



International guide

León, your city



Capital of the province, León is a prototype of a medium-sized city, very suitable for a better quality of urban life, with a municipal population of 134,000 inhabitants, with a dominance of tertiary activities, especially commercial and administrative activities.

The city has a historic centre (the Old Quarter, where the Cathedral, San Isidoro, palaces, Gaudí's Casa de Botines, the Plaza Mayor and Calle Ancha and the contrasts between the Romantic Quarter and the popular Barrio Húmedo), together with a modern centre (the Ensanche or the area around Calle Ordoño). But the city is also the periphery of neighbourhoods and residential estates and activities, in some cases of great symbolic and heritage value (San Marcos, Auditorium, MUSAC), the riverside areas of the Bernesga and Torío rivers and the numerous nearby centres of the alfoz (sanctuary and airport of the Virgen del Camino).

The city is relatively close to centres and sites of high heritage value in its extensive provincial area in the Meseta (wineries-restaurants, Maragatería country, meadows and fields), the episcopal city of Astorga (the Cathedral complex and Gaudí's palace) and the Cordillera Cantábrica (Picos de Europa, ski resorts) or in the neighbouring region of Asturias (the Green Coast of the Cantabrian Sea).



<https://youtu.be/Epr1q6BF8jM>

The city of Ponferrada



The city of Ponferrada is located 110 kilometres west of León. It has 70,000 residents in its extensive municipality, with a medieval site located in the upper part, with historic buildings such as the Town Hall and the Templar Castle; and in the lower part, with the urban centre of La Puebla and the new neighbourhoods and residential estates.

Over the last century it has been characterised by a remarkable urban growth, based on the balance of industrial activity ("Energy City") and tertiary activities.

It is highly valued for its proximity to the vineyards and orchards of the Lower Bierzo and the mountain valleys with a high heritage value, as well as its proximity to unique coal mining activities, slate mining and ancient gold mining (Las Médulas), and its relative proximity of two hours to the Asturian and Galician coast.





<https://youtu.be/55AjZIXiz3U>

But... Which campus will I study at: León or Ponferrada?

If you choose subjects from the following Degrees, you will study at PONFERRADA Campus. All the information about them is **here**¹.

- Degree in Physiotherapy
- Degree in Podiatry
- Degree in Engineering in Geomatics and Topography
- Degree in Forestry and Environmental Engineering

All other Degrees take place at **LEÓN** ²Campus.

If you are selecting subjects from the Degree in Nursing, you will be able to choose if you prefer to study it in León or Ponferrada.

¹<https://campusdeponferrada.unileon.es/>

²<https://www.unileon.es/>

Your life in León and Ponferrada



HOW MUCH DOES IT COST TO LIVE IN LEÓN AND PONFERRADA?

Fortunately, León is one of the safest and least expensive cities in Spain. We encourage you to enjoy its streets, its people, its food and its culture. To help you plan your budget, we can tell you that living in León will cost you approximately the following per month:

- Accommodation (+ energy, heat, ...): 250 € - 400 €.
- Meals: 200 € - 300 €.
- Transport: €50



HOW CAN I GET AROUND THE CITY?

Regarding transport around the city, León has buses that run throughout the city. You can consult the routes and timetables [here](#)³. Remember that there is a bus pass for students at a reduced price. You can buy it at any tobacco shop in the city, showing your university ID card.

However, the size of the city makes it possible to walk, cycle or scooter to almost everywhere. University of León offers a bicycle loan service⁴, that you can rent a bike for free, during the course. There is also a private bicycle service with stations in different parts of the city, with weekly, monthly and yearly vouchers available. All the information about this service is [here](#)⁵.

Finally, you can use the taxi service, although this service is more expensive, with a minimum fare of approximately €4.

In Ponferrada, there is also a city bus service, [here](#)⁶; and Taxi, although the size of the city also makes it possible to walk or cycle almost anywhere. If you want to travel from León or Ponferrada, both cities have good train and bus connections with practically all the capitals of Spain.

WHERE AND WHAT CAN I EAT?

The Province of León has a very varied gastronomy. The restaurants and bars of León have food of all prices and can be more or less elaborate. Moreover, the "tapa" culture is very present in León. From your first days, you will enjoy "going out for tapas" in the different areas of León, and you will see that, when you order your drink in the bars, they serve you a small plate of food for free.

