

# Guide for Volunteers



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## BEING A VOLUNTEER

To be a volunteer in IDEA might be one of your best experiences in your life. To make sure you're going to have a nice volunteer experience we have collected some important information that can come handy anytime during your staying here. Volunteering is once in a lifetime opportunity, so be sure you are motivated to participate. IDEA is situated in the region Ribera Alta in its Capital City Alzira, which means it is not as big as Barcelona or Madrid, but it has its own beauty.

If you want to be sure, what it means to be a volunteer, what you should expect, you can check a short definition on the official page of European Volunteer Service (EVS), right here: [http://europa.eu/youth/eu/article/46/234\\_en](http://europa.eu/youth/eu/article/46/234_en). You're going to be in contact with your sending organization, but also with IDEA. The most important people who will guide you during your stay here are the coordinator and the supervisor. The coordinator is person who practically gives you all the necessary information. He will provide you help in any situation (gives you the instructions regarding to the work and also helps you in any other area, even with a personal problem during your project). The supervisor is a person who is responsible for taking care of "bigger issues" that are needed to be escalated because your coordinator does not have the proper tools or seniority within the organization to handle them.

### Your coordinator

Name: José Manuel Gonzalez Valls  
Title: Coordinator of European Projects  
E-mail: [europa@alzira.es](mailto:europa@alzira.es)  
Phone: (+34) 676 905 140



### Your supervisor

Name: Carmen Herrero Pardo  
Title: Head of the department of IDEA  
E-mail: [adl@alzira.es](mailto:adl@alzira.es)  
Phone: (+34) 962 455 101



# ALZIRA



Alzira is a city located near the eastern coast of Spain. It is the capital city of the region of Ribera Alta in the province of Valencia and is only 40km away from Valencia which is the third largest city in Spain. The town is situated on the shores of the Júcar River. The Murta and Casella valleys are well worth visiting as they are by far the most beautiful areas in the Alzira area. Alzira's borough extends over 111 square kilometers.

- ***Historical Background***

Alzira was founded by the Moors under the name Jazirat Shukr which later became known as Júcar Island. During the middle Ages it was a prosperous Moorish trading station. In 1242, James I of Aragon took control of the town and henceforth was under Aragonese rule.

- ***Local economy***

Alzira has transformed to popular urban city, which is right now a commercial, industrial and agricultural centre for Ribera Alta region. The reason for this change was decentralization from Valencia that allowed the development of needed services (financial, tax, legal, business, health and education) that serve the citizens of Alzira and the inhabitants of neighbouring towns and districts.

- **Demography situation**

According to INE (National statistic institution), in 2014 Alzira had 44,518 habitants registered living in town. In which 4,633 are registered (2008) immigrants (1,400 Rumanians; 526 Moroccan; 278 Bulgarian; 266 Ecuadorians and also 250 Algerian).

Community	<b>Comunidad Valenciana</b>
Province	<b>Valencia</b>
Region	<b>Ribera Alta</b>
Distance	<b>43 km from Valencia</b>
Population	<b>44 518 (2014)</b>
Official language	<b>Valenciano</b>
Zip Code	<b>46600</b>
Mayor	<b>Diego Gómez García</b>

- **Weather**

In Alzira is typical Mediterranean weather. The coldest months in Alzira are January and February. During these months is really high probability of precipitations. Hottest months are July and August. During these months it's normal that temperature is higher than 30°C (during July higher than 35°C).

	Temperature			Precipitation
Months	Normal	Warmest	Coldest	Normal
January	11.5°C	16.1°C	7.0°C	4
February	12.6°C	17.2°C	7.9°C	3
March	13.9°C	18.7°C	9.0°C	4
April	15.5°C	20.2°C	10.8°C	5
May	18.4°C	22.8°C	14.1°C	5
June	22.1°C	26.2°C	17.9°C	3
July	24.9°C	29.1°C	20.8°C	1
August	25.5°C	29.6°C	21.4°C	2
September	23.1°C	27.6°C	18.6°C	4
October	19.1°C	23.6°C	14.5°C	5
November	14.9°C	19.5°C	10.4°C	4
December	12.4°C	16.8°C	8.1°C	5

- **Useful links**

Information about Alzira:

- <http://es.wikipedia.org/wiki/Alcira>
- [http://www.alzira.es/alzira\\_vpm/index.php/es/](http://www.alzira.es/alzira_vpm/index.php/es/)
- <http://www.alzira.es/>



- <http://www.valenciaterraimar.org/publicacionesdigitales/guiasvirtuales/alzira/index.html>
- [http://www.valenciaterraimar.org/es\\_vista.html?cnt\\_id=1498&](http://www.valenciaterraimar.org/es_vista.html?cnt_id=1498&)

*Information about temperature in Alzira:*

- <http://www.yr.no/place/Spain/Valencia/Alzira/>

## IDEA

IDEA stands for an Agency of Local Development (“IDEA” Initiatives for the Economic Development of Alzira) depending on the Economic and Employment Promotion Department and on the Industry and Commerce Department of the City Council of Alzira. IDEA aims to promote economic growth and reduce the unemployment in the city town mainly working on three big areas: the first one is the provision of information and advice to entrepreneurs, the second area regards information and career guidance for unemployed people, and the third one concerns the provision of Training services.

In 2007 IDEA received the prize of the best agency for the local development from the Generalitat of the Community of Valencia. This prize recognizes the work and the success of IDEA in the areas of entrepreneurship and local development. IDEA is aiming to achieve its biggest goal, as a partner in many different European Programs.



