

# crejob

Developing Talents, Enriching Lives



**INFO PACK  
CORUÑA**

About us

# ABOUT US

Consultancy, Research, Education, Job...

CREJOB is a European network of mentors, trainers and companies dealing with talent and career development.

CREJOB also deals with research projects at European level, with a team dedicated to the development of innovative ideas about youth entrepreneurship and the world of work, as well as the creation of strategic partnerships throughout Europe.

INNOVATION DRIVEN

LOOK INTO THE FUTURE

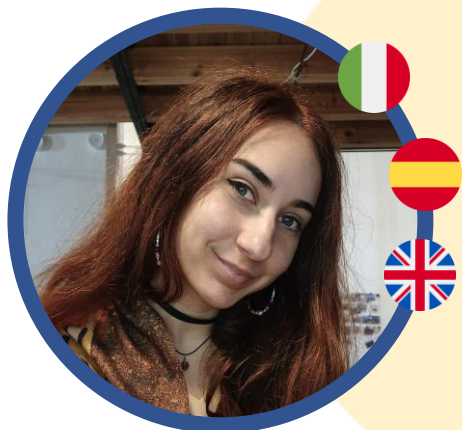
STRONG COMMITMENT



# CRE-JOB TEAM



**ALMUDENA FDEZ.**  
Coordinator



**MARIA TERESA**



**DANIEL**



**DAYANNA**



# WHAT WE DO

For more than 15 years, CREJOB has received hundreds of participants in various European mobility programs for internship experiences in specialized companies.

CREJOB has an extensive network of partners in different areas such as:

- Administration;
- Art
- Day care center/ Activities with children
- Electricians
- Electronics/Mechatronics;
- English language schools
- Graphic design/photography
- Gym (basic level of Spanish required);
- Hairdressing and nail bar (specialized school training required)
- Horseback riding
- Hotel
- IT
- Law firms
- Marketing
- Mechanic Workshops
- Newspapers
- Opticians (basic level of Spanish required)
- Restaurants, bars, etc.
- Tailoring
- Sports (basketball team)
- Stores, sales clerks
- Travel agencies.



# CREJOB OFFICE



CREJOB Office is in *“Paseo Marítimo número 4  
Bajo Izquierda, 15002 A Coruña”*



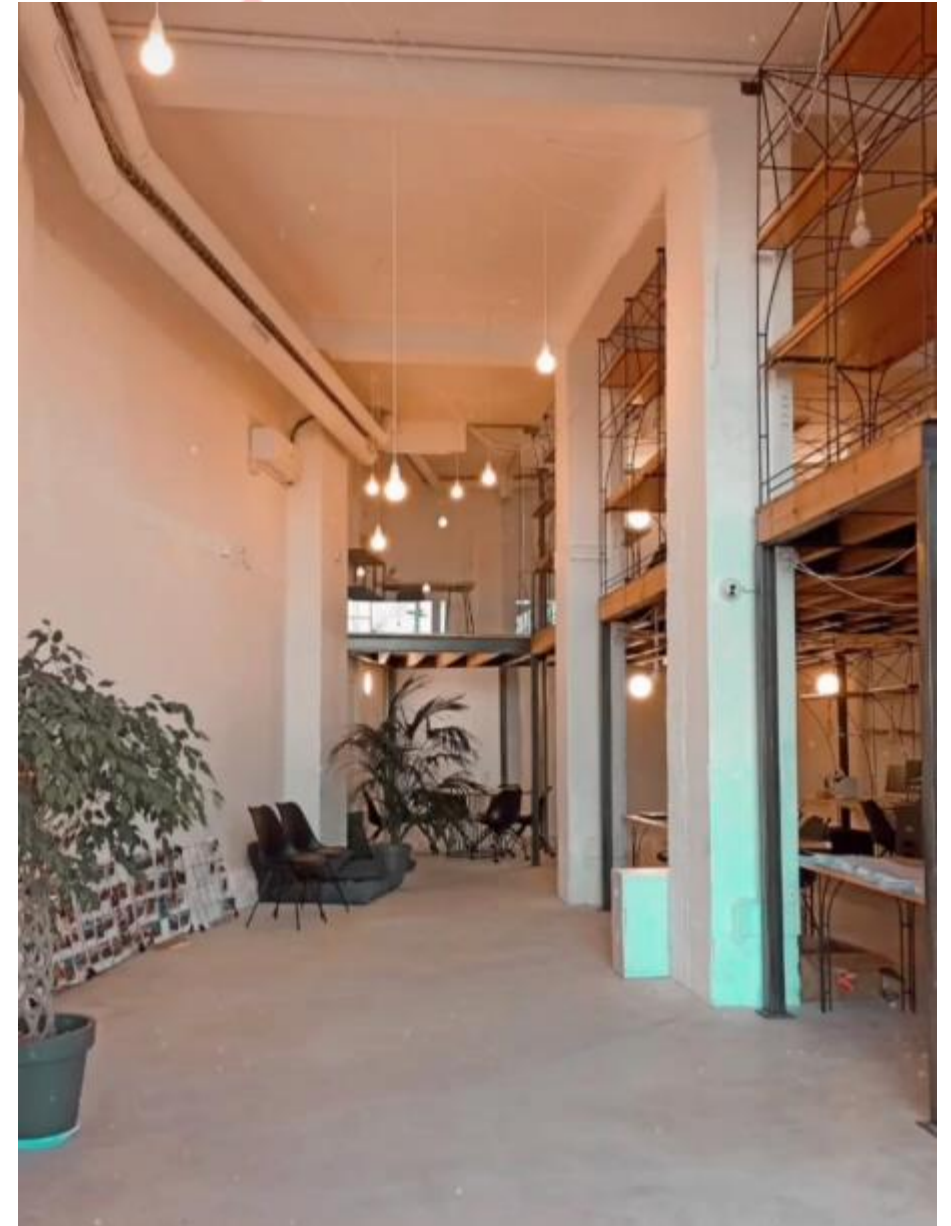
Crejob telephone (Mobile): (+34) 678 71 18 56

