

Welcome to Buenos Aires, Argentina August 2024

In this document you will find some basic information you need to get started on life in Buenos Aires.

Once you have arrived in Buenos Aires, you will stay in close contact with Kulturstudier staff. We will do our best to advise you and help you to adapt to your new life in Buenos Aires. However, a good journey always begins at home. Here we will provide you with some practical information that you will find useful upon your arrival to Argentina. Here you can also read about what we expect of you as a student and what you may expect from us. **Read it carefully and keep it with you after your arrival.**

There will be an introduction meeting in Buenos Aires with all the students and staff on **Sunday 18th of August at 6pm** - place to be confirmed-. In this meeting we will go through important practical information such as accommodation, the study center, security, transportation, social activities, cultural etiquette etc. There will be plenty of time for questions.

Kulturstudier staff:

*Manager Lucia Correa: argentina@kulturstudier.no (English and Spanish language),
Tel (from abroad: +54 9) (on Argentina: 11 6188-0796)*

*Assistant manager Julia Rabinovich: argentina@kulturstudier.no (English and Spanish language),
Tel (from abroad: +54 9) ((on Argentina: 11 3081-3559)*

Academic coordinator Monica Nardelli: nardellikulturstudier@gmail.com (English and Spanish language)

Tuesday 20th will be the first day of classes. The majority of the lectures and seminars will be held on the University of San Martin, downtown facilities ([Av. Roque Saenz Peña 832](#)). Once a week (Thursdays) lectures will be held on the University main campus located in [San Martin District](#) (Campus Miguelete <http://www.unsam.edu.ar/>). Regular classes (including lectures and seminars) will usually be held between 08:00 and 18:00. The times and number of classes will depend on your combination of courses. We will give you the academic schedule once you are in Buenos Aires.

BE PREPARED. THIS IS AN INTENSE ACADEMIC SEMESTER.

Help yourself

Kulturstudier is an organization run by social scientists. We regard the academic courses as our main task. We regard our students as responsible adults, and do not want to make your stay overly organized by us. It is mainly your own responsibility to get the most out of your stay in Buenos Aires.

Kulturstudier does not have a guide who will be always watching you. We regard it as part of the learning process that our students enable themselves to be independent. This way, it is

also easier for you to get to learn the language and to know your way around in Buenos Aires. In short: we expect you to behave as if you were on your own.

With this said, our staff represents a security net for you. You will see us a lot, and we are available for you when you need advice on different issues. In case of an emergency or a difficult situation, we are always there for you. It is advisable that you inform the staff immediately in case of serious incidents such as theft, harassment etc.

During the semester, you will also get information about schedules, trips, festivals, long weekends etc. on a regular basis. Usually, information is given on the information meetings and through Facebook and WhatsApp groups.

Please join now our Facebook group for this semester. The link can be found on your log in page.

General information about the studies

The basis for all studies at university level is the individual student's effort to learn. Kulturstudier's academic staff is highly motivated to help you along the way with lectures and seminars, but a successful study is first and foremost dependent on your own preparation for lectures and seminars. You are expected to attend both lectures and seminars, and to be well prepared for both.

Therefore:

- **Read** as much of the curriculum as possible before you leave for Argentina.
- **Develop good routines** for studying efficiently after you arrive in Argentina. As the semester progresses, you will be more and more absorbed by social activities. Make sure to start the semester with your energy and time devoted to your studies, as they are intensive.
- **Study efficiently.** Use all of your resources to keep up with the classes and your readings.
- **Work in groups.** Group work offers many advantages as compared to working individually. One of the advantages of studying with Kulturstudier is that it is easy to create small study groups.
- **Participate actively** in seminars and lectures. **An important prerequisite for good seminars is the students' own effort.** This means that we expect our students to meet for seminars and lectures well prepared and to participate actively in-group discussions. The seminars are only useful if everyone is well prepared and takes part in the discussions.
- **Please note that attending lectures and seminars is essential for successfully completing the course. A minimum attendance of 75% for both lectures and seminars is required. Absences must first reach the 25% threshold accepted by UNSAM. In cases of illnesses, medical certificates will be considered.**

Accommodation

Students that have chosen accommodation with Kulturstudier will be living in our student hostel in the center of the city. Student houses are equipped with bed sheets. You should bring your own towel. It is your own responsibility to take care of all the equipment of the houses. **If something is broken or missing, you will be personally responsible to fix or restore the broken/missing things.** Students will also receive the house rules that have to be signed and followed. The rules take care of our students and help them to have a nice, quiet and safe time

while studying in Buenos Aires. Students that don't respect these rules would be expelled from the student houses with no reimbursement of their accommodation payments.

You will all have a key to your room. If you lose the key, you are responsible for paying for making a new key.

You will be sharing rooms with other students. Please be nice and respectful with your roommates. You are in charge of keeping the room tidy yourself together with your roommates. House staff will clean the rooms and common areas.

