

THE TEMPLATE

CATALONIA (SPAIN)



CONTENT

I. GENERAL PART.....	1
1. CHARACTERISTICS OF THE COUNTRY	1
2. HISTORY OF SPAIN.....	9
3. COUNTRY POLICY	11
4. ECONOMY	14
5. RELIGIONS, ETHNICS, MINORITIES	18
6. HOLIDAYS AND TRADITIONS OF THE COUNTRY	20
7. FAMILY	23
8. LIFESTYLE OF THE COUNTRY	30
II. THE HEALTH SYSTEM IN SPAIN	44
9. THE HEALTH SYSTEM OF SPAIN	44
10. ORGANIZATION OF THE HEALTH SYSTEM IN SPAIN.....	48
11. HOME CARE	50
12. AVAILABILITY OF HEALTH CARE	51
13. THE SYSTEM OF NURSING CARE IN SPAIN.....	53
14. SPIRITUAL CARE IN SPAIN.....	56
15. THE RIGHTS AND OBLIGATIONS OF THE PATIENT IN SPAIN	57
16. DAILY REGIME IN HOSPITALS	59
17. HEALTH CARE PROFESSIONALS	60
18. SPECIFIC AREAS OF HEALTH AND NURSING CARE	61
RESOURCES.....	66

I. GENERAL PART

1.CHARACTERISTICS OF THE COUNTRY

1.1. GEOGRAPHY

At 505,992 km² (195,365 sq mi), Spain is the world's fifty-second largest country and Europe's fourth largest country. It is some 47,000 km² (18,000 sq mi) smaller than France and 81,000 km² (31,000 sq mi) larger than the US state of California. Mount Teide (Tenerife) is the highest mountain peak in Spain and is the third largest volcano in the world from its base. Spain is a transcontinental country.

Spain lies between latitudes 26° and 44° N, and longitudes 19° W and 5° E.

On the west, Spain is bordered by Portugal; on the south, it is bordered by Gibraltar (a British overseas territory) and Morocco, through its exclaves in North Africa (Ceuta and Melilla, and the peninsula of Vélez de la Gomera). On the northeast, along the Pyrenees mountain range, it is bordered by France and the Principality of Andorra. Along the Pyrenees in Girona, a small exclave town called Llívia is surrounded by France.

Extending to 1,214 km (754 mi), the Portugal–Spain border is the longest uninterrupted border within the European Union.[73]

Islands

Spain also includes the Balearic Islands in the Mediterranean Sea, the Canary Islands in the Atlantic Ocean.



Mountains and rivers

Ordesa y Monte Perdido National Park, World Heritage Site in the Pyrenees

Mainland Spain is a mountainous country, dominated by high plateaus and mountain chains. After the Pyrenees, the main mountain ranges are the Cordillera Cantábrica (Cantabrian Range), Sistema Ibérico (Iberian System), Sistema Central (Central System), Montes de Toledo, Sierra Morena and the Sistema Bético (Baetic System) whose highest peak, the 3,478-metre-high (11,411-foot) Mulhacén, located in Sierra Nevada, is the highest elevation in the Iberian Peninsula. The highest point in Spain is the Teide, a 3,718-metre (12,198 ft) active volcano in the Canary Islands. The Meseta Central (often translated as "Inner Plateau") is a vast plateau in the heart of peninsular Spain.

There are several major rivers in Spain such as the Tagus (Tajo), Ebro, Guadiana, Douro (Duero), Guadalquivir, Júcar, Segura, Turia and Minho (Miño). Alluvial plains

are found along the coast, the largest of which is that of the Guadalquivir in Andalusia.

1.2. TIME AND CLIMATE ZONES

Climate of peninsular Spain, Portugal and the Balearic Islands (1971-2000)

The climate of Spain varies across the country. Spain is the most climatically diverse country in Europe with 13 different Köppen climates (excluding the Canary Islands) and it's within the 10th most climatically diverse countries in the world. Five main climatic zones (the five main climates) can be distinguished, according to Guzman geographical situation and orographic conditions:

- The hot-summer Mediterranean climate which is characterized by dry and warm/hot summers and cool to mild and wet winters..
- The warm-summer Mediterranean climate which predominates in parts of northwestern Spain and mostly inland in central-northern Spain at altitudes above 900-1000 masl.
- The oceanic climate is located in the northern part of the country, especially in the regions of Basque Country, Asturias, Cantabria, and Navarre. This region has regular snowfall in the winter months.
- The semiarid climate (Bsh, Bsk) is predominant in the south eastern part of the country (Almeria province in Eastern Andalusia, Murcia region and Alicante province in Southern Valencia) and in the middle reaches of the Ebro valley to the north east (Zaragoza province), reaching as far west as southern Navarre. It is also present in large areas of the central table lands (primarily in La Mancha region which includes parts of Cuenca, Guadalajara, Madrid and Toledo provices) and some of the driest areas of Extremadura. In contrast to the Mediterranean climate, the dry season continues beyond the end of summer and the vegetation is less dense.
- The warm-summer continental climate (Dfb) which can be found in many areas in north-eastern Spain, in areas starting above 1000-1100 masl. It can be

found also in some areas in the Cantabrian Mountains and the highest areas of the Sistema Ibérico mountain range in central-eastern Spain.

1.3. STATE AND TERRITORIAL ORGANIZATION

The 1978 Constitution sets the institutional organization of Spain and leads our legal system. It is a great achievement of consensus and coexistence. Was approved by referendum by a large majority of voters and constituents.

Here are plotted the key strokes of the institutional system that allows you to live and make decisions:

Spain is a democracy, the rule of law and a welfare state. We have a social market economy.

- The values of our model of coexistence are: freedom, justice, equality, solidarity, political pluralism, dignity and respect the fundamental rights and public liberties.
- Sovereignty corresponds to the Spanish people, i.e. all Spaniards, it derive state powers: legislative, executive, judicial.
- Sets a parliamentary monarchy and a system of government based on parliamentary representation.
- Sets the unity of the state and the autonomy of the autonomous communities (Regions)
- Territorially Spain is one of the most decentralized statements in the world.
- common institutions for the whole territory;
- 17 Autonomous Communities (regions) with expanded powers
- two autonomous towns and More than 8,100 local entities.
- Spain is a member of the European Union and participates in this economic and political project. As other states has ceded economic and political powers to the European institutions; shares your exercise with 28 other Member States and their citizens.

1.4. DEMOGRAPHIC DATA

Spain Demographics Profile 2018

Population 48,958,159 (July 2017 est.)

Age structure	<p>0-14 years: 15.38% (male 3,872,763/female 3,656,549)</p> <p>15-24 years: 9.58% (male 2,424,352/female 2,267,429)</p> <p>25-54 years: 44.91% (male 11,214,102/female 10,775,039)</p> <p>55-64 years: 12.14% (male 2,899,088/female 3,044,111)</p> <p>65 years and over: 17.98% (male 3,763,989/female 5,040,737) (2017 est.)</p>
Dependency ratios	<p>total dependency ratio: 51</p> <p>youth dependency ratio: 22.5</p> <p>elderly dependency ratio: 28.5</p> <p>potential support ratio: 3.5 (2015 est.)</p>
Median age	<p>total: 42.7 years</p> <p>male: 41.5 years</p> <p>female: 43.9 years (2017 est.)</p>
Population growth rate	0.78% (2017 est.)
Birth rate	9.2 births/1,000 population (2017 est.)
Death rate	9.1 deaths/1,000 population (2017 est.)
Net migration rate	7.8 migrant(s)/1,000 population (2017 est.)
Urbanization	<p>urban population: 80% of total population (2017)</p> <p>rate of urbanization: 0.52% annual rate of change (2015-20 est.)</p> <p>note: data include Canary Islands, Ceuta, and Melilla</p>

Major cities - population	MADRID (capital) 6.199 million; Barcelona 5.258 million; Valencia 810,000 (2015)
Sex ratio	at birth: 1.07 male(s)/female 0-14 years: 1.06 male(s)/female 15-24 years: 1.07 male(s)/female 25-54 years: 1.04 male(s)/female 55-64 years: 0.95 male(s)/female 65 years and over: 0.74 male(s)/female total population: 0.98 male(s)/female (2016 est.)
Mother's mean age at first birth	30.7 years (2015 est.)
Infant mortality rate	total: 3.3 deaths/1,000 live births male: 3.6 deaths/1,000 live births female: 2.9 deaths/1,000 live births (2017 est.)
Life expectancy at birth	total population: 81.8 years male: 78.8 years female: 84.9 years (2017 est.)
Total fertility rate	1.5 children born/woman (2017 est.)
HIV/AIDS - adult prevalence rate	0.4% (2016 est.)
HIV/AIDS - people living with HIV/AIDS	140,000 (2016 est.)
HIV/AIDS - deaths	NA

Drinking water
source

improved:

urban: 100% of population

rural: 100% of population

total: 100% of population

unimproved:

urban: 0% of population

rural: 0% of population

total: 0% of population (2015 est.)

Sanitation facility
access

improved:

urban: 99.8% of population

rural: 100% of population

total: 99.9% of population

unimproved:

urban: 0.2% of population

rural: 0% of population

total: 0.1% of population (2015 est.)

Nationality

noun: Spaniard(s)

adjective: Spanish

Ethnic groups

composite of Mediterranean and Nordic types

Religions

Roman Catholic 67.8%, atheist 9.1%, other 2.2%, non-believer 18.4%, unspecified 2.5% (2016 est.)

Languages

Castilian Spanish (official nationwide) 74%, Catalan (official in Catalonia, the Balearic Islands, and the Valencian Community (where it is known as Valencian)) 17%, Galician (official in Galicia) 7%, Basque (official in the Basque Country and in the Basque-speaking area of Navarre) 2%, Aranese (official in the northwest corner of Catalonia (Vall d'Aran) along with Catalan,

	<p><5,000 speakers)</p> <p>note: Aragonese, Aranese Asturian, Basque, Calo, Catalan, Galician, and Valencian are recognized as regional languages under the European Charter for Regional or Minority Languages</p>
Literacy	<p>definition: age 15 and over can read and write</p> <p>total population: 98.3%</p> <p>male: 98.8%</p> <p>female: 97.7% (2016 est.)</p>
School life expectancy (primary to tertiary education)	<p>total: 18 years</p> <p>male: 18 years</p> <p>female: 18 years (2015)</p>
Education expenditures	4.3% of GDP (2013)
Maternal mortality rate	5 deaths/100,000 live births (2015 est.)
Health expenditures	9% of GDP (2014)
Physicians density	3.82 physicians/1,000 population (2014)
Hospital bed density	3.1 beds/1,000 population (2011)
Obesity - adult	23.8% (2016)

2. HISTORY OF SPAIN

The history of Spain dates back to the Middle Ages. In 1516, Habsburg Spain unified a number of disparate predecessor kingdoms; its modern form of a constitutional monarchy was introduced in 1813, and the current democratic constitution dates to 1978.

After the completion of the Reconquista, the kingdoms of Spain were united under Habsburg rule in 1516, that unified the Crown of Castile, the Crown of Aragon and smaller kingdoms under the same rule. At the same time, the Spanish Empire began since the very Discovery of America in 1492, marking the beginning of the Golden Age of Spain, during which, from the early 1500s to the 1650s, Habsburg Spain was the most powerful state in the world and the first empire ever in having possessions on five continents.

