



# IUHPFL Oviedo 2025

## Bienvenidos

# Today's Goals



MEET OVIEDO  
INSTRUCTOR TEAM



GET TO KNOW  
OVIEDO



DISCUSS LIFE ON  
SITE



HONOR CODE



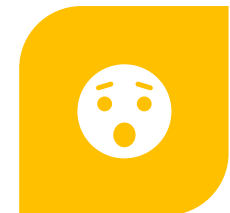
BEFORE TRAVELING



TALK ABOUT FLIGHT  
INFORMATION



DISCUSS FINANCES



CULTURE SHOCK

We'll have time for questions at the end—thank you for your patience!  
¡Gracias!

# The team

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# The Team! ¡El equipo!



**Christopher Brenes,**  
Linguistics and  
Grammar Instructor



**James Lang,** Culture  
and Literature  
Instructor.



**María Montenegro,**  
Community  
Engagement Instructor.



**Mariví Diez Álvarez,**  
Housing Coordinator.



**Patricia Pérez Santos,**  
Student Services  
Coordinator.

# Mariví – Housing Coordinator

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- Selects host families
- Knows tons about Oviedo & Spanish art & history!
- Loves to dance
- Teaches Tai Chi to the elderly



# Patricia Pérez Santos — Student Services Coordinator

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- Experienced in public-facing roles, especially in the event industry since 2017
- Regional advisor for a medical program at Alfonso X University (Madrid)
- Based in Asturias



# Oviedo

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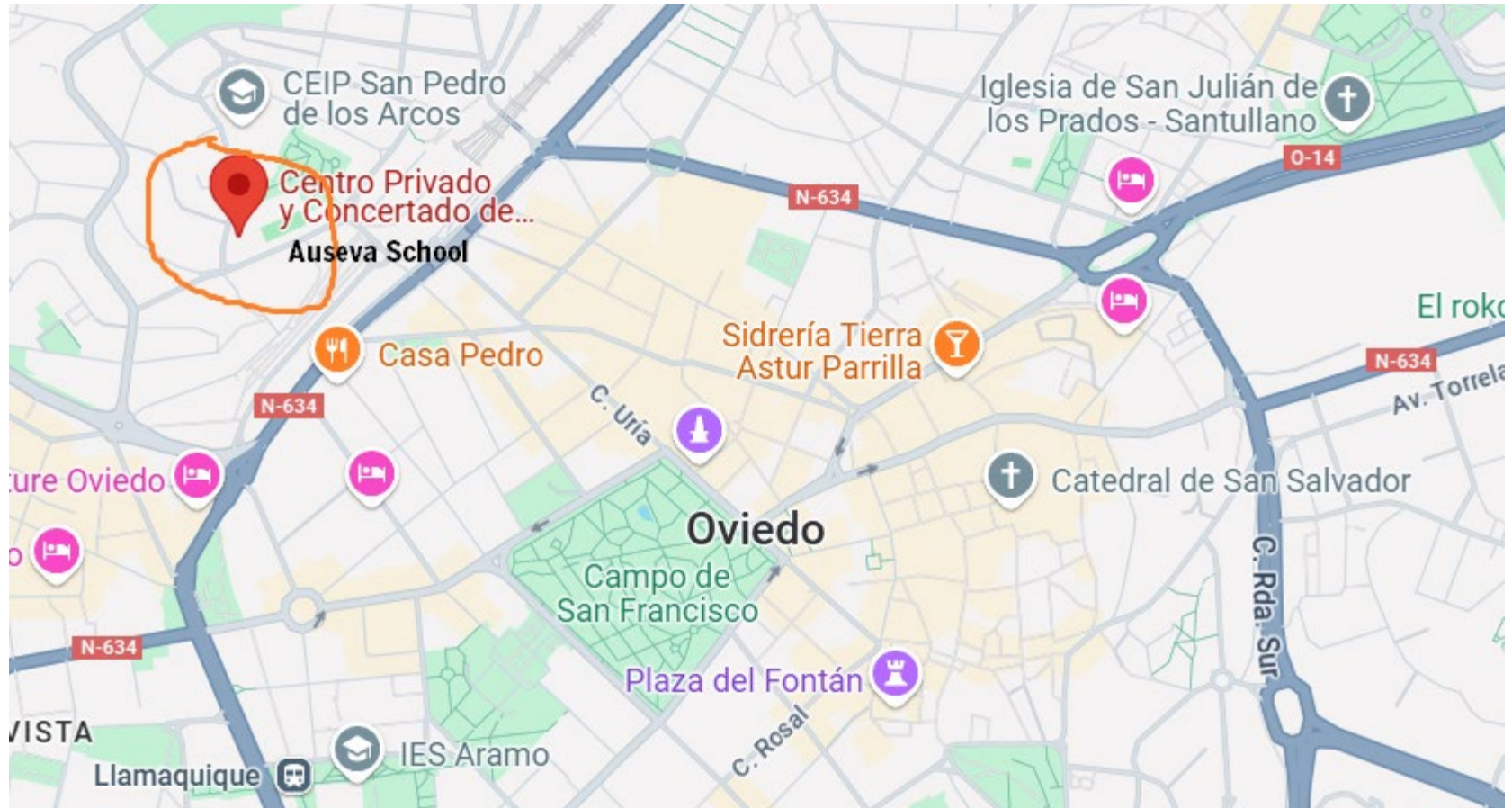


