

Maybe it will help you to know...

Meal times in Spain are generally:

Breakfast between 07.00 and 09.00

Lunch between 14.00 and 15.00

Dinner between 20.30 and 22.00

- Breakfast is usually sweet: coffee, milk or juice and biscuits, pastries, yogurts, cereals or toasts with butter and jam. Fried eggs and bacon are not usually eaten.
- It is very common to have a mid-morning snack on or off work, since you can find bars open practically all day long! Check out the Trastero bar next to ISLA to have a coffee and a snack in your breaks!
- The most important meal of the day is midday, between 2:00 and 3:00 p.m. It consists of a first course, a second and dessert.
- It is customary for many Spaniards to have a “afternoon snack” like a coffee with a bun, or a juice and a small sandwich or fruit... something to hold out until dinner time.
- One of Spain’s most endearing customs are tapas, eaten before or instead of lunch or dinner. A cheap way to eat while chatting in company.
- Dinner is a light meal: a sandwich, cold cuts, omelette for example.

And since we are talking about food...

- Potato, legumes, vegetables and meat are the main products that you

will find in meals. Meat is very popular and all homes will have a selection of cold cuts “embutidos”, which are usually pork products. Salamanca in particular is a city with a great tradition for Iberian ham!

- In Spain vegetarianism is only slowly becoming a thing, so be patient. The school is responsible for reporting on the allergies, intolerances and tastes of each student and provides each family with information documents and menus of all kinds. There are several vegetarian and vegan restaurants in Salamanca.

At home with family

- It is common in Spain on non work days so spend a lot of time after lunch sitting around the table. A little chat while drinking coffee, or at weekends and social gatherings, a selection of typical liqueurs and even a drink. If your family has guests at home for lunch on the weekend, you may be invited. Take the opportunity to practice the language and learn about the culture!
- Your family rather push you to you eat more, especially older women are very concerned about making their guests feel very satisfied and full. If you don't feel like eating more, you just have to politely say “Thank you very much but I'm full” or “that's was lovely but I'm done”.
- It is very common for families to drink tap water. The water that comes out of the taps here is of very good quality and that is why most people do not buy bottled water. If you have problems with this please ask your family to buy a couple of bottles and show you where you can buy more for the next few days.
- The siesta is one of the most famous customs of the Spanish. For people who do not work in the afternoon, it is very common to sleep between 30 minutes and an hour, sometimes in bed and sometimes on the sofa with the TV on after lunch.
- Blinds are very common in Spanish houses and at nightfall they are lowered to keep the warmth in and the light of dawn out. So don't be worried if family asks you to lower your blind, but if you have a problem because you do not like so much darkness, just say so politely.
- It is not normal for us to be barefoot at home, it may even seem like bad manners in some families. We usually use slippers at home. In addition to the climate and the bare floors – homes don't usually have carpets or large rugs as they are considered a bit unhygienic!, we think you can catch a cold if you do not wear slippers.
- In many houses the heating is central, this means that the entire

building has the same coal heating system and it is possible that it is very hot at home. Still, your family may want to have the windows open if it is winter, so try to take off a few clothes or ask your family to open it for a while but don't leave it open all day.

- If your family has gas heating, then they control the temperature themselves. Do not use the thermostat to regulate it without their permission. If you are not comfy with the temperature, speak politely with them.
- If you live with a family, students are not allowed to cook on their own, but you can ask your family to explain how to use the fridge to store some fruit or water and the microwave to heat water or milk.
- Ask your family to explain how the taps and the shower work as they may be different from what you are used to.
- After washing your hair, it is always normal to dry it, especially if you go to bed right away. Your family may be upset if you go to sleep with wet hair, they will worry that you can catch a cold and also that the pillow is wet. Try to wash it in time to dry beforehand or put a towel on the pillow if it is wet.
- Spanish people greet with two kisses, possibly a hug and it is very normal to touch the other person a lot while we talk. We are very close and affectionate but if this makes you uncomfortable just say so kindly.
- Older Spaniards don't usually speak other languages. Your family may not know how to speak English very well, but they will find a way to explain things to you.
- Cleaning is usually a daily thing and your family is likely to clean your room when you are away to keep it clean. If you prefer to do it yourself or don't want your lady to do your room, please let us know.
- Our tone when speaking can be forceful, in general we speak very loudly, especially when we are in a group and in social gatherings. We use the imperative a lot and it can seem aggressive, but it is just our way of speaking and does not mean that someone is angry with you. If you think you've upset someone ask them or ask to be spoken to more slowly.
- We spend a lot of time outside the home. After work it is very common to go out and meet to socialize, and get home late every day especially at weekends.
- Family members will often drop by coffee, to celebrate a birthday, grandchildren who visit their grandparents...etc

At home in your flat or apartment

- Shared apartment for students are usually pretty basic. They are often not updated and have simple décor. Kitchen utensils, appliances or furniture may be a little worn, never in bad condition, but student turnover is high and the corresponding use of the facilities leads to wear. Everything is replaced once it is in poor condition, does not work or its presentation is unpleasant. Please try the best you can to keep the facilities in good condition.
- You can find supermarkets very close to your house, since all the apartments that the school has are located in the center of the city. There will be several different supermarkets and stores so you can choose the one that best suits your tastes and the prices that are most appropriate for you.
- Take advantage to buy products from the city and the country and learn to cook typical recipes with your roommates!
- You'll mainly cook your own food, but on the days you don't feel like it, go for tapas! Alone or with your roommates, with three or four tapas and their accompanying drinks, you will have eaten or dined for very little money. You will find bars in almost any corner of Salamanca, but especially around the Plaza Mayor and in the famous tapas area on Van Dyck street.
- You must bear in mind that in the flats where you will live there will be other students, usually another 3-4 apart from you, and it is very important to maintain an optimal coexistence so that a pleasant environment is enjoyed by all. Your room will be clean on arrival but the rest of the time is up to you as well and general cleaning of the apartment is the shared responsibility of all tenants. It is your task to keep the flat clean and tidy daily.
- In the same way it is important to respect the privacy and rest time of your colleagues. Please control the volume of your voice and your electronic devices and ensure that there is a certain tranquility in the apartment, coexistence depends on everyone. If at any time you do not feel respected by your colleagues, let us know immediately in the office.
- If a problem appears with your room or your apartment, go to the office where we will be happy to help you and find a solution as soon as possible.