During this period, Spain was involved in all major European wars, including the Italian Wars, the Eighty Years' War, the Thirty Years' War, and the Franco-Spanish War. In the later 17th century, however, Spanish power began to decline, and after the death of the last Habsburg ruler, the War of the Spanish Succession ended with the relegation of Spain, now under Bourbon rule, to the status of a second-rate power with a reduced influence in European affairs. The so-called Bourbon Reforms attempted the renewal of state institutions, with some success, but as the century ended, instability set in with the French Revolution and the Peninsular War, so that Spain never regained its former strength.

Fragmented by the war, Spain at the beginning of the 19th century was destabilised as different political parties representing "liberal", "reactionary", and "moderate" groups throughout the remainder of the century fought for and won short-lived control without any being sufficiently strong to bring about lasting stability. The former Spanish Empire overseas quickly disintegrated with the Latin American wars of independence and eventually the loss of what old colonies remained in the Spanish–American War of 1898.

A tenuous balance between liberal and conservative forces was struck in the establishment of constitutional monarchy during 1874–1931 but brought no lasting solution, and Spain descended into Civil War between the Republican and the Nationalist factions.

The war ended in a nationalist dictatorship, led by Francisco Franco, which controlled the Spanish government until 1975. The post-war decades were relatively stable (with the notable exception of an armed independence movement in the Basque Country), and the country experienced rapid economic growth in the 1960s and early 1970s.

Only with the death of Franco in 1975 did Spain return to Bourbon constitutional monarchy headed by Prince Juan Carlos and to democracy. Spain entered the European Economic Community in 1986 (transformed into the European Union with the Maastricht Treaty of 1992), and the Eurozone in 1999. The financial crisis of 2007–08 ended a decade of economic boom and Spain entered a recession and debt crisis and remains plagued by very high unemployment and a weak economy.

Spain is ranked as a middle power able to exert regional influence but unlike other powers with similar status (such as Germany, Italy and Japan) it is not part of the G8 and participates in the G20 only as a guest. Spain is part of the G6 (EU).

3. COUNTRY POLICY

The politics of Spain takes place under the framework established by the Constitution of 1978. The form of government in Spain is a parliamentary monarchy, that is, a social representative, democratic, constitutional monarchy in which the monarch is the head of state, while the prime minister—whose official title is "President of the Government"—is the head of government. Executive power is exercised by the government, which is integrated by the prime minister, the deputy prime ministers, and other ministers, which collectively form the Cabinet, or Council of Ministers. Legislative power is vested in the Cortes Generales (General Courts), a bicameral parliament constituted by the Congress of Deputies and the Senate. The judiciary is independent of the executive and the legislature, administering justice on behalf of the King by judges and magistrates. The Supreme Court of Spain is the highest court in the nation, with jurisdiction in all Spanish territories, superior to all in all affairs, except in constitutional matters, which are the jurisdiction of a separate court, the Constitutional Court.

Spain's political system is a multi-party system, but since the 1990s, two parties have been predominant in politics, the Spanish Socialist Workers' Party (PSOE) and the People's Party (PP). Regional parties, mainly the Basque Nationalist Party (EAJ-PNV) from the Basque Country, and Convergence and Union (CiU) and the Socialists' Party of Catalonia (PSC) from Catalonia, have also played key roles in Spanish politics. Members of the Congress of Deputies are selected through proportional representation, and the government is formed by the party or coalition that has the confidence of the Congress, usually the party with the largest number of seats. Since the Spanish transition to democracy, there have not been coalition governments; when a party has failed to obtain absolute majority, minority governments have been formed.

Regional government functions under a system known as the state of autonomies, a highly decentralized system of administration based on asymmetrical devolution to the "nationalities and regions" that constitute the nation, and in which the nation, via the central government, retains full sovereignty. Exercising the right to self-

government granted by the constitution, the "nationalities and regions" have been constituted as 17 autonomous communities and two autonomous cities. The form of government of each autonomous community and autonomous city is also based on a parliamentary system, in which executive power is vested in a "president" and a Council of Ministers elected by and responsible to a unicameral legislative assembly.

The Economist Intelligence Unit has rated Spain as "full democracy" in 2016.

3.1. POLITICAL SITUATION

An Explanation of the Current Political Situation in Catalonia

The nationalistic parliamentary majority of the Catalan Parliament, which represents just 47% of the Catalan voters also holds an uncommon mix of ideologies that goes from anti-establishment far-left parties to centre-right liberal parties, and is trying to force an illegal referendum on the unilateral independence of Catalonia. Even though this referendum is sold internationally as a mere democratic exercise, it is an attempt to create a State which would leave at least half of the Catalan people as foreigners in their own country. As the writer Daniel Gascón has pointed out in the magazine *Letras Libres* "Secessionism fights against an imaginary enemy: an authoritarian, undemocratic Spain. This imaginary Spain is a country where Catalonia does not have a high level of autonomy, a Spain that is not an advanced democracy, comparable to the countries around it." Having said that, there are also good reasons to think that the central government could have better managed the political demands of the nationalist movement.[...]

However, nationalist parties not only campaigned across identity lines but also with more economic and instrumental arguments, such as claims against inter-regional solidarity. For instance, they have repeatedly complained about the fiscal disadvantages of giving money transfers to the poorer parts of Spain (the separatist leitmotif that "Spain robs us" is still being Heard.

[...]Catalonia is objectively one of the richest regions in Spain. Since the beginning of Spanish democracy in the seventies, Catalonia has enjoyed an increasingly level of



autonomy. And if compared with the regions of most EU countries today, it enjoys a notoriously high level of autonomy. According to the OECD, Spain is the seventh most federal country according to the scale of decentralized fiscal power and is the country of the OECD with the greatest level of decentralization between 1995 and 2004.

It has to be said that there is much to discuss within the constitutional-legal limits. Some of the traditional nationalistic Catalan claims are legitimate and new political ways of accommodating the discontent in Catalonia are clearly needed. But the Spanish Constitution court does not allow a referendum on secession at present. Claiming a right of self-determination according to international law is misleading. International law only recognizes self-determination when cases of foreign invasion, colonialism and discrimination of minorities are taking place. It is clear that Catalonia is not in any of those scenarios, although many independentist act as if one of those assumptions were true and Catalonia could be comparable with Kosovo.

<http://blogs.lse.ac.uk/eurocrisispress/2017/09/28/an-explanation-of-the-current-political-situation-in-catalonia/>

4. ECONOMY

4.1. CURRENCY

Currency	Date created	Date abolished	Initial Exchange rate	
	Euro	2002	n/a	1 euro = 166.386 pesetas
	Peseta	1869	2002	5 pesetas = 2 escudos

4.2. WAGES, SALARY RATIOS

Minimum wage in Spain and average salary in Spain

The minimum wage in Spain is known as SMI (Salario Mínimo Interprofesional) and applies to all workers regardless of their age, gender or employment contract, including casual and temporary work or personal work within the service of a household.

- Minimum wages in Spain 2017:

Daily minimum wage: EUR 23.59

Monthly minimum wage: EUR 707.60 (based on 14 payments, or EUR 825.65 based on 12)

Annual minimum wage: EUR 9,906.40

- Spanish minimum wage for part time workers

For part-time workers in Spain, the Spanish minimum wage is set at half of the total values, around a minimum of EUR 353.80 a month based on 14 monthly payments.

- Spanish minimum wage

How does Spain's minimum wage compare?

Spain's minimum wage is still considerably lower than its French neighbour where the minimum wage is EUR 1,467, although higher than Portugal's minimum wage at EUR 618.

- Average salary in Spain

In Q3 2016, Spain's statistic institute (INE) reported that the average salary in Spain decreased 0.3 percent to EUR 1,804.01 per month, or EUR 21,648 per year, which made up 73.8 percent of the total laboral cost per employee, which was EUR 2,444.80 per month or EUR 29,337 annually.

Directors, CEOs: EUR 80,000–120,000

Executive managers: EUR 70,000–75,000

IT and engineers: EUR 40,000–60,000

Sales, marketing and HR: EUR 35,000–55,000

Support services, translation, creative industries: EUR 10,000–30,000

Banking, financial and insurance companies reportedly pay the highest salaries in Spain.

4.3. SOCIAL SUPPORT, RETIREMENT

Retiring in Spain

In order to **legally retire abroad in Spain**, you'll need to choose a residency option that works best for your situation. Some people choose to live solely through their tourist (short-stay) visa, border hopping every 90 days, though this is tiresome, costly, and voids you of any benefits or rights within the country. The majority of expat retirees in Spain opt for a long-stay visa (*visado nacional*) in order to live full time in the country.

The long-stay visa grants temporary residency in the country and allows expats to work, study, retire, or live for an indefinite amount of time in Spain. Renewable annually, retirees will need to spend at least 6 months a year within Spain to maintain the visa (unless they've opted for the investment visa, which removes this requirement).

While there are a few types of residency options that might be attractive to expat retirees in Spain, the most common one is the standard Residence Visa (*visado residencia*). Under this visa, you are not able to work in the country.

You will need to prove that you are able to support yourself and any dependents living with you without working in Spain.

Learn about the safety and security access of your new overseas property?

Most popular cities for expat retirees in Spain:

- Madrid, Barcelona, Valencia, San Sebastián. Alicante. Málaga.

4.4. AVERAGE COUNTRY PRICES

Cost of Living in Spain

Cost of living in Spain is 15.21% lower than in United States (aggregate data for all cities, rent is not taken into account). Rent in Spain is 41.42% lower than in United States (average data for all cities).

4.5. PRODUCTS OF THE COUNTRY

Ceramics, Leather, Swords & Shields, Wicker, Silk Shawls, Embroidery, Guitars, wine, Cheese, olive, Turrón, ham.

4.6. INDUSTRY

Spain Industry Sectors

Spain has traditionally been an agrarian economy. In fact, Spain is still the world's biggest producer of olive oil and third biggest producer of wine. Additionally, the nation is Europe's biggest producer of lemons, strawberries and oranges. Despite these favorable statistics, agriculture only contributes about 3.4% of the nation's GDP. Spain's economy, as a result of steady modernization, has become heavily reliant on its industry and service sectors. **Spain's industry sectors** contribute about 27% of the nation's GDP, while the service sector accounts for 70% of Spain's total



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production. The Spanish industry sectors are principally concentrated in the regions of Madrid, Valladolid, Catalonia, Valencia and Asturias.

5.RELIGIONS, ETHNICS, MINORITIES

Religion in Catalonia and Spain is diversified. Historically, virtually all the population was Christian, specifically Catholic, but since the 1980 there has been a trend of decline of Christianity and parallel growth of irreligion (including stances of atheism and agnosticism) and other religions. According to the most recent study sponsored by the government of Catalonia, 56.5% of the Catalans identify as Christians, of whom 52.4% Catholics, 2.5% Protestants and Evangelicals, 1.2% Orthodox Christians and 0.4% Jehovah's Witnesses. At the same time, 18.2% of the population identify as atheists, 12% as agnostics, 7.3% as Muslims, 1.3% as Buddhists, and a further 2.3% as being of other religions

Religions and life stances by age range

Source: Institut Opiniòmetre & Government of Catalonia (2014).