### *Useful links:*

<http://www.idea-alzira.com/>

<https://www.facebook.com/idealzira?fref=ts>

email: [europa@alzira.es](mailto:europa@alzira.es)



## BENEFITS FROM IDEA

As a volunteer you have many benefits that are provided by IDEA or Municipality of Alzira. These benefits can be divided in three big groups:

- **Language**

In Alzira you're going to hear two languages: *Castellano* (Spanish official) and *Valenciano*. You have an opportunity to go to the Spanish language classes to improve your level. This course is for foreign people in Alzira (and near cities). In the beginning you will take a test to assess what level of class is appropriate for you. They will tell you what books are required for the class. You need to take a note of the ISBN and give it to your mentor in IDEA. IDEA is going to pay any fees and also provide your mandatory books. You are going to have two classes in week that are three hours in total. The School is provides three different levels, from beginners to advance.

Spanish course is taking part in *Training Centre of Adult People "Enric Valor"*

**CFPA Enric Valor**

*Verge del Lluch 2, 46600 Alzira*

*Tel /fax: 962458035*

*E-mail: 46019179@edu.gva.es*

Web: <http://cfpaenricvalor.wix.com/web/>

As for the other volunteer, trainers and Eurodisca, you can also have Spanish course, but it can't be during the working hours. The best institution for having afternoon Spanish course is *Instituto de Educacion Secundaria Jose Maria Para.*

**IES José María Parra**

*Doctor F. Bono 3, 46600 Alzira*

*Tel /fax: 962457860/1*

*E-mail: 46000717@edu.gva.es*

Web: <http://iesparra.edu.gva.es/>

Volunteers have also possibility to have **informal conversation classes** with colleagues from IDEA. It is usually conversation in IDEA for one hour three times per week. You have also possibility to join language exchange for the volunteers and Erasmus participants that are taking place in Valencia. To be part of this community you just need to join the facebook group (<https://www.facebook.com/valencia.language>) and talk to Ninì Manuja. This group also has different trips that you can join. It's a great way to make friends from all over Europe.

- **Culture**

IDEA has many advantages because of Municipality of Alzira. One of these is a contract that allows you to join many cultural events for free. These events can be entered with an official paper that you're going to receive at your arrival.

As a volunteer you have possibility to attend activities in these centers without any fees:

- The House of Culture ( La casa de Cultura)

House of Culture is a place where the Youth Information Center has its office and one of the local cinemas is located here. The Youth centre will give you information about the city and the possible activities. This is a good source of information for knowing what kind of events are in Alzira. It announces every activity that is taking place in Alzira. As an EVS volunteer you have free entrance for any show or exhibition guaranteed by IDEA.



More information can be found in:

<https://www.facebook.com/pages/Casa-de-Cultura-Alzira/201212913315564>

- Theatre (grand Teatro de Alzira)

There are two theaters in Alzira. The most famous one is Teatro Grande de Alzira. It is a quite active theatre in Alzira offering plays at the weekends or during the week. As an EVS volunteer you have free entrance guaranteed by IDEA.

Read more and remain updated on their Facebook page:

<https://www.facebook.com/Gran-Teatre-d-Alzira-461372807342399/>

➤ Museum MUMA

MUMA is the local museum in Alzira that provides insight into the past of the city. As an EVS volunteer you have free entrance guaranteed by IDEA.



- **Sport**

In Alzira you have many possibilities to practice sport. There is a most common rout for running close to our house (direction to the Carcaixent). Also you have possibility to get a discounted Gym pass (with access to a pool), because Idea is going to pay you most of the price of it. You can check for schedule on the website below.

<http://www.piscinalzira.com/>

**There is a really good webpage o Facebook with a lot of information about cultural events in Alzira:** <https://www.facebook.com/alziraonline.info/>

- **Trainings**

On your EVS project you are going to participate in two trainings, both are mandatory. The first training week is usually during the first month of your stay in Alzira and the second one is happening in the middle of your project.

- First one, called *on-arrival training*, is held in another city of Spain. During one week you will be provided by all needed information for volunteering, language training and cultural workshop. But primarily it is an excellent opportunity to meet other volunteers and make new friends.
- Second one, called *intermediate training*, is held in another different city of Spain (usually in the southern part). It is shorter training where you evaluate your EVS project and compare your activities with your expectations. In this training you are going to meet the same volunteers that were in the first training but also you will meet the new ones.

## REQUIERED DOCUMENTATION

The most important documents that you will need as a volunteer are your ID card or passport, your contract and your European health insurance card. IDEA is going to help you manage other documents that are:

- **IDENTIFICATION NUMBER FOR FOREIGNERS (NIE)**

On your arrival, we are going to help you to get your NIE which is the Identification Number for Foreigners (Número de Identidad de Extranjero). It is a personal number which allows you to stay in Spain. If you are the citizen of EU you will need your job



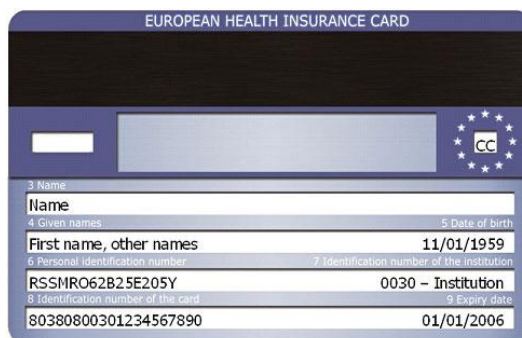
contract (given by IDEA when you arrive), certificate of residence (which you will obtain when you arrive) and the copy of your ID card. You will receive the ID within one week. Usually you have to make an appointment in Police station to pick your new NIE card. If you aren't the citizen of EU it is necessary to submit your passport (copy), contract, certificate of residence (which you will obtain when you arrive), photo and you also have to fill the form that you'll be given in the police station. You will receive your ID within 3 weeks.