If you want, there are several cafeterias, bars and restaurants on the León Campus itself, with menus specially designed for students at an affordable price (around 6 €). You can visit the main cafeteria "[Dani&Jose](#)"⁷, in the heart of the Campus, although there are many other bars and cafeterias close to the Campus.

To give you an idea of the prices in supermarkets, we have listed some of them below

- 1 Litre of milk: 1€.
- 1 loaf of bread: 1€.
- 1 Kg of fruit or vegetables: 1.50 €.
- 1 kg of flour: 1 €.
- 1 kg sugar: 1.35€
- 1 kg of pasta: 1.20 €.
- 1 coffee to go: €1.20

³<http://www.alesa-alsa.com/2017/default.html>

⁴<https://ulebici.unileon.es/>

⁵<https://www.alsa-nextbike.es/es/leon/precios/>

⁶<https://www.ponferrada.org/en/temas/servicios/autobuses-urbanos>

⁷<https://www.google.com/maps/place/Bar-Cervecería+Dani+y+Jose/@42.6131532,-5.5602366,17z/data=!4m5!3m4!1s0x0:0xd856e50f62b91d24!8m2!3d42.6127428!4d-5.5589265>

- Cinema ticket: 5,80 €.
- Newspaper: 1,80 €.
- Breakfast in a cafeteria: 3 €.



CULTURAL AND LEISURE LIFE

León has an active cultural and leisure agenda, as well as a strong tourist offer. You can find all the tourist information about the city of León, including monuments, activities, etc. on its **official tourism website**⁸.

All the cultural and tourist information about Ponferrada is available **here**⁹.

You can find complete and updated information about cultural activities in the Province of León **here**¹⁰and **here**¹¹.

In addition, the Province of León has a wide variety of towns and cities, as well as stunning landscapes and Biosphere Reserves, ideal for nature lovers. You can find information about everything the Province of León has to offer **here**¹².

If you are a hiking lover, León is the perfect place for **you**¹³.

Of course, Universidad de León offers diverse cultural activities in **León**¹⁴and Ponferrada¹⁵.

⁸<https://leon.es/>

⁹<https://turismoPONferrada.com/>

¹⁰<https://www.laguiago.com/leon/>

¹¹<https://leonocio.es/>

¹²<http://turisleon.com/es/>

¹³<https://www.terranostrum.es/senderismo/leon/1>

¹⁴<https://actividadesculturales.unileon.es/>

¹⁵<https://campusdePONferrada.unileon.es/vida-universitaria-cultura/>



How is the weather?



The climate in León is oceanic-mediterranean.

Rainfall is distributed, as is usual in Mediterranean climates, very irregularly throughout the year, with minimums in the summer (July-August) and maximums during spring (April-June) and autumn (September-October).

Temperatures depend on the time of year:

During Autumn, (September-November, temperatures go from 3-10°C during the night to 15-18°C during the day.

Winter (December-February) is cold, and frequent frosts occurs at night (74 days of frost on average per year)., temperatures can vary between -8°C at night and 10-15°C during the day.

Snow also makes its presence felt, although heavy snowfalls are infrequent except in December/January.

During Spring (March-June), temperatures are smoother, from 10°C during the night to 18-25°C during the day.

Summer (July-August) is hot, with maximum temperatures hovering around 32-38°C.

You will be able to check a detailed list of temperatures and other climate details, by month, in the official website of the Spanish Agency for Climate, here¹⁶.

University of León, step by step



1. Before your arrival to León

If you have received this guide, it means that you have been accepted for a mobility period at University of León. Now, it is time to find out what you should do before you arrive in León (1), during your stay in León (2) and at the end of your stay in León (3):

¹⁶<https://www.aemet.es/es/serviciosclimaticos/datosclimatologicos/valoresclimatologicos?l=2661&k=cle>

1.1. SUBJECT SELECTION

As explained in previous emails, one of the first steps for your mobility is to complete a valid **Academic Agreement**. If you have not done so yet, please consult the Registration Guide sent to you in previous emails, for full details on how to do it.

University of León has 14 **faculties**¹⁷, with different locations that you can check **here**¹⁸. Make sure you know where your faculty is located, as this will be important when you start your accommodation search. In addition, each faculty has an academic coordinator and international tutors who will be in charge of signing your Academic Agreement in León. The complete list of academic coordinators is available **here**¹⁹.

You can also check the updated **subject catalogue**²⁰, which includes lists of subjects taught in English or English friendly.

1.2. ACADEMIC CALENDAR

In the School calendar for international students, available **here**²¹, you can check your arrival date, start date, exams, end of semester date, ...

