

XI INTERNATIONAL STAFF WEEK

Universidad Politécnica de Cartagena



Universidad
Politécnica
de Cartagena

MEMBER OF



EUROPEAN
UNIVERSITY OF
TECHNOLOGY

6th to 10th May 2024

Dear colleague,

It is a pleasure for me to welcome you to the Universidad Politécnica de Cartagena, member institution of the EUt+ alliance of European Universities.

The UPCT was established in 1998 and as such is the youngest Technical Institution in Spain. However, our apparent young age, Engineering and Business studies have a long tradition in our city. This combination of youth and history give us a dynamic and innovative character, altogether with experience and a solid foundation.

From the beginning our University has been committed to Internationalization, having sent and received hundreds of students, lecturers and staff. All these mobilities have given life to many agreements and numerous other research and teaching initiatives.

With this XI International Week we trust to reinforce the cooperation between us and improve the quality of our relationships. We have prepared a full program of activities, seminars and workshops, expecting you will enjoy.

Thank you for choosing Cartagena and I hope you have a nice stay among us.
Warmest regards,

DR. RAFAEL TOLEDO
VICE-RECTOR FOR INTERNATIONALISATION AND EUROPEAN UNIVERSITY



XI UPCT International Staff Week GUIDE

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ARRIVAL IN CARTAGENA

Airport/ Railway / Bus

The two closest airports to the city of Cartagena are:

- ✈ **Murcia International Airport.** You can connect with Cartagena with Taxi or private transfer (distance: 37 km / estimated travel time: 30 minutes). No public buses available on May.
- ✈ **Alicante-Elche Miguel Hernández Airport.** To connect to Cartagena, you need a bus from the airport to Murcia Bus Station (distance: 75 km /estimated travel time: 50 m). Once there, you have to get a second bus which will connect you to Cartagena city (distance: 50 km /estimated travel time: 40 m).

[-https://www.alsa.com/en/web/bus/home](https://www.alsa.com/en/web/bus/home)

[-https://www.interbus.es/](https://www.interbus.es/)

If you prefer to use a taxi or private transfer, there are several companies providing this service:

La Manga Rent a Car S.L.

Tel: +34 968 564362

taxi@lamangarentacar.com

www.lamangarentacar.com

Richi Autos Elegance S.L.

Tel: +34 609610707

info@richiautos.com

www.richiautos.com

Paco Sierra

Tel: +34 669 86 76 69

pacosierra239@gmail.com

We will also be happy to help you to organize groups (if there are several of you on the same day and approximate time of arrival) in order to reduce costs. For this we need your express consent to share your contact details with the rest of the participants. If you agree, you can tick the correspondent box, appearing in the online registration form, and send us, as soon as possible, your flight details.

FROM	TO	Approximate PRICE € (VAT included)	PAX.
Murcia airport	Cartagena city	50	4
Murcia railway or bus station	Cartagena city	70 60	4
Alicante airport	Cartagena city	140 130	4
Alicante Bus&railway station	Cartagena city	150 140	4

✈ From Madrid Airport

Different options to reach Cartagena city:

- **By bus:** buses leaving from the airport (Madrid – Barajas Airport Terminal 4) or from the city of Madrid (Estación Sur / South Station):

<https://www.alsa.com/en/web/bus/home>

- **By train:** you can take a train from Atocha railway Station (Madrid) to Cartagena:

<https://www.renfe.com/es/en>

🚗 Highway

In case you prefer to rent a car:

<https://www.aena.es/en/alicante-elche/airport-services/vehicle-hire.html>

- **From the interior:** Madrid-Cartagena Highway, A-30 (Murcia Region Highway).
- **From the south:** Highway N-340, Highway A-7 at the Almeria junction.
- **From the east:** A-7 Mediterranean toll highway.
- **From the west:** A-91 freeway, Seville via Granada, links with Cartagena- La Manga-Alicante. N-332 freeway.