- **CIGNA INSURANCE**

From 1st August 2015 European Commission has chosen a new provider of insurance for volunteers going on their EVS projects. You can find the instructions for enrolling EVS volunteers under Erasmus+ EVS projects starting from 1st August 2015. Any questions concerning the enrolment procedure should be addressed to the EACEA ([EACEA-YOUTH@ec.europa.eu](mailto:EACEA-YOUTH@ec.europa.eu)). With this insurance you have covered all the pharmacy expenses during your stay here in Spain, which means if you're going to see doctor you don't have to pay any fee. Also for more information with what is covered with Cigna insurance you can email the question or look it up on this webpage: [https://www.salto-youth.net/downloads/4-17-3248/EVS\\_Cigna\\_GUIDE.pdf](https://www.salto-youth.net/downloads/4-17-3248/EVS_Cigna_GUIDE.pdf)

- **EUROPEAN HEALTH INSURANCE CARD (EHIC)**

If you are a citizen of EU you can have a European Health Insurance Card. It is highly recommended to obtain it before your arrival to Alzira because you don't have to pay for examination in advance. Usually you get this card by your national insurance company free of charge.



*Read more about European health card and information how to obtain it:*  
<http://ec.europa.eu/social/main.jsp?catId=559&langId=en>

- **SPANISH HEALTH CARD (SIP)**

You will also have a possibility to have a Spanish insurance health card. You need to fill the application, have a copy of your contract. Your tutor will help you obtaining the card. If you are sick you have to warn your tutor and IDEA immediately. If the illness last more than 2 days without any improvement you should visit a doctor. In Alzira are many pharmacies and that stock medicine for various illnesses. One of the advantages in Alzira is that you can make appointment via internet or phone.



- **EUROPEAN YOUTH CARD**

Every volunteer of the EVS receives a personal European Youth Card providing easier and cheaper access to cultural events or discounts in different services after being registered in insurance company. If insurance company gets the volunteer's name early





enough the card will be sent to his/her sending organisation, if it's less than two weeks until the start of his/her EVS, it will be send to the receiving organisation. The cards are delivered monthly, meaning your card should be handled within one month (in the worst case two months) after the start of your volunteering, depending on the registration date at the insurance company. In case you do not receive the card, you can demand it by email and it will be send to your host organization. This document doesn't apply to participants of Eurodissea or trainings.

*Read more about information and discounts in the region:*  
[http://www.eyca.org/discounts/search?country\\_id=73](http://www.eyca.org/discounts/search?country_id=73)

- **EUROPEAN YOUTHPASS**

Youthpass is a new way for participants in the Youth in Action Programme to describe what they have done and to show what they have learnt. Basically it is a tool to recognise the learning gained by participating in a European Voluntary Service experience. It recognises non-formal learning. Youthpass helps you track and describe what you have done in your European Voluntary Service project. It helps you link this learning to a set of competences. Mentors follow and help facilitate the volunteer's learning process. It helps to establish clear and achievable learning objectives. With Youthpass, you can record learning in any way you choose. It can also be a method for reflecting on your learning at regular intervals during the activity. This document doesn't apply to participants of Eurodissea or trainings.

*Read more about European Youthpass here:* <https://www.youthpass.eu/en/youthpass/>





## IN CASE OF EMERGENCY

**Phone number in case of emergency: 112**

- Hospital**

**Centro Sanitario Integrado de Alzira**

Address: C/ Horts dels Frares, 60 46600 Alzira

Make an appointment: (+34) 962001005

Administration: (+34) 962001000

Urgency: (+34) 962001001



**Centro de Salud de Alzira**

Address: Carrer de La Pau, s/n, 46600 Alzira

Phone number: 962 46 96 00



- Important phone numbers**

**José Manuel Gonzales Valls**

(+34) 676905140

**Carmen Herrero Pardo**

(+34) 607947485

- Police**

**National police station**

Address: Calle de Pere Morell, 4, 46600 Alzira

Phone number: (+34) 962410366

**Local police station**

Address: Carrer de Sant Roc, 12, 46600 Alzira

Phone number: (+34) 962459253

- Embassies**

***Belgium Embassy Madrid***

Address: Paseo de la Castellana, 18  
28046 Madrid

Phone number: (+34) 915776300

Email: [madrid@diplobel.fed.be](mailto:madrid@diplobel.fed.be)

Fax: (+34) 914318166



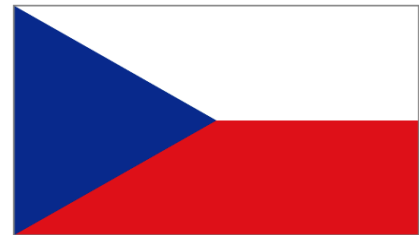
***British Embassy Madrid***

Address: Torre Espacio  
Paseo de la Castellana 259D  
28046 Madrid  
Phone number: (+34) 917146300  
Email: [spain.consulate@fco.gov.uk](mailto:spain.consulate@fco.gov.uk)  
Fax: (+34) 917146301



