

# APPLYING KNOWLEDGE IN CONTEXT

## ROSALES SPIRITUAL RETREAT

AUGUST 23RD - 30TH 2017



Rumi's welcomes you to our annual summer spiritual retreat 2017. Taking place in the breathtaking and awe inspiring landscape of Andalusia, Spain. Rumi's Cave is a community hub and a cultural arts & recreation space inspired by the legacy of Rumi. It is a dynamic and inclusive platform which hosts a wide range of programs, activities and events for the community.

The intention behind our retreats is to bridge the gap between scholars and students. Learning directly from the Quran (The Holy book of God) and Sunnah (traditions of the Holy Prophet Muhammad, peace and blessing be upon him). Homing in on a particular topic that we feel needs to be focused on, bettering us as individuals, our families and our communities. Learning in a protected Islamic environment.

This year's topic we will be looking at is:

*"Applying knowledge in context"*

We will be studying through the prestigious book of Imam Al Ghazali's "Ayyuhal Walaad, Oh my dear Son / Daughter"

The shaykh states, "My dear beloved son! It's very easy to give this advice to all the people of the whole world but it's very difficult to act upon it oneself. It's because, those in whose hearts the pleasures of the world and following of their desires [from the lower self] dominate, they find the advice and guidance bitter. These people's hearts are trapped in the worldly desires and pleasures." In a time where we attend a plethora of courses, lectures and spiritual retreats. We are trying to not just carry our sacred tradition and knowledge in our notebooks but put it into practice.

We will be learning through the traditional way, studying and completing this text. Hopefully applying these practises in our daily lives, God willing.

Come learn, ponder, explore, contemplate and rejuvenate at this year's retreat. We hope you enjoy your stay.

Please keep us in your prayers.

*Rumi's Retreats*

- 1. Introduction to the retreat & its grounds**
- 2. The area (Rosales)**
- 3. Introduction to the speaker joining us**
- 4. The organisers at the retreat**
- 5. Groups**
- 6. Itinerary**
- 7. Travel & health insurance**
- 8. Code of conduct at the retreat**
- 9. What to bring to the retreat**
- 10. Additional activities at the retreat (including prices)**
- 11. Prayer times**
- 12. Dietary requirements**
- 13. Social media, share your experience!**
- 14. Travel information**
- 15. British consulate travel advise**

# 1. INTRODUCTION TO THE RETREAT

Join us in the enchanting Andalucian countryside in southern Spain for a retreat that will take you on a journey towards reconnection and reviving the vessel that draw's us nearer to our Creator and our very essence the spiritual heart. Taking place one week before the arafat days and Eid ul adha. This retreat will provide seekers with the perfect escape from the city and the tools necessary to build a foundation upon.



“There is a candle in your heart, ready to be kindled. There is a void in your soul, ready to be filled. You feel it, don't you?” Rumi

Set in the picturesque Al Queria de Rosales surrounded by rolling hills, cherry orchards and almond trees with the open sky as our canopy. This is the perfect setting for the seeker looking for a moment away to reconnect.

In addition to classes with scholars there will be classes on natural health and prophetic medicine. Poetry and arts and crafts workshops, performance nights in addition to archery, swimming (segregated) hikes or you can simply enjoy the grounds. Or take a quiet moment to bask in the sun and contemplate on God's creation or spend time within the beautiful mosque that is an architectural feature of Rosales.

# 2. THE AREA AND ADDRESS

The retreat is situated in the heart of Andalusia, Spain. Alqueria De Rosales known as the *village of roses* is a secluded sanctuary for those who want to escape the hustle of the city. It is situated 2km away from local town of Puebla de Don Fadrique.

The local town has a cash machine, supermarket called DIA, pharmacy, local hospital and petrol station (for those traveling by cars). Puebla de Don Fadrique is a 2 hour drive from Murcia and Granada. Those who are driving down should ideally hire out a GPS, satellite navigation system as it might be easier.

**Note:** *Please do not contact these numbers if you are asking for the general structure of the retreat. All enquiries should be made directly to Rumi's retreats.*

## Address for the retreat

Alqueria de Rosales  
Puebla D. Fadrique  
18820  
Granada, Spain

## Contact number for the retreat

Phone (Hours Monday – Thursday  
10:00- 14:00 CET)  
+34 958 344438



## 3. SPEAKER

### Sheikh Babikir

The respected sheikh is a Islamic scholar, teacher and public speaker.

