NOA

02

MADRID GUIDE · 02

Your first week in Madrid

The first 7 days shape how you feel for the rest of the year. Here's what matters, in order.



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How to read the labels: Official information from a public administration. Checked by NOA checked in several sources, not official. Students' experience advice from the community.

The first 72 hours

- **Arrive and rest.** Don't try to sort everything out on day one.
- **Mobile data.** Get a Spanish SIM or an eSIM; you'll need your passport or ID to sign up.
- **Transport.** Since June 2026 you can pay with a contactless bank card at the Metro gates. To travel cheaply every day, you'll later want the Abono Joven youth pass (see "Getting around the city").
- **Check your accommodation.** Make sure everything matches what was agreed, and take dated photos of the room's condition.
- **Tell your family** you've arrived and share your address.

During the first week

- **Visit your university's or school's international office.** They usually run welcome sessions, paperwork guides and student groups.
- **Book an appointment to register your address (empadronamiento)** at the City Council (see "Everyday practical information"). You'll need it for several things, including the Abono Joven.
- **If you're from outside the EU:** book your TIE appointment now (the foreigner's identity card). You have **one month from entering Spain** to apply Official.
- **Make a first social plan**, even a small one: a welcome activity, a language exchange or a coffee with someone from class. The first weeks are when it's easiest to meet people.
- **Explore your neighbourhood:** supermarket, pharmacy, nearest health centre and metro or bus stop.

If you're family

Ups and downs in the first days are normal: tiredness, language, paperwork. "What did you discover today?" helps more than "Have you sorted everything out yet?". Ask them to share their address and the contact of their university's international office, and to keep the emergency number **112** handy.

Checklist

- [ ] SIM or eSIM working
- [ ] Address shared with family
- [ ] Photos of the accommodation's condition
- [ ] Visit to the international office
- [ ] Address registration appointment booked
- [ ] TIE appointment booked (non-EU students)
- [ ] First social plan done

This guide is for guidance only and is updated often. For legal procedures, always check the official source or your university. NOA does not replace legal or medical advice.
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