INTRODUCING UPCT

The Universidad Politécnica de Cartagena was founded in 1998 and specializes in Engineering, Architecture, and Business Administration/Tourism studies. Since its foundation, it has developed partnerships with almost 200 European universities.

UPCT is part of the European University of Technology (EUt+) alliance, together with other 8 European universities. Under the motto "EUROPEAN VALUES EMPOWERING TECHNOLOGY" we share a human-centered vision of technology and the ambition to create a European technology campus. For further information you can visit:

<https://www.univ-tech.eu>



HOW TO GET TO UPCT

In this link <https://www.upct.es/contenido/universidad/localizacion.php> you will find the necessary information to get to the 3 UPCT campuses.



Schools and Faculty

- Agricultural Engineering: <https://agronomos.upct.es/>
- Industrial Engineering: <https://etsii.upct.es/>
- Naval and Oceanic Engineering: <https://navales.upct.es/>
- Telecommunications Engineering: <https://teleco.upct.es/>
- Faculty of Business Sciences: <https://fce.upct.es/>
- Civil Engineering and Mining Engineering: <https://caminosyminas.upct.es/>
- Architecture and Building Engineering: <https://etsae.upct.es/>

UNIVERSITY BUILDINGS



Virtual tour of the UPCT: <https://tourvirtual.upct.es>

INTERNATIONAL OFFICE

Welcome Point ELDI - 1st Floor, Calle del Ángel, s/n
relint@upct.es

Phone: +34 968 32 59 22

GOVERNING Board

Rafael Toledo **Vice-Rector for Internationalization and European University**
vicint@upct.es

Francisco Vera **International Coordinator**
francisco.vera@upct.es

Beatriz Marín **Head of the International Office**
bea.marin@upct.es

INCOMING Team

Carina Tardy **Incoming Mobility**
carina.tardy@upct.es

Marta Romero **Incoming Mobility**
marta.romero@upct.es

Phone: +34 868071103

Anna Gargiulo **LATAM Mobility & E+ Internship**
anna.gargiulo@upct.es

OUTGOING Team

Fraida Saura / Fina Carrasco
fraida.saura@upct.es
fina.carrasco@upct.es

ERASMUS+ KA 171

David Moral
david.moral@upct.es
Phone: +34 868071004



ISW PROGRAM

XI UPCT International Staff Week 2024 is a training and exchange week for Higher Education institutions' staff.

Participants will attend workshops and cultural activities through which you will be able to establish links and collaborations with other professionals, as well as to contribute to our common internationalization goal.

MONDAY 6th MAY

VENUE: Sala Isaac Peral - 3rd floor, Campus CIM – Calle Real, 3.

9.00-10.00 Registration (main entrance of the CIM campus).

10.00 Institutional Welcome. Prof. Rafael Toledo, Vice-rector for Internationalization and European University and Ms. Beatriz Marin, Head of the International Office.

10.15 European Universities Program: European University of Technology (EUt+). Prof. Francisco Vera, International Coordinator.

11.00-11.45 Coffee break.

12.00 Spanish culture introduction. Ms. Juana Mari Belchí, Spanish as a foreign language teacher.

13.00 Family picture + Lunch at cafeteria of CIM Campus.

FREE TIME

18.30-20.30 Guided tour to Cartagena (meeting point: CIM main entrance).

TUESDAY 7th MAY

VENUE: Sala Isaac Peral - 3rd floor, Campus CIM – Calle Real, 3.

10.00-11.30 Workshop: Erasmus+ BIP: a new mobility option.

Presentation: Beatriz Marín – Head of the International Office.

- Prof. Julia Weiss – Agricultural Engineering School.
- Prof. Juan Carlos Aarnoutse – Telecommunication Engineering School.
- Prof. Joaquín Roca – Industrial Engineering School.

Open questions and lesson learned.

11.30-12.00 Coffee break.

