#1 city worldwide in congresses

#1 mobile capital worldwide

200+ km of cycle lanes

In **Top 20** MBA programs worldwide

Top 10 technological European cities of the future

Top 10 smart cities worldwide

5 km of beaches and seafront

Wide range of **cultural activities**

5G Hub of southern Europe

500+ years of university history

Among the **15** safest cities in the world

1,500+ startups in Barcelona and Cat Hub

400+ consolidated research groups

Top 20 global talent attraction

15,000+ ICT companies

600 ha of parks in the city

BCU
Barcelona Centre Universitari

BCU has the support of:

Generalitat de Catalunya
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UAB Universitat Autònoma de Barcelona

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upf. Universitat Pompeu Fabra Barcelona

Universitat Ramon Llull

UVic Universitat de Vic Universitat Central de Catalunya

uic barcelona

Universitat Abat Oliba CEU

Barcelona 22/23 TALENT GUIDE

Why Barcelona?

Barcelona
Centre
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25 years
welcoming talent

BCU is the official Barcelona university service.

We welcome you with open arms and we'll help you with anything you need...

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WELCOME

It gives us great pleasure to be able to present the new edition of the *Barcelona Talent Guide*, made possible thanks to the support of Barcelona City Council and the collaboration of the universities. Through these pages, we aim to show newcomers everything the city has to offer.

The Catalan capital has high quality universities, with internationally recognised research centres, is one of the most important digital hubs in Europe and has become an attractive place for start-ups. What's more, it has an extensive cultural and leisure offering, which you can enjoy during your stay in the city, whether you're here for academic or research purposes.

Its location on the shores of the Mediterranean and its proximity to the Pyrenees, added to its dynamism, makes Barcelona a very attractive destination for many people. And at BCU we want to facilitate your arrival, supporting you in the process of settling in and ensuring that you feel welcome.

We hope that you fall in love with Barcelona and that your stay here is an **unforgettable experience!**

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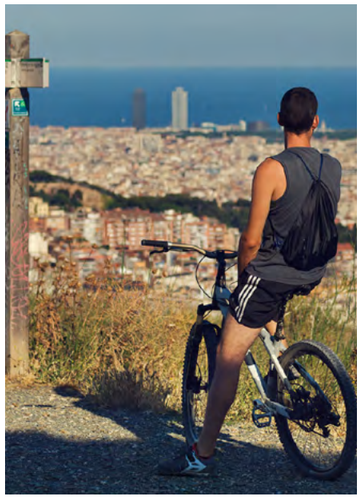

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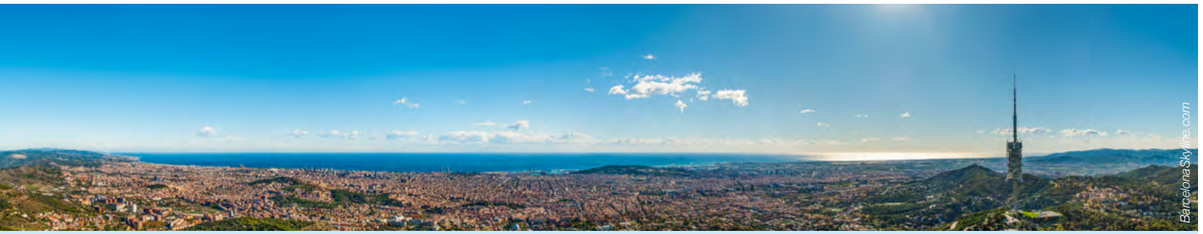
MANAGER OF BCU & EDITORIAL DIRECTION Montse Serret **EDITOR & TEXTS** Olga Vallejo
COORDINATION BCU TEAM Maria del Mar Roig **ORIGINAL DESIGN AND LAYOUT** Toni Pla
COVER DESIGN GdD Dissenyadors **LANGUAGE** Linguaserve

BARCELONA in 2030

Barcelona is one of the most valued cities to live in around the world. We are not surprised because it has everything you would want from the place where you live: many sunny days, an important cultural and historical heritage, unbeatable cuisine, and is well connected and inclusive. *The Telegraph* (April 2022) has chosen it as the *Greatest City on Earth*, with an undeniable charm that combines culture, economy and industry, and on top of that it is practical and safe. Who can resist the magic of Barcelona?


