

## MADRID GUIDELINE


### → Supermarkets

#### Affordable options

- **Mercadona:** I highly recommend this place as the best value for money. They offer a very good product at affordable prices. Additionally, they have homemade food available for takeout, making it a great option for those days when you're in a hurry or simply don't feel like cooking. There are multiple locations throughout the city, so you're likely to find one near your apartment.
- **DIA:** One of the cheapest chains in Madrid. Offers frequent discounts.
- **Aldi/Lidl:** Offers quality products at competitive prices.
- **Primor:** cosmetics, hygiene products, cleaning supplies, and snacks at low prices.

#### Premium options

- **El Corte Inglés Supermercado:** Higher-end with imported goods and gourmet options.
- **Carrefour:** The store offers a wide range of products, including organic and specialty items. Next to ICADE, there is a Carrefour Market that features homemade dishes and tables where you can eat on-site. Additionally, there is a smaller Carrefour Express nearby, which has a more limited selection but is still convenient for a quick shopping trip.

 **Tip:** Get the **Too Good To Go** app to buy unsold food from bakeries and supermarkets at lower prices.

### → Public transport

Madrid's public transport is reliable, efficient, and affordable, making it ideal for students.

#### Metro (Subway)

- One of the best ways to get around.
- ICADE stop: ARGÜELLES (Line 4: brown color).
- **Monthly student transport pass:** €20 for unlimited travel on Metro, buses, and trains (for students under 26).
  - <https://www.metromadrid.es/es/viaja-en-metro/tipos-de-tarjeta>


#### Buses

- Operates 24/7 with **night buses (búhos)** available after midnight.
- **EMT Madrid app:** Real-time updates on bus routes.

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## BiciMAD (Public Biking System)


- **Annual subscription:** Around €15 for students.
- **Bicimad App**

 **Tip:** Use the **Madrid Metro app** for real-time updates on subway lines and schedules.

### ➔ Museums

## Must-visit museums

- **Museo del Prado:** Free entry for students under 25 (Mon-Sat from 6 PM, Sundays from 5 PM).
- **Reina Sofia Museum:** Free entry for students under 25. Famous for Picasso's "Guernica."
- **Thyssen-Bornemisza Museum:** Offers free entry on Mondays from 12 PM to 4 PM.
- **Museo Sorolla:** Dedicated to the works of Joaquín Sorolla. Free on Saturdays.

 **Tip:** For music, I recommend visiting the **Candlelight website**, which offers shows at great prices in lovely venues.

### ➔ Student benefits

## Carné Joven (Youth Card)

- Available to people under 30.
- Costs around €4 and provides discounts on transport, museums, restaurants, and more.
- <https://carnejovenmadrid.com/carne-joven/solicitalo>

## ISIC (International Student Identity Card)

- Accepted worldwide for student discounts.
- [https://isic.es/order/?gad\\_source=1&gbraid=0AAAAADJhzPibXm5Btmw6Zv3oNHPGptw-k&gclid=CjwKCAiA1eO7BhATEiwAm0Ee-OCFpLtV14PDdfbxK5IpqNI8Zt-IwLSV39KK4k7XORBCicNTvoMM-xoC5EsQAvD\\_BwE](https://isic.es/order/?gad_source=1&gbraid=0AAAAADJhzPibXm5Btmw6Zv3oNHPGptw-k&gclid=CjwKCAiA1eO7BhATEiwAm0Ee-OCFpLtV14PDdfbxK5IpqNI8Zt-IwLSV39KK4k7XORBCicNTvoMM-xoC5EsQAvD_BwE)

## Where to eat near ICADE (restaurants/takeaways)

- Lateral
- Panda Wok
- Cafeteria ICADE: daily menu
- El Patio

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- Tierra
- Goiko Grill
- Grosso Napoletano
- 80 grados
- Beata Pasta

➔ **Spanish cuisine**

 **1. Must-Try Traditional Dishes**

**1.1. Cocido madrileño**

- **What is it?** A hearty chickpea-based stew with vegetables, chorizo, morcilla (blood sausage), and pork.
- **Where to try it:**
  - **La Bola Taberna** (Calle de la Bola, 5) – Traditional slow-cooked cocido served in clay pots.
  - **Malacatín** (Calle de la Ruda, 5) – Known for its generous portions and authentic flavor.
  - **Lhardy** (Carrera de San Jerónimo n.º 8) – With more than 180 years of history, it is famous for its cocido madrileño.
- **Tip:** Cocido is typically a lunchtime dish, often served in three courses.