Religion	16–24	25–34	35–49	50–64	65+
Christianity	31.9%	39.0%	49.1%	65.9%	84.5%
<i>Catholicism</i>	28.0%	33.4%	44.4%	61.6%	82.1%
<i>Jehovah's Witnesses</i>	-	-	-	1.1%	1.0%
<i>Orthodox Christianity</i>	1.2%	2.6%	1.9%	0.4%	-
<i>Protestantism</i>	2.7%	3.0%	2.8%	2.8%	1.4%
Atheism	35.0%	25.0%	19.6%	15.8%	5.2%
Agnosticism	12.3%	16.8%	14.7%	10.7%	5.3%
Islam	14.4%	12.0%	9.7%	3.1%	1.0%
Buddhism	2.4%	2.5%	2.0%	0.1%	-
Judaism	-	-	-	0.1%	-
Other religions	0.4%	2.5%	3.5%	1.7%	2.1%
Do not know	3.7%	1.2%	0.7%	0.1%	0.9%
No answer	-	1.1%	0.9%	2.7%	1.0%

Religions and life stances by province

Source: Institut Opiniòmetre & Government of Catalonia (2014)

Religion	Barcelona	Girona	Lleida	Tarragona
Christianity	52.7%	60.6%	71.9%	70.6%
<i>Catholicism</i>	49.2%	57.0%	65.7%	62.7%
<i>Jehovah's Witnesses</i>	0.5%	0.2%	0.2%	0.2%

Orthodox Christianity	0.5%	1.2%	3.5%	4.7%
Protestantism	2.5%	2.2%	2.5%	3.0%
Atheism	19.7%	17.0%	14.5%	11.0%
Agnosticism	14.0%	7.3%	3.5%	7.2%
Islam	6.5%	12.7%	7.7%	7.5%
Buddhism	1.5%	-	0.5%	1.5%
Judaism	-	0.2%	-	-
Other religions	2.7%	1.0%	1.2%	1.2%
Do not know	1.2%	0.5%	0.2%	-
No answer	1.5%	0.5%	0.2%	0.7%

References

"Baròmetre sobre la religiositat i sobre la gestió de la seva diversitat" (PDF). Institut Opiniòmetre, Generalitat de Catalunya. 2014. Archived from the original (PDF) on 26 September 2017. p. 30. Quick data from the 2014 barometer of Catalonia

"Llocs de culte per confessió i comarca — Mapa Religiós de Catalunya" (PDF). Government of Catalonia, Department of Governance and Institutional Relations, General Direction of Religious Affairs. 2014. Archived from the original (PDF) on 27 September 2017.

Mapa Religiós de Catalunya, ISOR & Government of Catalonia's General Direction of Religious Affairs.

6. HOLIDAYS AND TRADITIONS OF THE COUNTRY

Major Celebrations/Secular Celebrations:

Many of the holidays in Spain are based on religion. Some of the holidays are national throughout Spain and marked (N) others are regional (R)

- January 1: New Year's Day (N)
- January 2: Monday after New Year's Day (R) – Andalucía, Aragón, Asturias, Castilla and León, Murcia and Melilla.
- January 6: Epiphany / Three Kings' Day (N)
- February 29: Day of Andalusia (R)
- March 1: Day of Balearic Islands (R)
- March 20: Monday after Saint Joseph's day (R) – Extremadura and Madrid.
- The most important period of celebration in Spain is Holy Week (Semana Santa), the annual tribute to the Passion of Jesus Christ. As in all countries that celebrate Easter, the dates vary each year between the last two weeks of March to the first two weeks of April. The holidays are: Maundy Thursday - (R) – all regions excluding Catalonia, Good Friday (N) Easter Sunday (N), Easter Monday (R) – Balearic Islands, Basque Country, Catalonia, La Rioja, Navarre and Valencia.
- April 24: Day of Aragon / Day of Castile and León (R)
- May 1: Labour Day/Worker's Day (N)
- May 2: Day of Madrid (R)
- May 16: Whit Monday or Pentecost Monday (R) – Catalonia
- May 17: Galician Literature Day (R)
- May 30: Day of the Canary Islands (R)
- May 31: Day of Castilla-La Mancha (R)
- June 9: Day of Murcia / Day of La Rioja (R)
- June 15: Corpus Christi (R) – Castilla-La Mancha
- June 24: St John's Day (San Juan) (R) – Catalonia.
- July 25: St James' Day (Santiago Apostol) (R) – Basque Country and Navarre.
- July 28: Cantabrian Institutions Day (R) – Cantabria
- August 15: Assumption of Mary (N)

- September 1: Festival of Abraham's Sacrifice (R) – Ceuta and Melilla.
- September 2: Day of Ceuta (R)
- September 8: Day of Asturias / Day of Extremadura (R)
- September 11: Day of Catalonia (R) – marks the anniversary of the recapture of Barcelona in 1714.
- September 15: Day of the Bien Aparecida (patron saint) (R) – Cantabria
- October 9: Day of Valencia (R) – commemorates King James I entering the city of Valencia to free it from Moorish rule in 1238.
- October 12: Spain's National Day / Columbus Day – commemorates when Columbus landed in the New World in 1492 (N)
- November 1: All Saints' Day (Fiesta de Todos los Santos) (N)
- December 6: Spanish Constitution Day (N)
- December 8: Immaculate Conception (N)
- December 25: Christmas (N)
- December 26: Saint Stephen's Day (R) – Catalonia

<https://www.commisceo-global.com/country-guides/spain-guide>

YEAR'S EVE IN SPAIN

Midnight kisses and black eyed peas won't do you any good on New Years in Spain. Here luck, love and prosperity come with a whole new host of superstitions and traditions. Starting with the Christmas lottery on December 22 and going through that first step out into the street on New Year's Day, the holiday season in Spain is ripe with opportunities to call in good fortune.

Like so many things in Spanish culture, most of the New Year's Eve traditions in Spain that are said to bring good luck involve food. From cava and grapes, in Spain you can eat your way to a great new year.

12 LUCKY GRAPES: As the clock ticks down to midnight on New Year's Eve, revelers across Spain pack into their city's main plazas or into their family's living room to watch the clock chime midnight. As the hour draws near, every man, woman, child, grandma and grandpa will be clinging to twelve green grapes. Each of these

twelve grapes are said to represent each month of the year. With every chime of the clock at midnight, Spaniards eat one grape to bring one month of luck in the new year. It is a race to swallow all 12 before the clock stops chiming.

While it may sound simple, the commotion of living rooms and plazas full of people frantically stuffing grapes in their mouth coupled with the three or four seeds in each one makes for a rather chaotic (and hilarious!) start to the new year!

GOLD AND A GLASS OF CAVA: To bring not just good fortune, but an actual fortune in the new year, Spaniards drop a gold object into their glass of Cava before the midnight toast. From golden wedding rings to gold coins, it all goes in the glass! In order for the good luck charm to work, you have to drink the entire glass of cava after the midnight toast and retrieve your golden object.

<http://spanishsabores.com/2015/12/30/7-lucky-new-years-eve-traditions-in-spain/>

7.FAMILY

7.1. TRADITIONAL FAMILY, GOVERNMENT

Familism, the concept of family, is central in the Hispanic community and extends beyond the nuclear family to include grandparents, aunts, uncles and cousins; friends and neighbors; and organizations that are important to the community, such as churches. Familism has three main aspects, according to the National Institutes of Health: family obligations; support and emotional closeness; and family as referent, or the need to live up to family expectations. Elderly grandparents sometimes live with the family, and there is frequent visiting among family members. All life events are viewed as occasions to gather and celebrate.

Since the beginning of the 20th century, the Spanish government has provided various forms of support for families, including benefits for widows, wives, and dependent children and parents. Family allowances were introduced in 1926 (Royal Decree Act on Subsidies for Large Working Families, BOE-A-1926-6231), but were initially targeted at large working families with eight or more children. This allowance was not based on the ages of the children, but it was income-tested. In 1938 (Act for the Creation of the Compulsory Regime on Family Subsidies, BOE-A-1938-8202) similar benefits were extended to families with two or more dependent children who were living in the household and were under age 14. During the Franco dictatorship (1936-1975), family policies were focused on reinforcing the male breadwinner family. For example, a special allowance based the number of co-resident children (under the age of 23) was provided to encourage married women who were working to return to the household (Order on the Establishment of a Family Allowance Plus applicable to companies engaged in industry and commerce, BOE-A-1945-6602, 1945). A number of other benefits for traditional families were also offered, including marriage and fertility awards, allowances for non-working wives and dependent children and parents, and subsidies for widows and orphans.

Benefits for widows and orphans were extended to cohabiting families in 2007.

7.1.1. ADOPTING A CHILD IN SPAIN

1. Overview

Adoption is irrevocable. The child who is adopted immediately becomes descendant of the persons who adopted him/her. The best interest of the child should always be taken into consideration when thinking about adoption.

Adoption is only granted through a motivated judicial dictum.

Parental obligations and rights between the biological parents and the child adopted are terminated when the adoption is finalized.

Live-in couples have the right to adopt a child in Spain.

2. Requirements

If you are a Spanish resident, you may file your petition for adoption before the Spanish courts.

The petitioner must meet the following requirements:

- Be in full possession of civil rights (to be legally capable).
- One of the adoptive parents must be over 25 years of age and,
- One of the adoptive parents must be, at least 14 years older than the adopted person.

Which persons are not entitled to adopt:

- The father and mother who have been deprived of the custody of their children, or the persons who have been removed from a custody or guardian charge.
- The tutor in respect of his or her pupil, until the final accounting of the tutelage has been approved.

3. Who can be adopted?

Only non-emancipated minors may be adopted. Exceptionally, it is possible to adopt an emancipated minor, had the minor cohabited ceaselessly with the parent to be willing to adopt, before the adopted has turned 14 years of age or if the adopted has been in a situation of pre-adoptive asylum.

Any of the following circumstances must be complied with in order to be able to adopt a child:

- If the biological parents of the child have been deprived of custody by the judge.
- If the biological parents of the child give their consent for the adoption. In case of a newborn child, the biological parents must give their consent, at least, 30 days after the date of birth.
- If the minor had been abandoned and the identity of the parents were unknown. If the child was abandoned at the time of birth, the minor may be adopted after 30 days, provided that the mother did not attend him within that period of time.

Who cannot be adopted?

- Descendants, e.g. A grandfather may not adopt his grandchildren.
- Relatives in the second degree of the collateral line of consanguinity or affinity.

4. Adoption Proceedings

All types of adoption require previous court proceedings.

The first step to adopt an individual is to file a proposal for adoption at the competent Spanish institution (*Servicio de Protección de Menores*) of the Spanish Autonomous Community of your choice.

Some documents such as the birth certificate of the persons who are willing to adopt, their respective criminal records, their tax returns etc; should be attached to the said proposal.

The institution will review the suitability of the person or persons who are willing to adopt and will issue a certificate accepting the eligibility of the applicants to adopt a minor.

The institution will issue the previous proposal for adoption, which must contain the reasoned suitability of the person or persons who are willing to adopt, together with their personal, social, familiar and economic circumstances, as well as their last domicile. This proposal will be sent to the Spanish judge, who must determine whether to accept or not the adoption of the child.

5. International adoptions

The relevant agency (*Servicio de Protección de Menores*) from each Spanish Autonomous Community will make it easier the petitions for adoption of children located abroad.

If you are willing to adopt a non-Spanish child, keep in mind that you will have to move to the minor's country of origin to pick him up .

6. Adoption agencies

Adoption agencies are official organisations entitled to take part in adoption procedures with a mediation duty. These agencies provide with information to the persons willing to adopt and take part in adoption proceedings before the Spanish and foreign authorities.

The agencies must be non-profit making organisations, legally set up.

7. Adoption by same-sex couples

Spanish law does not recognize the right of same-sex couples to adopt children, however, it is legally provided that minors may be adopted by only one person, and thus these couples are indirectly entitled to adopt children each individually.

However, if one of the partners who had a biological child dies, it is not guaranteed that the orphan child may still live with the surviving partner.