Crejob telephone (Office): (+34) 981 26 03 65

TO CONTACT US DURING THE STAY A WHATSAPP  
GROUP WILL BE CREATED BEFORE YOUR  
ARRIVAL



E-mail: [coruna@cre-job.com](mailto:coruna@cre-job.com)

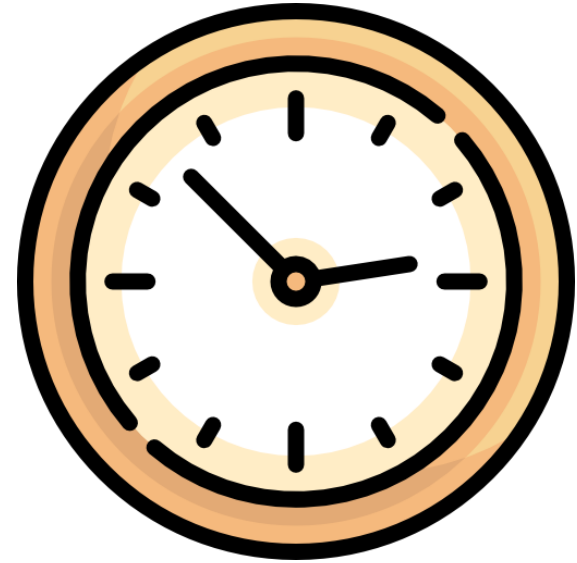


# CREJOB OFFICE

## Crejob Coruña Working Hours:

**MON - FRI** 9:00 - 18:00

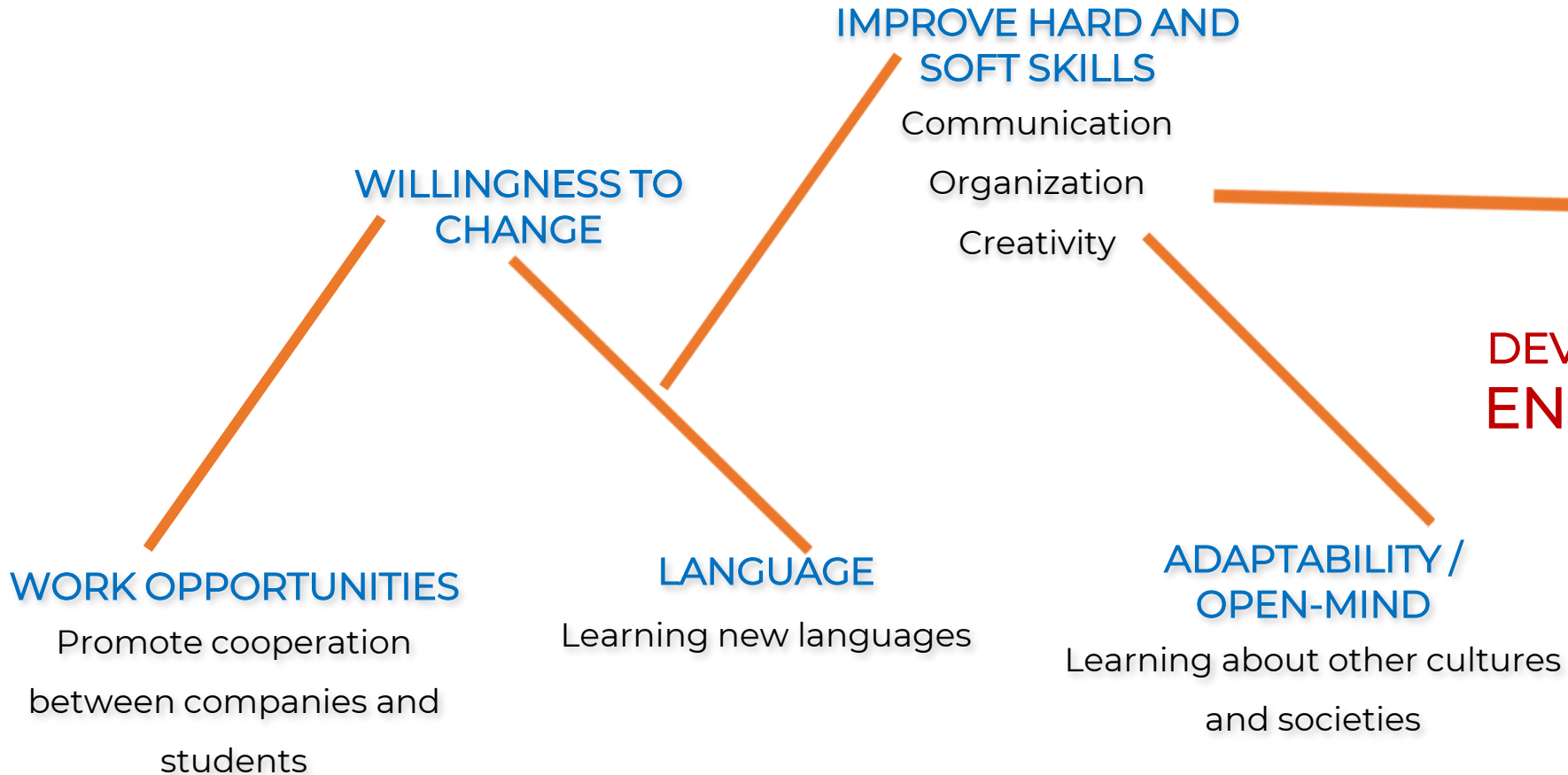
You can always contact us (24/7) for **emergencies/things** that require immediate attention and may represent a risk to the integrity of the people.