**1.2. Bocadillo de calamares**

- **What is it?** A crispy fried calamari sandwich, a beloved street food in Madrid.
- **Where to try it:**
  - **La Campana** (Calle de Botoneras, 6) – One of the most famous spots near Plaza Mayor.
  - **El Brillante** (Plaza del Emperador Carlos V) – Known for its large portions and fresh calamari.
- **Tip:** Pair it with a cold beer (Mahou / Estrella Galicia) for a classic Madrileño experience.

**1.3. Tortilla española**

- **What is it?** A traditional Spanish omelet made with eggs, potatoes, and sometimes onions.
- **Where to try it:**

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- **Casa Dani** (Mercado de la Paz) – Famous for its juicy, runny tortilla.
- **Juana La Loca** (Plaza de Puerta de Moros, 4) – Known for its gourmet version with caramelized onions.
- **Pez Tortilla**
- **La Maruca**

#### 1.4. Churros con chocolate

- **What is it?** Deep-fried dough sticks served with thick hot chocolate for dipping.
- **Where to try it:**
  - **Chocolatería San Ginés** (Pasadizo de San Ginés, 5) – Open since 1894, the most iconic spot.
  - **Valor** (various locations) – Another famous chain with excellent chocolate.
- **Tip:** Churros are often eaten for breakfast or a late-night snack. The best breakfast after partying all night.

**1.5. Tostada con tomate, aceite y jamón** – Toasted bread rubbed with **fresh tomato**, drizzled with **olive oil**, and topped with **jamón ibérico** (cured ham). It is the quintessential breakfast or mid-morning snack and is served in all bars.

Recommendation: **Café de la Luz (Malasaña)**




 **Address: Calle de la Puebla, 8**

 **Price: €3-5**

**1.6. Bocado de jamón:** is Spain's most famous sandwich, made with **crusty bread** (usually a baguette) and **thin slices of jamón ibérico**. It's **simple yet flavorful**, and perfect for a quick **on-the-go meal** or **light lunch**.



 **Best Bocado de Jamón Spots in Madrid**

#### 1. Museo del Jamón (Various Locations)




-  **Popular Location: Calle Mayor, 7**
-  **Price: €2-4**
-  **Why Go: Super cheap and authentic. Perfect for students on a budget!**

#### 2. Bocadillos Oink (Malasaña)




-  **Address: Calle de San Joaquín, 10**

-  **Price: €4-6**
-  **Must-Try: Bocadillo with jamón ibérico de bellota, the best quality ham.**

### 3. El Brillante (Atocha)

-  **Address: Plaza del Emperador Carlos V, 8**
-  **Price: €6-8**
-  **Why Go: Famous for their calamari sandwich, but their jamón bocadillo is also fantastic.**

### 4. Casa González (Barrio de las Letras)

-  **Address: Calle del León, 12**
-  **Price: €7-10**
-  **Why Go: Great place to pair your bocadillo with a glass of wine.**

## 2. Tapas culture in Madrid

### What are tapas?

Tapas are small dishes served with drinks, a great way to sample various flavors without committing to a full meal.

### Best places for tapas:

- **La Latina Neighborhood** – The heart of Madrid’s tapas scene. Explore **Cava Baja** street for endless tapas bars.
- **El Tigre** (Calle de las Infantas, 30) – Famous for its generous free tapas with every drink.
- **Bodega de la Ardosa** (Calle de Colón, 13) – A historic bar known for its tortilla and vermouth.

## 3. Typical Madrid drinks

### 3.1. Vermouth (Vermut)

- **What is it?** A fortified wine, often served on tap, with herbs and spices.
- **Where to try it:**
  - **Casa Alberto** (Calle de las Huertas, 18) – Classic vermouth bar.
  - **Taberna La Concha** (Calle de la Cava Baja, 7) – Known for its vermouth and tapas pairings.