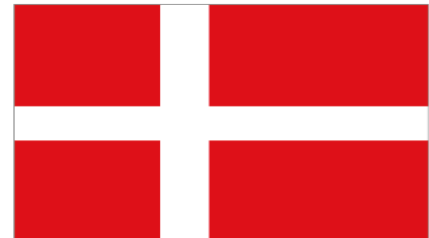
***Czech Embassy in Madrid***

Address: Avenida Pío XII, 22-24,  
28016, Madrid  
Phone number: 91 353 18 80  
E-mail: [madrid@embassy.mzv.cz](mailto:madrid@embassy.mzv.cz)  
Fax: 91 353 18 85



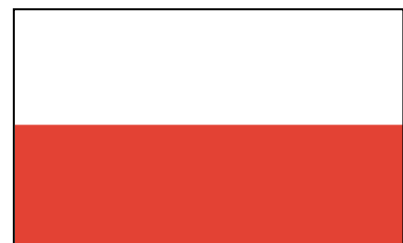
***Danish Embassy in Madrid***

Address: Calle de Serrano, 26,  
7º, 28001 Madrid  
Phone number: +34 91 431 8445  
E-mail: [madamb@um.dk](mailto:madamb@um.dk)  
Fax: +34 91 431 9168



***Poland Embassy Madrid***

Address: C/ Guisando, 23  
28035 Madrid  
Phone number: (+34) 913736605  
Email: [madryt.amb.sekretariat@msz.gov.pl](mailto:madryt.amb.sekretariat@msz.gov.pl)  
Fax: (+34) 913769572



***Slovak Embassy Madrid***

Address: Calle de Pinar, 20  
28006 Madrid  
Phone number: (+34) 915903861  
Email: [emb.madrid@mzv.sk](mailto:emb.madrid@mzv.sk)  
Fax: (+34) 915903868



***Swedish Embassy Madrid***

Address: Calle Caracas 25  
ES-28010 Madrid  
Phone number: (+34) 917022000  
Email: [ambassaden.madrid@gov.se](mailto:ambassaden.madrid@gov.se)  
Fax: (+34) 917022040



***Turkish Embassy Madrid***

Address: Calle Rafael Calvo 18  
2º. A/B, 28010 Madrid  
Phone number: (+34) 91313103904  
Email: [embajada.madrid@mfa.gov.tr](mailto:embajada.madrid@mfa.gov.tr)  
Fax: (+34) 913086602



***German Embassy in Madrid***

Address: C/ Fortuny, 8  
28010 Madrid  
Phone number: (0034) 91 557 90 00  
Email: [info@madrid.diplo.de](mailto:info@madrid.diplo.de)  
Fax: (0034) 91 557 90 70



# TRANSPORTATION

- **Transportation in Alzira**

*Madrid airport → Valencia Train station*

The Spanish railway company (RENFE), connects Madrid with the Madrid Barajas T4 airport terminal through the local train network service "Cercanías" C1 line.

- Line C1: Atocha train station - Airport T4: 25 minutes.
- Price for a simple ticket: 2.60€.
- Passengers with an AVE ticket, who have to get on a flight, do not need to pay additionally.

**Madrid stations → Valencia stations: Check schedule and book your ticket at:**  
[www.renfe.es](http://www.renfe.es)

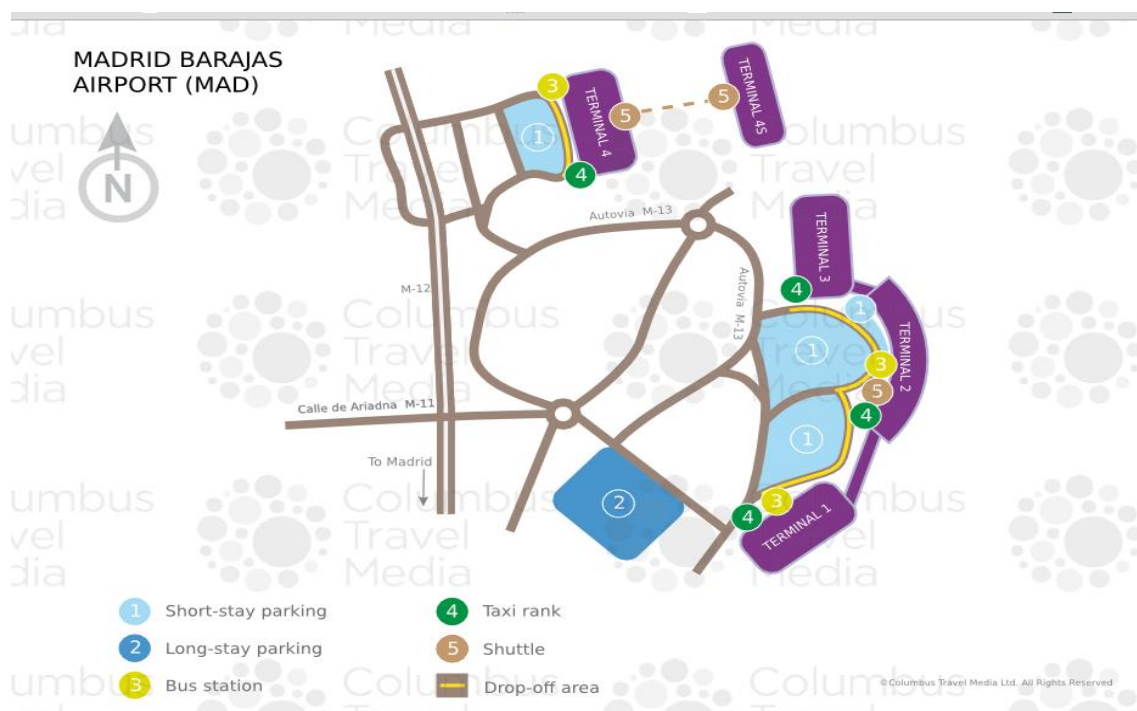
You have two kinds of trains going to Valencia:

The AVE (high speed train):

- from Madrid-Puerta de Atocha station to Valencia Joaquín Sorolla station
- from Valencia Joaquín Sorolla station to Valencia Estació del Nord, you have to take a Shuttle bus (every 5 minutes: present your train ticket to travel for free) or by foot : 1 km (13 min).