CREJOB PATH



# CREJOB PATH OBJECTIVES



**DEVELOPING TALENTS,  
ENRICHING LIVES**

# THE INTERNSHIP EXPERIENCE

CREJOB tailors internships to participants' profiles.

SOME ADVICES:

OBSERVE  
AND  
BE PROACTIVE

BE HUMBLE

BE SOCIAL

BE  
PROFESSIONAL

*The internship is an opportunity to learn and acquire skills, and focus on your professional aspirations, but also your weaknesses and strengths.*

# THE TUTORS' ROLES

## COMPANY TUTOR

- TEACH INTERNSHIP TASKS
- SUPERVISE YOUR WORK

## CREJOB'S MENTOR

- EMERGENCY CALLS
- When there is no tutor we go with the students to the hospital in case of emergency .

General Info



# GENERAL INFO

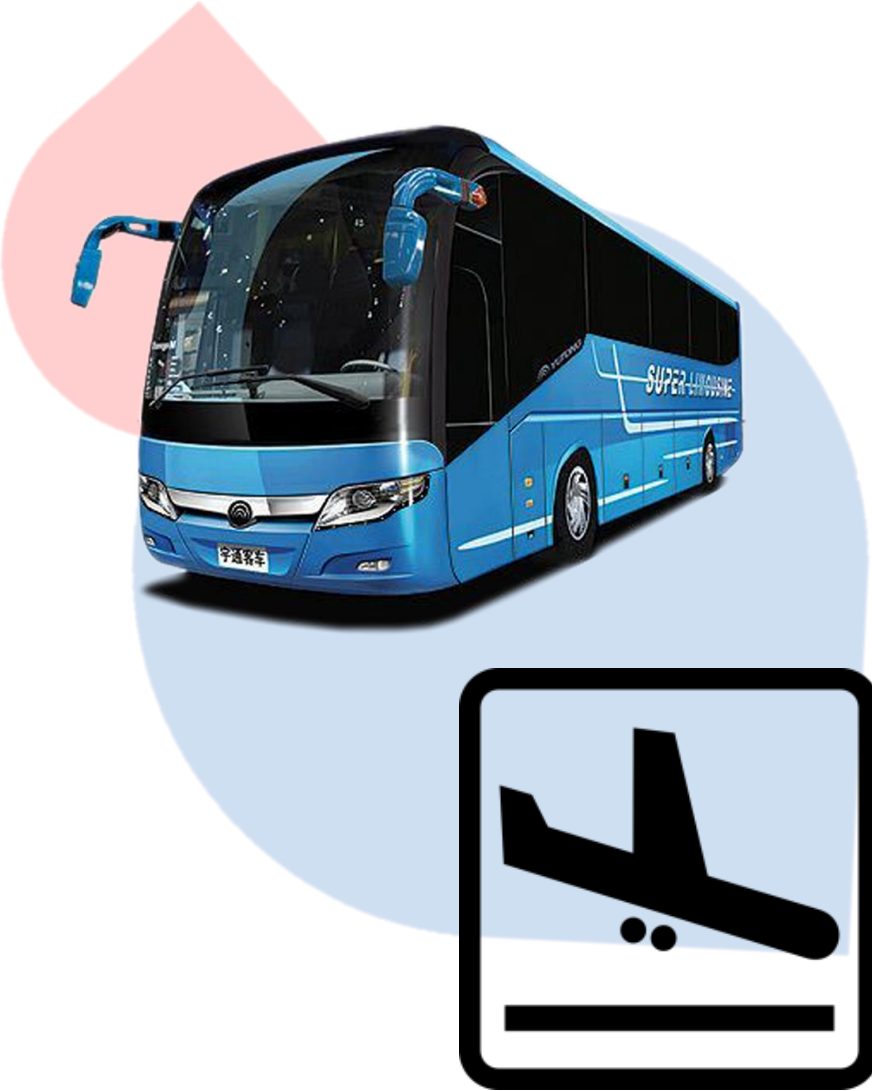
**THE DAY OF ARRIVAL** . A bus will pick up the participants at the airport.