FREE TIME FOR LUNCH

17.00 CULTURAL ACTIVITY: Boat Trip (meeting point CIM entrance)

20.30 DINNER

WEDNESDAY 8th MAY

VENUE: Murcia City

9.00 Meeting at Hotel Los Habaneros - bus travel to Murcia.

10.00-12.00 Guided tour around Murcia city centre.

FREE TIME

18.30 Back to Cartagena (meet at arrival spot).



THURSDAY 9th MAY

VENUE: Sala Isaac Peral - 3rd floor, Campus CIM – Calle Real, 3.

9.00-10.30 Interactive Work session: Day of Europe: Ms. M^a Amor Martínez - Eurodesk Multiplier - Youth Department (City Council).

10.45 Bus travel to Cabo de Palos (meeting point CIM entrance).

11.30-13.00 Guided tour around Cabo de Palos: one of the most important nature reserves in the Mediterranean.

13.30 Lunch

17.00 Back to Cartagena (meet at arrival spot).

FRIDAY 10th MAY

FREE TIME

HOW TO APPLY:

To participate please scan the following QR CODE or click on the link:

<https://forms.office.com/e/c04mPdx2P8>



HOW TO PAY:

IBAN CODE: ES89 2100 6264 6413 0023 8366 **SWIFT/BIC:** CAIXESBBXXX **Bank:** Caixa Bank

Name of Beneficiary: Funcarele (Foundation authorised by the UPCT)

The transfer must clearly indicate the full name, surname and home institution of the participant to facilitate identification. All bank charges are to be paid by the participant. Once the payment has been made, the participant must provide a copy of the transfer via email to Funcarele at info@funcarele.com.

Payment can also be made in cash or by credit card directly at **Funcarele office:**

Calle Jara 28, Palacio Molina

From 09.00 to 14.00 and from 15.00 to 20.00 from Monday to Friday.

Following the Erasmus EWP Project guidelines, **all agreements, participation certificates, invitation letters and acceptance letters will be digitally signed.**

Please send the documents by e-mail to the following addresses:

-relint@upct.es
-sri.support@upct.es

In addition, our university is involved in the topic of sustainability and recycling, so we kindly ask you, when the Staff week is over, to give us back your credential accessories. Thank you in advance.

TUITION FEE: a registration fee of 150 euros will be compulsory. This includes participation expenses, coffee breaks, farewell dinner, some lunches and cultural activities.

STAYING IN CARTAGENA

The Region of Murcia is one of the 17 Spanish autonomous communities, located in the southeast of the country. It has a population of 1,511,251 inhabitants (INE, 2020) and is one of the largest producers of fruits, vegetables, and flowers in Europe. Its industry stands out for the petrochemical, energy, tourism, and food sectors.

Cartagena is a medium-sized city (around 215,000 inhabitants) located on the Mediterranean Sea, with more than 3.000 years of History. It is the second most important city in the region of Murcia.

Cartagena has a Mediterranean climate and is one of the sunniest cities in Spain with more than 300 days of sunshine a year.



ENTERTAINMENT

Sightseeing and activities in Cartagena

Cartagena's privileged and strategic geographic location, surrounded by five hills and on the shores of a safe harbour, has attracted numerous civilizations over the years.

It is a city with almost 3 thousand years of history that offers visitors a monumental testimony of its splendid past and exceptional historical heritage, in each of its corners, streets, and squares.

It is home to important archaeological ruins from the Punic, Roman, Byzantine, and ancient Christian periods. It is also an important point of reference for the peninsular modernists and has buildings of great beauty.

Cartagena offers a wide range of museums:

- Museum of the Roman Theater
- Archaeological Museum
- National Underwater Archaeological Museum (ARQUA).
- Regional Museum of Modern Art (MURAM).
- Naval Museum.
- Military Museum.

A few minutes from the city, there are beautiful coves and beaches of crystalline waters such as Cala Cortina, El Portús, the beaches of the Mar Menor, La Manga and Cabo de Palos with beautiful marine life and virgin beaches located in the regional park of Calblanque.