Sheikh Babikir was born in Sudan. He descends in lineage from Sayyiduna al-'Abbas ibn 'Abd al-Muttalib (ra) through his father and Sayyiduna Abu Bakr as-Siddiq (ra) through his mother.

Sheikh Babikir completed his studies of traditional Islamic Sciences under many great Scholars and Sheikhs of Africa and the Middle East. He studied, through authentic chains of transmission, the sciences of Tafsir (exegesis), Aqida (theology), Hadith (prophetic tradition), Seerah (the life and way the Prophet (peace and blessings be upon him), Maliki Fiqh (jurisprudence), Ta'wil-ahadith (dream interpretation) and Tasawwuf (sufism). As a young man, he was initiated into the Sammaniya tariqa (sufi order) and later, he was granted the most honourable Ijaza (authorisation) of becoming a spiritual guide by the grand-sage Sheikh al-Fatih Qaribullah (rahimullah). He went on to receive Ijazas from other spiritual luminaries such as Sheikh Salih al-Ja'fari (rahimullah), Sheikh Nazim al-Haqqani (rahimullah) and Sheikh Muhammad ibn `Alawi al-Maliki (rahimullah). A sign of his rare prestige is the Ijaza he has received from many renowned scholars in Dalial al-Khayrat, a book of Remembrance of Blessings upon the Chosen Prophet (peace and blessing be upon him.)

Arriving in Britain in 1977, Sheikh Babikir has been working hard to promote Islam's spiritual message in the UK. He began organising programs at London Central Mosque in Regent's Park, and in Muslim Welfare House in North London, where he first met His Royal Highness the Prince of Wales. The Sheikh served for some time as a member of the board for Mosaic (a charity founded by the Prince of Wales) at the request of His Highness.

Upon settling in London, Sheikh Babikir was instructed by his Sheikh, Sheikh al-Fatih Qaribullah (rahimullah), to serve as a teacher and guide. He completed a B.Ed degree in Mathematics at Greenwich University as well as a certificate in personnel management and diploma in administrative

management. Up until recently Sheikh Babikir was working as the Imam and spiritual director at the Islamia Schools Centre, founded by Yusuf Islam (Cat Stevens) in 1983. Whilst there, he provided teacher training and assisted in educational workshops and conferences.

Sheikh Babikir is the Director and Founder of Rumi's Cave and Rumi's Kitchen, a vibrant community hub in North-West London, as well as Ulfa Aid, a global humanitarian relief charity. Loved by many for his warm manner and wise counsel, he continues to spread his message of compassion and mercy with an unmistakable charm across the UK and abroad.



**Shaykh Babikir**

## 4. ORGANISERS

Please come to any of these organisers during the retreat if you have any problems or difficulties. Please refrain from asking the staff at Alqueria de Rosales as they may not know the full structure of our retreat.

**1. Isa Sulaiman, production manager:** *At Alicante airport (Spain)*

**2. Aminah, manager at Rumi's:** *At Alicante airport (Spain)*

**3. Glaiza, manager at Rumi's Kitchen:** *At Alicante airport (Spain)*

**4. Sukina, retreats manager:** *At Murcia airport (Spain)*

Sukina will be at Murcia airport and will be a guide for participants to the coach. Please go to Sukina once you arrive at Murcia airport. Please note you may have to wait for all to arrive at the airport and register. Coach leaves prompt at 8pm.

**5. Nazra manager at Rumi's Care:** *At Alicante airport (Spain)*

**6. Baber, Rumi's Outings:** *At Alicante airport (Spain)*

**7. Rakin, Rumi's arts & culture manager:** *At Alicante airport (Spain)*



Isa

Aminah

Glaiza

Sukina

Nazra

Baber

Rakin

## 5. GROUPS

This year we will be placing people into groups. These groups will not be fixed during the whole retreat, only at certain intervals. But will be used when we want people to engage in discussions when the lecturer asks certain questions. Or during fixed group activities to actively share, debate and learn from differing mindsets.

