



In most European countries, social rules for dressing tend to be more strict than in some other countries, especially in the Roman countries (Spain, France, Italy, Portugal), where fashion is an art and the way one dresses is believed to say a lot about the person.

The general rule of thumb is that the **clothes have to fit the social context**. The same that you wouldn't wear a suit and tie to the beach or swimming pool, you shouldn't wear beach or pool attire in a professional/academic context. This rule of thumb translates to the following points which should be taken in mind when preparing your luggage and while dressing in Spain:

- **Appropriate shoes** for the occasion: No flip-flops in class, no high heels on the beach. On top of it, flip-flops are not good for your feet especially when you have to walk long distances. Tennis or other sorts of sneakers are fine, though Spaniards generally tend to reserve those for the gym.
- **Gym clothes are for the gym**. A sweatshirt is fine to wear with a pair of jeans, but a full sweat suit, or sweat pants, or gym shorts are not thought to be appropriate attire for class in Spain (it's a sign of disrespect for the professor).
- **Jeans are fine**, but low riding jeans which show undergarments are not considered appropriate.
- Pajamas are for sleeping, not for going out in public.
- Sleeveless shirts are not considered appropriate for classroom contexts.
- **Excessively short shorts or skirts are not considered appropriate.**

As you probably notice, these rules may be different from what you're accustomed to, and may seem a bit nit-picky. However, Spaniards consider knowing how to dress for the occasion a sign of social grace and good manners, which enhance social harmony and good living. Also, dressing for the occasion makes you feel more confident, and ready to learn.

We also ask for your cooperation in maintaining a clean and studious environment. For that reason, we ask that **no food or beverages, with the exception of water, be brought into classrooms or libraries.**

If you really want to fully live the Spanish experience, why not try dressing like a Spaniard? You'll be surprised by what you discover!