There will be a person waiting for them at the terminal with an CREJOB sign and the name of the project, who will take them to their accommodation.

## The day after the arrival

Meeting at CREJOB's office to meet the **tutors and students** who will provide info about the **program** and the **rules**.

Participants will meet the placement tutor, and will receive information on the **internship** and the path to / from their accommodation.



# GENERAL INFO

Participants will receive a Pocket Money (within the agreed terms) for living expenses paid during the period abroad.

(CREJOB will keep a deposit in case there should be any problems with the apartments due to any kind of bad behavior on the part of the participants)

## Summary of the deposit

- Loss, misplacement or theft of keys: 10€.
- Loss, misplacement or theft of bus card: 5€.
- Loss, misplacement or theft of bank card: 20€.

Please make sure you bring your Identity Card and the European Health Card



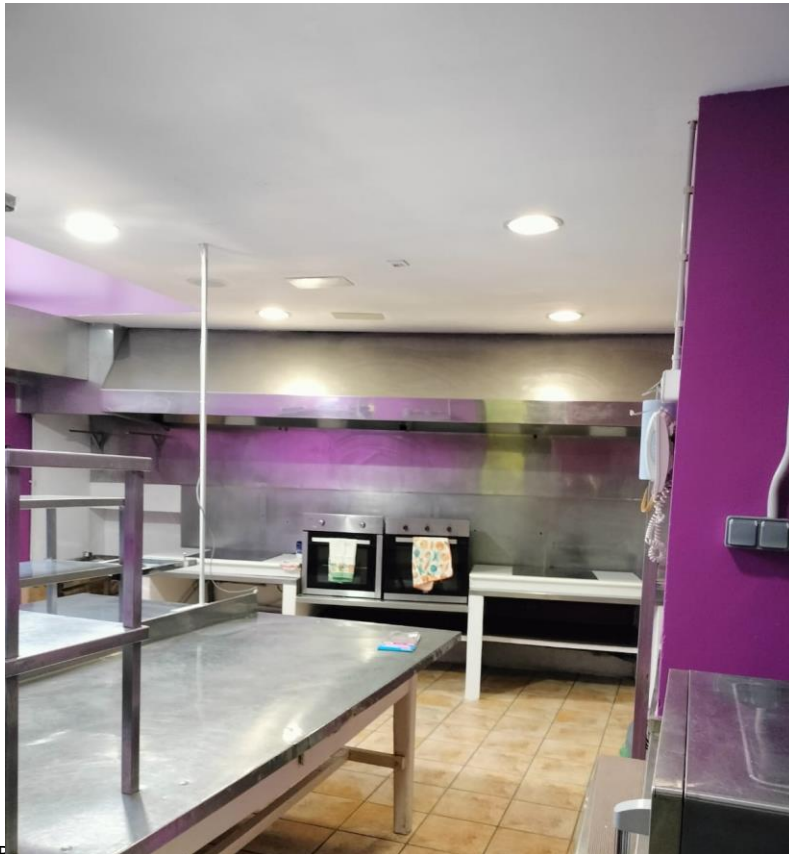
Accommodation

# ACCOMMODATION

CREJOB is happy to host you in Bedrooms with their own bathroom equipped with all comforts.

**Address:**

C/Arquitecto Rey Pedreira, 15010, A Coruña Spain





# ACCOMMODATION



Avenida Peruleiro 4.  
15011 A Coruña



Avenida Peruleiro  
28, 15011 A Coruña



[El obelisco](#)

[Plaza Pontevedra](#)

[Plaza María Pita](#)

[Torre de Hércules](#)

[Aquarium Finisterrae](#)

