

# Arrival Guide

Spanish

Buenos Aires, Argentina

Spring 2025

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# 1 Introduction

## **Welcome as a student with Kulturstudier!**

We hope you are excited about the upcoming semester. Our local staff in Buenos Aires will do their best to help you adapt to your new life upon arrival. However, a successful journey always begins at home.

This guide aims to provide you with essential information about life in Buenos Aires and help you prepare to make the most of your semester abroad. For details on academic preparations, please refer to the study guide.

We urge you to read this arrival guide carefully, to download this PDF on your computer, and print it to keep with you while in Argentina.

If you have any further questions, contact us at [mail@kulturstudier.no](mailto:mail@kulturstudier.no) or by phone at +47 22 35 80 22.

## 2 Important information

Make sure to save this information and pass it on to your emergency contacts.

### 2.1. Local staff contact information

**Manager:** Lucia Correa. WhatsApp/Phone: +54 9 11 6188-0796) / E-mail:

[argentina@kulturstudier.no](mailto:argentina@kulturstudier.no).

**Assistant manager:** Julia Rabinovich. Phone/ WhatsApp: +54 9 11 3081-3559. E-mail: [argentina@kulturstudier.no](mailto:argentina@kulturstudier.no).

**Academic coordinator:** Monica Nardelli. E-mail: [nardellikulturstudier@gmail.com](mailto:nardellikulturstudier@gmail.com)

### 2.2. Your postal address in Buenos Aires

Milhouse Hostel Hipo.

Av. Hipólito Yrigoyen 959, C1086

CABA, Argentina

### 2.3. Medical help

We generally recommend students to use the [Emergency Center of the Hospital Alemán \(German Hospital\)](#). The hospital's address is Beruti 2533, you can reach them by phone at +54 11 4827-7000. This hospital is experienced in dealing with international insurance. Public hospitals (available for tourists) offer a 24-hour emergency service, without charge. The ambulance emergency service (SAME) is also free.

**Here are some useful phone numbers:**

- SOS (911)
- Tourist Police Station (0800 999 5000 / 4346 5748)
- Emergencies Civil Defense (103)
- Emergency Health Service / SAME (107)

## 2.4. Ethical conduct

We have a zero-tolerance policy for harassment or bullying. We expect students and staff to treat each other with respect and to avoid offensive language in their communication with each other. Sexual harassment is unacceptable, both in the case of harassment of fellow students and from our staff towards students. All Kulturstudier staff and teachers are informed that any sexual attention towards students is strictly prohibited. If you experience harassment, sexual or otherwise, from Kulturstudier staff or lecturers, we urge you to report this to [alarm@kulturstudier.org](mailto:alarm@kulturstudier.org). All reports will be treated confidentially.

## **3 Preparation: getting ready**

### **3.1. Be prepared to take responsibility**

Kulturstudier is an organization run by academics, and we consider the academic aspect of your stay our primary responsibility. We see our students as responsible adults and believe that each student should take responsibility for creating a good life for themselves in Buenos Aires.

For instance, if your luggage does not arrive with you, you must contact the airline yourself. If you need to see a doctor, you should go by yourself or with a roommate. We expect you to act in the same manner you would if you were traveling independently. Nevertheless, our local staff serve as a safety net. If you encounter problems or something serious occurs, you can always ask them for help.

You must also be prepared to take responsibility for your studies. Studying with Kulturstudier is fundamentally the same as studying at any university; what you gain from it depends on what you put into it. You can fail your studies and learn nothing, or you can be academically inspired and discover what you want to do for the rest of your life. Read more in the study guide.

### **3.2. Be prepared to step outside your comfort zone**

During your time as a Kulturstudier student you will be a part of a group of Scandinavian students, which provides a sense of safety in a new situation. It is easy to only spend time with your fellow Scandinavians instead of stepping out of your comfort zone to get to know the locals. However, if you wish to truly experience Argentina, you must be adventurous and make an effort to get to know the locals and their culture.

## **3.3. Packing**

### **3.3.1. Clothing**

Buenos Aires enjoys a warm and mild climate throughout most of the year. However, during the months of December through March, temperatures can occasionally peak at up to 40 °C. In the Southern Hemisphere winter, the coldest month is July, with average temperatures ranging between 3 °C and 8 °C. There are no subzero temperatures or freezing conditions. August is relatively cold in Buenos Aires, and you may experience some chilly days in September. In the Southern Hemisphere summer, the air is humid, with an average temperature of around 28 °C. When packing, consider the climate and season. There is no specific dress code at the university. If you plan to go hiking or travel outside Buenos Aires, bring appropriate clothing for those activities and climates. Bring a towel.

