

The host university (nazwa uczelni zagranicznej)	University of Cantabria
Country (kraj)	Spain
Winter/ summer semester (semestr zimowy/ letni)	Summer semester
academic year (rok akademicki)	2019/2020

City of the exchange (miasto wymiany) (how to travel from Poland/ dojazd z Polski)

Cantabria, Santander.

During the academic year it is necessary to travel via few airports, for example: Cracow Airport -(to) Brussels Charleroi Airport -(to) Santander Airport, there are no direct connections during the academic year, nevertheless at the very end of June till the end of July/August there is possibility to travel directly from Santander Airport to Katowice Airport.

Due to a pandemic situation, there was no possibility to travel via airplane, thus I came back to Poland by bus- on the Facebook platform we can find Group, which consists of Polish people staying abroad in Spain, and so on this group we can find a transport- by a private car for ex. with a family, or by bus organized by a legal company.

Moreover, I would like to mention that there is a very good communication when it comes to public transport, we can travel by bus, by train and by metro. We can easily travel within the cities of Spain, therefore a person coming for the Erasmus programme can consider an option of flying to a bigger city like for example Barcelona or Madrid, stay there to sightsee and then travel directly by plane, bus or train to Santander.

Host University / uczelnia partnerska (state or private, number of students, number of exchange students/ państwowa, prywatna, liczba studentów, liczba studentów z wymiany)

The University is a public institution. At this University study many different students, when it comes to international students we can mostly find Americans- they are the majority. During my Erasmus there was one more person coming from University of Lodz to study at the University of Cantabria, however I knew and also met some people, who came from Poland to study or/and have an internship in a nearby hospital.

Courses/ przedmioty (what kind of courses did you take, how did you apply, the form of teaching, the form of evaluation/ oferta zajęć, sposoby zapisywania się na zajęcia, forma prowadzenia zajęć, sposoby zaliczenia, itd.)

The list of courses I have taken during my programme in Spain:

- Business Management Techniques: Good Practices
- Creation of Companies and Family Business
- International Business: A European Perspective
- Setting up Businesses
- Spanish Language I

Moreover, right before leaving, I have also passed an exam from Business Spanish Language at my home University, and after coming back I had to attend Bachelor Seminar lectures.

It is known that we have to prepare a Learning Agreement, but it happens, that also the host University requires its version of Learning Agreement- and so, in my case, I had to fill some

documents similar to the LA on the page of the University of Cantabria. In the very first e-mail that you will receive from the host University, you get an information about requirements- documents, and so you receive a link to the so-called "UC Online Application Form receipt". When you open a link, you have to write your personal information etc., and then you can choose courses, which are related to your field of study. It is important to stay in touch with your coordinator to choose the most similar/proper courses regarding your studies.

Every course, which I have attended was provided to students in different forms, nevertheless the majority was based on work on real cases, teamwork, discussions with local business people; frankly speaking I really enjoyed every lecture. However, I need to mention that I was challenged by working on Spanish Excel while solving matrices and similar ones on course "Business Management Techniques: Good Practices"- there was no possibility to change the language of the Microsoft Office to English or any other than Spanish.

My Erasmus was conducted mostly in online form due to pandemic. That is why planned activities and forms of evaluation had to change. For courses Setting up Businesses and Creation of Companies and Family Business I had an oral exam conducted via Zoom with cameras, for the rest I had an exam- open questions, also connected via Zoom platform with cameras.

Besides, I had to buy only one book- for Spanish language, it was published by the University of Cantabria, so there was no problem with purchase. In general all materials were printed by professors for students or easily accessible by open-access on Moodle platform.

Accommodation (does the host University offer a place in a dormitory, if not, does it help to find accommodation, czy uczelnia posiada akademik, jeśli nie, to czy pomaga w znalezieniu zakwaterowania, opinia o akademiku, itd.)

The University offers a place in a dormitory, however the institution itself informs about an organization called Emancipia, which helps international students find an apartment, house for rent, and also helps with documents, and with any problems connected with house or tenant. In general, we can ask both- some the employees in the Oficina de Relaciones Internacionales and employees in Emancipia about the town, interesting places- so-called "must see", where to shop, where we can sign for Erasmus trips and so on.

I have rented a house thanks to Emancipia help, we were situated at the city centre- 10 minutes by walk to my faculty, 10 minutes by walk to main square and shops, 15 minutes by walk to main station for buses, trains and metro, and 20 minutes by walk to the beaches. I was living in the house with my friend from University of Lodz (who was actually studying with me at the time) and my boyfriend. Everything was fine, once we had a problem with a leaking sink, but Emancipia called for a plumber and the tenant had to pay for the repair. Leaving date was flexible- we could leave before or after the time we had agreed on the Agreement, and we had to pay for real time we stayed at house, which is really convenient.

