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Welcome back!

A note from your Group Leaders:

¡Feliz Año Nuevo! Welcome back to the start of our second semester. We hope that you all had a meaningful, fun, and safe holiday, wherever in the world you might have been. Hopefully you took this opportunity to recharge and reconnect with friends and family. It is now time to take on the new year and begin our second half of the Master's journey!

If you have any interesting information or exciting news about yourself or a fellow classmate that you would like us to add to an edition of the Franklin Flyer, reach out to one of us.

More importantly, remember that we are here to support you. 2020 was a difficult year for many of us, and we are hopeful that 2021 holds exciting experiences and new opportunities for us. We are all in this together!

Un abrazo fuerte,

Your Instituto Franklin Group Leaders

Linnea, Morgan, Nathan, Victoria, Lianna, Salina, and Robert

Keep an eye out for these upcoming dates and deadlines:

January 15: Thesis Proposal Due (by email to Advisor and on Blackboard)

January 15: OPTION B & C ONLY Life Experience Portfolio Part 1 and 2.

January 20: *OPTIONAL* Thesis ``Getting Started`` Virtual Session

January 27: *OPTION A ONLY* 7pm-8pm Prácticas Session

January 29: Seminar 5 and Quiz 5 Deadline to complete

February 3: *OPTIONAL* 7pm-8pm Newbee Zoom Session

February 19: Last day to submit Diploma and TIE

February 26: Seminar 6 and Quiz 6 Deadline to complete

``Filomena`` Snowfall in Madrid and Alcalá

For those of you who were able to enjoy the historic snowfall in Madrid (and for those who were elsewhere and would like to live vicariously), please enjoy these pictures...



1. El Palacio de Cristal: It's always beautiful...but the snowy version is just breathtaking.



2. La Fuente de Cibeles: a great place to ski!



3. El Templo de Debod: Madrid's Egyptian temple, covered in white.



4. Gran Vía: looking like a scene from a holiday card.

Making History...

Did you know that this was the largest snowfall in Madrid since 1971?? Whether you participated in the snowball fights, made a snowman, stayed cozy inside with a blanket, enjoyed the school snow days, or unfortunately had your flight delayed... We can all agree that this snowy week has been one to remember. See Section 5 for more!

01: Starting the Second Semester on the Right Foot

Here are our tips for starting this semester off successfully:

- ❖ Write and maintain a daily/weekly *checklist of the important things you need to complete*. Rank them in order of due date and importance. Writing these down will help keep you accountable and organized!
- ❖ Connect with your thesis advisor and *ask questions*. Make sure you're on the right track with your final proposals so you don't get set back in any capacity!
- ❖ *Stay connected with your support network!* Contact your friends and family frequently to maintain that much needed social connection. Schedule some time in your upcoming weeks to go for a coffee, vino, cerveza, lunch/dinner with your friends!
- ❖ Make sure you schedule your "me" time and fun activities throughout the months. We'll have a lot to get done with our thesis and course materials, but time to yourself and for fun should continue to be a priority. With the ever-changing situation here, it's important to seek out fun. *Whether it's exercise, meditation, reading a good book, or going for*

a hike, take some time to destress and clear your head.

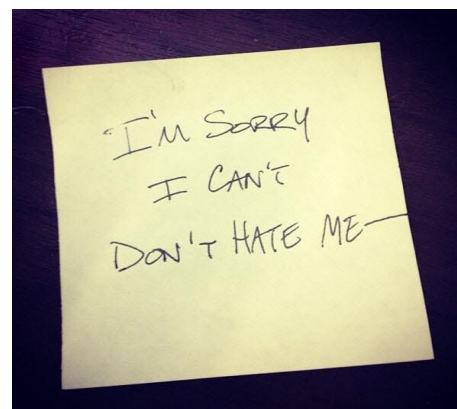
- ❖ We hope the holidays recharged your batteries and have you excited to take this new year on!