<http://spainlawyer.com/guia-legal/familia/la-patria-potestad>

7.2. MARRIAGE, DIVORCE, REGISTERED RELATIONSHIP

Marriage

The Spanish Civil Code has changed little since 1889. Among the new provisions in this code were rules allowing civil as well as canonical marriage (art. 49) and separation—which, however, only suspended living together (art. 81). The code also clarified which rights should be vested in children (art. 29). The last change to the code was made by the Law 13/2005, which extended the right to marriage to partners of the same sex. The 1981 Civil Code reform also established 18 as the age of majority and the minimum marriage age, although marriage was permitted at age

14 with legal or family permission (Act on Regulation of Marriage in the Civil Code for the Causes of Nullity, Separation and Divorce, 30/1981). The Spanish Constitution in 1978 stated that civil marriage has the same status as religious marriage, and that marriage is based on the equality of the spouses regarding rights and obligations.

Divorce

The right to divorce was introduced in Spain under the republican Divorce Act of 2 March 1932, but was eliminated after the Spanish civil war. From 1939 to 1981, the only way to terminate a marriage was through annulment. After the repeal of the Act of Divorce in 1939, annulments became increasingly common among those who could afford them, and the number of unregulated separations and unions was growing in Spain, especially during the transition to democracy, which brought about both social and political secularisation. It was therefore generally recognised that legislation on marital separation was needed, although there were political differences about what specific reforms should be implemented. Moreover, public opinion on divorce was divided in the years following the transition. Surveys indicated that the Spanish public shifted from expressing mild support for divorce in 1978 to expressing solid support in 1980, as the need for legal divorce was debated in the political realm.

The religious marriage is recognized by the law and there is no need to complete a civil marriage in order for the religious ceremony to take place. This is the case for Roman Catholic, Muslim, Protestant or Jewish marriages and the religious ceremony has the same legal status as the civil partnership.

The most common type of marriage in Spain is the civil one and it is fully recognized according to the local laws; it provides the right to inheritance, property, pensions and adoptions for the two spouses, who don't need to apply for a religious ceremony in order to be considered married. In order to obtain a marriage certificate, the two spouses must choose the civil marriage even if the religious ceremony is recognized by the local laws.

The civil marriage in Spain

The civil marriage in Spain is a bureaucratic procedure and it may take some time, that's why you should prepare the necessary paperwork for the procedure a few months in advance. In order to register for a civil marriage in Spain, both parties should have the minimum age of 18 years old. This is also applicable in the case of a religious marriage.

Marriage statistics

Marriage rates of same-sex marriages in Spain in 2008

According to the Spanish National Statistics Institute (INE), 41,700 same-sex marriages took place up to the end of 2015: 1,275 in 2005. 4,574 in 2006, 3,250 in 2007, 3,549 in 2008, 3,412 in 2009, 3,583 in 2010, 3,880 in 2011, 3,834 in 2012, 3,071 in 2013, 3,275 in 2014, 3,738 in 2015 and 4,259 in 2016.

Year*	Marriages between men	Marriages between women	Same-sex marriages	Total marriages	% same-sex marriages
2005 (since July)	923	352	1,275	120,728	1.06
2006	3,190	1,384	4,574	211,818	2.16
2007	2,180	1,070	3,250	203,697	1.60
2008	2,299	1,250	3,549	196,613	1.81
2009	2,212	1,200	3,412	175,952	1.94
2010	2,216	1,367	3,583	170,815	2.10
2011	2,293	1,587	3,880	163,085	2.38
2012	2,179	1,655	3,834	168,835	2.27
2013	1,648	1,423	3,071	156,446	1.96
2014	1,679	1,596	3,275	162,554	2.01
2015	1,925	1,813	3,738	168,910	2.21
2016	2,146	2,113	4,259	172,243	2.47

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7.3. CARE FOR AN UNAUTHORIZED CHILD

Childcare in Spain

Many children in Spanish childcare start from a young age, and childcare facilities in Spain are generally of a high standard. Choosing a nursery that suits your child can be a tough choice wherever you are – and particularly if you are new to Spain.

https://www.expatica.com/es/family-essentials/Childcare-in-Spain_101464.html

8. LIFESTYLE OF THE COUNTRY

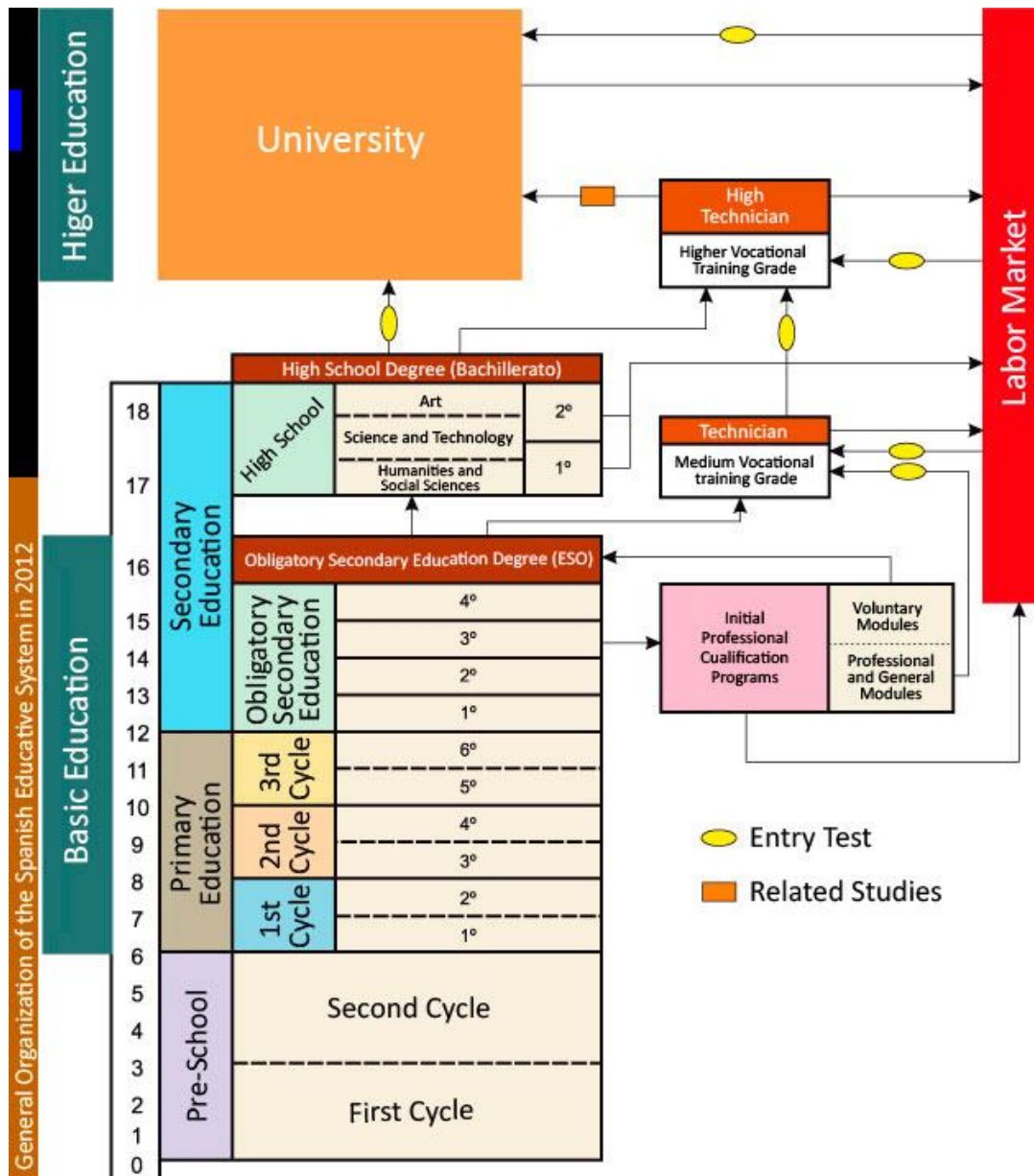
8.1. GENERAL

Crafts and Hobbies

The Catalan national dance is the *sardana*. It is performed at festivals and other special occasions throughout the country. Dancers form a circle, holding their clasped hands high in the air. Short, quiet steps alternate with longer, bouncy ones. The bands that play music for the *sardana* are called *coblas*. They consist of the *flabiol*, a three-holed flute that is played with one hand while the player beats a small, elbow drum called a *tabal*; woodwind instruments called *tenoras* and *tibles*; the brass *trompeta*, *fiscorn*, and *trombó*; and the *contrabaix*, or double bass.

8.2. EDUCATION

Education in Spain is regulated by the *Ley General de Educación* (LGE, General Law of Education) that expands upon Article 27 of the Spanish Constitution of 1978. Education is compulsory and free for all children aged between 6 and 16 years, and is supported by the national government together with the governments of each of the country's 17 autonomous communities.



The education before 6 years is termed as pre-primary education or kindergarten education and is divided into two groups. First is up to 3 years and the second is from 3 to 6 years of age. From 6 to 16 years of age, the education in Spain is divided into two groups. 1) The first group, called primary education, is for students between the ages of 6 and 12. 2) 12 to 16 years (called secondary education) The primary education is divided into three cycles 1) 6 to 8 years (first cycle) 2) 8 to 10 years (second cycle) 3) 10 to 12 years (third cycle).

The primary goal of this level of education is to provide all the children with a common education which makes it possible for them to acquire the basic cultural elements, learning oral expression, writing and arithmetic, as well as a progressive self-sufficiency of action in their environment. The certificate given at the end of this stage is termed as School Graduate. The secondary education is divided into two cycles 1) 12 to 14 years (first cycle) 2) 14 to 16 years (second cycle) During this stage, the average number of students in a class is around 30 in the Spanish schools. The certificate given at the end of this stage is termed as Secondary Education Graduate. The next stage of education is called as medium-grade training cycles. This stage has two options. 1) Bachelor degree and lasts for 2 years. The subject categories available are o Arts o Natural and health sciences o humanities and social sciences o technology 2) Training for occupations will allow a student to take their studies for only specific jobs and is often an the choice for those who want a less academic course. Upon obtaining this qualification the student is then allowed to enter the workforce in their field, or can enroll in another technical program that combines all of the specialized courses that are required.

The next stage of education also has two choices. 1) Post secondary occupational training, an extension of the occupational training allows students to further enhance their training to a higher level and lasts either one or two years 2) University education and admission into it is determined by a university entrance exam which is held in each June. It has three stages. The short degree programs that take 3 years to complete, which can be either University diploma or Engineering Technician are longer programs last between four and six years. You will find that the programs are separated into two different cycles. In the first cycle you can anticipate two to three years of education that consists of general education studies in the major that you have chosen. In the second cycle there is an additional two to three years of further education required. Doctoral programs generally require two years of further study and consist of both coursework and a dissertation.

8.3. PEOPLE'S APPEARANCE

Spanish people are open and friendly. In an informal situation whether with family close friends or virtual strangers they greet women with a kiss on each cheek. Men have no fear of personal space with other men in an informal situation and they will often greet or say good-bye with a hug (abrazo).

How are the people's appearance in Spain/Catalonia?