Each group will contain 17 people

Team 1: *List to be sent out before the retreat commences*

Team 2: *List to be sent out before the retreat commences*

Team 3: *List to be sent out before the retreat commences*

Team 4: *List to be sent out before the retreat commences*

Team 5: *List to be sent out before the retreat commences*

Team 6: *List to be sent out before the retreat commences*

Team 7: *List to be sent out before the retreat commences*

**Please note we will be sending you this information before we leave for Spain, God willing.**

## 6. ITINERARY

Please note more details or changes to our itinerary may take place. We will send you any changes prior to our travels, God willing.

### Wednesday 23rd of August

(Arrival of group 1 from Alicante airport times may vary)

**12pm:** All U.K flights to Alicante airport

Coach leaves Alicante airport to Carmen Del Campillo (gardens)

**1pm - 4pm:** Lunch and icebreaker (2:30pm prayer)

**4pm:** Leave for Rosales

**6pm:** Check in

**7pm:** Asr prayer and evening reflections

**8pm:** Dinner

**9pm:** Maghrib prayers

**9:30pm:** Dhikr (remembrance) outdoors

**10:30pm:** Isha prayers

### Thursday 24th of August

**6am - 7am:** Fajr followed by Quran and reflections

**7am - 8:30am:** Free time

**8:30am - 9:30am:** Breakfast

**9:30am - 10:45am:** *Session 1 with Sidi Abdu Samad history of Rosales*

**11am - 12pm:** *Session 2 with Shaykh Babikir*

**12:15pm - 1:30pm:** *Session 3 with Shaykh Babikir*

**1:30pm - 2:30pm:** Lunch

**2:30pm:** Asr

**3pm - 6pm:** *Activity time*

**6pm - 7pm:** Tea and free time

**7pm:** Asr

**7pm - 8pm:** Evening reflections with Rakin Niass

**8pm:** *Dinner*

**9pm:** Maghrib prayers

**9:30pm- 10:30pm:** Thursday night dhikr

**10:30pm:** Isha Salaah

### Friday 25th of August

**6am - 7am:** Fajr followed by Quran and reflections

**7am - 8:30am:** Free time

**8:30am - 9:30am:** Breakfast

**9:30am- 10:45am:** *Session 4 with Shaykh Babikir*

**11am- 12:30pm:** *Session 5 with Shaykh Babikir*

**12:30pm- 1:30pm:** *Free time prepare for jummah*

**1:30pm - 2:30pm:** Lunch

**2:30pm:** Jummah

**3pm - 6pm:** *Activity time*

**6pm - 7pm:** Tea and free time

**7pm:** Asr

**7pm - 8pm:** Evening group walk

**9pm:** Maghrib prayers

**9:30pm- 10:30pm:** Film night

**10:30pm:** Isha Salaah

### Saturday 26th of August

**6am - 7am:** Fajr followed by Quran and reflections

**7am:** Coach leaves for Granada

**9am:** Al hambra tour with guide

**12pm:** Lunch in Granada

**1pm:** Walk to Granada mosque

**1:45pm:** Granada mosque tour and introduction to community

**3pm:** Shopping time

**4pm:** Coach back to Rosales

**6pm:** Tea and free time

**7pm:** Asr

**8pm:** Dinner

**9pm:** (Group 2 arrival in Alicante airport) & Maghrib prayers

**11pm:** Arrival of guests

# ITINERARY CONTINUED

## Sunday 27th of August

**6am - 7am:** Fajr followed by Quran and reflections  
**7am - 9am:** Free time  
**9am - 10am:** Breakfast  
**10:15am- 11:30am:** *Session 6 with Shaykh Babikir*  
**11:45am- 1pm:** *Session 7 with Shaykh Babikir*  
**1pm - 2pm:** Lunch  
**2:30pm:** Dhuhr prayer  
**3pm - 6pm:** Activity time  
**6:00pm - 7:00pm:** Tea and free time  
**7:00pm:** Asr  
**7:00pm - 8:00pm:** Evening group walk  
**9pm:** Maghrib prayers  
**9:30pm- 10:30pm:** Evening reflections with Rakin Niass  
**10:30pm:** Isha Salaah