02: A Goodbye Letter to 2020

- ❖ **2020, it's not you, it's me.** Sorry we had to part ways. I sure am going to miss you. You were my confidant and frenemy, my everything for a whole year. You taught me what it felt like to be an island, yet simultaneously connected to everyone I consider a close friend (coming in close second was my Instagram feed). I'd like for you to know that I learned quite a lot from our time together. You were the perfect teacher! I'd like to share some things you taught me:
- ❖ You taught me to hone my cooking skills and you were my Youtube videos at 2am teaching me how to make the perfect bizcocho using just 3 ingredients. I will miss making 3-4 pastries every week to satiate my relentless sweet tooth. You were the weekly supermarket hauls, those were the days, when leaving your apartment once a week felt like an extended vacation in Paradise.
- ❖ You taught me I could acquire new skills: one in particular is being present and proximate; and not glued to my phone. Sitting in silence was far too much of a burden most days, yet learning to be aware of my surroundings & people who envelop it was such a discovery.
- ❖ You taught me I could call my parents and tell them that I loved them every day. Older family members suddenly didn't feel like these giant burdens in my life, and became representations of an interconnected web of what makes me who I am (and who I hope to evolve to be). The endless Skype calls/Facetime dates/Zoom meetings helped keep

me in check when I needed to learn the vital lessons of being a younger(ish) adult.

- ❖ You taught me that if I needed a quick laugh or a good cry, I could endlessly skim through Netflix to find the perfect (if that even exists) movie or series to help pass time. And on that note, you taught me that there was a lot of time. More time than life, in fact, which was so important.
- ❖ You taught me to laugh at myself and make light of such a serious situation. All I could do was pray that things would be OK, turns out, I got closer to my maker through you. I learned to get on my knees and give thanks to a being higher than myself for having a plethora of food, a roof over my head and a strong wifi connection. Blessings were abundant with you by my side, 2020!
- ❖ Lastly, you taught me to believe in myself: in my abilities, resourcefulness and willingness to accept things simply as they were. These were the lessons you've taught me throughout our 365-day relationship.
- ❖ When the clock struck 12 midnight a few days ago, I was thankful for our time together, my beautiful teacher. You really had a way about you. Don't be sad, or angry or confused. I mean, at least I didn't say goodbye via Post-IT leaving it on your bedside table, you must admit it's been a sublime form of closure. I will keep you in my heart 2020. See you later, alligator. Yours always, Robert.



03: The Cheap Tourist

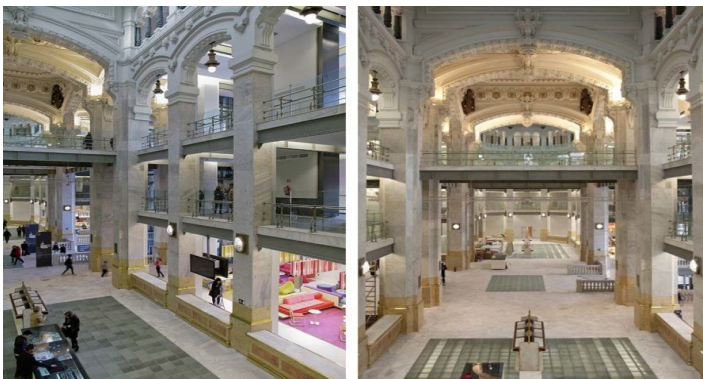
Explore the City's Culture on a Budget!



1. Museo Estación Chamberí

This retired metro stop is the last remaining station of Madrid's first metro line 1 (blue line). Built in 1919, it still contains the original colorful tiles and advertisements on its walls.

Even though the station was closed in 1966, the current line 1 still passes through and you can visit the vintage Chamberí for **free** by entering through the Plaza de Chamberí which is walking distance from Bilbao or Iglesia metro stations. Just keep in mind if you go with a group, only one person can go in at a time.



2. Palacio de Cibeles

This monumental building was designed as the headquarters for the Spanish Post Office in 1909. Many may not know however, that this building is divided into several spaces and contains a cafeteria restaurant, chapel, glass gallery, musical auditorium, and a viewpoint of the city's skyline.