Tren de Cercanías (Local/Regional/Intercity train):

- from Madrid- Atocha Cercanías station to Valencia Estació del Nord



### Transportation Alicante airport → Alzira

To get from Alicante airport you need to take bus. The bus stops at the airport are all just outside the arrivals area. Simply exit the airport and cross the street, and you will notice the main bus stops just to your left. It takes around 45 minutes to arrive.

- Line C6: From Airport to railway station- every 20 minutes
- 'Airport to Alicante City bus' line, price : around 4€

### From train station in Alicante to Alzira

To get from Alicante train station to Alzira you need to take train. It's not a direct train so you need to change it in Xàtiva. To change train it's called ENLACE. Down below you can find example of train schedule. You can find exact train ticket in <http://horarios.renfe.com/HIRRenfeWeb/transbordos.do?O=60911&D=64104&AF=2016&MF=07&DF=01&SF=5&ID=s&AP=VOL>.

Example: First train is at 08:00. In Xàtiva you'll be at 09:16 and you have 1h 24minutes to take train to the Alzira.

Salida	Llegada	Enlace	Salida	Llegada	
08.00	09.16	XATIVA	10.40	10.57	▶ 14412
08.00	09.16	XATIVA	21.15	21.26	▶ 05036
10.03	11.19	XATIVA	21.15	21.26	▶ 05036
10.12	11.08	ALMANSA	20.46	21.26	▶ 05036
11.08	12.15	XATIVA	21.15	21.26	▶ 05036
15.16	16.19	XATIVA	21.15	21.26	▶ 05036
18.38	19.44	XATIVA	21.15	21.26	▶ 05036
18.56	20.13	XATIVA	21.15	21.26	▶ 05036

; resultados por 'Salida' , 'Llegada' y 'Duración'

### Valencia Airport → Valencia Train Station

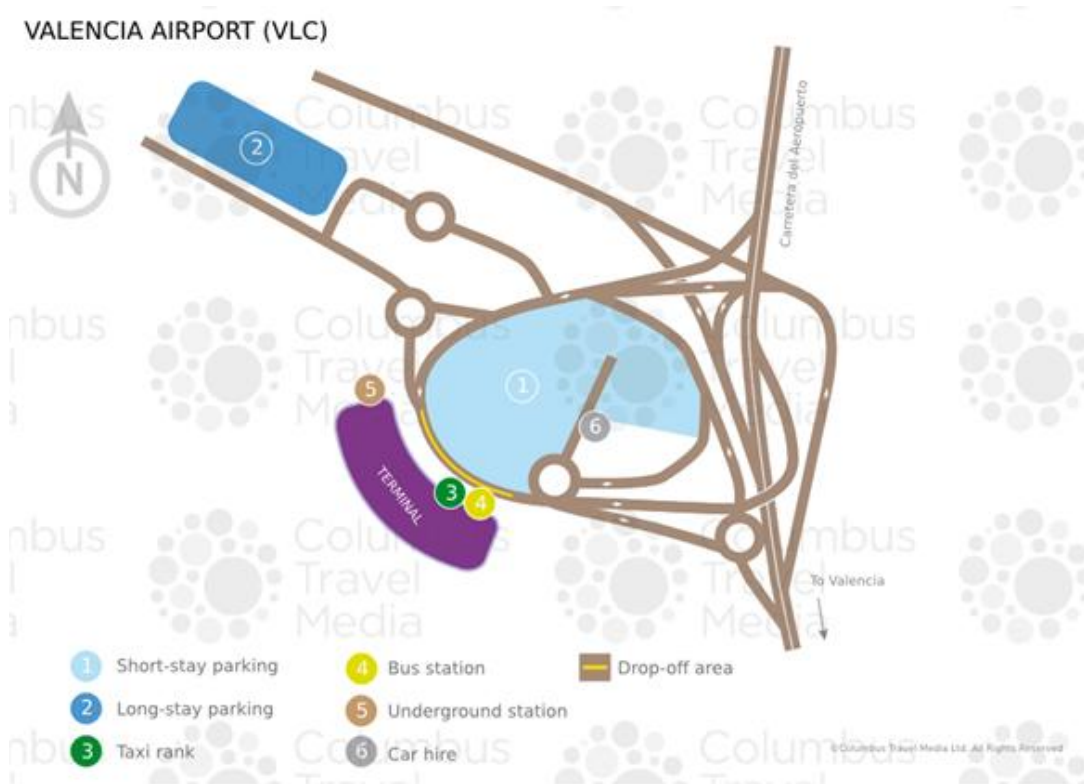
#### By Public Transportation:

In Valencia Airport you have to take the Metro (+/- 30 min; +/- 4€):

- Line 3 going to *Rafelbunyol* or
- Line 5 going to *Marítim - Serrería*

➔ You have to stop at the Station: *Xativa* (11 stops after the Airport).

Going out from the subway you will find Valencia North Station (*Estació del Nord*).



