Congrats on choosing to study abroad in Spain! In addition to any cultural and social considerations you may have to make before and during your time abroad, you should consider how you want your actions to affect the ecosystems and communities that you will be a part of. This guide will walk you through ways to consciously and sustainably study abroad in Spain, including your options to shop locally, ride public transit, and give back to the communities you will be staying in.
ALICANTE

Public Transportation

- Alicante has multiple different options for public transit. There is a tram which can take you up and down the coast as well as north on the Green #2 line. There are also intercity and regional buses.
- Renfe is the national train provider in Spain and can take you across Spain and into other countries.

Food Options

- Mercadillo De Benalua and Marcadillo Babel are daily markets with locally sourced products, textiles foods and produce.
- Many fresh and local food and produce is available at Mercado Central, and has meats, produce, grains, pastries bread etc.

Volunteering

- Like any city, Alicante has many volunteering needs and organizations are always looking for helpers that want to give back to the community.
- Check out senior centers, food banks, animal shelters and other options to give back to the community. Alicante also has sustainability, outdoor, and environmental clubs.

Recycling and Thrifting

Spain has recycling around the country, however the bins differ depending on where you are in the country. Your apartment complex will have containers and instructions on recycling will be provided. In some places around the city there will be public recycling containers, particularly around apartment complexes.
Seville has very efficient public transportation. Seville has a metro which connects the university to the rest of the city. There are buses which can take you all through the city and its surroundings. Renfe, the national train provider, offers service throughout the country and to neighboring nations.

**Public Transportation**

Seville has less locally sourced produce than other regions of Spain due to its hot desert climate, however it has many locally sourced meats as well as produce and foods local to Spain. Mercado de Feria, Mercado Puerta de la Carne, and Mercado de Tirana are all great options for local markets which sell fresh and local produce, foods and meats.

**Food Options**

Seville has multiple community clubs and organizations that will allow you to give back and connect with the local community. Check out local community led organizations, living homes, food banks, sustainability clubs etc.

**Volunteering**

Spain has recycling around the country, however the bins differ depending on where you are in the country. In some places around the city there will be public recycling containers, particularly around apartment complexes. If you are in a homestay, look around your host family’s neighborhood for the nearest recycling center, or they may provide it. Seville has multiple second hand and thrift stores.

**Recycling and Thrifting**
BARCELONA

Public Transportation

Barcelona has excellent public transportation, and has trams, busses, and the metro which run in a timely manner late into the night. Universidad Pompeu Fabra is very well connected to the rest of the city through the tram and especially through the metro. Renfe is the national train provider in Spain and can take you to other Spanish cities and France.

Food Options

There are many local markets in Barcelona where you can buy fresh and locally grown foods. Namely, Mercat de Santa Caterina has good options. Barcelona also has plenty of stores which sell local and sustainable foods and produce.

Volunteering

Like any large city Barcelona has multiple community clubs and organizations that will allow you to give back and connect with the local community. Check out local community led organizations, living homes, food banks, sustainability clubs etc. Also checkout Universidad Pompeu Fabra’s website for other opportunities.

Recycling and Thrifting

- Recycling in Barcelona is easy and accessible. Waste is sorted by material, and bins are easy to find. You will have recycling containers in your housing complex, and there are public containers which can be found here.
- There are numerous thrift stores and second hand stores in Barcelona.
Bilbao has a metro system which runs from the south to the north of the city. Bilbao also has an extensive tram system, which can be taken throughout the city and its outskirts. The city does not have a bus network, but the tram and metro can connect you to all parts of the city. The main train station, La Concordia, can take you to other parts of Spain and France.

Food Options
Bilbao has multiple markets which have locally grown produce and foods. Erribera Markatua is a fresh food market in the center of the city, and Mercado de la Ribera is the largest closed fresh food market in Europe. Bilbao also has many restaurants which serve meat substitutes and sustainable options with locally sourced ingredients and traditional meals.

Volunteering
Bilbao has multiple community clubs and organizations that will allow you to give back and connect with the local community, especially within the Basque community. Check out local community led organizations, living homes, food banks, sustainability clubs etc. Also checkout Universidad de Deusto’s website for other opportunities.

Recycling and Thrifting
Bilbao has similar recycling to other cities in Spain. There are separate containers for different materials which are differentiated by color, and there are multiple recycling centers around the city. If you choose to do a homestay recycling containers may be provided. Bilbao has multiple thrift and second hand stores as well, where used bicycles can be purchased as well.
MADRID

Public Transportation

- Madrid has world class public transportation, and has a metro, light rail, buses and commuter train. Getting around the city is easy and accessible, and can save considerable amounts of time and money.
- ‘Cercanías’ (commuter trains) connect Madrid with the rest of the region, and long distance trains to other cities or countries can be taken through Renfe, Spain’s national train provider.

Food Options

- Madrid has many local markets with produce and locally sourced products. Namely, Mercado de Alonso Cano, Planetario Market, and Mercado de la Paz are all historic, beautiful (and most importantly, local and affordable) market options.

Volunteering

- Like any big city, Madrid has many volunteering needs and organizations are always looking for helpers who want to give back to the community.
- Senior centers, soup kitchens, animal shelters, and English-teaching programs are always looking for volunteers, and many specifically look for English speakers and foreigners. There are also plenty of volunteering opportunities in Spanish as well.

Recycling and Thrifting

- Recycling is ample and frequent in Madrid and can be found all over the city. Your homestay will have recycling and potentially composting containers. If there are none provided, the city of Madrid has plenty of recycling facilities.