You can also check the general school calendar of the University of León **here**²².

1.3. COMPULSORY INSURANCE PURCHASE

As we have already indicated in the *Registration Guide*, sent previously, it is MANDATORY to purchase insurance for your stay, from your date of travel to León until your date of departure from León. To do so, please follow the detailed instructions in the *Registration Guide*.

Remember to send to movilidad@unileon.es²³, before your arrival in León, the **proof of payment and the insurance confirmation document** showing the coverage, the dates of contract and your personal details.

1.4. VISA (in case it is required for your entrance to Spain)

Only after you have received the Letter of Acceptance can you start the visa process. To do this, you must make an **appointment** at the Spanish Consulate closest to your home. We recommend that you apply **as soon as possible**, to avoid possible delays in the processing of your visa, forcing you to delay or cancel your mobility.

¹⁷<https://www.unileon.es/universidad/facultades-escuelas>

¹⁸<https://www.unileon.es/universidad/localizacion-e-historia/los-campus>

¹⁹https://www.unileon.es/files/2022-08/coordinadores_academicos_septiembre_2022_20220818.pdf

²⁰<https://www.unileon.es/internacional/estudiantes/movilidad-internacional-entrantes/oferta-academica>

²¹https://www.unileon.es/files/2023-03/academic_calendar2023_2024.pdf

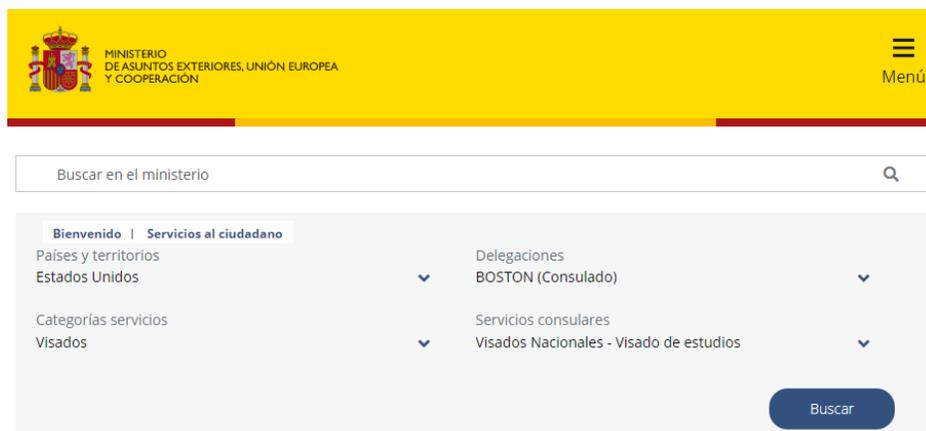
²²<https://www.unileon.es/estudiantes/futuros-estudiantes/normativa-calendario>

²³<mailto:movilidad@unileon.es>

To consult all the **information related to the visa application**, required documents, procedure, etc. you can do so by clicking on the following **link**²⁴. To do so, enter the details of your *country, Consulate Delegation, category of service required and consular services at the top of the screen* (see image below).

Once you have done this, you can request an appointment at the corresponding consulate by contacting them.

The legal deadline for taking a decision is **1 month** from the day following the date of submission of the application, but this deadline may be extended if additional documents or an interview is requested.



If you need to legalise or apostille a document, you can find all the information on how to do it here²⁵.

If you have any incidence during the application process that cannot be solved at the consulate, please do not hesitate to contact us at movilidad@unileon.es²⁶.

1.5. HOW CAN I GET TO LEÓN AND PONFERRADA?

By Train: There are trains from the main Spanish cities to León. For example, from Madrid-Chamartin Station to León the journey takes about 2 hours. From Barcelona Sants, the journey takes about 9 hours. From Oviedo, about 2 hours and a half. You can consult all available routes and timetables, as well as make your reservations at <https://www.renfe.com/es/es>.

By Bus: In the same way, there are buses available from the main cities of the country, although the bus will take approximately 5 hours from Madrid; 10 hours and a half from Barcelona; and 2 hours from Oviedo. In the case of Madrid, there are several direct buses from the airport to León. Bus tickets can be consulted and booked at www.alsa.es²⁷.

HOW TO GET TO PONFERRADA

After arriving in León, you can travel to Ponferrada **by train** (journey time is approximately one and a half hours) or **bus** (approximately 2 hours). Reservations can be made through the links above.