### Valencia Train Station → Alzira

#### By Public Transportation:

In Valencia North Station (*Estació del Nord*) you take the train (+/- 30 min; 3.70€):

- Line C2 going to *Xativa*, *Moixent* or *L'Alcudia de Crespins*

More information and schedule :

<http://www.renfe.com/EN/viajeros/cercanias/valencia/index.html>



- **Transportation in Alzira**

By Public Transportation:

Price: 0.70€ per ticket

Line 1:

*Timetable:*

Every 30 min from 06:30 to 21:30

Stop at 17. *Plaça del Regne*

Line 2:

*Timetable:*

Every hour from 06:45 to 20:45

Stop at 17. *Plaça del Regne*

Line 3:

*Timetable:*

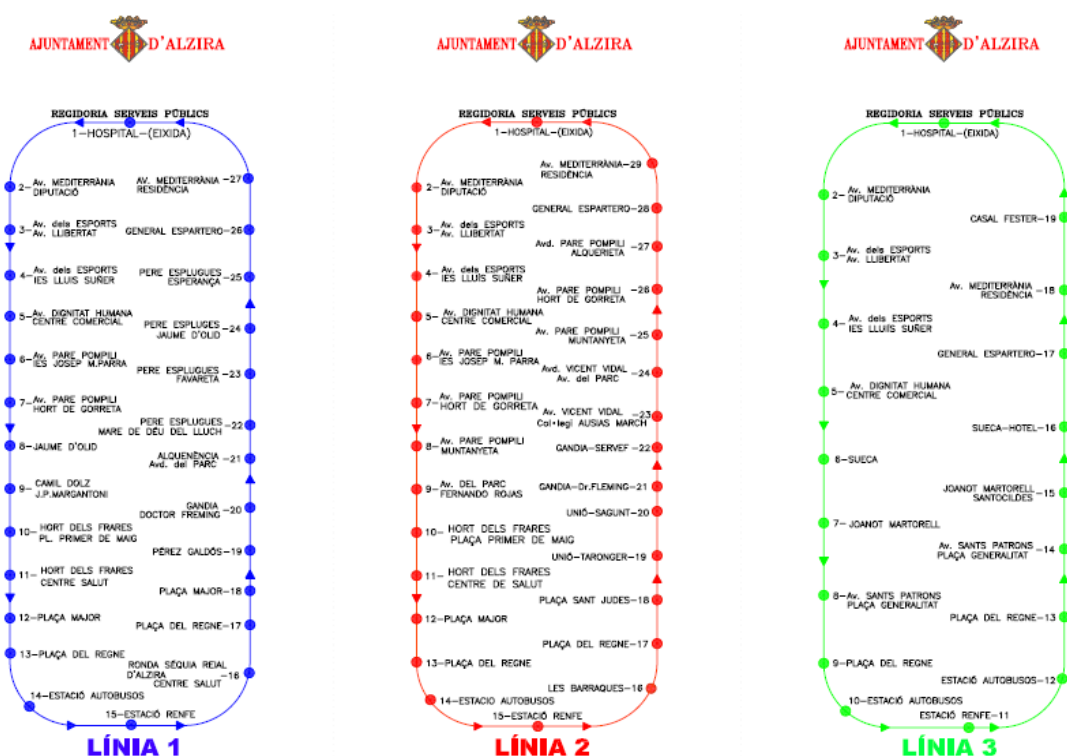
07:15

10:15 - 11:15 - 12:15 - 13:15 - 14:15 - 15:15

18:15 - 19:15 - 20:15

Stop at 14. *Avenida Sants Patrons-Hotel* (for Hotel Avenida Plaza)

Stop at 15. *Joanot Martorell-Santocildes* (for Hotel Casa Blava)



*More information and schedule:*

[http://www.alzira.es/alzira\\_vpm/index.php/es/ciudad/transporte-publico](http://www.alzira.es/alzira_vpm/index.php/es/ciudad/transporte-publico)

## FREE TIME IN ALZIRA: OTHER POSSIBILITIES and MORE INFORMATION

There are three different tourist information offices in Alzira. One is located in the Culture house (La casa de Cultura). This Youth information centre will give you information about the city and the possible activities.

Contact info: tel.: 96 241 74 07 (ext. 115),

[joventut@alzira.es](mailto:joventut@alzira.es)

Other two tourist information offices are located in the Main Square (La plaza mayor) and Plaza del Reino. They are open every day and can provide you maps of the city and other useful information.

Contact info: tel.: 96 241 95 51,

[joventut@alzira.es](mailto:joventut@alzira.es)

- **Festivals**

During your staying in Alzira many of the important holidays are going to happen. The most important and beautiful ones (except Christmas and New Year's Eve) are:

### **La semana santa**

Holy week or *La Semana Santa* is one of the most important festivals in the Spanish calendar. The Easter festivities are big all over the Spain, but the biggest spectacle is in Seville. *La Semana Santa* is mainly a series of processions of elaborate floats bearing jewelled



statues of Mary and Jesus, penitents wearing pointed hoods, and brass bands. They begin on Palm Sunday the week before Easter, followed by those on Thursday, Friday, Saturday and Sunday. The city may be packed with visitors and locals but the experience is worth it.

### Las Fallas

High-tech giant-size sculptures are made into the shape of traditional figures or even modern cultural icons like Shrek and President Obama. The creations are on display all over the city before being burned in one of the many bonfires, which takes place amid



much partying. You haven't seen bonfires until you've seen the ones the Valencia's light on the last night of Las Fallas.