## Monday 28th of August

**6am - 7am:** Fajr followed by Quran and reflections  
**7am:** Coach leaves for Castril  
**9am:** Castril walk and intro  
**12pm:** *Lunch in Castril*  
**1pm:** Coach to Kayaking area  
**2pm - 5pm:** *Water sports*  
**5pm:** Coach back to Rosales  
**6pm:** Tea and free time  
**7pm:** Asr  
**8pm:** Dinner  
**9pm:** Maghrib prayers  
**9:30pm:** Lecture under the stars  
**10:30pm:** Isha prayers

## Tuesday 29th of August

**6am - 7am:** Fajr followed by Quran and reflections  
**7am - 9am:** Free time  
**9am - 10am:** Breakfast  
**10:15am- 11:30am:** *Session 8 with Shaykh Babikir*  
**11:45am- 1pm:** *Session 9 with Shaykh Babikir*  
**1pm - 2pm:** Lunch  
**2:30pm:** Dhuhr prayer  
**3pm - 6pm:** Activity time  
**6pm - 7pm:** Tea and free time  
**7pm:** Asr  
**7pm - 8pm:** Evening group walk  
**9pm:** Maghrib prayers  
**9:30pm- 10:30pm:** Final evening reflections with Rakin Niass  
**10:30pm:** Isha Salaah  
**11pm:** Live lounge

## Wednesday 30th of August

**6am - 7am:** Fajr followed by Quran and reflections  
**7am - 9am:** Free time  
**9am - 10am:** Breakfast  
**10:15am- 11:30am:** *Session 10 with Shaykh Babikir*  
**11:45am- 1pm:** *Final Session with Shaykh Babikir*  
**1pm - 2pm:** Lunch  
**2:30pm:** Dhuhr prayer  
**3pm:** Coach back to Alicante  
**5pm:** Arrival to Alicante

Thank you for coming!

## 7. HEALTH INSURANCE & TRAVEL INSURANCE

### Health Insurance

If you are visiting Spain, you should obtain a European Health Insurance Card (EHIC). The European Health Insurance Card (EHIC) allows you to access state-provided healthcare in all European Economic Area (EEA) countries and Switzerland at a reduced cost or sometimes free of charge. It only costs £14.99 (a one off payment) for the card and can be processed as quickly as seven days. The EHIC is not a substitute for medical and travel insurance, but it entitles you to state provided medical treatment that may become necessary during your trip.

Any treatment provided is on the same terms as Spanish nationals so if a Spanish national is required to pay a fee towards their treatment, you would also have to pay the same fee.

The EHIC will not cover medical repatriation, ongoing medical treatment or non-urgent treatment. You should also make sure you have adequate travel health insurance and accessible funds to cover the cost of any medical treatment abroad and repatriation. If you are referred to a medical facility for treatment you should contact your insurance/medical assistance company immediately. The website is [www.applyehic.org](http://www.applyehic.org) please check the website for more details of what is covered. Otherwise health insurance can be purchased from any travel, bank or insurance provider websites.

### Travel insurance

There are some policy covers that handle comprehensive health and travel insurance together. But if you are solely looking for travel insurance for loss of luggage, damage to property or other factors covered by these policies whilst traveling by plane. Please arrange to do so before attending the retreat. Purchase of health & travel insurance are solely up each participant who attends the retreat. Once at the retreat each individual will be solely accountable to look after their own property safely in their rooms or in the dorms. Participants must also be fit and well enough to travel. If you are unsure if you are well enough to travel please check with your doctor beforehand. If you feel unwell at the retreat please come to one of the organisers and let us know immediately. Or if there is an emergency dial 112 and ask for an ambulance.

## 8. CODE OF CONDUCT AT THE RETREAT

**Alqueria De Rosales is not just a retreat but a family business. Any land on the site is property of the owners so please be aware of this.**

- 1- Participants must respect the area and their surroundings. No littering or abuse of property.
- 2- Adhere to the timetable set. Unless you have small children. Or you inform one of the organisers.
- 3- Must not engage in arguments and show mutual respect to one another.
- 4- Must be on time for arrival of coach and departure.
- 5- Must take care of their own personal belongings at the retreat as Rumi's retreats will not be held liable for any lost property.
- 6- Take care of their own health and travel insurance as Rumi's retreats will not be held liable for any accidents.
- 7- If you leave the grounds at any point even to the local town you should notify one of the organisers.
- 8- Please don't abuse your time with the scholars & performers. Please remember they have to sleep and need rest too and can not go into lengthy discussions. Unless they state they are o.k to do so. To schedule any private appointments with the scholars please come to one of the organisers.
- 9- No intoxicants will be allowed on the site, any one seen with these items will be immediately asked to leave the retreat, and will not be refunded any money.
- 10- Brothers and sisters are free to chat to one another but please know the boundaries. Especially if the opposite gender feels uncomfortable. No men should enter the ladies dorms or vice versa. Please do not ask about marriage requests to participants on the retreat it is not the right adaab or in the right context.