# ¿Dónde está Oviedo?





# Auseva School



# Meet our mascot







# Catedral de San Salvador de Oviedo

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Calle Cimadevilla



# El Fontán Market

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# Life in Oviedo

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# Typical Weekday on Site



Hour	Amount of time	Activity
8:45-9:00		Rollcall
9:00-10:15	75 minutes	Class #1
10:15-10:30	15 minutes	Break & Snack
10:30-11:45	75 minutes	Class #2
11:45-12:00	15 minutes	Announcements/Business
12:00-12:45	45 minutes	FLEX (M: Community Engagement, T: Phone, W: Community Engagement: Th: Phone, F: S & S)
1:00-2:00	60 minutes	Lunch
2:00-4:00	120 minutes	Afternoon Activities (Sports, Magazine, Farewell Show Prep, Community Engagement Activities)
4:00-curfew (site-specific)		Free time (groups of 3)

# Typical Weekend on Site

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- Spend time with host family
- Optional local excursions with program
- Personal 'down time' for reflection, rest
- Inform instructors of plans outside Oviedo
- Students may *only* go out in the evenings ***with host parents***

# New experiences!!!





# Sports Days





# Host Families





# The Farewell Show



# Excursions



# Tentative Calendar

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## Oviedo 2025 Calendar (tentative)

June-July 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jun 8	9	10	11 Depart Us	12 Arrive Spain	13 9AM Language Test 4pm Walking Tour 7PM Arrival Orientation/ Reunión Familias	14
15	16 Classes	17 Classes Actividad Escuela Auseva	18 Classes Danza Prima 16:00h	19 Classes	20 Excursion: Covadonga & Cangas De Onís	21
22	23 Classes	24 Classes Museo Bellas Artes Asturias 10:30h	25 Classes Pool 10:00h	26 Classes	27 Classes	28
29	30 Classes	Jul 1 Classes	2 Classes Danza Prima 16:00h	3 Classes Visita Iglesia de Santa María del Naranco en Oviedo	4 Excursion: Gijón	5
6	7 Classes Parlamento De Asturias 10:30h	8 Classes	9 Classes Danza Prima 16:00h	10 Classes	11 Language Test Farewell Show	12
13 Depart For Madrid	14 Madrid	15 Depart For Us	16	17	18	19

A few afternoons a week, we will participate in some sort of sport or physical activity at or near our school. Note: Activities are subject to change (e.g., based on weather, community events, other factors). Flexibility in study abroad is key!

