>          Urb. Sta. Cruz, chalet A 4.          39100 Sta. Cruz de Bezana (Cantabria)          Phone: 00 34 942 58 15 22          Fax: 00 34 942 58 08 81</p>
<p><b>BRAZIL</b>          C/ Canalejas, 41          39004 Santander (Cantabria)          Phone: y Fax: 00 34 942 21 17 81</p>
<p><b>CHILE</b>          C/ Amós de Escalante, 2-1º dcha.          39002 Santander (Cantabria)          Phone: 00 34 942 31 83 91          Fax: 00 34 942 31 94 55</p>
<p><b>DENMARK</b>          Paseo de Pereda, 16. 3º dcha.          39004 Santander (Cantabria)          Phone: 00 34 942 22 33 66 / 942 21 26 71          Fax: 00 34 942 22 33 62</p>
<p><b>ECUADOR</b>          Juan de Herrera, 2.          39002 Santander (Cantabria)          Phone: 00 34 942 21 62 50          Fax: 00 34 942 31 31 09</p>
<p><b>FINLAND</b>          Paseo de Pereda, 35. 1º          39004 Santander (Cantabria)          Phone: 00 34 942 22 41 54          Fax: 00 34 942 21 57 54</p>
<p><b>FRANCE</b>          Plaza del Príncipe 4-3º dcha.          39003 Santander (Cantabria)          Phone: 00 34 942 37 66 12 / 942 07 08 32          Fax: 00 34 942 37 36 08 / 942 07 08 33</p>
<p><b>GERMANY</b>          Avda. Bilbao, 37          39600 Muriedas (Cantabria)          Phone: y Fax: 00 34 942 25 05 43</p>
<p><b>GUATEMALA</b>          C/ Gándara, 4, 2º D          39003 Santander (Cantabria)          Phone: 00 34 942 36 14 45          Fax: 00 34 942 36 18 26</p>
<p><b>HONDURAS</b>          C/ Francisco de Quevedo, 23, 5º C          39001 Santander (Cantabria)          Phone: y Fax: 00 34 942 22 40 44</p>
<p><b>ITALY</b>          Paseo de Pereda, 36, bajo.          39004 Santander (Cantabria)          Phone: 00 34 942 21 58 55 / 942 22 29 00          Fax: 00 34 942 21 59 63</p>
<p><b>MALTA</b>          Jiménez Díaz, 12 entlo. Dcha.          39007 Santander (Cantabria)          Phone: 00 34 942 23 26 57</p>
<p><b>THE NETHERLANDS</b>          C/ Calderón de la Barca 17, Esc. A, 1º D          39002 Santander (Cantabria)          Phone: 00 34 942 22 00 00          Fax: 00 34 942 22 29 41</p>

Other Consulates available near Santander:

- País Vasco: <http://www.geocities.com/iaestespain/LC/embbi.htm>
- Asturias: <http://www.geocities.com/iaestespain/LC/embast.htm>

## **14. APPENDIX**

### **Map of Santander**

[http://www.ayto-santander.es/Concejalias/Turismo/Turismo\\_callejero\\_Santander.htm](http://www.ayto-santander.es/Concejalias/Turismo/Turismo_callejero_Santander.htm)

### **Maps of other towns in Cantabria**

<http://www.callejeando.com/Mapa/Cantabria/>

### **Cantabria Road map**

<http://www.cantabriajuven.com/mapas/carreteras.html>