Communication with the host University / komunikacja z uczelnią partnerską

I do believe it is an important question, especially that the University had to handle the situation with pandemic, and did it well. Same- before like during the pandemic communication was at a really good level, we were informed about general situation, what we should do or/and what we can do, how we can act, and so on. They were always responding quickly and we were always well informed.

Cost of living/ koszty życia (the average cost of living (accommodation, food, etc), practical tips „where to do shopping, how to travel/ praktyczne porady typu” gdzie robić zakupy, jakie środki komunikacji wybierać, codzienne wydatki, koszty mieszkania itd.)

First factor- payment for renting a house

Due to fact that my house was dedicated for 3 people and the fact, that we were friends and we were doing everything together, Emancipia prepared same payment for all of our 3 (In general you have to pay differently depending on conditions in your room), which was composed of fixed cost- payment for room - €171.66 and variable cost- payment for utilities, electricity etc. - €60. Payment for utilities and others is variable, because at the end of August the tenant receives all needed invoices and calculates the difference between the real cost and the cost we have paid, and then we receive back deposit money magnified or reduced by the sum of occurred differences.

Second factor- food and medicaments

I was shopping and cooking for me and my boyfriend, that is why the cost might not be that high as expected. I have spent around €430-450 every month, which divided by 2 gives us €215-225 per person every month. I used to do shopping at Lidl (low prices, good quality, membership discounts) and in groceries for fresh fruits and vegetables (quality much better than in chain shops, in many cases even cheaper than in chain retailers), but due to pandemic and restrictions related to this, I mustn't go far (Lidl was situated over 3 km from my house) what was checked by police and army soldiers, and I had to do shopping at Supermercado Lupa (prices not that attractive as in Lidl, yet it was cheap supermarket).

Moreover, we were not using that much public transport, due to the fact we preferred to walk. Nevertheless, when we did shopping at Lidl we always ordered a taxi, which is really cheap, especially when we divide costs among more people. We had few opportunities to use the bus, which is a cheap way to move around the city, however it does not go to the strict center of the city, only around- by the sea coast.

Third factor- entertainment

It depends on a person and its interests. We were planning a weekend trip to Barcelona, and we were supposed to pay €60 back and forth without any luggage (only backpack allowed) and around €36 for two nights for one person (which gives in total around €96 per person). We also had an opportunity to see Cirque du Soleil and for tickets we paid €59.5 per person.

These two things I remember and also I could find some payment data to verify the costs. Nevertheless, in the restaurants we paid around €20-40 for dinner for 2 persons, and in cafes and bakeries we paid around €5. In many restaurants we can eat good food, few of them I would like to mention (worth to visit and try):

- MUNE - Pastas de Té - SANTANDER
- Goofretti Santander
- Santa & Co Santander

- Gallofa&Co Santander
- Regma
- Ramonoteca
- Bruma
- La Tasca
- Telepizza Santander
- 100 Montaditos
- Restaurante Lolos
- Dukes Maliano Cantabria
- Pizza Kebab Rapid
- Chocolateria Aliva
- Casa Lita
- Salvaje
- Wabi Sabi
- Dorian
- Tiki Beach

Students' life/ życie studenckie (on the University, in the city/ na uczelni, w mieście)

Santander is a lively place, people like to hang out even during the week, ESN Santander is organizing interesting events, parties and trips. I didn't really have much time to discover everything, yet I can ensure that there are many things happening, international students are open for new friendships and exchange of points of views and cultures. Even the citizens of Santander are very open to people. Personally, I have had a few times where a spanish person came to me and just started a conversation in spanish- about the weather, or important events incoming and so on.

General opinion / opinia ogólna:

When people think about Spain, the majority of them think of the south coast- and so did I. I have never considered before myself traveling to the north, yet I am grateful for the opportunity of visiting and staying in this part of Spain. Frankly speaking I fell in love with the combination of ocean and mountains- it was incredibly amazing. Obviously I enjoyed a lot of views, the neighbourhood, the people and their openness and happiness, the culture, the food. I do recommend choosing Santander for Erasmus, the region of Cantabria is interesting and beautiful, and you can easily travel to other cities.

University offers many interesting courses, there is no problem to find something interesting, and even if you don't feel the subject or you have two courses at the same time you can easily change for another one. Professors are open for new ideas, discussions, in every course I have attended I could discuss, make a brain-storm, provide something new to the course- for example perspectives of Polish market, or economic situation in Poland or Poland's international position.

It is important to mention the weather- if it rains, it rains a lot, hence you better bring everywhere an umbrella with you. And in the opposite way- in May it starts getting hot, and in combination with high humidity you need linen clothes or to take shower at least 3 times per day.

There is no need to be worried about the mountainous topography, due to the fact in few places in the city you can find escalators and elevators, which helps you move around the city.

I cannot wait till I will be able to travel there again, I haven't seen many things and places, and also I just want to go back there again, and so I warn you- you might fall in love with this place.