Eyeshape/color: big expressive round eyes, tendency to have bushy eye brows. The most common eye colors are dark brown or hazel (mixed green brown). blue and green eyes exist but only represent about 25% of the population. Hair color/type: dark brown hair is the most common hair color in Spain and Catalonia, ranging from dark chestnut to almost black. Black hair would be the second most common, and light brown/blonde would be the third most common. Red hair can be found in the north west. about 87% of Spaniards have dark hair. Hair texture tends to be wavy and straight (lots of thick hair). Curly hair is also common especially in the south and the Canary Islands. Frizzy/coarse/African type of hair is also found but is less common. Skin color: skin color ranges from pale white to medium brown. But the most common skin colors are in-between those two. A darker/creamy shade of white that tans easily and skin that is naturally tanned (olive/light brown) are the two most common. very pale skin can be found but is usually accompanied by dark hair. Medium brown skin is also not uncommon but does not represent the majority, it is more common in the south and the Canary Islands as well as the western part of Spain. Nordic types such as the *cañadas* are rare but do exist, especially in the northern coast, Catalonia, and some parts of Andalusia that were repopulated by northern Europeans after the Reconquista.

Face shape: rounder face shapes and oval face shapes are the most common

<https://www.quora.com/What-are-the-most-common-Spanish-facial-features>

The Spanish Personality

It's obvious that one can not speak in general that easily, as we all have our own personality. Personalities that can be very different, even more so when we look at people in the different regions of Spain. But apart from these differences, we can define the Spanish in their social relationships, as extrovert, sociable, friendly,... We can be quite familiar quite fast so don't feel strange when people present themselves giving you 2 kisses and from that point on act in a familiar way with you, as if you have known each other for a while already. We like to hug, take each other by the arm or give pats on each others' backs. In this respect, when we meet a foreigner, we treat them as 'one of us' without really thinking about the possible reaction to our enthusiasm. We try to be as inviting and friendly as possible, trying to make your integration more comfortable and easy.

Regarding our social ways, we are not too fond on formalities and when we enter a discussion with someone we don't know, we tend to say 'tu' instead of the more polite and formal 'usted'. Except when we speak to elderly people or people with a more important social status or professional activity. In the way we communicate, we are emotional, unpredictable and spontaneous. Also real typical are our loud monologues.

<https://www.eyeonspain.com/blogs/psychology/1023/the-spanish-personality.aspx>

<https://www.commisceo-global.com/country-guides/spain-guide>

8.4. SPECIFICS OF COMMUNICATION. ETIQUETTE

SOCIAL CUSTOMS & PROTOCOL

Naming conventions:

- Children in Spain are given a first name which is then followed by the paternal surname and then the mother's surname.
- There is no concept of a middle name although the first name is sometimes a composite of two names - eg: José Luis
- Women do not change their name when they marry.

Meeting & Greeting:

- When introduced expect to shake hands.
- Once a relationship is established, men may embrace and pat each other on the shoulder.
- Female friends kiss each other on both cheeks, starting with the left.
- People are often referred to as Don or Dona and their first name when in formal occasion as a general rule.
- Many men use a two-handed shake where the left hand is placed on the right forearm of the other person.

Communication style:

- Communication regarding business relationships is often quite formal and incorporates strict rules of protocol. Any form of confrontation is not acceptable and should be avoided.
- Spanish people are proud and very protective of their standing and how others perceive them.
- Boasting of achievement and personal accomplishment should be avoided.
- Spanish people tend to be extrovert and friendly as is typical in Mediterranean culture and they place modesty and personality foremost to professional or business success.
- Most young people in Spain are fluent in or at least have a good understanding of English but some older people may require the use of an interpreter.

Customs of Teenagers in Spain

Spanish culture is celebrated globally for its food, art and style. The Spanish people approach life as a celebration of community and family. Like their counterparts around the world, Spanish teens crave independence, fun and adventure. With school completed in the morning and early afternoon, siesta in the heat of the day and evenings and late nights left for leisure, the Spanish lifestyle is well-suited to the youthful hours teens keep in every country.

Culture and Style

The Spanish lifestyle is relaxed and informal, but not casual when it comes to style. Spanish teens, like adults, dress well to go out -- boys and girls are conscious of style and quality design. Spanish parents are affectionate and tolerate with children and young adults, teaching them from a young age to appreciate, respect and celebrate food, wine, and music as a part of daily family and community life.

Etiquette

Basic norms of civility and propriety, such as definitions of accepted levels of dress or undress, are comparable to the rest of Europe and the West in general. A crucial aspect of spoken exchange in Spanish is selective use of the formal *usted* (pl. *ustedes*) or the familiar *tú* (pl. *vosotros*). The formal form was once used by the young to their senior seven in the family but this is now uncommon. Outside of the family, the formal is used in situations of social distance and inequality, including age inequalities, and it is often used reciprocally by both parties as a sign of respect for social distance rather than a mark of one party's superiority. There is some regional and social-class variance in patterns of formal versus familiar address and the ease or rapidity with which people who are no longer strangers shift to the familiar *tú*.

Table etiquette for most occasions is informal by many European standards. People who eat together do so with relative intimacy and unpretension. Even in many restaurants, but especially at home, diners share certain kinds of dishes from a common platter: certain appetizers, salads, and traditionally *paella*. Verbal etiquette—to say to others "*que aproveche*" ("may it benefit you")—is reserved for people who are not sharing food at the same table: it is an etiquette of separation rather than inclusion. Eaters may say to an outsider "*Si le guste*" ("would you like some?"), to which the response is "*que aproveche*", "but this exchange does not occur when the outsider is expected to join the table. Instead, in the latter case, the outsider would simply be told, "come and eat."

<http://www.everyculture.com/Sa-Th/Spain.html#ixzz56JukKG6i>

8.5. FOOD

- Spain is a large country with many regions each having their own version of traditional cuisine. With miles of coast, it is not surprising that many dishes feature seafood.
- The Spanish are particularly famed for their Paella, a recipe which is said to have its origins in Valencia which lies on the south eastern coast. The dish is rice based and includes a mixture of vegetable, meat and fish. It is seasoned with saffron and various spices.
- Another favourite is the Tapas, which is an assortment of appetizers which may be hot or cold. A typical Tapas can involve: Chorizo, Patatas bravas (pieces of potato fried in oil and served in a tomato sauce), spicy lamb meat balls, deep fried calamari, grilled artichoke, aubergine.
- Tortilla espanola (omelette made with potatoes and onions) is very popular throughout Spain.

Pincho is a traditional small snack similar to tapas and is particularly popular in northern Spain. It is usually eaten in bars whilst socialising with friends and family.

<https://www.commisceo-global.com/country-guides/spain-guide>

The Typical Diet in Spain

In Spain, the typical diet consists in a small breakfast, a midday snacks, a large afternoon lunch, a late afternoon snack and a late evening meal. The Spanish diet consists of a lot of foods high in carbohydrates such as fruits, vegetables, fried potatoes, rice dishes, sweet rolls and hot sweet chocolate. Fish, eggs, pork sausage, cheese, herbs and spices are also common ingredients of the Spanish diet.

Breakfast

Spanish people typically do not eat much in the morning. Traditionally, they start off with a café con leche, which is strong coffee with frothy hot milk, accompanied by wheat crackers, a slice of toast or a croissant with cheese or jam. Churros, fried doughnut-like pastries topped with sugar and served with hot sweet chocolate are

also common in the morning. Occasionally, breakfast will consist in a Spanish omelet with ham or a toasted roll spread with crushed tomato, olive oil and salt.

Lunch

Traditionally, lunch is the biggest meal in Spain. It is served in the afternoon during siesta, which typically lasts from 2 to 5 p.m. Lunch often contains several dishes. It may start with a soup or raw cured ham, followed by a meat or fish dish and then a desert. The appetizer and main meal typically contain large amounts of garlic and olive oil. Bread is always served on the side for dipping in the sauces and oils. The tradition of eating the largest meal at lunch, while still common, is, however, slowly changing because many people have long commutes to work, which prevents them from going home for lunch. American culture is also slowly having an impact on the Spanish culture.

Supper

Supper is typically served between 9 p.m. and midnight. In Spain, supper is much lighter than lunch and may consist of a Spanish potato omelet, a salad or a bowl of gazpacho, a cold soup made from tomato and other vegetables. Supper is almost always served with a green salad on the side. Sometimes, the evening meal is restricted to tapas, which is a light snack that consists of a variety of appetizer-like items, such as fried rings of squid, shrimp, sausage, meatballs, ham, salami, cheeses and olives.

Snacks

Most Spanish people who follow a traditional diet eat two additional meals a day, one around noon and another around 6 p.m. Around noon, tapas, which are small-sized meals like appetizers, are a popular snack choice. When tapas are eaten as a midday snack, they tend to be lighter than tapas served for supper. A typical tapas dish is a small portion of garlic mushrooms, meatballs or cured ham. Bread with ham or salami is a common late afternoon snack, mostly eaten by children.

<https://www.livestrong.com/article/1007706-customs-teenagers-spain/>

Typical Catalan Dishes

Vegetarian Dishes

Pa Amb Tomaquet (Pan Con Tomate): Bread rubbed with fresh tomatoes and drizzled with oil and salt. A true Catalan staple.

Calçots: These baby leeks are specific to Spring – traditional parties known as 'Calçotadas' take place during this period. The vegetables are normally barbecued and served with Romesco Sauce (see below).

Escalivada: A warm side dish of grilled vegetables (normally aubergines, red peppers, onions and tomatoes) skinned and de-seeded and served with oil.

Meat Dishes

Butifarra: An uncured spiced sausage with similarities to Cumberland sausage. Used both in cooking and as a tapa with 'pa amb tomaquet'. (see above).

Escudella: Catalans stew made with a piece of meat, beans, potatoes, cabbage and sometimes pasta. It is made into three courses of food: a broth, followed by the meat course, followed by the vegetable course.

Xai Rostit Amb 12 Cabeçes d'All: Literally translated this means "Lamb Roasted with 12 Heads of Garlic" – it does what it says on the tin.

Embutidos: This is the collective name for a platter of cured meats, including fuet (pork) and jamon from the Vic region.

Fish Dishes

Esqueixada: A salad made with peppers, tomatoes, onions, red wine vinegar and shredded 'bacalao'. Bacalao is salt cod and is typical of the region – cod preserved in salt and soaked before serving.

Fideuas: Like a seafood paella, but served with short noodles, rather than rice.

Paella (Catalan: [pa'eʎa, pə-]; Spanish: [pa'eʎa]) is a Valencian rice dish that has ancient roots but its modern form originated in the mid-19th century in the area around Albufera lagoon on the east coast of Spain, adjacent to the city of Valencia. Many non-Spaniards view paella as Spain's national dish, but most Spaniards consider it to be a regional Valencian dish. Valencians, in turn, regard paella as one of their identifying symbols.

Types of paella include Valencian paella, vegetable paella (Spanish: *paella de verduras*), seafood paella (Spanish: *paella de mariscos*), and mixed paella (Spanish: *paella mixta*), among many others. Valencian paella is believed to be the original recipe.

Sauces

Romesco: A sauce made from almonds, roasted garlic, olive oil and dried red peppers.

Alioli: A sauce made from garlic and olive oil. The ingredients are whipped up for a long time to make a white paste

Desserts

Crema Catalana: Similar to the French Crème Brûlée. It is made with sugar, egg yolks and cinnamon and burnt on the top.

Mel I Mato: A soft, unsalted goats cheese served with honey and sometimes walnuts.

Panellets: Small round sweets made with almonds, sugar, eggs and pinenuts. They can be rolled in any number of coatings, but the traditional ones are rolled in pinenuts.

<https://www.barcelona-tourist-guide.com/en/restaurants/catalan/catalan-cuisine-guide.html>

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8.6. MENTALITY

Features of the Spanish mentality

One important characteristic of the typical Spaniard is a sense of family. All Spaniards are very family people. Their families are often large and noisy. At first, this noise and bustle are very irritating, but then you get used to it, and sometimes even like it. Probably, the friendliness and slowness allow them to relax and distract from the domestic problems. Usually, the Spaniards prefer family to wealth and career. Many people work only part-time and get little money. But this is a conscious choice. Family is always their first priority.