## BUT REMEMBER:

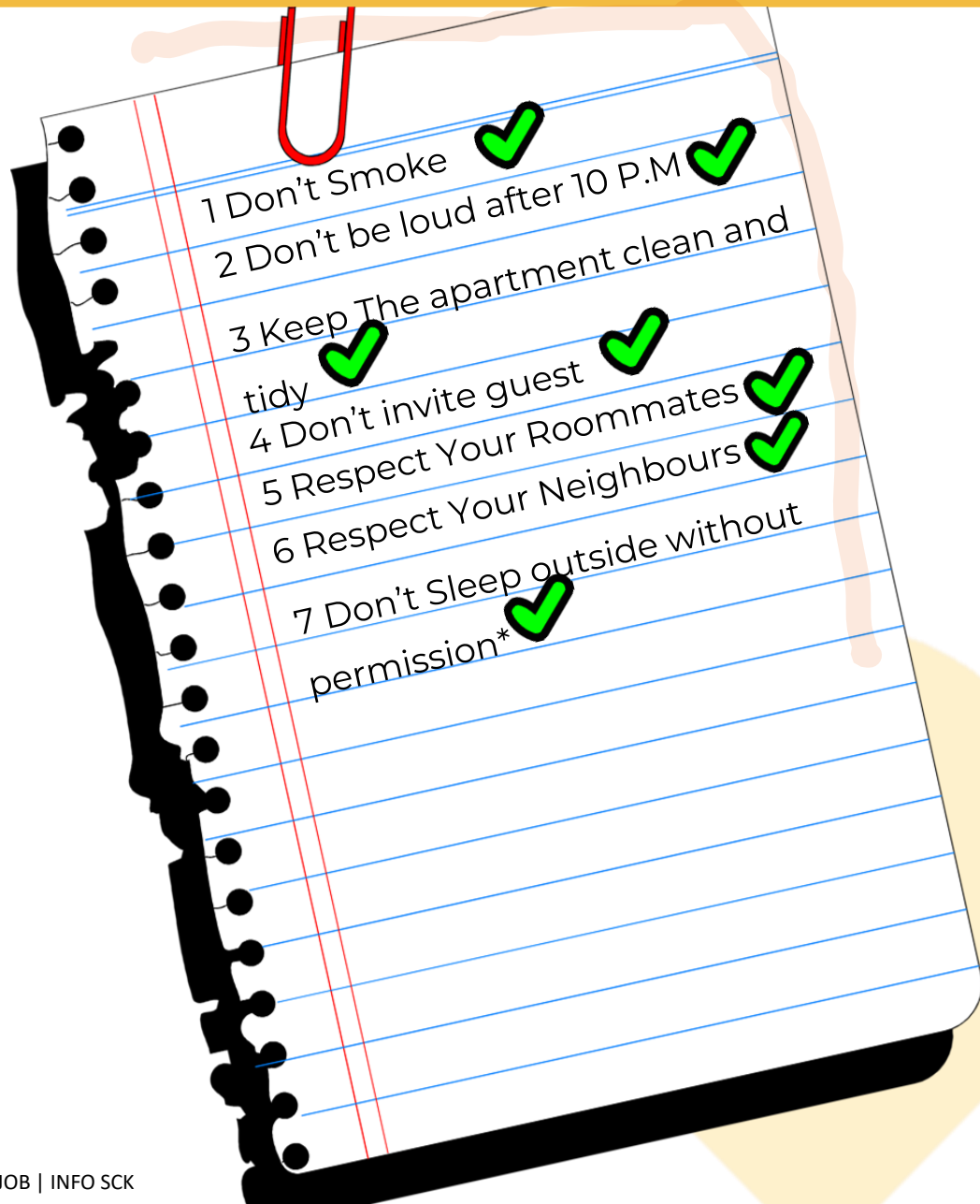
- Towels, bed linen and hairdryer are not included. Bed line in each floor: 90 cm

## ACCOMMODATION DISTRIBUTION

- Remember that the electrical socket in Spain is different, bring an plug adapter with you