Free entries into the cultural centre (located inside) are on the first Wednesday of every month. Access to the viewpoint is 3€ per person.



3. Casa Dani

Located in the Mercado de La Paz in barrio Salamanca, this eatery nook is famed for having the best Spanish tortilla in Madrid. Serves breakfast and lunch daily but be sure to get there right as they open since they are known for having a waiting list. Their menus change daily but you can be sure to always have their famous tortilla available. Lunch specials include a drink and two entrees for only 12€ a person.



4. Museo Lazaro Galdino

Perhaps considered Madrid's most underrated art museum, this early 1900 mansion is home to the private collection of banker, Lazaro Galdino. His gallery contains some of the most eccentric pieces of artwork and paintings from famous artists such as Francisco Goya and Hieronymus Bosch.

Some noteworthy pieces include Goya's "Witches Sabbath" series and "Disparates" prints. **Free** entrances are on Tuesdays through Saturdays from 3:30-4:30pm and from 2-3pm on Sundays. All other times are 6€ a person.



5. Essential Flamenco

With a café above and a flamenco tablao below, Essential Flamenco situated walking distance from Puerta del Sol now offers **free** admission to view their 3-person flamenco display. Swing by on any weekend evening and enjoy a cup of tea or a copa as you listen and watch one of the oldest Spanish traditions. Each show begins every hour on the hour from 7:00pm until curfew.

04: How to Cope with the Post Holiday Blues

In a funk after the most wonderful time of the year? While we aren't medical professionals, almost everyone can relate to being deflated after the stress and high-energy of the holidays has passed. From research, here are some things that you can try to help.

According to Margaret Wehrenberg, Psy.D., some things to help could be:

1. Getting out of the house. Sometimes we can forget how important exercise is in the winter. Try walking around Madrid or your local neighborhood at least once a day for some fresh air and explore an area that is new to you.
2. Try cooking something new for dinner. Trying something new will help you get creative and active!
3. Take extra care of yourself. Try to get enough quality sleep each night, have a healthy diet, and get some exercise in.
4. Schedule time for fun! We are all extremely busy with both work and school obligations, so it's important to remember to have fun. Social interactions have been limited with our restrictions, so try and get a group together for an outing to a museum or even a walk!

Also don't forget about the University's Amig@s Franklin Program! This program is a Student Community created by alumna, Kelly Anderson. The group's goal is to create support to meet the cultural and social-emotional needs of students. The group also aides in providing cultural support and engagement opportunities for members. You can also share and reflect upon your own personal stories and experiences. Please email lulia if you would like more information or would like to go to one of the monthly meetings!

(Source: Margaret Wehrenberg, Psy.D.
<https://www.psychologytoday.com/us/blog/depression-management-techniques/202001/7-tips-beat-the-post-holiday-blues>)

05: Historic Snow in Madrid



Skiing, snowball fights, and sled dogs are something seen a little further north or in the mountains, but this last weekend, they were all seen in Madrid. Storm Filomena brought the most snow Madrid has seen in 50 years and is bringing as much fun as it is problems.

Large snowball fights were seen throughout Madrid including on Gran Via and Sol, that were ultimately ended by the police. People in Sol also took the opportunity to have a large dance party, including dancing the macarena. Madrid's government asked for people to stay home due to the unprecedented weather conditions, but this did not stop people from going out and enjoying the snow.



One of the main concerns is the interruption in the distribution of the COVID 19 vaccine due to roads being blocked. However, the Military Emergency Unit has been sent to unblock roads, clear snow from hospitals, and assist in whatever efforts they can. It is interesting to note that by Saturday afternoon a third of the salt used in 2020 had been used to clear roads.



It is still an ongoing operation to clear roads and many cars are still trapped on the freeways. 500 people were unable to return home Saturday night and were housed in sporting arenas until roads are able to be cleared, however this has proven difficult since most freeways are still blocked. The immobility of Madrid has forced schools to delay their in person start days until Wednesday with the possibility of extending until next week. Local authorities are even asking locals to help clear snow wherever possible due to the lack of resources.