### **3.3.2. Toiletries**

You can buy most pharmaceuticals in Buenos Aires. However, it is a good idea to pack some painkillers and digestion relief medication that you are familiar with. Bring any prescription medications you need. You can easily purchase everyday items such as shampoo, conditioner, deodorants, soap, shaving equipment, tampons, pads, and sunscreen in most shops in Buenos Aires.

### **3.3.3. Study supplies**

Paper, pens, staplers, tape etc. can be bought in Buenos Aires. Bring your laptop and your books.

## 4 Your first week: settling in

### 4.1. Arriving in Argentina

If you arrive in Buenos Aires on the joint arrival with Kilroy, you will be picked up at the airport upon arrival. If you are not on the joint flight but your flight lands at the same time or a bit earlier, you may join the joint transport. Please contact manager Lucia if this applies to you. If you do not arrive with the joint group or at the same time, we advise you to take an Uber to the city. The price is around 30 EUR, and the drive takes approximately 45 minutes to 1 hour. Alternatively, a taxi will cost around 40 EUR. If you are delayed or change your travel plans from what you have informed us in the arrival form, please contact Lucia).

As soon as you arrive in Argentina, we request that you register your stay with your country's embassy if you have not already done so prior to departure. Register your travel with your Ministry of Foreign Affairs in [Norway](#) / [Sweden](#) / [Denmark](#).

### 4.2. Visa

To attend UNSAM, you must apply for a student visa. The Kulturstudier team will assist you in the process, but it is important to note that obtaining the visa is ultimately the responsibility of each student. The total cost is around 50 EUR, covering translations, legalizations, and immigration fees. We have scheduled two informational meetings on visa processing. While attendance is not mandatory, it is highly recommended. The date and time of these meetings will be announced shortly after your arrival.

### 4.3. Buy a SIM-card

Most students get an Argentinian SIM-card and cell phone number, which is cheap and practical. You can get your Argentinian SIM card on your first day. We recommend Claro or Movistar. Claro has an [office close to the student house](#) where you bring your passport and can get instant access to 4G. It is relatively cheap. If you have an old phone that still works, bring it as a backup in case your primary phone gets lost or



stolen. You can put your home country SIM card in the backup phone to use services like BankID.

## **4.4. Withdraw cash**

The currency in Argentina is the ARS (Argentine Peso). 1 EUR = 1 000 ARS (approx.). You can use Western Union to transfer money from home, but you cannot transfer money to yourself. Through the Western Union app, anyone can transfer money to you at a good exchange rate. You can then visit one of the larger Western Union offices in Buenos Aires to withdraw the cash.

We recommend bringing 500 to 1000 USD in cash but avoid carrying large sums of money with you. Even though Buenos Aires is generally a safe city, thefts can occur. If you are renting a flat on your own and the price is in USD, it is advisable to bring the required amount in USD from Europe.

## **4.5. Information meeting**

An information meeting will be held before the first lecture. At the meeting, we will go through important practical information with regards to the houses, transportation, social activities, and cultural etiquette. There will be plenty of time for questions. The time and location of the meeting will be announced in the Facebook and WhatsApp groups.

## **4.6. Communicating with Kulturstudier**

### **4.6.1. Student representatives**

During the first week, we will ask the students to elect representatives who will meet with Kulturstudier staff every other week. It is their responsibility to be an intermediary between students and staff and to notify the staff of any problems. For specific occasions or trips, separate committees may be formed.

### **4.6.2. E-mail and Facebook**

Check your e-mail and the Facebook group frequently to stay up to date about the academic programme and free time activities. Please use e-mail to contact staff, and not social media channels, regarding urgent matters.

### **4.6.3. Complaints**

If you have spoken with our local staff about issues but still feel that your concerns have not been appropriately resolved, you are welcome to file a complaint by contacting Kulturstudier in Oslo in accordance with specifications given [here](#), preferably in time to make us able to act on your issues.

## **4.7. Academic schedule**

The academic program for the semester can be found in the study guide. Lectures and seminars will be held at the University of San Martín, alternating between the downtown facilities ([Av. Roque Saenz Peña 832](#)) and the university's main campus ([Av. 25 de Mayo 1169, B1650 San Martín](#)). Regular classes, including lectures and seminars, will usually be held between 8 AM and 6 PM.

Your specific schedule will depend on your combination of courses, and we will provide a schedule upon arrival. We aim to provide predictability in the schedule, but please be aware that some changes are bound to occur due to unforeseen circumstances such as lecturers falling ill. Please note that you must attend at least 75% of lectures and seminars to pass the courses. In cases of illness, medical certificates will be considered.

# 5 Health, accommodation and food

## 5.1. Health: staying well in Argentina

If you are insured with Europeiske, you have access to counselling for health issues by phone at +47 21 49 24 01. Check with other insurance providers what options they have for counseling if you suffer health issues.