It is easy to understand the Spaniards, as an excellent climate (almost constant summer), low-cost housing and good prices for food do their thing. All this contributes to the joy of life.

Another typical characteristic of Spanish people is their attitude towards cars. We all know that the Europeans prefer simple, economic and low-cost cars. But in Spain you can often find even completely scratched cars with dents and a lot of chipped spots. However, the car owners don't care! We can say that is the country where the car is for the person, and not the other way around. Spanish people have no time to go to the car service after every scratch. Sometimes the neighbors (during the unsuccessful parking) leave the great scratches on each other's cars, but don't make any claims. Only friendly smiles! Actually, Spaniards think that the excessive concern about the car humiliates a person.

So are the residents of Spain. Simple, sincere and friendly- special people for the special country.

<http://privetmadrid.com/en/features-of-the-spanish-mentality/>

8.7. SPORT, LEISURE

Sport in Spain

Sport in Spain in the second half of the 20th century has always been dominated by football. Other popular sport activities include basketball, tennis, cycling, handball, motorcycling, Formula One, water sports, rhythmic gymnastics, golf, bullfighting and skiing. Spain has also hosted a number of international events such as the 1992 Summer Olympics in Barcelona and the 1982 FIFA World Cup.

Football

Football is the most popular sport in Spain. La Liga or *Primera División* (The Spanish League) is considered to be one of the world's best competitions. Successful teams in recent European competitions are Real Madrid, FC Barcelona, Sevilla, Athletic Bilbao, real sociedad and Atlético Madrid. Real Madrid and Barcelona have dominated with for much of its history, and created an intimate rivalry. Real Madrid has been dubbed by many pundits as the most successful club in the world, having won the UEFA Champions League a record 12 times, almost all other UEFA club competitions at least once and the La Liga a record 33 times.

"Garcia aims for Spanish hat-trick". BBC News. 2008-07-15. *Retrieved 2014-03-22*.

Leisure Activities in Spain

It is true that the siesta is still enjoyed, especially in the hotter regions such as Andalusia. A couple of hours in the shade during the hottest part of the afternoon makes perfect sense but workers do tend to start earlier and finish later to compensate for this. Many businesses close for their annual holidays during August and many more put up the shutters during the afternoon.

It is certainly true however that leisure time is understood and appreciated in Spain. Most Spaniards throw themselves into free time activities with great enthusiasm.

What other race of people can describe their hobbies as *pasiones*. Not just interests but passions. This may sound far from leisurely but because Spaniards are still fiercely independent another person's interests are accepted with grace. Because a



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person is independent anything that they choose to do will be respected as a thing of value rather than an odd, or solitary, pursuit.

Spaniards do know how to relax. A few drinks in the bar after work, or at lunchtime, or the morning break, or, why not, before setting out to work are not frowned on and everyone in the bar will be welcome to join in the conversation. Spontaneous snatches of flamenco, often poor but sometimes surprisingly good, will be heard and appreciated.

Spain certainly is a country where it is easy to relax, but do put some effort into it.

<http://www.pitlanemagazine.com/lifestyles-and-subcultures/leisure-activities-in-spain.html>

II. THE HEALTH SYSTEM IN SPAIN

9. THE HEALTH SYSTEM OF SPAIN

9.1. PRINCIPLES

The Spanish Constitution of 1978 establishes, in its article 43, the right to the protection of health and health care for all citizens.

The principles and substantive criteria that allow the exercise of this right are:

- Public financing, universality and free health services at the time of use.
- Defined rights and duties for citizens and for public authorities.
- Political decentralization of health in the autonomous communities.

Provision of comprehensive health care seeking high levels of quality duly evaluated and controlled.

-Integration of the different structures and public services to the health service in the National Health System.

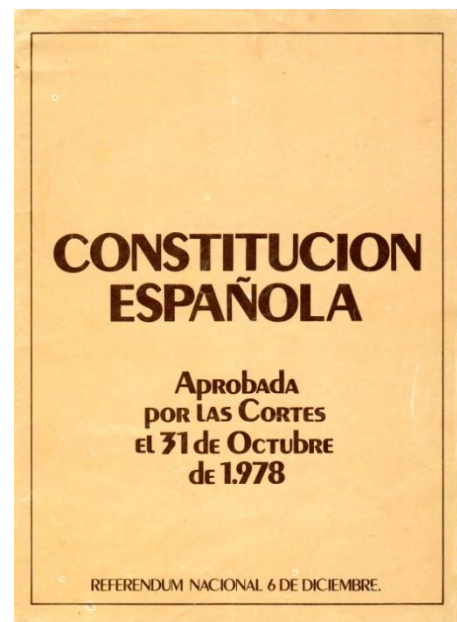
The state competences in health matters are the following:

- Bases and general health coordination.
- External health and international health relationships and agreements.
- Legislation and authorization of medicines and health products.

External health activities are carried out in terms of surveillance and control of possible health risks arising from the import, export or transit of goods and international passenger traffic.

Through **international health relationships and agreements**, Spain collaborates with other countries and international organizations in the following aspects:

- Epidemiological control.
- Fight against communicable diseases.
- Conservation of a healthy environment.
- Elaboration, improvement and implementation of international regulations.



Biomedical research and all those actions that are agreed to be considered beneficial for the parties in the field of health.

In relation to pharmaceutical products, the competencies that, among others, correspond to the State are the following:

- Legislation on medicines and health products.
- Evaluation, authorization and registration of medicines for human use, veterinary medicines and medical devices.
- Authorization of pharmaceutical laboratories.
- Pharmacovigilance of medicines marketed.
- Authorization of clinical trials of investigational drugs.
- Decision on public financing and pricing of medicines and health products.
- Guarantee the deposit of narcotic substances in accordance with the provisions of international treaties.
- Importation of unauthorized foreign and urgent medication in Spain.
- Maintain a strategic state deposit of medicines and health products for emergencies and catastrophes.
- Acquisition and distribution of medicines and health products for international cooperation programs.

The Spanish healthcare system is ranked among the best in the world.

9.2. HEALTH, DISEASE, PREVENTION

The set of services offered by the National Health System to citizens includes preventive, diagnostic, therapeutic, rehabilitative and health promotion and maintenance activities.

The National Health System includes the following modalities:

Basic common portfolio of healthcare services of the National Health System: it includes all the preventive, diagnostic, treatment and rehabilitation assistance activities carried out in health or social care centers, as well as urgent health transport.

Additional common portfolio of the National Health System: it includes the following benefits:

- Pharmaceutical preparation.
- Portoprosthetic treatment.
- Dietetic products.
- Non-urgent sanitary transport, subject to medical prescription for clinical reasons.

9.3. VACCINATION



The Department of Health establishes the **vaccine calendar** to be received by the population of Catalonia and is modified based on scientific evidence. The last change occurred in July 2016. The new calendar adjusts the administration ages of some doses of vaccines and incorporates two vaccines in early childhood: the pneumococcal vaccine and

the vaccine against chickenpox.

In 20 % of the people attended in a year in Primary Care consultations of the National Health System consists of carrying out promotional activities and prevention.

Also, to prevent the international spread of diseases, it is important to comply with the vaccination recommendations established by the World Health Organization for international travelers. You can find more information on the Travel and Leisure tab or you can inform the International Vaccination Units.

The coverage of recommended childhood vaccines in Spain is greater than 96.7% and the percentage of children from 1 to 2 years who receive the booster doses is 95.7 %. The vaccination against measles-rubella -parotiditis reaches 96.2% of



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children from 1 to 2 years old, over 90% of those receiving the recommended dose of memory.

56.1 % of adults 65 years and older receive flu vaccination, showing their coverage a downward trend in recent years.

10. ORGANIZATION OF THE HEALTH SYSTEM IN SPAIN

The National Health System is organized in two environments or levels of care: **Primary Care** and **Specialized Care**, in which access spontaneous citizenship and technological complexity are found in an inverse relation.

10.1. PRIMARY CARE

Primary Care makes available to the population a series of basic services.

The main health care facilities are health centers, where multidisciplinary teams are composed of family doctors, pediatricians, nurses and administrative staff, and may



also have social workers, midwives and physiotherapists.

Given its disposition in the framework of the community, it is entrusted at this level the tasks of health promotion and prevention of disease.

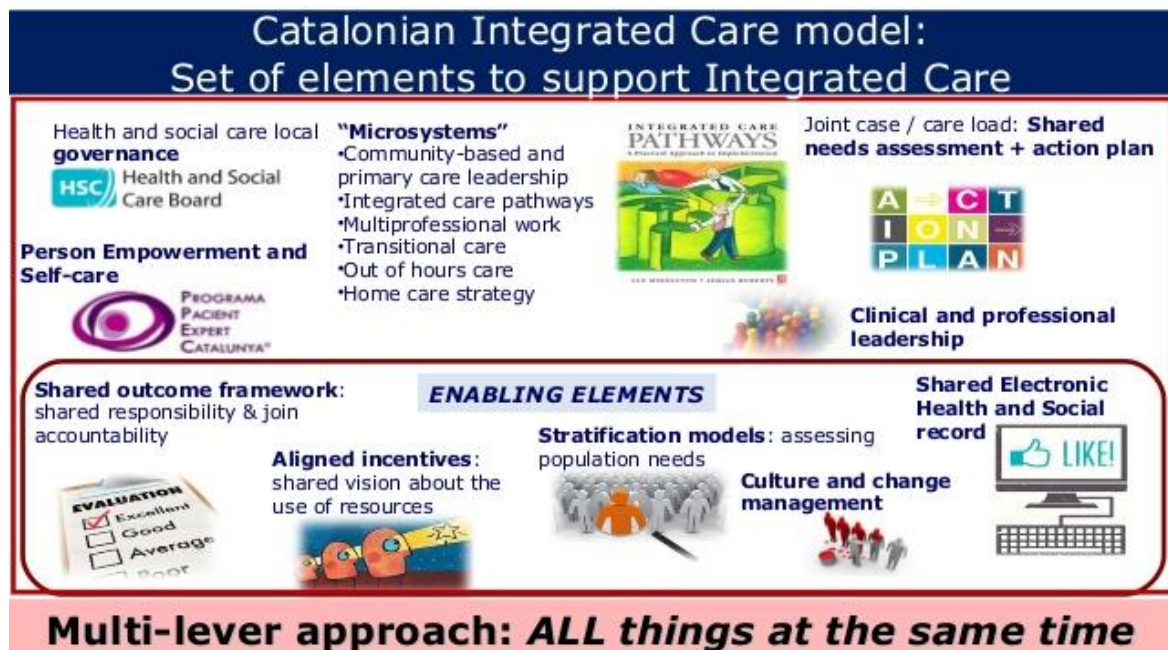
As the maximum expression of accessibility and equity in access, Primary Care arrives physically to the home of the citizen when it is necessary.

10.2. SPECIALIZED CARE

Specialized Care is provided in specialty centers and hospitals, on an outpatient basis or on an admission basis.

After the care process, the patient and the corresponding clinical information go back to the Primary Care doctor who, because he has all the data of his health biography,

guarantees the overall clinical and therapeutic vision. This allows the continuity of care to continue to be characterized by equity, regardless of the place of residence and the individual circumstances of autonomy, given that the care reaches the patient's own home.