Its climate makes it an ideal place to practice water sports (diving, sailing, surfing, etc.) all year round.



CITY CENTRE SHOPPING

Down Town: almost everything you need can be found in the city centre: calle Mayor, calle del Carmen and calle San Fernando.

MALLS:

[El Corte Inglés \(City Centre\)](#)

[Parque Espacio Mediterráneo \(5 Km from de City Centre\)](#)

URBAN TRANSPORT

To move around Cartagena, you can also use the public transport:

ALSA

Ordinary ticket (purchased on board): €1.20

-Bus pass

More information in the following link: <https://www.transportesurbanoscartagena.es/>



SPANISH CULTURE

Festivities/ Gastronomy / Entertainment FESTIVITIES

Several festivities are held in Cartagena every year. The most famous and meaningful ones are “Carthaginians and Romans” and “Semana Santa” (Easter Holy Week).

Easter is the oldest of Cartagena's festivities and receives the largest number of visitors.



Carthaginians and Romans festival commemorates the conquest of the ancient Carthaginian city by the Romans. It is celebrated during the second half of September.



GASTRONOMY

Cartagena's cuisine is mainly based on seafood.

One of its main fish dishes is the Caldero, a rice dish made with rockfish. There is a wide range of fresh vegetable products from the countryside such as peas, tomatoes, artichokes and also beans which, once dried, are used for the preparation of a very important Cartagena dish: michirones.

Other typical dishes are rice with rabbit, dried salted fish and desserts such as arrope (pumpkin and fruits marinated in sugar), tocino de cielo and pan de Calatrava.

The most typical drink is asiático: coffee with condensed milk and liquor 43.





La Fortaleza

C. Cañón, 7, 30202 Cartagena, Murcia. Phone: +34 676326093

<https://maps.app.goo.gl/Z6s6S8R1qBuvSoMx9>

Cenas, cañas, tapas y croquetas



La Uva Jumillana

C. Jara, 28, 30201 Cartagena, Murcia. Phone: +34 868047322

<https://maps.app.goo.gl/vbTM87B3Y2wGfuEv7>

Cenas, cañas y tapas
Bocadillo Taibilla, granizado de Vermú, Café Asiático

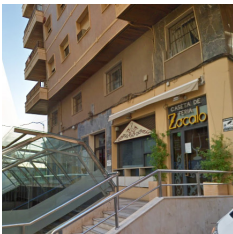


La Fuente

C. Jara, 27, 30201 Cartagena, Murcia. Phone: +34 868047322

<https://maps.app.goo.gl/aFe8KqvWCss9GMje9>

Cenas, Cañas y Tapas
Anchoas, pizzas y empanadas



Zócalo

Pl. de los Tres Reyes, 30201 Cartagena, Murcia. Phone: +34 968086690

<https://maps.app.goo.gl/1mTS5TZ6xVnGQJKu8>

Cenas, Vinos, Cañas y Tapas
Jamón, Queso, Quisquilla y Molletes



Bodega Nicolás

C. Carmen, 70, 30201 Cartagena, Murcia. Teléfono: +34 968501633

<https://maps.app.goo.gl/XMmjMeWmnaMWFET8>

Desayunos, comidas, cenas, vinos, cañas y tapas
Michirones, patatas bravas, marineras, café asiático
Protagonista en “Un país para comerlo” <https://tinyurl.com/hxj8u2c>



El Cantón

C. Cta. de la Baronesa, 1, 30202 Cartagena, Murcia. Phone: +34 630 85 17 43

<https://maps.app.goo.gl/6ywsE9fEuHTX15df8>

Cenas, vinos, quesos, tostas y tapas
Tosta Gloria Bendita, Mollete Revolucionario, Mousse de higos



Albedrío

C. Villamartin, 5, 30201 Cartagena, Murcia. Phone: +34 637645075

<https://maps.app.goo.gl/6ywsE9fEuHTX15df8>

Cenas, vinos, cañas y tapas
Alcachofas, albóndigas, quesos, etc.