# If you get car sick...

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- Please bring **Dramamine!!**
- We have some long bus rides... through twisty, winding mountains!





# Excursion: Cangas de Onís y Covadonga

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Museo Aula del Reino de Asturias



Puente Medieval

# Excursion: Gijón

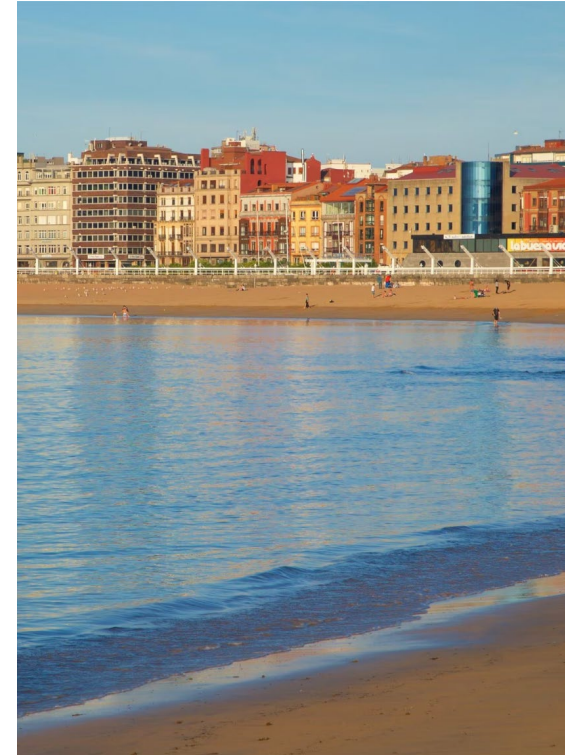
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Museo Termas Romanas