Article 14 of the Law of Cohesion defines social-health care (*atención sociosanitaria*) as the combination of care for those patients, generally those with a [chronic illness](#), whose would benefit from the simultaneous and synergistic provision of health services and [social services](#) to increase their personal autonomy, palliate their limitation or hardships, and facilitate their social reinsertion. This group includes:

- Longterm health care.
- Health care connected to convalescence.
- Rehabilitation after illness.

11. HOME CARE

The Spanish Sanitary Authority provides nursing services at home. But a growing life expectancy makes that more and more private institutions also provide this kind of service.

Carers are committed to helping patients make good decisions about their care by providing them with treatment, instruction, and critical thinking about their condition, to manage medications, or to provide skilled care ordered by a GP or Consultant.

The Nurse Manager will conduct an initial evaluation prior to the start of service to ensure quality of care, and then set up a medical plan-of-treatment for the family, client, and any additional caregivers to follow.

Nurses can perform any regularly offered service in addition to the skilled nursing services listed below:

- Evaluation of client's physical and emotional status
- Evaluation on client's family and household to determine how they can cope and care for their loved one
- Carry out Physician's medical plan of treatment
- Regularly report to client's GP or Consultant
- Monitor complex health conditions
- Assistance with medical equipment
- Infusion Therapy (IVs)
- Catheters
- Tube Feeding
- Dressing Changes
- Wound Care
- Teaching about care (injections, suctioning, etc.)
- Medication Management
- Trach Care

12. AVAILABILITY OF HEALTH CARE

Access to public health services is carried out through the Individual Health Card



issued by each Health Service.

It is the document that identifies each citizen as a user in the entire National Health System.

In Spain, holders of rights to health protection and health care are charged to public funds, through the National Health

System, those people who have the status of insured.

The insured status is met by all those who meet any of the following requirements:

- Being employed or self-employed, affiliated with social security and in a situation of discharge or assimilated to the discharge.
- Being pensioner of the social security System
- Receiving any other periodic benefit, including unemployment benefit and allowance
- Having exhausted the benefit or subsidy for unemployment and to figure enrolled as a job seeker, not proving the condition of insured by any other title.

The recognition and control of the insured or beneficiary status corresponds to the National Institute of Social Security.

Foreigners not registered or authorized as residents can receive health care under the same conditions as the Spanish:

- In emergency due to serious illness or accident up to the medical discharge situation.
- Attendance to pregnancy, childbirth and puerperium.
- If they are under eighteen years of age.

If you have an EHIC (EUROPEAN HEALTH INSURANCE CARD (EHIC) issued by an EU-member state and you are in Spain on a holiday or other temporary visit – that is, you are not yet a resident in Spain – you can use your EHIC to access state



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healthcare in Spain. You can also use it if you are studying in Spain as part of a course based in your home country.

You can use the EHIC to get any medically necessary treatment (as determined by the doctor you see) through the state system either at a reduced cost or free. This could be routine or specialist treatment – for a new or an ongoing condition – which cannot wait until you return home. It does not give access to private healthcare.

13. THE SYSTEM OF NURSING CARE IN SPAIN

At the request of a religious congregation (called Servants of Mary, Ministers of Sick People) that demanded to continue caring patients in Madrid, the official qualification to be able to practise nursing in Spain was created in 1915.

By its creation, the Spanish nursing profession was recognised in the country and nursing education began to be implemented in nursing schools set up around main hospitals of Madrid and Barcelona. These first schools were very similar to English nursing schools, which education model was the benchmark in Europe at that time.

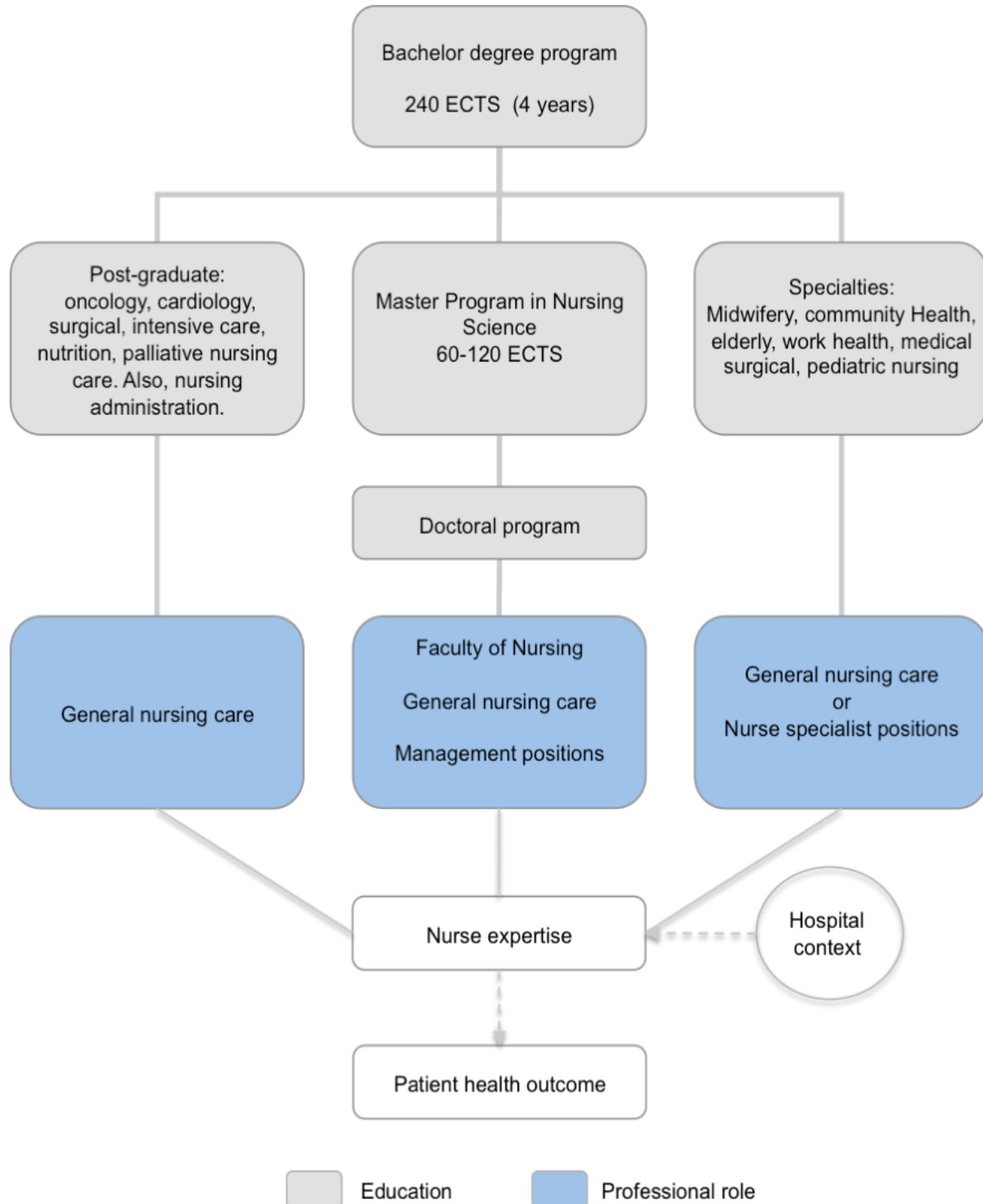
Presently, nursing programmes are delivered in public and private universities, or in centres attached to university throughout Spain. Nursing studies were integrated into university level in 1977 by means of the three year diploma award. However, since 2010 nursing professors and educators have been adapting to a new academic award: a Bachelor's Degree in nursing. After its implementation, nursing education in Spain can now be said to be in full process of development and consolidation.

13.1. THE BACHELOR'S DEGREE IN NURSING

Consequently, nursing studies curricula has changed and currently the Bachelor's Degree in Spain consist of four years in length and 240 European Credit Transfer and Accumulation System (ECTS) at 60 ECTS per year (one credit represents between 25 and 30 hours of student work that includes teaching and clinical practices activities) (Zabalegui and Cabrera, 2009).

Succinctly, nursing competencies are specially related to students' autonomous role for providing nursing care, team work, self-learning, professional and ethics problems solution, critical and reflective attitude development.

After finishing Bachelor's Degree, Spanish nurses have the choice of studying a Master's Degree or a Nursing Speciality with a duration of two or three years study time. These two possibilities give access to doctorate education (PhDs).



13.2. NURSING SPECIALITIES

Competency level of a nurse recently graduated is providing basic and essential nursing care. In order to carry out others complex activities or more techniques, more advanced education is required. Currently, seven Nursing Specialities are recognised in Spain:

- obstetric-gynaecologic nursing (or midwifery)
- mental health nursing
- health work nursing
- geriatric nursing
- medical-surgical care nursing
- family and community health nursing
- paediatric nursing.

Currently, midwifery speciality is the most chosen field by Spanish nurses. Unfortunately, the number of births has decreased alarmingly in Spain and internal nursing residents have difficulties to achieve established minimum learning goals.

14. SPIRITUAL CARE IN SPAIN

In recent decades, Spain, traditionally a Catholic country, has gone through a sharp secularisation process. The latest figures show that approximately 70% of the adult population declare themselves to be Catholic but among them, only 14% are regular churchgoers. Around 25% of adults define themselves as atheists or non-believers. Nearly 3% declare themselves to be of other denominations, most of them being Muslims, Protestants, Jews and Buddhists.



According to a law dating from 1980, the state has the obligation to ensure freedom of religion, and public authorities must provide religious services in public health facilities. That same year, the Catholic Church was commissioned by the Spanish government to provide spiritual care in the public health system. In 1992, agreements were signed between the state and the representatives of the Protestant, Muslim and Jewish communities. As a result of decentralisation, each Spanish region has competence to manage its own health system. The Interregional Council is the body charged with co-ordination and cooperation within the national health system and, in 2007, it approved a national plan for palliative care. Since then, several regions have developed their own palliative care plans. There is considerable heterogeneity in palliative care service provision between regions, but the national palliative care strategy has been regularly evaluated and updated with the aim of improving and homogenising palliative care service provision in the national health system.

15. THE RIGHTS AND OBLIGATIONS OF THE PATIENT IN SPAIN

Law 41/2002, of November 14, basic regulating patient autonomy and rights and obligations regarding information and clinical documentation.

Article 2. Basic principles.

1. The dignity of the human person, the respect for the autonomy of his will and his privacy will guide all the activity aimed at obtaining, using, archiving, guarding and transmitting information and clinical documentation.

2. All action in the field of health requires, in general, the prior consent of patients or users. The consent, which must be obtained after the patient receives adequate information, will be made in writing in the cases provided for in the Law.



3. The patient or user has the right to decide freely, after receiving the appropriate information, between the clinical options available.

4. Every patient or user has the right to refuse treatment, except in the cases determined in the Law. Your refusal to the treatment will be in writing.

5. Patients or users have the duty to provide data on their physical condition or their health in a loyal and true way, as well as to collaborate in their obtaining, especially when they are necessary for reasons of public interest or on the occasion of the healthcare

6. Any professional who intervenes in the welfare activity is obliged not only to the correct provision of their techniques, but also to the fulfillment of the information and



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clinical documentation duties, and the respect of the decisions taken voluntarily and voluntarily by the patient.

7. The person who elaborates or has access to the information and the clinical documentation is obliged to keep the reservation due.

16. DAILY REGIME IN HOSPITALS

Morning: personal hygiene of the patient, monitoring of clinical parameters and taking of blood samples, breakfast service, medical examination and treatment of wounds, instrumental, rehabilitative and therapeutic diagnostic evaluation, possible discharge and admission, lunch service.