# ACCOMMODATION RULES

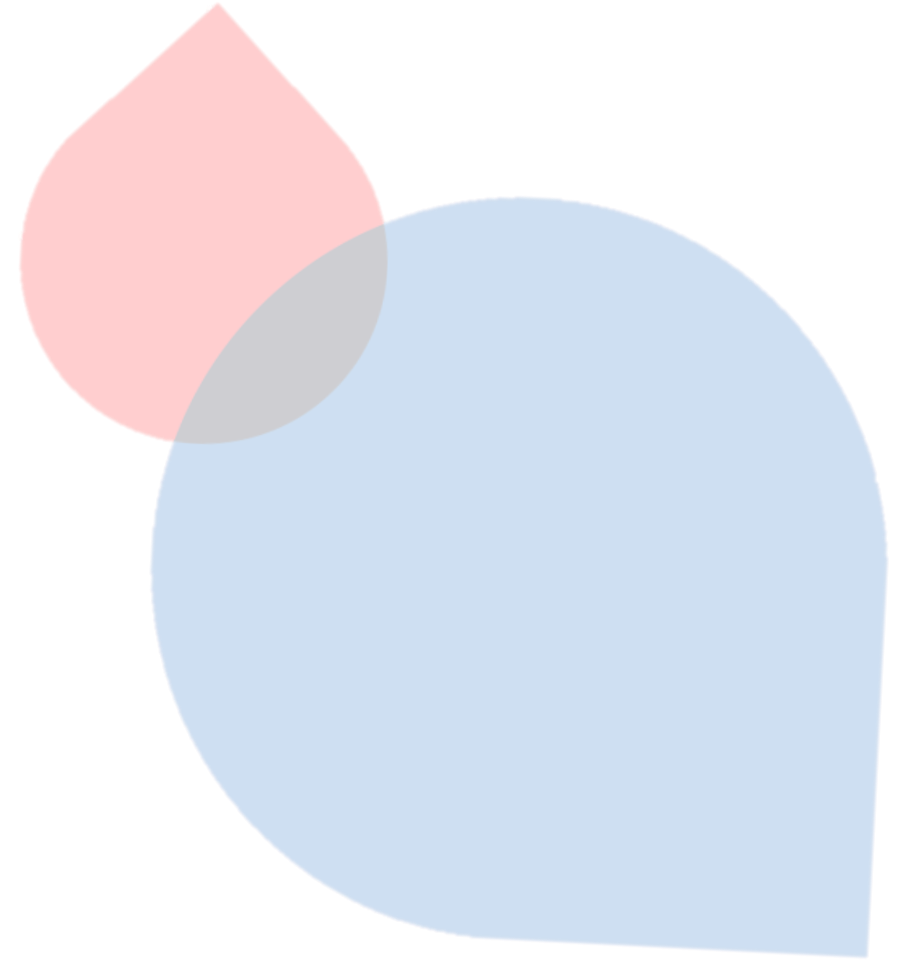


*It is important to follow these rules, because one of the essential parts of the experience away from home is to develop our ability to live with different people, in order to grow as people.*

WORK RULES

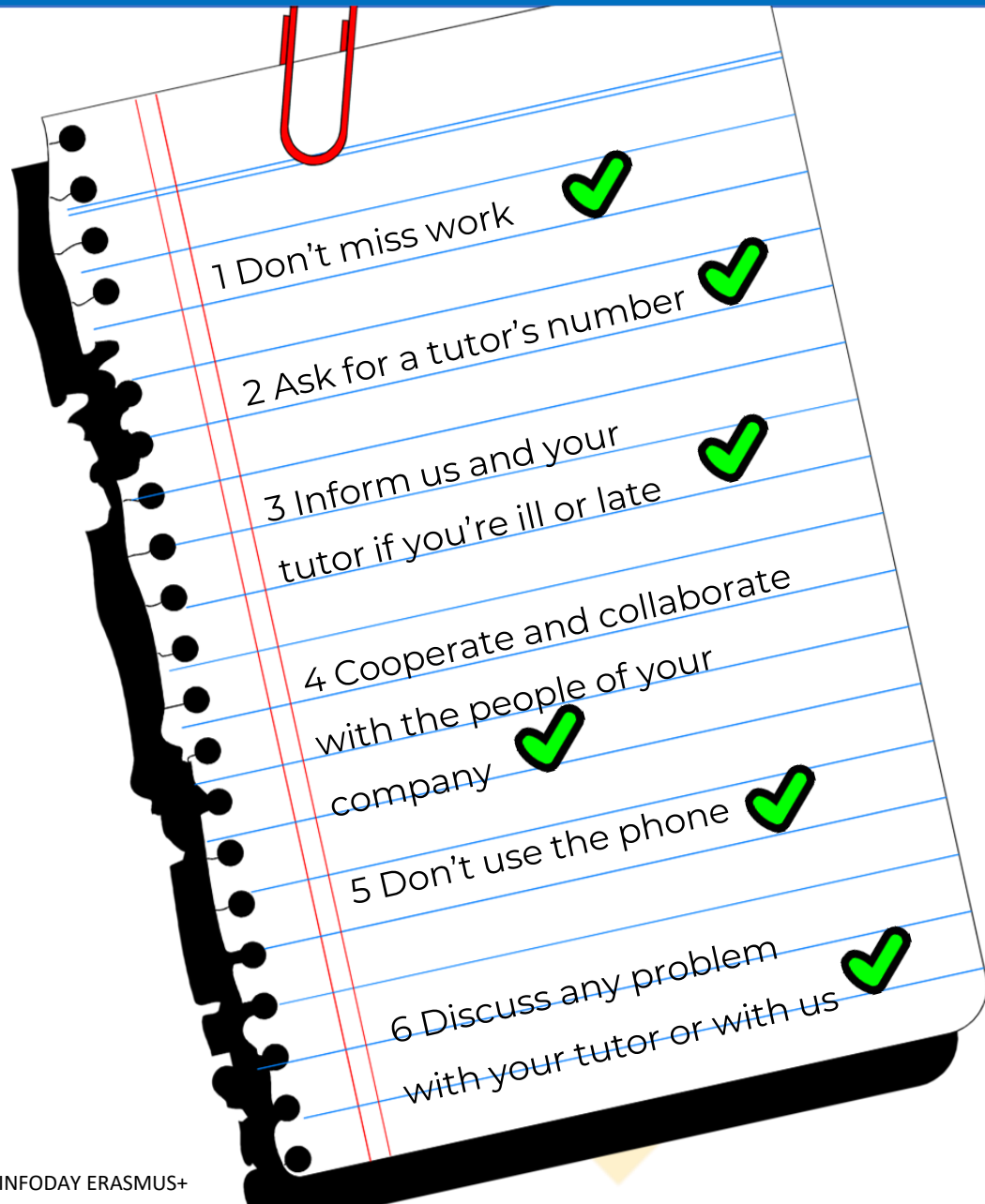
## Work Placement

- 21 – mechanical workshops
- 7 – bars, restaurants
- 3 – waiting for confirmation in Grumico
- 3 – waiting for confirmation in CICA