²⁴<https://www.exteriores.gob.es/es/ServiciosAlCiudadano/Paginas/Servicios-consulares.aspx>

²⁵<https://www.exteriores.gob.es/es/ServiciosAlCiudadano/Paginas/Legalizacion-y-apostilla.aspx>

²⁶<mailto:movilidad@unileon.es>

²⁷<https://www.alsa.es/>



1.6. WHERE CAN I LIVE?

Students at the University of León usually live in university halls for residence or in shared flats ("pisos"). University halls for residence are usually more expensive and offer single rooms and, sometimes, private kitchens. However, many students prefer to live in a shared flat with other students, as the cost of a room in a shared flat is around 250-300€.

University of León offers the *Housing Programme*, which could give you information about the available options, although the students are responsible for finding their own accommodation. You can consult

their contact details **here**²⁸. If you are interested in university residences, you can find all the information about them, as well as their contact information, **here**²⁹.

For the search of flats, you can also consult some popular rental websites, such as Idealista³⁰ or Fotocasa³¹, although the University of León is not responsible for their content and there may be other search websites.

If you wish, and to avoid possible frauds, you can book temporary accommodation (hotel, hostel, B&B, ...) in León for the first few days of your arrival and, once in León, look for and visit the available accommodations in person.



1.7. "BUDDY PROGRAM"

During the weeks prior to your arrival in León, we will send you the contact details of a "**buddy**". They are regular students of the University of León who have requested to help international students in their adaptation to the city and the university.

If your sponsor does not contact you, do not hesitate to contact them, through the email address provided, in order to receive assistance in matters such as accommodation, enrolment, information about the city or the university, ...

2. During your stay in León

2.1. CERTIFICATE OF ARRIVAL

The first thing you should do at the University of León is to **visit our International Relations Office**, located in the Services Building (2nd floor) of the Vegazana Campus s/n, 24007 León. The office is open from Monday to Friday, from 9:00 am to 2:00 pm.

At that time, we will check that you have fulfilled all the requirements for registration and, if so, we will give you a **Certificate of Arrival**, which may be required by your university and which will serve to accredit your date of arrival at the University of León.

²⁸<https://servicios.unileon.es/programa-vivienda/>

²⁹<https://www.unileon.es/estudiantes/futuros-estudiantes/servicios-estudiantes/alojamientos>

³⁰<https://www.idealista.com/>

³¹<https://www.fotocasa.es/es/>

2.2. CONTACT WITH ACADEMIC COORDINATORS

Once you have done this, you can contact your academic coordinator, in case you need his/her signature on the Academic Agreement or have any other reason.



2.3. SUBJECTS ENROLMENT

Your enrolment ("matricula") in the selected subjects, and which are included in your Academic Agreement, will take place **once you are already in León**. To do so, please **visit the Administrative Office ("Secretaría") of your faculty**, where you will be given a **green enrolment form**. Once you have completed and signed it, you must hand it in to the Administrative Office of your faculty, together with your academic agreement and any other document that may be requested.

For your mobility semester, the deadline for enrolment is February 22nd. 2023. If, for any reason, you are unable to meet this deadline, you should contact the Administrative Office of your faculty to inform them, so that they can give you specific instructions.

2.4. LEARNING AGREEMENT CHANGES

It is possible to make changes to your Academic Agreement as many times as necessary, although it is recommended to minimise the number of changes to avoid misunderstandings and additional paperwork.

To make these changes, please complete "During mobility" section of your academic agreement, which will need new signatures from the coordinators. It is **VERY IMPORTANT** that you communicate any changes in the Learning Agreement to your Administrative Office, so that they can modify your enrolment accordingly.

These changes should be implemented by **February 23rd. 2024**.

2.5. STUDENT EMAIL

After we include your details in the university database, you will automatically receive an email with information about your new student email address, as well as information on how to activate the various services.

2.6. STUDENT CARD

When you are in León, and after enrolling in person at your Faculty, you can apply for your university card through the following **website**³². If you follow the instructions, you will receive your digital university card, which will help you to apply for all university services, access to sports facilities, libraries, discounts on cultural activities, ...

2.7. UNILEON APP

Download your Unileon App³³ now to access much more information, access your notes, the Digital Office, ...



2.8. INTENSIVE SPANISH COURSE

³²<https://carne.unileon.es/>

³³<https://play.google.com/store/apps/details?id=net.universia.unileon>

The University of León offers, to all international students, an intensive Spanish course, **voluntary and free of charge**, during two weeks before the beginning of the academic year. For the next semester, the intensive Spanish course will take place from **January 22nd. to February 2nd. 2024**.