Cima de Villa



Playa de Poniente



# Excursion: Segovia



Segovia Aqueducts



Alcázar de Segovia



# Excursion: Madrid

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Mercado de San Miguel



El Parque del Retiro



Museo del Prado

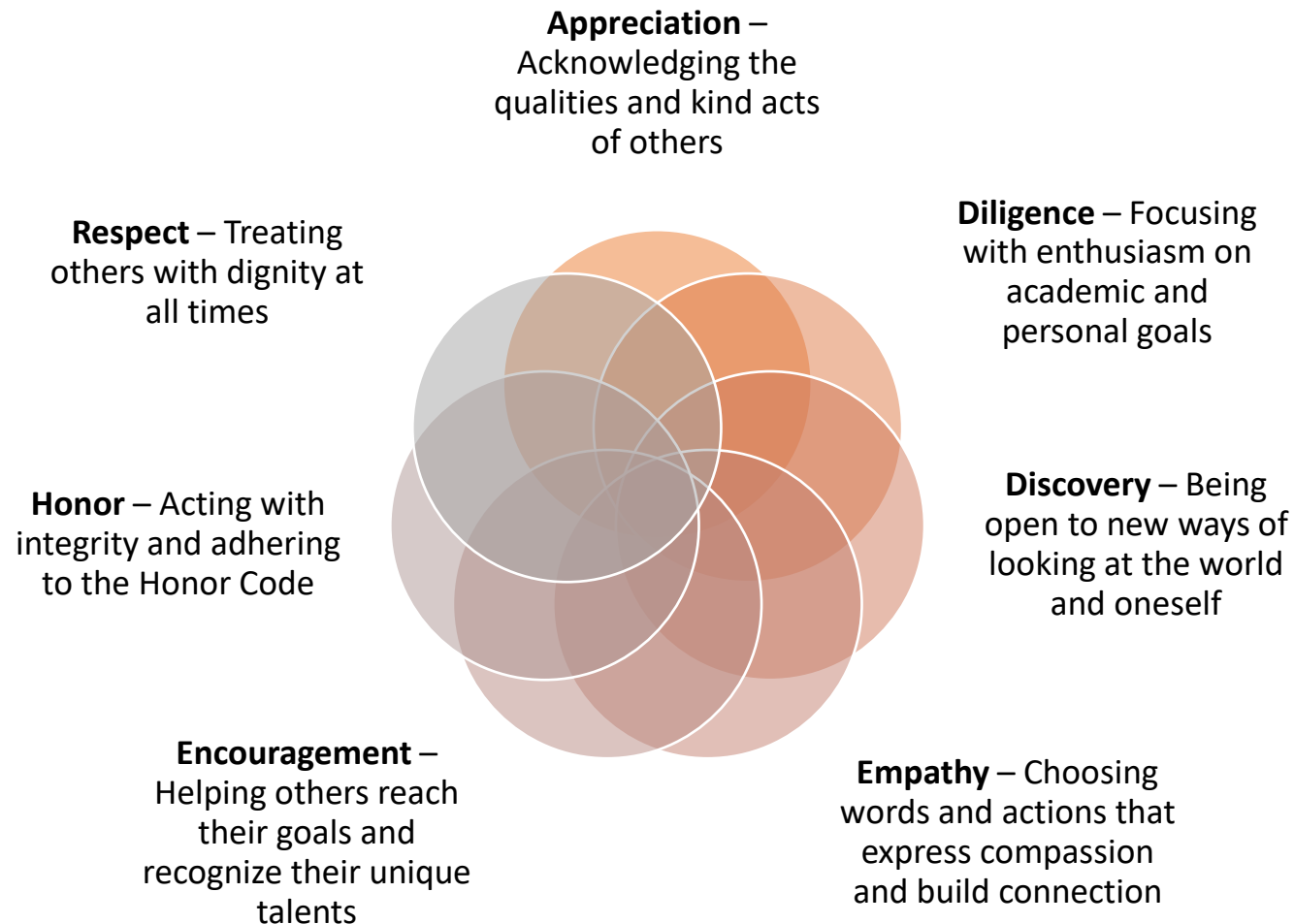
# Honor code

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# Honor Code review



# Honor Code review

- **Living the Honor Code: A Group Effort**
  - At IUHPFL, following the Honor Code is not just an individual responsibility—it's a shared commitment. We count on students and families to uphold the program's values both in and outside the classroom.
- **What We Expect from Students**
  - Follow the Honor Code at all times.
  - Avoid distractions such as unnecessary internet use, Social media, or speaking English.
  - Maintain a positive attitude and support your peers.
  - Focus on your own experience—don't compare it to others.
- **What Parents Expect from Students**
  - Parents trust this program to provide a safe, meaningful, and challenging experience. Students are expected to demonstrate maturity, responsibility, and respect throughout the program.

# Honor Code

Language Commitment

No Alcohol / Tobacco / Drugs

No piercings or tattoos

Safety

- Avoid risky behavior (¡Actividad peligrosa!)
- Nighttime outings accompanied by host parents only
- Always stay in groups of 3 or more

Host family experience

NO cell phones/tablets/laptops allowed!!  
Bring your camera!!

- *(And paper dictionaries)*

Before  
traveling

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# Communication while away

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- Parent's blog site:
  - <https://oviedo-2025.blogspot.com/>
  - Keep up to date with what is going on in Oviedo with weekly posts.
- Parent communication with instructors is via the office.
- How parents can join the site's Remind group
  - Going to <https://www.remind.com/join/oviedo25>
  - Send a text to 81010 with the message @oviedo25