Roommates have a special responsibility to look out for and help each other if someone gets ill. If you or your roommate is too sick to attend a lecture or seminar, inform the team before breakfast. It is inevitable that some students will get sick during the semester. You will most likely be affected by an upset stomach at some point during your stay. At the pharmacy, you can buy electrolyte powder, which can help. Preventative measures include washing your hands often and being careful with uncooked/raw foods. However, try not to let anxiety prevent you from exploring and enjoying new foods.

Remember important to stay hydrated in the heat —aim to drink at least 3 liters of water daily. Fresh juice is another great way to maintain hydration. If you feel weak and unwell, dehydration is the most likely cause. Tap water is generally safe, but many prefer bottled/filtered water which is available in all restaurants.

If you struggle with mental health difficulties, please consult your doctor before departure and inform the staff beforehand if there is anything we should be aware of. Read more on [your page](#).

## 5.2. Accommodation

The accommodation Kulturstudier offers varies from semester to semester according to availability. Rooms vary in size, furnishing and appeal. Read more on [your page](#).

### 5.2.1. Student house

Students who have chosen accommodation with Kulturstudier will be living at **Hostel Milhouse Hipo** in the center of Buenos Aires. You will be sharing rooms with 1-3 other

students. Rooms are equipped with bed sheets. House staff will clean the rooms and common areas regularly. Each of you will have a key to your room, and if you lose the key, you are responsible for the cost of making a new one. Many students choose to do their own laundry in buckets in the bathrooms. Alternatively, you can use local laundromats, which are relatively inexpensive and provide good service. When you drop off your laundry, you can usually pick it up after a couple of hours.

### **5.2.2. Electricity and wi-fi connection**

The electricity in Buenos Aires is 220-240v, which is the same as in Scandinavia. Any equipment using 110v will need an adapter, which can be bought at any hardware store. The typical plug is a 3-pin type, so you should bring an adapter or buy one upon arrival in Buenos Aires. There is Wi-Fi available at the hostel, on campus, and in most cafés. However, please note that the internet connection may be slower and more frequently disrupted than what you are used to. We cannot guarantee great internet access.

### **5.2.3. Safety and house rules**

It is your own responsibility to take care of the equipment provided. If something is broken or missing, you will be personally responsible for fixing or replacing the item. Students who do not respect house rules may be expelled from the student houses without reimbursement. See the full list of house rules below.

## **House rules**

### **1. Cleanliness and responsibility**

All students are responsible for maintaining the cleanliness of shared spaces, including the kitchen, bathrooms, and living rooms. Personal belongings should be stored properly to ensure that common areas remain orderly.

### **2. Noise control and respect for quiet hours**

All students must maintain a peaceful environment conducive to study and rest. Students must respect their neighbors and observe quiet hours in accordance with local laws.

### **3. Safety first**

For the safety of all residents, students must follow the security protocol, which include locking doors and informing staff of any safety concerns.

### **4. Substance use**

The use of drugs is strictly prohibited. Alcohol consumption must be conducted responsibly. Excessive drinking that endangers your own safety, or the safety of others, is not permitted.

### **5. Respectful behavior and non-discrimination**

All students must treat their housemates with respect and dignity. Discrimination based on identity, race, sexual orientation etc. is strictly prohibited. So is physical or verbal violence, intimidation, and threats. Sexual harassment, bullying, or any actions that compromise the well-being of others will not be tolerated.

## **5.3. Food**

Every meal is your responsibility. There are plenty of nice places to eat in the city, and Argentina is well-known for its delicious food. Once you arrive in Buenos Aires, we will recommend places where you can find the best traditional food. You can also use the kitchen at the hostel if you prefer to cook your own meals. Cooking together is a great way to get to know your fellow students.

## 6 Living in Buenos Aires, Argentina

### 6.1. Culture shock

To stay in a foreign country for a long time is usually a wonderful experience, but you should also expect to experience some difficulties during your stay. Many students go through phases of feeling very happy, followed by times when they suddenly feel sad and irritable. This phenomenon is common enough to have a name: culture shock. Culture shock is often divided into three phases:

1. **The tourist phase:** initially, everything new is exciting and fascinating. You are likely to feel happy and energetic as you explore your surroundings.
2. **The sentencing/reaction phase:** as the novelty wears off, you may start to experience frustration, homesickness, and irritability. Everyday challenges, such as language barriers and cultural differences, may become more difficult to deal with.
3. **Reorientation phase:** you begin to develop routines and feel more comfortable navigating cultural differences. Eventually, you find a balance and start to appreciate your new life more fully.