Closer to the beginning of the semester, we will send you an email with instructions on how to register for this course.

In addition, the Language Centre of the University of León offers Spanish reinforcement courses, during the academic year and in the afternoons, so that international students can improve their level of Spanish. You can check all the information about them, including cost, timetables, ... **here**³⁴.

2.9. WELCOME WEEK

From February 5th. to February 9th. 2024 (both days included), an Orientation Week will take place. This activity is compulsory for all international students. During the week, you will be able to learn about all the services of our university, we will help you to understand what procedures you must carry out at the university, we will solve your doubts about the activation of email and other electronic services, we will carry out activities to get to know other international students, and we will go on a tourist trip around our province.



³⁴<http://fgulem.unileon.es/ciespanol/erasmus.htm>

3. At the end of your stay

3.1. CERTIFICATE OF STAY

Two or three days before your departure from University of León, you must visit the International Relations Office again to complete the end-of-stay formalities. We will then give you the **End of Stay Certificate**, which may be required by your home university to complete the payment of your scholarship (if applicable) or to recognise your stay.

This procedure must be carried out in person, as documents will not be signed online.

3.2. CREDIT RECOGNITION

University of León is a member of the European Higher Education Area (EHEA) and the **European Credit Transfer System (ECTS)**³⁵. This means that subjects are made up of a certain number of ECTS credits and, in our case, one ECTS credit is equivalent to 25 hours of work by the student.

The subjects selected and their number of credits will be reflected in your Learning Agreement, signed by you, the home university and the host university, and the student will only be able to enrol in these subjects. Likewise, only the subjects reflected in the Learning Agreement can be recognised at a later date.

The number of credits selected at the host institution should be proportional to the time spent studying abroad. The student is expected to take 60 ECTS educational components per full-time academic year.

When you finish your stay at the University of León, we will send you **a Transcript of records** within 5 weeks after the publication of your results, according to the Erasmus Charter. This transcript will be sent directly to your home university, so we recommend you to check with your International Relations Office about the reception of the transcript.

³⁵<https://education.ec.europa.eu/education-levels/higher-education/inclusive-and-connected-higher-education/european-credit-transfer-and-accumulation-system>



<https://youtu.be/dts-8wUEjvY>

LIBRARY SERVICES

The University of León has an advanced library system, with a **Central Library**,³⁷ which is one of the unique buildings on our Campus, and libraries in several faculties and Ponferrada Campus. In its **online catalogue**³⁸, you will be able to find all the information you need for your studies and, in addition, it has a page dedicated exclusively to **online resources**³⁹ so that you can access them at anytime and from anywhere.

If you have any doubts or questions, or need to find specific information that you don't know how to find, the library staff will be happy to help you.

E-mail: biblioteca@unileon.es⁴⁰

Instagram: [@biblioteca_unileon](https://www.instagram.com/biblioteca_unileon)

Twitter: [@bibliotecaule](https://twitter.com/bibliotecaule)

³⁷<https://biblioteca.unileon.es/principal>

³⁸https://catoute.unileon.es/discovery/search?vid=34BUC_ULE:VU1

³⁹<https://sites.google.com/unileon.es/recursosonline/página-principal>

⁴⁰<mailto:biblioteca@unileon.es>



SPORTS

If you like sportS, the University of León is your place to practice it, and you can find all the necessary information **here**⁴¹.

Our activities are organised in four areas:

- **Internal competition**⁴², between teams of students from each of our faculties.
- **Federated competitive sport**⁴³, in collaboration with clubs in the city of León.
- **Leisure and free time activities**⁴⁴: climbing, skiing, yoga, ...
- Frequent activities: Night trail, solidarity races, ...

To take part in them and to book our **sports facilities**⁴⁵, you will need to apply for a university card (see below) and, if you have any questions, please do not hesitate to contact or visit our Sports Service.

If you want to know the sports activities of the Ponferrada Campus, they are available **here**⁴⁶.

E-mail: deportes@unileon.es

⁴¹<https://www.unileon.es/deportes>

⁴²<https://www.unileon.es/deportes/campus-de-leon/competicion-interna>

⁴³<https://www.unileon.es/deportes/campus-de-leon/deporte-de-competicion>

⁴⁴<https://www.unileon.es/deportes/campus-de-leon/actividades-deportivas-y-de-ocio>

⁴⁵<https://www.unileon.es/deportes/campus-de-leon/instalaciones-deportivas>

⁴⁶<https://campusdeponferrada.unileon.es/actividades-alumnado/>



CULTURAL ACTIVITIES

University of León offers a wide range of cultural and artistic activities, especially aimed at the University Community, but open to the whole city, through the Cultural Activities Area. It also offers the university community the possibility of actively participating in musical groups (orchestra, band and choir), theatre groups and corporal expression groups.