Laundry

Many students choose to do their own laundry in buckets in the bathrooms. You may also use laundries on the streets. They are relatively cheap and good. When you deliver laundry, you can usually pick it up a couple of hours after.

Meals

Every meal is on you. There are lots of nice places in the city to eat. Argentina is well known for having delicious food. Help each other to find the best places. Once you arrive in Buenos Aires, we will recommend you many good places to eat the best traditional food in town and especially the famous Argentinian meat. Kulturstudier always arranges welcome- and goodbye-parties for the students.

Day trips and weekend trips

From many years of experience, we know that students get the most interesting and unforgettable feeling of the countries in which they are studying when they organize trips and explore the area by themselves. Therefore, we encourage you to spend some of your time off exploring Buenos Aires and the nearby areas on your own. We make room for one or two long weekends off.

Other activities

In addition to the academic schedule, we will offer you additional cultural activities that you may join in your spare time. Kulturstudier will also arrange evening get-togethers with different themes (such as Argentinean culture, football, mate, empanadas etc) during the semester.

Banks and money

The currency in Argentina is the Peso. The official exchange rate set by the government is only half of the unofficial "blue" rate that you get with USD cash at Western Union. If you use your card from home in the shops or at an ATM cash machine, you get an exchange rate which is quite good, approximately 15 % less than the "blue" rate. This can change quickly if the government changes. We will explain further when you get to Buenos Aires.

You can use Western Union to transfer money from home at but you cannot transfer to yourself. Via the Western Union app anyone can transfer money to you at a good exchange rate. Then, you go to one of the bigger Western Union offices in Buenos Aires and withdraw the money.

We recommend that you bring 500 to 1000 USD in cash but you should avoid carrying huge amounts of cash around with you. Even though Buenos Aires is a safe city, thefts occur. If you are renting a flat on your own and the price is in USD, it is recommended that you bring the amount in USD from Europe.

Telephone/Internet

Please remember to call your folks at home and let them know that you are OK!

You can get your Argentinian SIM card on your first day. We recommend Claro or Movistar. Claro has a [nearby office](#) where you bring your passport and get instant access to 4G. It is relatively cheap.

It can be convenient to bring an old phone as back-up. In case you lose your phone, it may not necessarily be replaced easily during your stay in Argentina. For Norwegian students, an extra phone to put your Norwegian SIM-card is also good to have for easy access to your Norwegian BankID. If not attainable, we advise you to bring your Norwegian bank code chip, you never know when it is needed.

You get WiFi in the hostel, on campus and in most cafés. Bring your own laptop and make sure to watch over it at all times! Never leave your electronics or wallet unattended or on the table in a public place.

Electricity

Electricity in Argentina is 220-240v 50 cycles (same as Norway). Any equipment using 110v needs an adapter that can be bought at any hardware store. The plug is usually 3-pin, so you should bring an adapter. They can be bought in Buenos Aires also.

Drugs

Many kinds of narcotics are forbidden in Argentina, and the penalty is harsh if you get caught with any kind of drugs. Marijuana is authorized with government approval and for medical reasons. Kulturstudier does not condone the use of any drugs.

Kulturstudier does not accept that our students use any kind of drugs. We will not hesitate: students who use drugs will be expelled, and told to leave our premises without refund of the study fee. If there is any kind of suspicion that a student is taking drugs, a urine test or blood test will be required. If the student doesn't want to take this test, he or she will be automatically expelled from the program and Kulturstudier's accommodation as mentioned before.

Nightlife

To get a true taste of Argentine life, be prepared to stay up way past your bedtime. Dinner in Buenos Aires rarely begins before 9pm, even at home, and most dance clubs and tango milongas don't even open until midnight, with after-parties that continue past sunrise. It's common to see entire families, often with very young children, still going strong at two or three in the morning. Surprisingly, though, "porteños" (people who live in Buenos Aires) are not heavy drinkers.

Clubbing is a weekend affair, and many clubs open only on Friday and Saturday nights. Buenos Aires hardly ever sleeps.

Buenos Aires is full of nice restaurants, pubs and theaters and there are plenty of cultural and artistic activities to be found. Remember to always use Uber or "radio taxi" after being out and always go home with friends. Avoid walking alone late at night, especially in areas where there are not lots of people.

Safety Issues

Buenos Aires is a safe city both during night and day. With little caution and common sense as in any other big city in the world, foreigners will have a safe and fun experience in Buenos Aires. Local people are commonly friendly and helpful. Most crime that occurs in the city is limited to robbery and petty theft. Violent crimes are very rare, but foreigners should always be aware of their surroundings, take some precautions and avoid unnecessary risks. If you are walking by yourself and you see a potentially dangerous situation ahead, you can enter a supermarket or "kiosco" until you're sure you are safe.