### 3.2. Tinto de verano

- **What is it?** A refreshing summer drink made with red wine and lemon soda.
- **Where to try it:**
  - Any **local bar** or **terrace** in Madrid.

### 3.3. Horchata

- **What is it?** A sweet, milky drink made from tiger nuts (chufas).
- **Where to try it:**
  - **Horchatería Alboraya** (Calle de Alcalá, 125) – Famous for its authentic horchata.

## 4. Food markets

- **Mercado de San Miguel** – A gourmet food market with tapas from all over Spain.
- **Mercado de San Antón** – Trendy market with affordable food options.

## 5. Quick bites and street food

- **Empanadas at The Empanadas Factory**
- Location: Various locations across Madrid.
- **Croquetas at Casa Julio**
  - Famous for their diverse flavors of croquettes.
- **Napolitana de Chocolate at La Mallorquina**
  - A must-try pastry located in **Puerta del Sol**.

### ➔ Neighborhoods and places to go around

## *MALASAÑA*

Malasaña is the heart of the **Movida Madrileña**, a cultural movement that emerged after Spain's dictatorship in the 1980s. It is the kind of place where you can **study in a café during the day** and **dance at a club at night** without needing to change neighborhoods.

- **Atmosphere:** Quirky, artistic, rebellious, and trendy. You'll find **vintage stores, tattoo parlors, and independent coffee shops** next to **historical landmarks**.

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## **How to Get to Malasaña**

- **Metro:** The easiest way to reach Malasaña is via **Tribunal (Lines 1 and 10)** or **Noviciado (Line 2)** stations.
- **Walk:** If you're coming from **Gran Vía**, it's just a 10-minute walk.

## **Bars & Cocktails**


- **1862 Dry Bar**

 Calle del Pez, 27

- **TupperWare**

 Calle Corredera Alta de San Pablo, 26

- **El Penta**


 Calle de la Palma, 4

- **Casa Camacho**

 Calle de San Andrés, 4

## **Restaurants & Tapas Bars (for every budget)**


1. **Ojalá:** brunch

 Calle de San Andrés, 1


2. **Bodega de la Ardotsa:** tortilla de patatas (Spanish omelette).

 Calle de Colón, 13

3. **La Musa**

 Calle de Manuela Malasaña, 18

4. **Casa Julio:** croquetas.

 Calle de la Madera, 37

## **Cafés & Study Spots**

1. **HanSo Café**

 Calle del Pez, 20

2. **Café de la Luz**

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📍 Calle de la Puebla, 8

### 3. **La Bicicleta Café**

📍 Plaza de San Ildefonso, 9

### **Boutiques & Vintage Stores**

1. **Magpie Vintage:** One of the most popular **vintage clothing stores** in Malasaña.

📍 Calle del Velarde, 3

2. **Rughara:** A **concept store** with **fashion, accessories, and home decor** items.

📍 Calle Corredera Baja de San Pablo, 41

3. **Flamingos Vintage Kilo;** A **pay-by-weight vintage store** with clothes imported from the U.S.

📍 Calle Espíritu Santo, 1

4. **Lotta Vintage:** A **chic vintage boutique** with carefully curated pieces.

📍 Calle Hernán Cortés, 9

### ***MONCLOA***

The atmosphere here is always enjoyable. There are many bars where you can have a drink, and since it is located in a university area, the prices are very affordable. Additionally, there is a copy shop in Moncloa where you can print notes at a much lower cost, making it a great option (Copistería Low-Cost Moncloa).

📍 Calle de Hilarión Eslava, 26

💡 **Tip:** I recommend you to go and try their famous cocteil Leche de Pantera, a sweet mixture with alcohol served from a “stalactite”.

### **El Chapandaz ("La Cueva de Moncloa")**

- 📍 **Calle de Fernando el Católico, 77**

**ALONSO MARTÍNEZ & PONZANO:** The bars are always full, and it is usually also an area of a lot of after-work.



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## **CHUECA**

Chueca is Madrid's LGBTQ+ heart, famous for its **inclusive, open-minded vibe** and **dynamic nightlife**. It is known for its **cosmopolitan atmosphere**, **trendy cafes**, and **boutique shops**. The neighborhood blends **traditional Madrid charm** with **modern and artistic influences**.