You can access the updated agenda of the activities offered (concerts, theatre, cinema, ...) [here](#)⁴⁷. You can also consult the activities related to the Ponferrada Campus [here](#)⁴⁸.



LANGUAGES

⁴⁷<https://actividadesculturales.unileon.es/>

⁴⁸<https://campusdeponferrada.unileon.es/vida-universitaria-cultura/>

If you want to improve your Spanish, or any other language, the University of León has a Languages Centre that offers courses for Spanish, Italian, French, German, Japanese, Chinese, ... You can check the full list of courses available, as well as the timetable, cost and registration form **here**⁴⁹.



GREEN OFFICE

At University of León, we give importance to sustainability and care for the environment. You will be able to rent a bicycle⁵⁰, completely free of charge, through our Green Office. If you are interested in healthy, locally produced food, we also offer a basket of organic products every week in the same office. These products are produced by local farmers in an organic way.

Twitter: @oficinaverdeULE



PSYCHOLOGICAL SUPPORT

The students of University of León, Vegazana Campus and Ponferrada Campus, have at their disposal a psychological support programme whose objective is to help them manage anxiety before exams, self-control for study or affective and interpersonal affections. If you need it, we are here to help you, and you can request the service through this website⁵¹. To do so, you will need to have a University of León student email address.

⁴⁹<http://fgulem.unileon.es/ci/>

⁵⁰<https://ulebici.unileon.es/>

⁵¹<https://servicios.unileon.es/actividad-estudiantil/programa-de-apoyo-psicologico/>



SPECIAL NEEDS

If you have any special needs or require adaptations for your classes, exams or your stay at the university, you can request an appointment to study your case and the necessary adaptations by emailing gerrtg@unileon.es⁵². You will find all the relevant information about the service provided [here](#)⁵³.



HOW TO ACT IN CASE OF EMERGENCIES

⁵²<mailto:gerrtg@unileon.es>

⁵³<https://servicios.unileon.es/unidad-de-apoyo-a-estudiantes-con-discapacidad/>

If you have an accident or need medical attention, contact your insurance company immediately, so that they can tell you which medical centre you should go to and how to proceed. If you need our help, do not hesitate to contact us or visit us at the International Relations Office.

The University of León has an updated Emergency Plan.

In case of emergency, you can access all emergency telephone numbers, police, etc. as well as other related information on the following **website**⁵⁴.

UNIVERSITY RADIO

Our university radio has programmes specially produced for our students, as well as a music channel, perfect for your study time. You can listen live, and follow our programmes on Twitch, **here**⁵⁵.

HOUSING PROGRAM ("PROGRAMA VIVIENDA")

Above, we have already told you about our Housing Office⁵⁶ and **Housing Programme**⁵⁷.

E-mail: programavivienda@unileon.es⁵⁸

E-mail (Ponferrada): ulevivp@unileon.es⁵⁹

Teléfono: 987 29 35 40

(The Housing Office will be closed during the month of August).

AEGEE LEÓN

AEGEE León is an **association of international students** that organises activities and trips for the students who visit us in León. It is a good way to meet other international students and get to know León and Spain. If you want more information, visit their website **here**⁶⁰.

⁵⁴<https://servicios.unileon.es/unidad-prevencion-riesgos-laborales/emergencias/>

⁵⁵<https://servicios.unileon.es/radio-universitaria/>

⁵⁶<https://www.unileon.es/estudiantes/futuros-estudiantes/servicios-estudiantes/alojamientos>

⁵⁷<https://servicios.unileon.es/programa-vivienda/>

⁵⁸<mailto:programavivienda@unileon.es>

⁵⁹<mailto:ulevivp@unileon.es>

⁶⁰<http://uleaegge.unileon.es/>

Contact details



If you have any doubts or questions, you can contact us at movilidad@unileon.es⁶¹.

Don't forget to join our Instagram! @rrii_unileon

<http://www.unileon.es>⁶²

<http://www.unileon.es/internacional>

⁶¹<mailto:movilidad@unileon.es>

⁶²<http://www.unileon.es/>