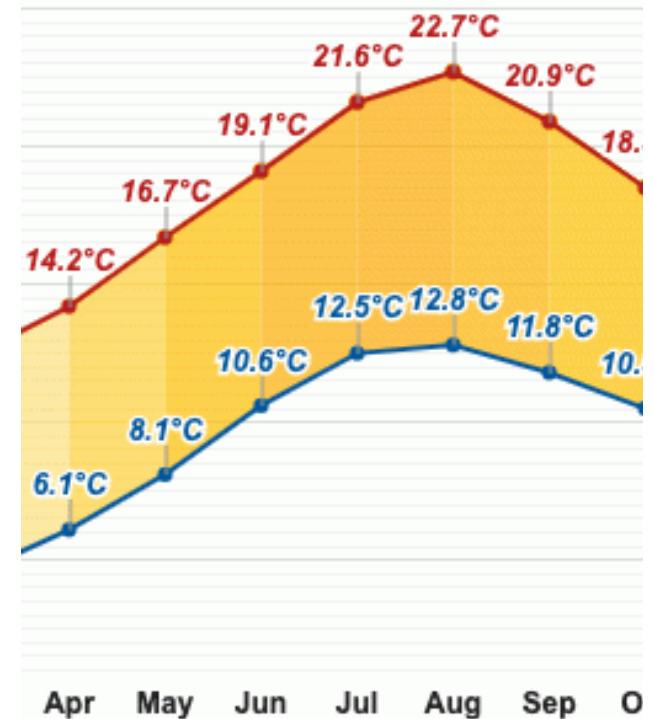


# Weather and Essentials

- Weather
  - Mild summer, humid
  - 13°C (55°F) in the morning
  - 20-25°C (68-77°F) in the afternoon
  - Expect rainy days in beginning of June
  - Raincoat, rain boots (or shoes that are appropriate for rain) & umbrella
- Medicines clearly labeled, both prescription or otherwise.
- Favorite American products (especially feminine products)
- School supplies (lots of corner stores)

## Oviedo, Spain

C) —●— High Temp. (°C)



# Language Preparation

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- BBC Spanish (fun review geared toward 'castellano' with some advanced activities)
- La Voz de Asturias ([www.lavozdeasturias.es](http://www.lavozdeasturias.es)) (Newspaper)
- Radio Asturias: <https://cadenaser.com/radio-asturias/> (local radio)
- Another radio station nearby: [www.copeasturias.com](http://www.copeasturias.com) (Radio Station in school building)
- <http://www.notesinspanish.com/> (Podcast in Spanish)
- Cadena Dial (for music only in Spanish)
- Spanish series and movies on Netflix!
- Read a novel you already know in Spanish
- El país ([https://elpais.com/elpais/portada\\_america.html](https://elpais.com/elpais/portada_america.html))
- Spanish youtubers/bloggers, etc...

# Student Health & Wellbeing

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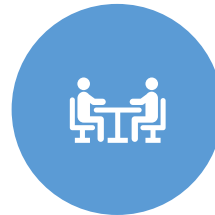
James is certified in first aid



While we're prepared to support a wide range of student needs, we can only do so if we are informed ahead of time.



Please share any concerns with us — this helps us provide the best care possible.



We'll be available at the start of lunch and again after orientation to discuss any questions or concerns.



# Packing

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- **One suitcase**
  - No more than 62" in total dimensions and weighing no more than 50 lbs. Any more luggage will result in around an \$80 charge per piece.
  - Leave room for souvenirs
- **The Program T-shirt**
- **One personal item**
  - For example, a small backpack or a purse.
- **Carry-on**
  - No more than 45" in total dimensions and weighing no more than 40 pounds.
  - Bring US cell phone to airport & power off once in the plane
  - For more information refer to the Site-specific Handbook

***The less you bring, the better! We have limited space on the bus!***

# Lunchbox

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Bring an insulated bag and a cold pack.