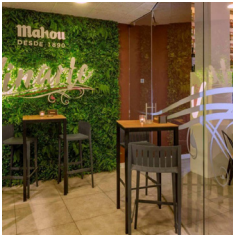


El Colmao

C. Jara, 32, 30201 Cartagena, Murcia. Phone: +34 968086690

<https://maps.app.goo.gl/3XRuxRWLTh88S6dRZ>

Cenas, Vinos, Cañas y Tapas
Embutidos regionales, Queso, Papas aliñás



Vinarte

Calle Jabonerías, 34D, 30201 Cartagena, Murcia. Phone: +34 968122340

<https://maps.app.goo.gl/Ujn8WdUKGgiRVF5P6>

Cenas, vinos, quesos
Extensa carta de vinos y quesos nacionales y regionales Tablas



El Aperitivo del Pintor

C. Cuatro Santos, 37, 30202 Cartagena, Murcia. Phone: +34 619731354

<https://maps.app.goo.gl/DLzykuo2Cpt4NjOb9>

Cenas, Vinos, Quesos
Extensa carta de vinos y quesos nacionales y regionales Proveedor de más de 230 referencias de queso.



Bar Sol

Pl. San Ginés, 1, 30202 Cartagena, Murcia. Phone: +34 968529901

<https://maps.app.goo.gl/nEoQMoYoZwBeAtF88>

Desayunos, Comidas, Cenas Vinos, Cañas y Tapas, Café
Pulpo a la Cartagenera, Café Asiático, Granizado de Reparó

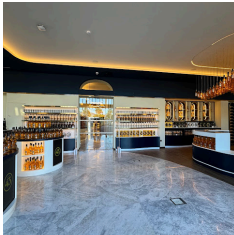


Tienda Ricardo Fuentes

C/ Canales, 15, 30201 Cartagena, Murcia. Phone: +34 968504310

<https://maps.app.goo.gl/2GNRYFWn9nJ2VEqc6>

Cenas, vinos, pescado
Atún rojo en todas sus variantes y salazones



Licor 43

P.º Alfonso XII, 30201 Cartagena, Murcia

<https://maps.app.goo.gl/XUGDFEYLDpwoLdVO9>



La Cartela

C. Mayor, 41, 30201 Cartagena, Murcia. Phone: +34 968202723

<https://maps.app.goo.gl/qyBLOxGD9Nugypgq8>

Comidas, cenas, vinos, cañas y tapas
Bocadillo de calamares, Explorador



Alviento

P.º Alfonso XII, 8, 30202 Cartagena, Murcia

<https://maps.app.goo.gl/Z6fNaUQwJfyXFxcj9>

Comidas, Cenas Vinos, Cañas y Tapas



El Vinagrillo

C/ Canales, 16, 30201 Cartagena, Murcia. Phone: +34 609976458

<https://maps.app.goo.gl/LySoDWtUp8JJBKkLA>

Cenas, vinos, quesos, cañas y tapas
Longaniza de pellizco, Garum, quesos y embutidos regionales