BarcelonaSkyline.com

Considered by many as the Silicon Valley of southern Europe, it has become a more competitive city that trains and attracts talent, encourages investment and promotes cluster development, able to respond to present and future challenges. To continue maintaining its leadership, Barcelona aims to become Europe's digital capital, and it looks like it's well on its way. It is currently the seventh most attractive European city for investment from technology companies (*Atomico State of European Tech* 2021), the ninth most attractive in talent (the Boston Consulting Group's *Decoding Global Talent* 2021), the European city with the most square metres of office space taken up by technology companies; it has over 1,900 start-ups, is southern Europe's 5G hub, is committed to promoting digital talent through the Barcelona Digital Talent partnership, and plays host to some of the most important international technology events such as the Mobile World Congress (MWC), Integrated Systems Europe (ISE) and the Smart City Expo World Congress (SCEWC).

What's more, the City Council has launched the Barcelona Welcome Desk, which promotes the arrival of new foreign talent to the city, offering advice during their landing in the city, such as registering as a city resident, looking for a place to live and school-enrolment for children.

You must be getting a good idea of what Barcelona is like, what's involved in living here and all the opportunities the city offers you. These are some of the areas that the Catalan capital will be making headway in over the coming years as it sets its sights on the city it aims to be in 2030.

INNOVATION

Barcelona is a European benchmark in technological innovation, the fourth most innovative city in Europe, the third most attractive for launching start-ups (StartUp Heatmap Europe 2019), and the eighth biggest start-up hub in Europe (Dealroom 2021), which, despite the pandemic, is reasserting itself as one of the main centres for receiving investment and attracting talent.

The new municipal administration's projects for creating innovation centres include converting the Palau Municipal d'Esports into a neighbourhood facility and technology hub for e-sports, and for the Olympic Stadium to house an enterprise incubator for the sports tech sector; turning the 22@ Nord into a technology magnet; transforming the Post Office Building (*The New Post Barcelona*) into a digital enterprise hub and training centre for young talent; attracting technology enterprises with Barcelona's *Deep Tech* Funds which has €10 million for consolidating the city as the innovation capital of southern Europe, and making the most of the Barcelona *Innovation Coast* initiative which, on the basis of innovation-promoting initiatives, is expected to create 40,000 jobs over the next 10 years and have a financial impact of €235 million on the city.

María del Mar Roig

'NEW GREEN DEAL'

The proposals from the new roadmap for all the city's economic and social players include making Barcelona into a city that facilitates economic activity, reducing its procedural paperwork; promoting training for entrepreneurs with advanced digital capacities and reskilling professionals from other sectors through the IT Academy; creating new spaces (Palo Alto, the Lluís Companys Stadium and the Olympic Port) intended for economic activity; the International Welcome Desk, in operation since 2022, where talent is promoted, generating new talent, retaining it and reversing the brain drain, and the creation of public-private partnership tools such as an Agency for Attracting International Investments to look for companies keen to set up shop in Barcelona and facilitate their support and landing in the city.

DIGITAL TALENT

Aiming to boost Barcelona so it continues to be a leading city and to provide the digital ecosystem with a larger number of people with advanced digital skills, training for entrepreneurs will be promoted in this line and reskilling professionals from other sectors keen to recycle themselves in the digital world through the IT Academy. A large-scale initiative that is promoting Barcelona's digital capacity in order to consolidate its position as Europe's digital nerve centre.

DIVERSIFICATION

There is a paradigm shift that seeks to diversify the city's economy, based on talent and technology. This may imply a review of urban-planning tools that help to drive a strategy for re-economising Barcelona centre and thereby establish new spaces for economic activity which are entrepreneurial, innovative and local. Boasting an investment of over €150 million for the coming years, the re-economisation plan will continue strengthening commerce and the restaurant sector, reactivating sectors linked to the visitor economy under a new, more sustainable and diverse culture-focused model.

BarcelonaSkyline.com

BLUE ECONOMY

Barcelona is opting for the blue economy – activities relating to the world of sailing, sustainability, commerce, restaurants and cafés and services linked to the maritime sector – with the aim of creating a new economic centre in the city, which will combine economic competitiveness and environmental sustainability in the maritime sector. Hence its drive to transform the Olympic Port and reclaim it as an attractive space for all city residents. Being chosen as the host city for the 2024 America's Cup fits in perfectly with Barcelona's aim to create a cluster dedicated to the blue economy. The world's oldest international sports competition, it will include a Women's America's Cup for the first time.

Port Vell / Picture TAVISA

SUSTAINABILITY

This is about taking on the climate and energy challenge, ensuring environmental sustainability and economic competitiveness, while looking after people, to ensure Barcelona remains a city people can live and work in. Projects such as the creation of an investment fund for making progress in this transition; the development of the El Besòs Eco-district, a space for catalysing "green" economic activity, innovation, knowledge and talent and the aim to promote the solar economy and energy renovation will help to stimulate the economy for sustainability.