# Flight Information

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# Departure:

## Friday, June 11<sup>th</sup>, 2025

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- Flight : Indianapolis – Philadelphia
  - **American Flight to Philadelphia** 1:06 pm (flight number 2994)
  - **American Flight to Madrid** 8:25 pm (740)
- ARRIVE Indianapolis International airport by 10:00 a.m. (at least 3 hours prior departure)



# Departure: Meeting Point

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- American Airlines counter
- Check the terminal on Indianapolis airport website the day before departure
- Check in TOGETHER
- **WEAR THE T-SHIRT!**
- ARRIVE Indianapolis International airport by 10:00 a.m. (3 hours prior to take-off)

# Return: Tuesday, July 15<sup>th</sup>, 2025

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- James
- Chris
- María

NO FRUITS, ANIMAL PRODUCTS OR ALCOHOLIC  
BEVERAGES

# Return: Tuesday, July 15<sup>th</sup>, 2025

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- Flight : Madrid– Philadelphia
  - **American Flight to Philadelphia 1:45 pm (flight number 0741)**
  - **American Flight to Indianapolis 6:45 pm (4637)**

# Departure Day

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Passport (document  
+ 2 color  
photocopies)



Boarding documents  
and itinerary



Instructor phone  
numbers



Snacks



Things to do on the  
airplane (it's a 9+  
hour flight!)



# Finances



# Money

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- Get Euros from your bank BEFORE leaving
  - Always have some euros for emergencies
- **No traveler's checks**
- No money needed to get to school
- Lunch at school & breakfast/dinner at host family home.
- Money for souvenirs, extra travel (non-program), snacks
- 1 Euro = \$1.14 U.S. Dollars

# Finances - What to Bring

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- An ATM/debit card (preferably Visa) that parents can access from the US (to add money to, etc.).
  - Request card to bank with enough time for delivery and use it in the US, before travelling
  - Call your U.S. bank and **let them know the card will be used abroad**
  - Check fees with your bank beforehand
  - Must be **in student's name**
  - Withdraw maximum to avoid fees.
  - Trying to withdraw more than your maximum results in a rejection. Try again at a lower amount.

# Finances - What to Bring

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- **Cash**
  - For the very first days ( $\approx 100\text{€}$ )
  - For optional activities
  - For snacks/drinks
  - ¡¡¡REBAJAS!!! (Nationwide retail sale beginning July 1st)
  - Many banks will provide Euros if you order it **at least 2 weeks** before departure.



# Managing Your Finances

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Many places prefer cash over credit/debit cards for small purchases.

American Express **not accepted** in many places.

Withdraw enough cash for several days, but do not carry it all at once.

Always have some cash on you (≈15€)



Know your pin number by the NUMBERS and not by letters (there are usually no letters on keypads)

# Spending Money



An ice cream

1 scoop = 2,00€ (\$2.15)



A coffee and a pastry

Around 5,00€ (\$5.40)



A postcard and stamp to be sent to the US

Stamp 0,64€, post card = 3,00€  
(total: \$3.25)



A souvenir-related t-shirt

12,00-15,00€ (\$13- \$16)



A bus ride

1,05€ (\$1.15)

# If a student runs out of money...

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- Transfer more money into their account so that they can access it with his/her debit card.
- Send money via Western Union.
  - The name on the money order needs to match the student's name exactly as it appears on their passport.
- If the student is carrying a credit card, they have the option to use it to withdraw cash (this costs extra)
- IUHPFL staff is **not** permitted to lend students money
- This is part of the new experience: You need to learn how to handle your budget responsibly