# 9. WHAT TO BRING TO THE RETREAT

## Money

Please note that there are no cash machines at the retreat. The nearest cash machine is in the local town 2km away. The currency in Spain is the Euro. When changing money, you should always use official money exchange offices or banks, as possession and use of counterfeit money is considered a very serious crime in Spain and may lead to prosecution.

## Money - Credit cards and ID

When buying goods in Spain with credit/debit cards, all customers, regardless of nationality, must show ID. You may be able to use a driving licence or a photocopy of your passport, but you may be required to show your passport.

## Toiletries

The retreat does provide towels and toiletries but we would still recommend to bring your own just in case. Please note sometimes due to the hot temperature the hot water runs at a luke warm temperature.

## Suncream

Averages for Andalucia in August. During August, Andalucia is usually very hot, sunny and dry about as hot as during an average July. Over the region as a whole, daytime temperatures typically reach a maximum of 36°C, and the temperature typically falls to 20°C (68°F) overnight. Please bring suncream with the right (SPF) sunscreen's sun protection factor, for your skin. Between the hours of 10 a.m. and 4 p.m, UV rays are stronger, even on cloudy days. Most experts recommend you try to avoid the outdoors all together during these times. But if you absolutely must be outside, reapply your sunscreen as often as you can. Every couple of hours, or even every hour, if possible.

## Travel adaptors

Plug sockets are two pin in Spain & Europe. So please ensure you have the right travel adaptor.

## Snacks

The retreat does sell ice creams and few snacks (that you will be charged for). Please remember its a 2km walk to the nearest town so if you get peckish please bring snacks along with you.

## Qurans and prayer beads

We will be doing congregational prayers and after prayer reflections. There will be prayer books in the mosque. However please feel free to bring your own.

## Attire

We do have scheduled walks planned for the group we would recommend to bring hiking boots as we have in the past walked up steep rocky inclines. And flip flops and sandals will not be appropriate.

We also have allocated swimming times for males and females. So don't forget to bring your swim wear.

It is also going to be extremely hot in August in Spain. So we recommend to bring sunglasses and sun hats to avoid heatstroke.

## Bottled water / flask

The temperature will be at its highest, there will be water to purchase at the retreat but there is also jugs of water so make sure you have your bottles with you.



# 10. ACTIVITIES AT THE RETREAT

These sessions are to be held after 3pm  
(Please refer to itinerary for times)

The prices are separate to pay for the teachers time & materials etc

## 1. Archery at the retreat

10 euros per session

## 2. Tasbih (bead) making workshop

An introduction to making prayer beads

Price to be confirmed at the retreat (includes materials)

## 3. Natural healing and prophetic medicine

Workshop £10 or 10 euros per session

## 4. Poetry workshop taught by Sukina

All levels are welcome.

£10 per session or 10 euros (includes materials)

## 5. Art and crafts workshops

£10 per session or 10 euros

Book binding workshops, geometry and ceramics

Other craft workshops will be confirmed nearer the time.

We maybe offering more activities nearer to our departure!



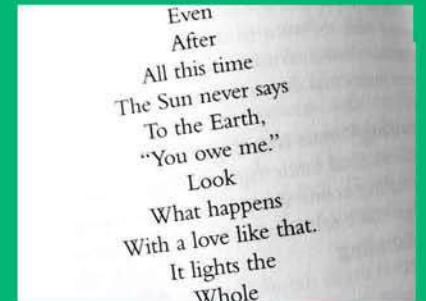
1. Archery



2. Tasbih (Bead making)



3. Natural healing



4. Poetry workshop



5. Book binding, ceramics

# 11. SALAAH TIMES

At Rosales (Puebla de Don Fadrique):