*More information about holidays and leisure time:*

<http://www.valenciaterramar.org/publicacionesdigitales/guiasvirtuales/alzira/index.html#p=32>

[http://www.alzira.es/alzira\\_vpm/index.php/es/ciudad/fiestas-y-tradiciones](http://www.alzira.es/alzira_vpm/index.php/es/ciudad/fiestas-y-tradiciones)

- **Gastronomy**

You should definitely try typical Valencia dish- Paella valenciana. Also you should try all the typical Valencian and Spanish dishes, like paella, arroz al horno, horchata and chorizo, morcilla, jamón. You can find them in the local restaurants and pubs or buy them in all supermarkets, like Mercadona, Masymas, Consum and Día. You can also go to Carrefour where



you can find almost every type of the food you want. Expenses for food and drink vary with every participant, but you can calculate as a minimum 35euros per week (in case you cook for yourself at home).

- **Sport**

In Alzira you can practice many sports, for example padel, jogging, la pelota valenciana. El padel is a popular sport in the Community of Valencia. It is a combination of tennis and squash. You can play it in a lot of places in Alzira, especially in the infrastructures near to the swimming pool. Really popular is jogging here. It's free and you don't need any special equipment. People usually run to Carcaixent, which is the closest city to

Alzira and there is a special road for walking and running. Another traditional sport is la pelota valenciana. It's similar to dodge ball, where players on two teams try to throw balls at each other while avoiding being hit by them.

## OTHER USEFUL INFORMATION

### *Accommodation*

During your EVS project you will stay in flat that IDEA rent for its volunteers. The flat has two bathrooms and three/four single rooms. There is a Living room as well and as a common space there is so called 'office' where we keep three bicycles (yes, IDEA bought them for its volunteers!!) and where we dry our clothes on dryer rack. Usually, this space is used if anyone need to *Skype* or prepare some stuff for work/school. Please remember these common spaces are shared with everyone so they need to be clean. Do not leave there any garbage, trash or dirt. If you'll not clean these areas you can have problem with insects. The same is with your private rooms. In Valencia Community are cockroaches a common problem- like mosquitoes or ants in other countries. You can avoid or reduce number of them in your home by simple cleaning.



Kitchen has classic kitchen equipment that is needed for preparation of meal and also microwave. There is no coffee machine. After using kitchen leave it clean, so another person can use it without any problem. **Clean after yourself!** Don't wait for someone else to do it, because they won't.

Adjunct to the kitchen is a room where you can find washing machine and a terrace. Later in guide you'll find manual how to use a washing machine. If you're a smoker you can smoke on terrace but firstly close every window and door. There is an ashtray that you can use, but again keep it clean.

Sometimes your door in a room can get stuck. In this case please just put a needle or small hairpin a put it through small hole above the door knob.

The Flat is fully furnished and Wi-Fi provided.

For trainers or Eurodissea people, you can choose to live in Valencia or Alzira. Both options have their advantages and disadvantages.

*Here are some useful links:*

- <http://www.pisocompartido.com/alquiler-habitaciones-alzira>
- <http://www.milanuncios.com/pisos-compartidos-en-alzira%7Calcira-valencia/>
- <http://www.idealista.com/alquiler-habitacion/alzira-valencia/>

### *Lights*

In your flat you will come across the problem with electricity. Is a common problem in Spain- you cannot plug too many devices in your apartment otherwise everything will turn off. You have to wait at least 5-10 minutes and then turn on fuses. You can find them in main entrance.

### *Washing machine*

You will have a washing machine in a flat. If there is any problem with washing machine, you have to close the water tap and unplug the device from electricity. Before starting your washing program, turn the tap to the left to open water supply.

### *Phone companies*

From our experience is better to have a Spanish phone number. Mobile companies that provide these services are Orange, Movistar and Vodafone. Price range is from 9-15e

per month (depending on what kind of package and data is the best for you). With other phone companies is possible that you need to sign one year contract which in the end is not very advantageous.

### *Siesta*

Siesta is a typical Spanish period of time when shops are closed and probably every service that you would like to have (hairdresser, manicure etc) will be closed. Time is from 14:00-17:00. It varies depending on season.

### *Sunday*

During Sunday most of the shops are closed. Shops like Carefour, Mercadona etc. so it is highly recommendable to buy your food or any other supply on Saturday.

### *Doctor visit*

Is it expected that every volunteer is a responsible person. If you're not feeling good and you know that you wouldn't make it through the work that day inform your coordinator that you'll be not coming to work that day. Do not message him at 5:00 in morning saying that you have a fever and you need to stay at home. If you're feeling that this is not changing and you need to see a doctor just say it to your coordinator and arrange appointment with a doctor. You can do it online with you Spanish health card that you'll make in the begging of you EVS project.

Link to make an appointment: <http://www.san.gva.es/citaprevia>

In Spain emergency rooms are very expensive and it can happen that no one would take you there at 03:00 in the morning. If you got flu, fever, cold you can deal with this problem during working hours from Monday till Friday. There is no need of going to the emergency room.

Normally you can find your doctor in Centro de Salud (previously mentioned with a photo). It's in suburb of Alzira. If your doctor is not working the day when you need it and it's really urgent you can go to the Centro Sanitario Integrado de Alzira (previous mentioned in guide) in the city centre. Working hours of your doctor can vary from 08:00 till 20:00, but they don't take you without previous appointment. So if you're not feeling good, you can deal with it also after working hours.

Also, if you need to see a doctor, do not call him at your home. Not only is it expensive, but if he'll see that your legs are perfectly fine and you can walk- it can happen that after his visit you'll not. ☺



Also, we need to highlight this ONCE again: you're not here as Erasmus exchange student- if you want to party every day and all day it's up to you, but you have to be ready and prepared to start working at 08:00! You can't smell like an alcohol or still wear clothes from party of last night. You're working for public institution- don't forget it!