# Work rules



*Internships are a very important part of the mobility program where you will develop the different transversal competences necessary for any job.*

The city: A Coruña

# INFO ABOUT CITY + WEATHER AND DRESSING

## *Weather and Dressing*

Coruña is one of the rainiest cities in Spain. So apart from the usual winter clothing, it is advisable to bring rain gear, such as raincoats, umbrellas, rain footwear.

The temperature of the city ranges between 5 and 13 degrees in winter, with some colder days, but it is not normal.



## *Info about the City*

A Coruña is located in the northwest of Spain. It is one of the largest cities in Galicia (244,885 inhabitants). A Coruña is a modern city, which combines the service sector with traditional agriculture and fishing industries.

There are two official languages in Galicia: Spanish and Galician

Some of the most interesting points of interest in Coruña are:

- Tower of Hercules.
- Aquarium Finisterrae
- Plaza de Maria Pita
- Castillo de San Antón

But, we shall talk more about it when you arrive.

# MOVING AROUND THE CITY

## On foot

Coruña's city center is compact, flat and eminently walkable. If your accommodation is near the city center, you will likely be able to walk to many of the main attractions – giving you a chance to soak up the city's legendary atmosphere.

## Bus (with BUS CARD)

The bus is great for getting to the neighborhoods near the city center. Bus tickets cost 1.30 without the bus card and 0.38 with the card (it will be given to you on arrival).. Buses run from around 7 am to about 11 pm.

## Bicycle Coruña

A Coruña has a bicycle rental service throughout the city, managed online with a City Council application.





# About restaurants & bars

## La Bombilla

Rúa Torreiro, 6

## Jamonería El Pinar

Rúa Franja, 45

## Pulpería de Melide

Plaza de España, 16

## Taberna da Penela

Plaza de María Pita, 9

## Parrillada Alcume

Rúa Galera, 44B

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# MAP OF CORUÑA





# MAP OF CORUÑA



## A CORUÑA

Los 10 imprescindibles



**1 PLAZA MARÍA PITA**  
Esta Plaza porticada del siglo XIX, alberga el Palacio Municipal y recibe el nombre de la heroína símbolo de nuestra ciudad.



**2 CIUDAD VIEJA**  
Una visita imprescindible por la historia de A Coruña. Las iglesias y sus casas palaciegas le contarán los secretos de nuestro pasado medieval y barroco.



**6 TORRE DE HÉRCULES Y PARQUE ESCULTÓRICO**  
La Torre de Hércules, faro romano del 5º más antiguo del mundo y único en funcionamiento. En el año 2009 fue declarada Patrimonio de la Humanidad. La Torre está rodeada por un museo al aire libre.



**7 MUSEOS CIENTÍFICOS**  
El Aquarium Finisterrae, la Domus y Casa de las Ciencias, son tres museos interactivos en los que se expone la ciencia a través de estímulos y recursos que pretenden mejorar la comprensión de nuestro mundo fusionando ciencia y cultura. (PUNTO 7C FUERA DE FOTO AEREA)



**3 GALERÍAS DA MARIÑA - PUERTO**  
A Coruña es conocida por sus fachadas de cristal. En la Mariña, frente al mar, las galerías alcanzan su máxima expresión. Bajo sus soportales encontramos restaurantes y cafeterías desde donde se contemplan las diversas embarcaciones que atracan en el puerto.



**4 PASEO MARÍTIMO - PLAYAS**  
Busca tu lugar entre las cinco playas de la ciudad, dos kilómetros de arena, un fantástico paseo marítimo y toda la esencia del Atlántico. Aprovecha para disfrutar de los deportes acuáticos: surf, vela, etc.



**5 CASTILLO DE SAN ANTÓN**  
Esta Fortaleza del S. XVI ha funcionado como edificio defensivo, prisión y lazareto. Hoy en día alberga el Museo Arqueológico e Histórico de A Coruña.