Puebla de Don Fadrique, Spain  
Angle Based Rule  
Muslim World League, Hanafi

Wednesday, August 23, 2017 - Wednesday, August 30, 2017

No	Day	Fajr	Sunrise	Zohar	Asr	Magrib	Isha
23	Wed	05:57	07:32	14:12	18:57	20:52	22:21
24	Thu	05:58	07:33	14:12	18:56	20:51	22:19
25	Fri	05:59	07:34	14:12	18:55	20:49	22:18
26	Sat	06:01	07:35	14:12	18:54	20:48	22:16
27	Sun	06:02	07:35	14:11	18:52	20:46	22:14
28	Mon	06:03	07:36	14:11	18:51	20:45	22:12
29	Tue	06:04	07:37	14:11	18:50	20:44	22:11
30	Wed	06:05	07:38	14:10	18:49	20:42	22:09

Please refer to itinerary for our prayer times as we may not always be praying at Rosales. Due to excursions and leaving the site early.

# 12. DIETARY REQUIREMENTS - 13. SOCIAL MEDIA

At the retreat breakfast, lunch & dinner are all inclusive. But if you have any allergies to any particular food or you are a vegetarian or vegan. Please notify us so we can let the retreat know.

Everything at the retreat is organic, halal & locally sourced. Please fill in the booking form with your specific requests

## SOCIAL MEDIA, SHARE YOUR EXPERIENCE!

Wifi is available at the retreat in certain locations, but we can not guarantee the connection or availability.

However if you manage to pick up signal. You can hashtag you experience with us at: **#rumisretreats #rumisrosales17**

Twitter: @rumiscave

Instagram: rumiscave

Facebook: [www.facebook.com/rumiscave](http://www.facebook.com/rumiscave)



# 14. TRAVEL INFORMATION

## Safety and Security - Crime

The vast majority of visits made to Spain by British nationals are trouble-free. Terrorists are likely to try to carry out attacks in Spain. Attacks could be indiscriminate, including in places visited by foreigners. The Spanish authorities take measures to protect visitors, but you should be vigilant and follow the instructions of the local authorities.

Be alert to the existence of street crime, especially thieves using distraction techniques. Thieves often work in teams of two or more people and tend to target money and passports. In many cases, one person distracts the victim while the accomplice(s) perform the robbery. When carrying valuables (e.g. credit cards or cash) don't keep them all in one place, and remember to keep a photocopy or scanned copy of your passport somewhere safe.

A significant number of Emergency Travel Documents issued by consulates in Spain are as a result of travellers having their passports stolen while passing through the airport, when arriving in or departing from the country. Special care should be taken to guard passports, money and personal belongings when collecting or checking in luggage at the airport and also while arranging car hire.

In some city centres and resorts, thieves posing as police officers on foot patrol may approach tourists and ask to see their wallets for identification purposes. If this happens to you, be careful. First establish that the officers are genuine. If the police request ID, either show them your passport, driver's licence or other photographic identification. Genuine police officers do not request to see wallets or purses.

If you are a victim of crime call 112. To report all crimes, including stolen property and lost or stolen passports, ring 902 102 112: you can explain the case over the phone (in English) and you will then be directed to your nearest Police Station to sign the police report (denuncia). If you have had belongings stolen, you will need to keep the report for insurance purposes.

If your passport is lost or stolen, keep the police report i) for insurance purposes, ii) to apply for an emergency travel document from your nearest British Consulate and iii) to apply for a replacement passport when you return to the UK. Make sure you obtain a 'police report' (una denuncia) and not a 'sworn declaration' (una declaración judicial), as the latter may not be accepted as evidence of the crime for insurance purposes, or when applying for your new passport.

**If you're in the communities of Valencia and Murcia and you need urgent help (for example, you've been attacked, arrested or someone has died), call +34 965 21 60 22. If you're in the UK and worried about a British national in Spain, call 020 7008 1500.**

### British Consulate Alicante

Edificio Espacio  
Rambla Méndez Núñez 28-32  
6ª planta  
03002 Alicante  
Spain

**Email:** [spain.consulate@fco.gov.uk](mailto:spain.consulate@fco.gov.uk)

### Fax

+34 965 14 05 28

### Telephone enquiries:

+34 965 21 60 22

The consulate is open to visitors Monday to Friday from 8:30 am to 1.30pm, excluding public holidays. Consular phone lines are open from 8am to 4pm

**Website:** <http://ukinspain.fco.gov.uk/en/>

**If you are not a British citizen please note where your country's embassy is based in Spain, in case of an emergency.**

**...SEE YOU THERE, GOD WILLING  
DON'T MISS OUT!**



**RETREATS@RUMIS.ORG**

(go to the 'Help for British Nationals' section)  
[www.ukinspain.fco.gov.uk](http://www.ukinspain.fco.gov.uk)

More information on the full support and services we provide is on:  
We cannot arrange preferential treatment in hospitals or prisons, give legal advice or pay any of your bills.