The Superbar

C. Cañón, 3, 30202 Cartagena, Murcia. Phone: +34 676818625

<https://maps.app.goo.gl/jVqF3vTzwz2aocVe6>



D'LIO

C. Villamartin, 9, 30201 Cartagena, Murcia. Phone: +34 691669600

<https://maps.app.goo.gl/v5uRYACpzxVMYq447>



Strasse

C. Palas, 4, 30202 Cartagena, Murcia. Phone: +34 609167007

<https://maps.app.goo.gl/or7w3JyrFdY14TWJ8>



La Pañería

C. Honda, 15, 30201 Cartagena, Murcia

<https://maps.app.goo.gl/Gur22TMDpYjs4aLs5>



Cafelab

C. Intendencia, 8 y 10, 30201 Cartagena, Murcia. Phone: +34 868782649

<https://maps.app.goo.gl/GSnMgGxxwCK7eNwK9>



El Soldadito de Plomo

C. Príncipe de Vergara, 1, 30202 Cartagena, Murcia. Phone: +34 868966812

<https://maps.app.goo.gl/T3TdPfyPdh8LG3YZ6>



Chamfer Sweet Coffee Shop

C. Juan Fernandez, N30, 30204 Cartagena, Murcia. Phone: +34 868783767

<https://maps.app.goo.gl/dhArgYpRZnCAPA3W6>



Gelateria Del Bianco

C. Sta. Florertina, 14, Bajo, 30202 Cartagena, Murcia. Phone: +34 644768961

<https://maps.app.goo.gl/YP4gaHEVbYVAYWd37>



Mister Wit café

C. Tolosa Latour, 4, 30201 Cartagena, Murcia. Phone: +34 619123627

<https://maps.app.goo.gl/eJyFk3ySL4rDWJqw8>

USEFUL INFORMATION

Phones and links

Health care:

EU citizens: you can go directly to a health center with your European Health Insurance Card or equivalent document.

Non-EU citizens: Citizens of countries outside the European Union, the European Economic Area, or Switzerland must take out a health insurance policy in their country of origin or with a Spanish company at the time of arrival.

Emergencies:

Social Security hospitals receive any emergency, regardless of the patient's nationality or health insurance. For emergencies, call 112.

Nearby Health Centers:

- Hospital General Universitario Santa María del Rosell.
- Virgen de la Caridad Medical Center

 INTERNATIONAL OFFICE CONTACT: +34968325971

Plugs:



Spanish electrical socket (Type C & F)



(Suggestion) Bring a plug converter

In Spain, **Schuko (Type F)** or **Europlug (Type C)** plugs are used. Schuko plugs have two cylindrical pins with a diameter of 4.8 mm and contacts at the top and bottom.

WI-FI:

All UPCT buildings have a common **WI-FI network (OPEN-UPCT eduroam)** which you can access with your university credentials. People who cannot connect to eduroam should connect to the "Invitados" network, and self-register there by entering their name and e-mail address. They will immediately receive an email with the access password.

The duration of the connection is 2 days, but no problem: when the connection expires, you can re-apply.

How to access to “Invitados”?

In order to access the “Invitados” network, once you are in the UPCT facilities, follow the steps below:

1. Activate Wi-Fi on the device you want to connect to and click on the "Invitados" network.
2. A web portal will automatically open where you can register by entering a valid email address. The password for access will be sent to this address, as well as the conditions of use and a link to the UPCT network access regulations. IMPORTANT: If you carry out the process more than once, only the last password assigned will be valid.
3. To connect to the network, no software installation is required; simply select the network again to open the web portal and click on "Inicie sesión" (Login). In a new window you will be able to enter your login credentials (email address and password).



ACCOMODATION

HOTEL	PRICE	HOW TO MAKE A RESERVATION
Sercotel Alfonso XIII	5% of discount	https://www.sercotelhoteles.com/es/hotel-alfonso-xiii Code: UPCTWEEK
Sercotel Carlos III	5% of discount	https://www.sercotelhoteles.com/es/hotel-alfonso-xiii Code: UPCTWEEK
Los Habaneros	Single room: 65€ Double room: 75€ Breakfast included	Phone: +34 968 505250 e-mail: info@hotelhabaneros.com
LoopINN Hostel	15% of discount	https://loopinnhostels.com/ Code: UPCTFORMACION Phone: +34 868 451760 WhatsApp: +34 868 451758 e-mail: reservas@loopinnhostels.com
Hotel Cartagena Puerto	12% of discount (accommodation and breakfast)	Phone: +34 96812 09 08 Email: repcion@hotelcartagenapuerto.com Code: ERASMUS UPCT
B&B Hotel CartagoNova	25% of discount	Phone: +34 968 504200 hotel.cartagenacartagonova@hotelbb.com Code: SIF-UPCT



See you in Cartagena !