While it is beautiful to see the snow here in Madrid, everyone should be careful when going out. With icy roads and fallen trees, there is still more work to be done until Madrid can function again normally. Until then, enjoy the snow and time off from in person classes!

(Hunter, S. (2021, January 10). Spanish government organizes convoys to get essential products, Covid vaccine moving. Retrieved from, https://english.elpais.com/spanish_news/2021-01-10/spanish-government-organizes-convoys-to-get-essential-products-covid-vaccine-moving.html)

06: 2021 Vision



Last year, we rang in the new year like any other; people made similar resolutions related to their health, finances and well-being. Some expected the year to be filled with the same irritations and struggles, while others were hopeful about claiming the year as their own and making the best of it. At this point, we are all aware that no one knew what was in store for the globe. Such drastic changes have left a mark on us and I am sure that many of us have consequently changed our perception of goals and resolutions. We do not need to make new resolutions at the start of every year, and every day we have the power to make the changes that we want to see in our lives. However, it is nice to have fresh starts and moments that invite us to reflect on our past in order to reassess our goals and what we truly desire.

With the start of this new year many people have adjusted their goals so that they may slow down their pace of life and enjoy the little things. People may have found joy in hobbies they never had the time to stop and try like baking, writing, painting and so on. As we enter the new year, seasoned with the challenges we have faced, it is important to stay positive and hold onto the important lessons we've learned. We must remember to continue prioritizing our mental health and the meaningful relationships in our lives. We must be grateful for things we might once have taken for granted like walking outside in the fresh air or hugging the ones we care about. Furthermore, we mustn't push off the things we want

to do to some arbitrary future and think about what we can do today to bring us one step closer to achieving what we desire. Think about the things you want to have in your life; what do you want to accomplish? Who do you want to be there alongside you? Think about the grand scheme of things in terms of what you'd like to manifest in your life whether that is honesty, openness, adventure, or spontaneity. The power of thought goes a long way and so I urge you to look for the positive wherever you can. For all that 2020 may have taken away from us, let us try to carry these lessons with our heads held high instead of having them anchoring us down. Surround yourself with good people, do things that bring joy to your life, work hard but take time to relax and reflect and live the life you want to lead.

However, if you're not there yet or if these internal goals are not quite cutting it, well then you can choose to look forward to other external things which might spark some joy like what movies are being released this year, the overdue change in government or vaccines being distributed! Click here for Rotten Tomatoes' [list of the most anticipated movies of 2021](#).

Wishing you all a very happy and safe new year!

07: Spanish Government Important Information



As the holiday season comes to a close, many of us will remain in Spain for the upcoming months.

Many restrictions not allowing travel between regions of Spain were set in place until January 10th, in order to curb mass gatherings for Reyes Magos. Restrictions were updated, region by region, on January 8th.

[Read up](#) on these travel guidelines to inform yourself on travel requirements and availability [here](#).

In addition, “the Madrid government has lifted the perimetral lockdown of the region, meaning that travel in and out of the region is no longer restricted.”
Source: El Pais

The curfew from 12am-6am is still in place.

Please keep in mind the safety of yourself and others if you are traveling. Be sure to follow any rules or regulations provided by the country in which you are traveling to and from. All rules, regulations, and restrictions are subject to change.

Spain is set to receive 600,000 doses of the Moderna vaccine and be distributed to elderly and healthcare workers. Time will tell when the vaccine will be available to the public and if this distribution will allow for increase in travel.

Potentially record setting snow storm Filomena hit Madrid and several other areas last week. This surprise left overnight temperatures in the negatives and caused some disruptions in travel. Skiers took to the streets of the capitol and beyond to enjoy this rare event. Looks like we're in for a chilly winter so prepare well and bundle up! These temperatures may not go away soon!

(Sources: Ministerio de Sanidad, Ministerio del Interior, Comunidad de Madrid, spain.info, El Pais, the local Spain)