Evening: expert specialized examinations, rehabilitative and therapeutic activities, possible diagnostic and instrumental activities, monitoring of clinical parameters, possible discharge and admission, dinner service.

Night: monitoring the patient, satisfying their needs.

Medical examination in cases of urgency.

Cleanliness of the rooms

The patients rooms, the clinics and the common area are assured to be cleaned everyday.

Meal times

The meals will be served at the following times:

- breakfast: 08:00;
- lunch: 13:00;
- dinner: 19:00.

17. HEALTH CARE PROFESSIONALS

Professions regulated under the Sectoral Directive system include doctors and specialist doctors, general nurses, midwives, dentists pharmacists. Professions regulated under the General Directive system include physiotherapists, opticians, chiropodists, psychologists, occupational therapists and speech therapists.



18. SPECIFIC AREAS OF HEALTH AND NURSING CARE

18.1. DYING, PALLIATIVE CARE

For the population as a whole, Spain (2010) presents a life expectancy at birth of 82.1 years, a figure higher than the average of 79.7 years of the EU-27. By sex, the life expectancy at birth of Spanish women and men is 85.3 years and 79.1 years, respectively. For the inhabitants of the EU-27, these figures are 82.6 years for Europeans and 76.7 for Europeans.

Life expectancy at 65 years shows the same trend, being also higher in Spain (20.8 years) than in the EU-27 (19.1 years). By sex, Spanish women at 65 years of age have a life expectancy of 22.7 years, compared to 20.9 for European women in the EU-27.

This difference in favour of women is maintained at any age. However, the increase in life expectancy in recent years has been greater in men than in women.

In 2015, the Autonomous Communities with the highest life expectancy were Madrid, with 84.4, Navarre with 84.0 years, Castilla y León, with 83.8 and La Rioja, with 83.6, while Ceuta and Melilla, with 80.5 years, and Andalusia, with 81.5 years, were the communities with the lowest life expectancy.

Mortality from cardiovascular diseases, the leading cause of death in Spain, represents 31.2% of all deaths. Within the group of cardiovascular diseases, ischemic diseases of the heart are the leading cause of death among men (20,226 deaths) and cerebrovascular diseases, the main cause among women (17,529 deaths). Within the tumors, bronchial and lung cancer was responsible for the highest mortality (20,755 deceased). By sex, the cancer that caused the most deaths among Men was the bronchial and lung cancer (17,303 deaths) and in women the breast cancer (6,295 deaths).

Infant mortality, with a manifestly decreasing evolution, presents low figures in Spain. Only 3 out of every 1,000 live births die in the first year of life, 2 in the neonatal period and 1 in the post-neonatal period. By sex, there is a slight predominance of the deaths of boys (3.3) compared to that of girls (3.1).

Perinatal mortality also presents a decreasing tendency in Spain. Perinatal mortality includes fetal deaths and deaths of live births within the first seven days of life.

18.2. EUTHANASIA

Spain's Congress of Deputies is debating new euthanasia legislation, as right-to-die lobbyists intensify their campaign in the country.

Unidos Podemos (UP), a political coalition of the the Communist Party and the major party Podemos, presented a bill to Congress in mid-January that would permit assisted dying under certain circumstances.

The Unidos Podemos bill proposes that terminally ill patients over the age of 18, and also adults suffering from "unbearable" psychological or physiological pain, be allowed to access medical assistance in dying.

There is also another bill shortly to be registered in Congress by representatives from Catalonia's regional parliament. The Catalanian parliament resolved to move a federal bill -- similar to the UP proposal -- that would modify the federal penal code to permit medical assistance in dying.

18.3. DEATH, AUTOPSY

The clinicopathologic correlation of the primary underlying disease with the immediate cause of death is being reviewed. The autopsy rate fell from 20% in 1993 to 5.1% in 2015. Despite the scientific and technologic advances in medicine, it seems that there are still clinicopathologic discrepancies. The postmortem examination continues to play an important role in auditing clinical practice and diagnostic performance, and also for educational purposes. Evaluation by a multidisciplinary committee is the more reliable system for the study of the clinicopathologic correlation.

18.4. PREGNANCY AND BIRTH IN SPAIN

The standard of care for pregnant women in Spain is highly regarded in both the private and public sectors. The degree of medical contact is reasonably high, with an initial appointment with a doctor or midwife (*comadrona/llevadora*) to confirm the pregnancy, antenatal appointments and hospital scans. Most births in Spain take place in a hospital although home births are becoming popular. A word of warning: if you wish to give birth at a private clinic, it's advisable to take out medical insurance well ahead of getting pregnant otherwise it might be hard to find an insurer.

18.5. CHILD CARE

Depending on the needs of the children and the situation of the biological family, there are six types of fostering:

1. **Emergency fostering and diagnosis:** This fostering lets the child live with a family while a study is performed on the circumstances that have advised separation from the birth family. This fostering is for children up to six years old. The fostering will last the time required to perform the study of the situation of the child and the family of origin.
2. **Short-term fostering:** The child is taken in by a family with the aim of returning him or her to his family setting within two years.
3. **Long-term fostering:** The child is taken in by a family while his or her family setting of origin overcomes the problems that may require a longer period of recovery time. Fostering is for longer than two years.
4. **Weekend and holiday fostering:** This fostering is for children nine and older, who live in state homes and need a family environment. The child lives with the family on weekends and school holidays. This fostering lengthens the period of time that is considered beneficial to the child.
5. **Fostering in cohabitation units for educational action:** This is for children and adolescents with special education needs, chronic illnesses and/or behavioural problems and groups of siblings who require more specialised care. These fostering situations must be able to provide a family setting in

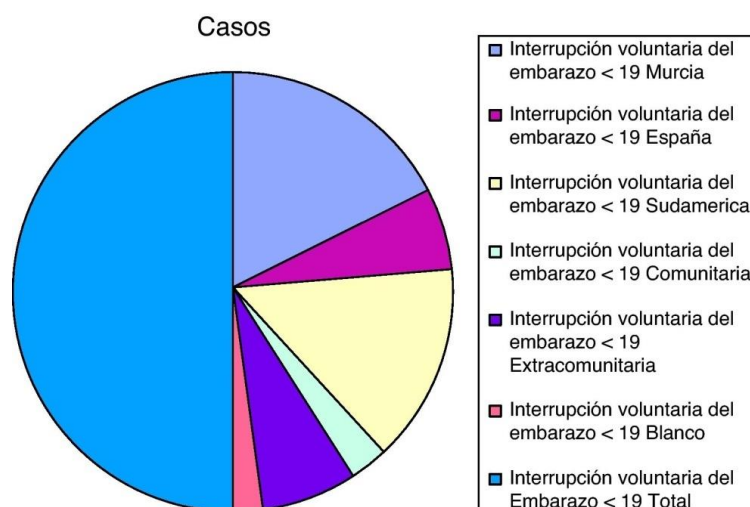
which family members have specific degrees, education and experience to meet the special needs of these children and adolescents.

6. **Permanent fostering:** Whether or not the separation from the birth family will be permanent must be agreed upon, or whether pre-adoption fostering would be more favourable to the interests of the child or adolescent, when the former is not possible.

18.6. ABORTION

Voluntary Interruption of Pregnancy Induced Abortion in Spain is regulated under Title II of the Organic Law 2/2010 of sexual and reproductive health and abortion. This law legalizes the practice of abortion during the first 14 weeks of pregnancy. The law came into force on 5 July 2010. The previous regulation - Organic Law 9/1985-decriminalized abortion on several points. The conservative People's Party in June 2010 filed an action against several provisions of law to the Constitutional Court.

Induced abortion or termination of unwanted pregnancy can be performed by two methods: Medical abortion - Using drugs or medications such as mifepristone and misoprostol. Surgical abortion - Clinic or hospital intervention : aspiration, dilation and curettage.



https://www.google.com/search?client=firefox-b&biw=1024&bih=631&tbm=isch&sa=1&ei=rNiqWq2dFoXZ5gL4y4aQBw&q=embarazo+en+espa%C3%B1a&og=embarazo+en+espa%C3%B1a&gs_l=psy-ab.3...251418.257522.0.257946.18.17.0.1.1.0.114.1320.15j1.16.0...0...1c.1.64.psy-ab..1.16.1246...0j0i67k1j0i30k1j0i19k1j0i8i30k1j0i24k1j0i5i30k1j0i5i10i30k1.0.7b864gEFIsA#imgsrc=YqgVKaCvfiioBM:

18.7. TRANSFUSION

The blood transfusion is indicated for the treatment of patients who, at a given time, present a lack of blood components that can not be replaced by other alternatives.

Thus, in order to decide if it is necessary to carry out a transfusion, the following medical criteria should always be considered: the cause that motivates the indication, the objective to be achieved, the measures to correct the trigger mechanism, the possible therapeutic alternatives and its effectiveness, as well as the possible unfavorable effects that transfusion can cause.

In turn, 1.7 million blood donations are registered in the Transfusion Network voluntary and altruistic, which means a donation index of 36.9 per 1,000 inhabitants. In the last three decades the donation rate per 1,000 inhabitants has increased by 16.9 points.

18.8. TRANSPLANTATION, ORGAN DONATION

The profile of donors has changed in terms of cause of death: accidents, vascular brain diseases have gone from 39.0% in 1992 to 65.1%; deceased donors by traumatic brain injury secondary to traffic accidents currently represent only one 4.2% of donors, when in 1992 they raised to 43.0%.

Kidney transplant is the most frequently performed (2,905) followed by the liver transplant (1,162).

Each year about 3,000 Hematopoietic Progenitor transplants are performed (3,068 in 2015). The Spanish Bone Marrow Donor Registry consists of 200,678 donors.

The rate of organ donors per million inhabitants is 39.7, which means in absolute values 1,851 donors. Its average age is 60.0 years, following the trend ascending from previous years. By sex, out of 10 donors, 6 are men and 4 are women.



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RESOURCES

Introduction:

http://salutweb.gencat.cat/web/.content/home/el_departament/model_sanitari_catala/pacte_nacional_de_salut/pacte_nacional_salut_acords_ang.pdf

Health Care System:

<http://www.renewinghealth.eu/departament-de-salut-generalitat-de-catalunya>

Health payment:

https://www.expatica.com/es/healthcare/Getting-healthcare-in-Spain_101467.html

Prevention:

<http://chrodis.eu/good-practice/prevention-health-promotion-strategy-spanish-nhs-framework-addressing-chronic-disease-spanish-nhs-spain/>

<http://catsalut.gencat.cat/ca/coneix-catsalut/acces-sistema-salut/guiadus/>

Nursing education:

[http://www.nurseeducationinpractice.com/article/S1471-5953\(17\)30026-4/fulltext](http://www.nurseeducationinpractice.com/article/S1471-5953(17)30026-4/fulltext)

https://www.bancsang.net/receptors/banc-sang/es_index/

Home care:

<http://www.careforme.es/about-our-nurses>

Spiritual care:

http://www.academia.edu/23738606/Implementing_Spiritual_Care_at_the_end_of_life_in_Spain

Legislation:

<http://www.eurecnet.org/legislation/spain.html>

Health professionals:

<https://www.justlanded.com/english/Spain/Articles/Jobs/Health-professionals>

Euthanasia:

<https://www.bioedge.org/bioethics/new-euthanasia-debate-in-spain/12181>

Abortion:

https://en.wikipedia.org/wiki/Abortion_in_Spain

Fostering:

<https://web.gencat.cat/en/tramits/que-cal-fer-si/adopto-i-o-acullo-un-infant/acolliment-familiar/>