# Communication with Host Families and Cultural Shock

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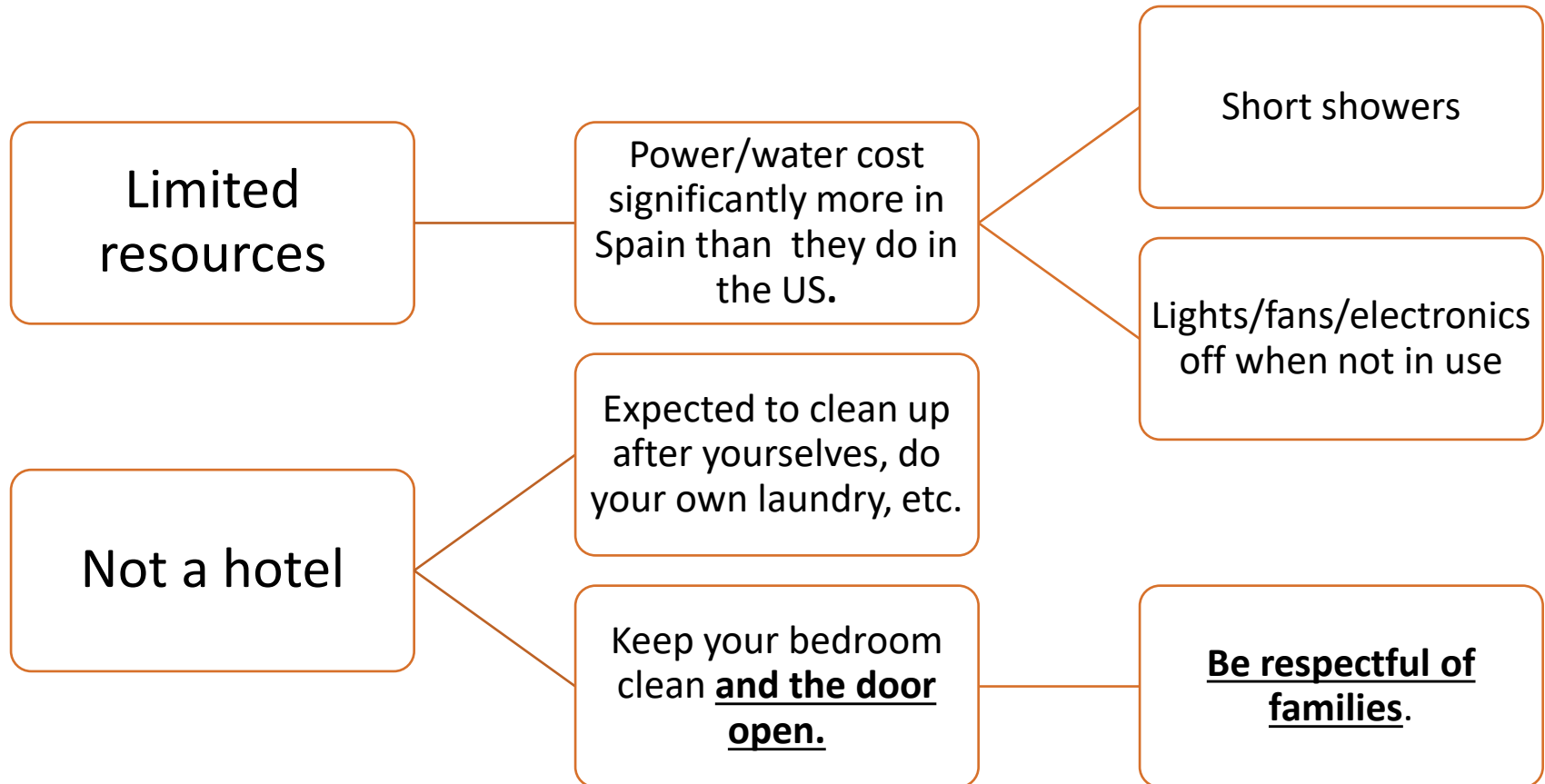
# Communication with host families

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- Spend as much time as possible with them!!
- You have to speak up.
  - Be honest without being rude
- Don't ask "do you need help?", just do it! (with helping)
- Try not to make assumptions, always ask for **clarification**.
- Discussion is not always an argument
  - Spaniards love talking about politics, religion, etc. Be prepared.
  - Discussions in Spanish can sound like arguments (tone, volume, etc.)
- Personal space is different abroad.
  - People get close.
- Bring something for your host family
  - Something that represents where you're from

# Mindfulness

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# U.S. vs. Spain

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- **Personal Space & Communication**

- Americans tend to be more reserved and indirect.
- Spaniards are generally more open and direct.

- **Greetings**

- Man + Man: Usually a handshake; close friends may exchange two kisses.
- Woman + Woman: Two kisses on the cheek (with a kissing sound).
- Woman + Man: Two kisses on the cheek.
- Man + Man: Two kisses may occur depending on the relationship.