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> Facilities to contact your family or friends

> Details of local doctors, lawyers, interpreters and funeral directors

> Special arrangements in crises e.g. acts of terrorism, civil disturbances or natural disasters

> Support if you have been a victim of crime, hospitalised or arrested

> Emergency passports and information about money transfers

> British Consulates overseas can provide you, a British national, with:

## British Consulate Support

## Emergency Numbers

> Do you speak English? = *Habla inglés?*

> Firemen = *Bomberos*

> Fire! = *¡Fuego!*

> Police = *Policía*

> Ambulance = *Ambulancia*

> Look out! = *¡Cuidado!*

> Help! = *¡Socorro!*

## Essential Words

> Ring 902 102 112 to report all crimes

> Ring 112 for emergency services

> Drink sensibly, take care driving and let people know if you plan to go off the beaten track

> Keep a photocopy of your passport somewhere safe and send a scanned version of your passport to your email account

> Take enough medication and money to cover any unforeseen extended stays or emergencies. Don't keep all money & credit cards together

> Buy travel insurance to help cover unexpected costs e.g. medical bills, stolen belongings etc.

> Follow our travel advice for Spain: [www.fco.gov.uk/travel](http://www.fco.gov.uk/travel) t: +44 (0) 845 850 2829

> Apply for a free European Health Insurance Card to be able to access emergency medical treatment: [www.ehic.org.uk](http://www.ehic.org.uk) t: 0845 606 2030 (UK) t: +44 (0) 191 218 1999 (overseas)

> Apply for a free European Health Insurance Card to be able to access emergency medical treatment: [www.ehic.org.uk](http://www.ehic.org.uk) t: 0845 606 2030 (UK) t: +44 (0) 191 218 1999 (overseas)

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## Travel Tips

> Follow our travel advice for Spain: [www.fco.gov.uk/travel](http://www.fco.gov.uk/travel) t: +44 (0) 845 850 2829

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## British Consulates in Spain

We have Consulates in Alicante, Barcelona, Gran Canaria, Ibiza, Madrid, Málaga, Mallorca and Tenerife but we will provide support to you wherever you are in Spain.

For the visiting hours, addresses and contact details (including what to do out of office hours) of all our Consulates, please visit our website:

[www.ukinspain.fco.gov.uk](http://www.ukinspain.fco.gov.uk)  
(go to the 'About us' section).

[www.fco.gov.uk](http://www.fco.gov.uk)

## Advice for British Visitors to Spain



Foreign & Commonwealth Office

[www.fco.gov.uk](http://www.fco.gov.uk)

Name

Passport Number

Details of someone to contact in an emergency

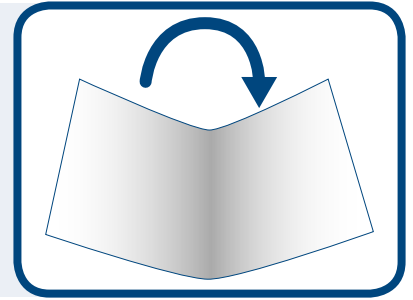
  
  
  
  
  

(Don't forget to complete this section on the back page of your passport)

# Consular leaflet folding instructions

## Step 1

Print the leaflet and fold in half (with the blank side folded inwards)



## Step 2

All the text should be on the outside, showing 3 panels on each side



## Step 3

On the white page, you will see two blue lines (splitting the text into 3 panels)



## Step 4

Fold the right hand panel inwards along the blue line so you have the brown section facing you



## Step 5

Fold the left hand panel inwards along the other blue line and over the top of the brown section



## Finish

Once complete, the leaflet should show the flag at the front and the blue panel at the back