### 6.2. Activities in your free time

Buenos Aires is full of great restaurants, pubs, theaters, and a wide array of cultural and artistic activities. To get a true taste of Argentine life, be prepared to stay up way past your bedtime. Dinner in Buenos Aires rarely takes place before 9 PM, even at home. Most dance clubs and tango milongas (tango dance events) do not even open until midnight, with after-parties continuing past sunrise. It is common to see entire families, including very young children, still active at 3 AM. This truly is a city that never sleeps. Still, "porteños" (people who live in Buenos Aires) are not heavy drinkers. Clubbing is generally a weekend affair, with many clubs only opening Friday and Saturday nights.

If you are interested in leisure activities such as Argentinian cooking classes, sports activities, or volunteering, local staff can assist you in finding these opportunities. In

addition to the academic schedule, we will offer cultural activities. Kulturstudier will arrange affordable evening get-togethers with various themes (such as Argentinean culture, football, mate, empanadas, etc.) throughout the semester. We encourage you to plan and carry out some of your own activities as well. This is the best way to become familiar with Argentine culture. We will ensure that there is at least one long weekend off so you can explore Argentina on your own or with fellow students or local friends. If you go on overnight trips, you must notify the manager.

### **6.3. Transportation**

Buenos Aires has a fairly efficient and affordable public transportation system, and most students get around by bus or subway, and train for longer distances. Furthermore, Buenos Aires is a walkable city and you can experience a lot by walking around!

### **6.4. Illegal drug use**

We do not accept that our students use illegal drugs. Students who use illegal drugs will be expelled and told to leave our premises. The use and possession of illegal drugs is a serious criminal offense in Argentina, and the penalties are harsh for those caught in possession of illegal substances. The Argentinian government is particularly strict with tourists, and some Westerners serve long sentences after being charged with possession of illegal substances. Someone may offer you cannabis or other drugs claiming that the police do not care. This is not true.

Kulturstudier has been present in Buenos Aires for a long time. Local people as well as the authorities pay particular attention to what we do. The police are very helpful towards our students and staff when we need their assistance, and maintaining our good reputation is important for our good relationship with local authorities. Breaking the law would be very damaging to Kulturstudier's work in Buenos Aires, and could threaten our very existence in Argentina. Please keep in mind that while you may be comfortable taking the risk, breaking the law will affect others besides yourself. Our local staff will suffer consequences for your actions.

## 6.5. Tipping and bargaining

Tipping is not required but highly appreciated. If you are satisfied with your service in a restaurant, a hotel, taxi etc., round up or give maximum 10%.

## 6.6. Personal Safety

Buenos Aires is generally a safe city for foreigners. With a little caution and common sense, as in any other big city, you can have a safe and enjoyable experience in Buenos Aires. Argentinian police frequently patrol the streets, and locals are typically friendly and helpful towards foreigners. Most crime in the city is limited to robbery and petty theft. Violent crimes are very rare, but it is always important to be aware of your surroundings and avoid unnecessary risks.

If you are walking by yourself and see a potentially dangerous situation ahead, enter a supermarket or kiosk until you are certain there is no danger. General safety recommendations are the same as for any big city: avoid leaving your purse or bag unsupervised in public places; do not walk in parks or less crowded streets after dark; do not exhibit valuable objects; and avoid showing that you are carrying foreign money. Always use Uber or a "radio taxi" after being out, and always go home with friends. Avoid walking alone late at night, especially in areas with few people around. As foreigners, you are likely to receive a lot of attention. Women, in particular, are likely to receive significant attention from men. Interactions between men and women in Buenos Aires are different from what you are likely accustomed to in Scandinavia. It is important to learn how to say no and keep walking. While you cannot be everyone's friend, do try to be polite and greet people back. If you encounter persistent attention or feel uncomfortable, simply walk away and continue walking as if you know where you are going (even if you do not).



## 7 After your stay

### 7.1. Returning home: reverse culture shock

Having lived abroad for months, you may experience a reverse culture shock when returning home. After finally having become familiar with life in the foreign country, the way of living in your home country may suddenly seem strange. Everyday life might feel different, and you may find that you have acquired a new way of looking at things. You are not the same person you were when you left, and it may take some time to integrate your new experiences—and possibly a changed outlook—into life back home. Sharing your new experiences with family and friends who have not gone through the same journey can be challenging. They may not fully understand what you have been through, which can make it difficult to communicate your feelings.

Experiencing a different culture and adapting to a new way of life can greatly benefit you in your studies and life moving forward. Consider how you can keep parts of Argentinian culture and everyday life with you as you transition back to your habits at home. It can also be useful to stay in touch with your fellow students to share experiences and discuss the challenges of living at home and abroad.

### 7.2. Evaluation

At the end of the semester, you will receive an extensive evaluation form where you can give us your feedback and help us improve. We greatly appreciate your responses.

**We wish you the best of luck with your studies – get ready for  
a life-changing semester!**

Questions?

Contact us at:

[mail@kulturstudier.no](mailto:mail@kulturstudier.no)

+47 22 35 80 22