### *Clothing*

You're working for a public institution this means you have to show up at work with clean and appropriate clothes. You cannot wear sweatpants, yoga pants, vulgar t-shirts, low v-necks t-shirts, mini-shorts, miniskirts or any other inappropriate clothing.

### *Water*

Use tap water only for cooking. It's not recommended to drink tap water- you should use bottled water. If there is any problem with the water you need to close the valve on the main supply line.

### *Winter weather*

During winter the weather is different than expected. It's cold inside the house because there is no general heating. There are two electric heaters that can be used. Please remember that bigger heater should be used only in common space and therefore not in private rooms. We suggest to bring warmer clothes, because it doesn't seem so, but in Spain it can be also chilly.

### *Number of emergency*

The most important numbers in case of emergency:

- Locksmith: (+34) 662 606 607
- Plumber: (+34) 677 006 330
- Urgency: (+34) 962 001 001

### *Wi-Fi*

In Alzira are many places where you have free Wi-Fi access. There are three main zones where you can access internet connection for free; you can see them on the map. To start



using this Wi-Fi connection you have to first register. Also you have free Wi-Fi access in a flat that is provided by IDEA.



*Bank account*

You can open a bank account here in Alzira. You will need ID and NIE. For Eurodissea volunteers is the best option to open bank account in Deutsche bank, because there are no fees, but you have to have every month transaction of 600€.

# FREE TIME OUTSIDE ALZIRA: WHAT PLACES YOU SHOULD VISIT?

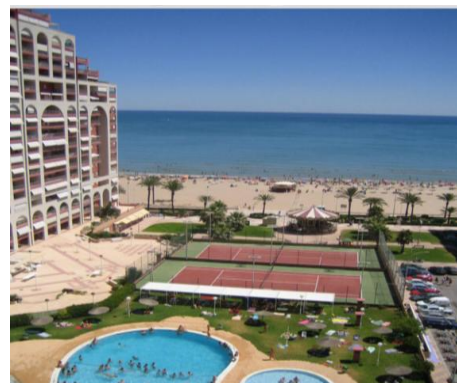
## Valencia



Valencia is the capital of the autonomous community of Valencia and the third largest city in Spain after Madrid and Barcelona, with around 800,000 inhabitants in the administrative centre. Valencia has almost everything, from old theatres and cinemas, to culture events and great museums. There is also a big beach that that offers you lots of activities during the whole year. History, culture, nightlife, entertainment....they all merge into one and give the spectacular image and experience of Valencia. To find out more about history of City you can walk through the Old Town (Ciutat Vella); to admire modern architecture you should visit the City of Arts and Science (Ciudad de las Artes y Ciencias); to enjoy dolphins and other sea creatures go to the Oceanographic (also in Ciudad de las Artes y Ciencias) and to swim and sunbathe go to beaches (Las Arenas, Malvarrosa y El Cabañal).

## Cullera

It's the nearest city to visit that has a beach. You can check also a castle that you'll see from beach. You can go there by bus that goes from Alzira. The bus goes every hour depending on the season and it takes about 30 minutes.





## **Xàtiva**

One of the most rewarding excursions you can make from Valencia is to Xàtiva, which is about 15 minutes south by train. Xàtiva is built on the margin of a fertile plain, and on the southern slopes of the Monte Vernissa, a hill with two peaks, each surmounted by a Castle of Xàtiva. Touring Xàtiva The view and beautiful castle are worth the climb. Castle is an exhausting and time-consuming project. First, you have to walk up a steep hill to arrive at the entrance gate...



and then the work-out really starts. Whether you turn towards the west to explore the smaller Castillo Menor, or to the east for the Castillo Mayor, expect another stiff climb.

## **Gandía**



Gandia is one of the largest coastal towns, with a population over 200,000, and a thriving centre of commerce and tourism in the region. There are two main zones, Gandia City, which has all the historical monuments, commercial activity, and shopping, and Gandia beach, where apartments and summer residences used during the summer season are to be found. The bars and nightclubs are concentrated in the beach area. As is normal for Spain, nightlife does not begin until well after midnight. The beach and town are actually some 2 km (1 mi) apart which succeeds in separating summer tourism from day-to-day living.

## La Murta

Monasterio de la Murta is the closes city to visit. It's about 7 km from Alzira and you can easily walk there. The monastery was built in the 15<sup>th</sup> century and it has its own history. Close to monastery is a swimming pool with golden fish which is pretty extraordinary in this nature.



Also you can walk around the Murta and you'll see beautiful nature. La Casella lies between the mountains of Murta, Cavall and Les Agulles and if you climb this mountain you will see breathtaking views and a deer reserve.

## The Albufera Nature Park

The Albufera Nature Park will transport you to a world of untouched, pure nature where the only sounds you'll hear are the birds singing and the sound of the water. Unspoiled by and protected against man, the reserve is located just 10 km out of the city. A visit here will show you the Valencian passion for the environment and help you to discover the origins of our gastronomy.

## Anna Lakes



This is another spot of natural beauty located right in the heart of the province in the municipality of Anna. Anna's Lake is also known as the Albufera de Anna and is a

spectacular natural water swimming pool that is completely surrounded by nature. Visitors can hire little paddle boats, swim, walk, sunbathe, play on the swings and in the children's park or just relax and watch the spectacular sight of nature that is abundant here.. The swimming pool is only open from the end of June until the first week in September, although visitors are welcome to the area throughout the year. There are two restaurants and three bars and also a campsite located just 50m from the lake. Boat trips on the water are available from Easter up until 13 October. While the lake is the main attraction in summer, there are plenty of wooded areas and pathways to explore at any time of year.