I recommend you visit **Mercado de San Antón**, a **modern food market** with rooftop views.

## **LAVAPIÉS**

The **most multicultural neighborhood** in Madrid. Walk around, visit **Tabacalera** (an old tobacco factory turned into a cultural center), and grab a drink at **El Pavón**.

### → Disco/Pubs

**Muy bendito**

**Nuit**

**Teatro Kapital**

- 📍 **Ubicación:** Calle de Atocha, 125
- 🎵 **Music style:** Commercial, reggaeton, house, and pop.
- 💰 **Precio:** Entry between **€15-25**, including a drink (depending on the day). 🕒 **Horario:** Thursday to Saturday until **6:00 AM**.
- ✨ **Por qué ir:** It's **Madrid's most iconic nightclub**, with **7 floors**, each offering a different atmosphere. Very popular among **Erasmus students and tourists**.

**Shôko Madrid (La Latina)**

- 📍 **Ubicación:** Calle de Toledo, 86
- 🎵 **Music style:** Reggaeton, trap, and hip-hop.
- 💰 **Price:** Entry between **€15-20**, including a drink.
- 🕒 **Opening Hours:** Thursday to Saturday until **6:00 AM**.
- ✨ **Why Go:** **Elegant decor** and **international atmosphere**. They organize **themed parties** and collaborate with many **university events**.

**Fabrik (On the outskirts of Madrid)**

- 📍 **Location:** Humanes de Madrid (30 minutes from the city center).
- 🎵 **Music Style:** Electronic, techno, and house.

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- 💰 **Price: Between €20-40.**
- 🕒 **Opening Hours:** Only open for special events.
- ✨ **Why Go:** One of the **largest nightclubs in Europe**, with a capacity of over 10,000 people. Perfect if you love **electronic music** and **large-scale events**.

#### ➔ Different plans/activities

- Stroll through **Retiro Park**: Cristal Palace/bike rental for going all around/boats in the pond.
- Watch the sunset at **Templo de Debod**.
- Catch a Flamenco show: **Cardamomo Flamenco** (Calle de Echegaray, 15) One of the best places for an **authentic flamenco experience**/**Corral de la Morería** (Calle de la Morería, 17). A **historic venue** with top-tier performances.
- I recommend you watch a tennis match at the **Mutua Madrid Open**. If you buy tickets in advance, they will be much more affordable.
- The **Bernabeu Tour** is an outstanding experience. Attending a Real Madrid football match and enjoying the vibrant atmosphere is unforgettable.
- I highly recommend **Warner or Madrid Amusement Park**. As a huge fan of theme parks, I believe it's totally worth visiting (check for student discounts).
- **Sunday at El Rastro**: Madrid's **largest flea market** in **La Latina**. Perfect for **vintage shopping** and **tapas afterward**.
- **Rooftop bars for a drink with a view**
  1. **Círculo de Bellas Artes** – Iconic **rooftop view** of Madrid.
  2. **Gingko Sky Bar** – Located near **Plaza de España** with a **360° view**.
  3. **Riu Plaza España** – Walk along the **glass skywalk!**
- I recommend attending a bullfight at the Plaza de Toros in Madrid. If you prefer not to go inside for the event, there is still a lively atmosphere afterward, complete with music and drinks, where you can watch the festivities. It's a very enjoyable experience.

#### ➔ Trips to do outside Madrid

- One day trip: Segovia/ Toledo/Chinchón
- If you like hiking, nature, and mountains, the Sierras of Madrid or its surroundings have top routes.
- Traveling can be relatively inexpensive if you plan. The AVE (high-speed train), rental cars, and buses are all cost-effective options. I highly recommend visiting Galicia, and if you have the chance, consider walking the Camino de Santiago. This famous pilgrimage route leads to the Cathedral of Santiago de Compostela in Galicia, Spain, which is believed to be the burial site of Saint James the Apostle.

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- Besides, visit Catalonia, especially Barcelona, and don't miss Andalusia, including Seville and Cordoba. If possible, go to the fair in Seville, Cordoba, or Jaen with a Spanish friend.