General safety recommendations are the same as for every big city: avoid leaving your purse or bag hanging from chairs in public places; do not walk in parks or less crowded streets and avenues at night; do not exhibit valuable objects when you are walking along the street; avoid showing that you are carrying foreign money. Tourists will be happy to find that Argentinian police are constantly patrolling the streets.

Sanitary Information

Vaccination is neither obligatory nor necessary to visit Buenos Aires as the city is safe from a sanitary point of view. The public water supply is reliable. Public hospitals (available for tourists) offer a 24-hour emergency service, without charge. The ambulance emergency service (SAME) is also free.

Weather and Climate in Buenos Aires

The city of Buenos Aires enjoys a warm and benign climate during most of the year. However, during the months of December through March (the southern hemisphere summer) there might be occasional peaks of temperature allowing for sensations of heat reaching up to 40 °C (110 °F).

In the southern hemisphere winter, the coldest month is July, with average temperatures between 3 °C and 8 °C, but no subzero temperatures or freezing occurs. Please bear in mind that August is a cold month and there might be a few cold days in September.

In the summer (European winter), the air is hot and also humid and average temperature is around 28 °C, with only a slight downfall during nighttime.

Illness

Although health service in Argentina is public and free, we recommend using private hospitals and doctors. Remember that it is mandatory to have international medical insurance. We recommend hiring the **Europeiske/IF** insurance service.

If someone gets ill, we expect roommates to take care of each other. In the case of typical tourist diarrhea, make sure that your roommate gets enough water, light food and medications if required. It is very important that Kulturstudier's staff is informed at an early point. In case of serious illness, Kulturstudier always contacts your family.

We normally recommend students to use the **Emergency Center of the Hospital Alemán (German Hospital)** in Buenos Aires. Here is the web site <https://www.hospitalaleman.org.ar/>. The address is **Beruti 2533**, and the telephone number is **4827-7000**. They have a very good service in case of emergencies and they have experience dealing with the use of international insurance.

Staff will be available for you from Monday to Friday, from 8:00 hs. to 18:00 hs. Please avoid unnecessary calls in the middle of the night unless you have a real urgency.

Other

If you are not from Scandinavia or Germany, you will have to hand in a copy of your insurance. We keep the copies at the office, in case of loss or theft. Make an extra copy of these papers for yourself.

Visa

To attend UNSAM, you must apply for a student visa. The Kulturstudier Buenos Aires team will assist you in the process, but it is important to note that **it is the responsibility of each student to obtain the visa**. The total cost is 50 USD, covering translations, legalizations, and

immigration fees. Additionally, we have two meetings scheduled for visa processing. While these meetings are not mandatory, they are highly recommended.

Pharmaceuticals

At the pharmacies in Buenos Aires you can get every kind of medicine. Bring Imodium and Iodoform and medications that require a prescription from your doctor.

Useful telephones

SOS (911)

Tourist Police Station (0800 999 5000 / 4346 5748)

Emergencies Civil Defence (103)

Emergency Health Service / SAME (107)

COMMUNICATION WITH KULTURSTUDIER

We appreciate suggestions from students during the semester. It is important for us to make sure that suggestions and grievances are communicated to us while there is still time to make changes. This includes issues with the academic program, housing, and other aspects of the program and the welfare of the students.

Compulsory student & staff meetings

Every second week, all students and staff gather for an information meeting. The purpose is to share information and to discuss problems and opportunities. These meetings are compulsory. If for some reason you cannot attend, you are responsible for obtaining the information from fellow students.

Talk to us

If you need help with something, it is important that you let us know. Do not take for granted that your suffering is obvious and visible to everyone. Use your voice and contact us.

Student representatives

During the second- or third- week, at the assembly meeting we will ask the students to elect their representatives both for the houses and class representatives. The representatives typically meet with members of staff once every second week. It is their job to be an intermediary between students and staff, to help make sure that staff is able to give attention to problems or opportunities that have been overlooked. The student house representatives have meetings with the field manager on a regular basis and class representatives are the link between the seminar leader and the students. For specific occasions, trips, happenings, etc, separate committees can be formed. These will be responsible for planning and carrying out the activities.

Final evaluation form

At the end of the semester you will receive an extensive evaluation form where you are expected to give us your feedback and help us improve.

Complaints

If you have any problems and feel that you are not getting a serious response, you are welcome to file a complaint by contacting Kulturstudier in Oslo. Preferably in time to make us able to act on your issues. Read more here: [Document on feedback](#)

Ethical conduct

In Kulturstudier there is no tolerance for harassment. This includes sexual harassment from staff towards students or student to student. If you experience or observe sexual harassment from Kulturstudier staff or lecturers, you should report to rune@kulturstudier.no. Staff is

informed that sexual attention towards students is unacceptable and strictly prohibited. We expect staff to be among students socially. But drunkenness is not accepted.

We look forward to seeing you, and once again: Welcome to Buenos Aires!