**8 MONTE SAN PEDRO**  
Subir a este parque mirador es ver la ciudad desde el aire y entender nuestra costa con una panorámica de 360º al Golfo Ártabro y la Costa da Morte. (PUNTO 8 FUERA DE FOTO AEREA)



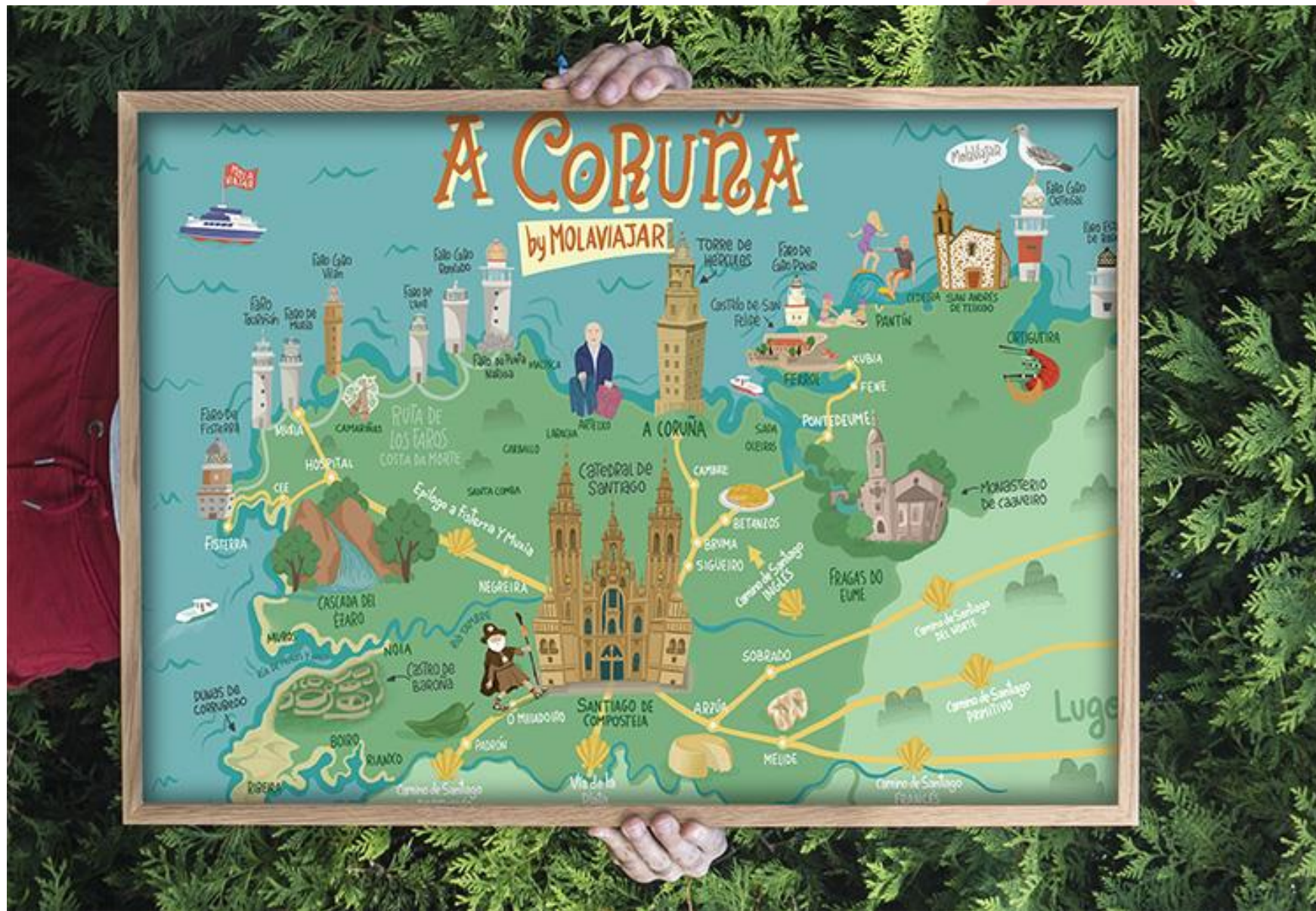
**9 CORUÑA MODERNISTA**  
Pasear por las calles más céntricas y comerciales descubriendo la ciudad de finales del siglo XIX y principios del XX. Calles en las que conviven lujosas fachadas que combinan el sobrio estilo ecléctico con la modernidad heredada del Art Nouveau llegado de Europa.



**10 COCINA ATLÁNTICA**  
Nuestra cocina, nuestro mar, Atlántico norte, calidad y materia. Rutas de tapeo, tradición, inspiración y estrellas Michelin. En la mesa: huerta, carnes, pescados, mariscos, sal de mar. Un océano de experiencias para perderse y disfrutar.



# MAP OF CORUÑA



# EMERGENCY TELEPHONE NUMBERS

**HOSPITAL :** 981 178 000 (CHUAC)

**HEALTH CENTER** 981 287 000 (CASA DO MAR)

**PHARMACY:** 981 903 681 (Farmacia Hércules CB)

**POLICE STATION** 091

**AMBULANCE:** 061

**EMERGENCY:** 112



**This is just basic information!**

**When you arrive we will have an Infoday in our office where we will give you more information about your internships, transports, the city...**

¿ANY QUESTION?

Now it is your turn to ask questions





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<https://www.facebook.com/crejobeurope>



Share your experience with the  
hashtag #crejobeurope

THANK YOU!

SEE YOU SOON!