- **Smoking**

- Smoking is still common.
- However, there is a nationwide ban on smoking indoors in public places.

- **Meals and Schedules**

- Small breakfasts.
- Large, late lunch (around 1:00–2:00 p.m.).
- Small, late dinner (around 8:00–10:00 p.m.).

- **Important Reminders**

- A lot of improvisation happens during excursions—be flexible!
- Eat more frequently but in smaller portions.
- Carry tissues (Kleenex) and a bottle of water.
- Most businesses are closed on Sundays.
- Spaniards are often late—but this **does not apply to you** for program activities!

# Culture shock

## Stages most people go through in adjusting to a new culture



**Fun:** The excitement and adventure of experiencing new people, things, and opportunities.



**Flight:** Disorientation brings the urge to avoid everything and everyone that is different.



**Fight:** The temptation to judge people and things that are different as bad or foolish.



**Fit:** Creative interaction with the new culture that includes a willingness to understand and embrace.



\*Reverse culture shock



# The First 72 Hours

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- Exhaustion from travel (long flight, long bus ride)
- Jet Lag
- Different family
- Different friends
- Different instructors
- Different city
- Different language
- New home
- Imagine just ONE of these things by itself. The first 72 hours might be challenging.
- Plan to do something to help you relax: music, journaling, taking a walk, talking to host family.
- Be patient!

# Culture Shock: How to Handle It

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- **You're not alone**

All international students go through this. Your experience is valid and shared.

- **Focus on what you can control**

Don't invest major energy in minor problems.

- **Face challenges directly**

Avoiding things can increase stress. Tackle major issues head-on.

- **Stay active and laugh**

Physical activity and a sense of humor can make a big difference.

- **Build your support system**

Ask for help and connect with others in your new environment.

- **Write it out**

Journaling is a healthy way to process your thoughts and emotions.

# Remember that we are a group

Communicate	Communicate with Care Be patient, understanding, and sensitive to each other's feelings and challenges.
Support	Support One Another Encourage your groupmates to speak Spanish and explore the local culture. Remember: We are all learners!
Be	Be an Active Participant Engage fully in group work, your collaboration matters.
Foster	Foster Inclusivity We are an inclusive program where everyone belongs and contributes.

# Oviedo Alumni

- Cultural differences / cultural shock?
- Lo mejor de Oviedo
- Suggestions to maximize your experience
- What's it like to follow the Honor Code
- Host family experience
- Trying new things, especially food

# Questions?

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# Lunch

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Getting to  
know one  
another

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# Passport to Oviedo

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1. **Create “Passports”:** Each student receives a half-sheet paper “passport” with 4 prompts:
  - a) My dream destination (besides Oviedo):
  - b) A song I’ve been listening to on repeat:
  - c) One thing I’m nervous or excited about for this trip:
  - d) One Spanish phrase or word that I love:
2. **Speed Sharing:** Students walk around the room and "stamp" their passport by sharing answers with 4-6 classmates (they can draw a star or write the person’s name on each other’s passport).
3. **Debrief**
  - a) Invite volunteers to share something interesting they learned about a classmate.
4. **Answer:**
  - a) What did you notice we all have in common?
  - b) What surprised you?”

# What Does Success in Oviedo Look Like?

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In groups of 3-4

1. What would make this program successful for you?
2. What might be challenging?
3. What will you do when you feel overwhelmed or homesick?

# Oviedo Survival Cards

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In groups of 3-4

1. You will receive cards, each with a scenario you might face in Spain (e.g., “Your host family serves you a food you’ve never tried,” “You get lost walking home,” “You feel overwhelmed and want to call home”).
2. Take turns reading a card and sharing how you might respond.



# Honor Code in Action

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In groups of 3-4

- Each group receives a scenario involving the Honor Code (e.g., using English, internet overuse, curfew violation, group conflict).
- Create a short skit showing the *wrong way* and the *right way* to handle it.