INTEGRATED KNOWLEDGE SYSTEM

Catalonia has a well-established university and research system. It is an integrated knowledge system that promotes excellence and talent recruitment via the internationalisation of the Catalan universities. This ecosystem is complemented by a mature and internationally competitive research system thanks to the creation of its own network of research centres, and the recruitment of prestigious researchers. Another cornerstone of the R&D&I system are the hospital institutions, which carry out biomedical research to resolve health-related issues. Furthermore this exceptional environment, which generates knowledge and supports talent, has its own extensive research infrastructure (including the Alba Synchrotron and the BSC-CNS's MareNostrum supercomputer), works on knowledge based projects (Mobile World Capital and ISE), and is rich in start-ups. Barcelona is the leading start-up hub in southern Europe; there are currently 1,902 start-ups, an increase of 26% on the pre-pandemic figure. The city also stands in sixth place in the EU in terms of capacity to attract investors (Dealroom.com) and fourth place in number of investment rounds.

1,389 (2020-2021) Higher education degrees

- Bachelor's degrees **520**
- Master's degrees **624**
- Doctoral degrees **245**

282,778 (2019-2020) Students in higher education

- Bachelor's degrees **217,032**
- Master's degrees **48,294**
- Doctoral degrees **17,452**

International students (2021-2022) at Catalan universities

- Students **34,755**
- Countries of origin **176**

76 Research centres (2019-2020)

- **39** CERCA
- **17** CSIC

30,000 People dedicated to R+D

1,744 Research groups recognised by the Government of Catalonia

1,915 COMPANIES

- Start-ups **1,600**
- Spin-off universities **315**

There are a total of 12 universities in the system, of which seven are state-run (the University of Barcelona (UB), Autonomous University of Barcelona (UAB), Polytechnic University of Catalonia (UPC), Pompeu Fabra University (UPF), University of Lleida (UdL), University of Girona (UdG), Rovira i Virgili University (URV)), and four are private (Ramon Llull University (URL), University of Vic - Central University of Catalonia (UVic-UCC), International University of Catalonia (UIC) and Abat Oliba CEU University)); and one online (Open University of Catalonia (UOC)). The Catalan capital is a key point of reference in terms of business schools; IESE, ESADE and EADA are among the 25 best in the world, according to the Financial Times annual rankings (2021).

What the data show is that having higher professional or university level qualifications facilitates entry to the labour market, and a higher percentage of those holding such qualifications are in employment than are those in other groups. The Catalan universities also stand out for excellence in research, capacity for internationalisation of projects and teaching quality. These are the factors that boost the position of the Catalan universities in the international rankings. UAB, UB and UPF are among the 250 best universities in the world (QS World University Rankings 2023). This may be one of the reasons why these universities attract so many students both from Spain and from around the world. The number of students from the rest of the country that study face-to-face in Catalonia (15,779 students) is proportionally much higher than the number of Catalans that study elsewhere in Spain (5,116) (UNEIX and SIIU). Catalonia is one of the leading research centres at European level and a point of reference on the global stage. If we take a look at research funding, Catalonia receives 27.3% of the national total (EU Dashboard, February 2021) in Horizon 2020 funding, and is the EU leader when it comes to attracting European Research Council (ERC) funds; this represents 2.5% of the total, a weighting that is much higher than its weight in terms of population (1.5%).

Art on the street...

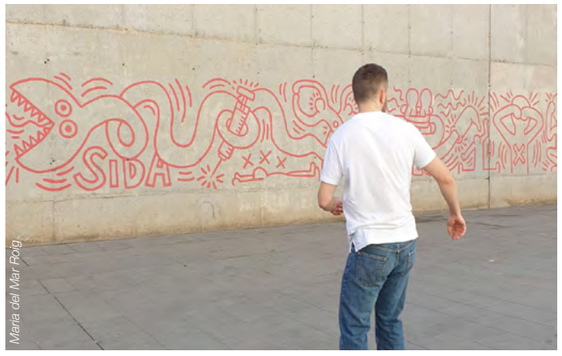
Strolling through the streets of Barcelona is a gift: every corner of the city hides true pieces of art by both national and international photographers, poets, sculptors and painters, among others. Open your eyes and wonder at the spectacle!

The Kiss
Photographic mosaic

The photographer **Joan Fontcuberta** is the author of the photographic mosaic mural *El món neix en cada besada* [The World Begins with Every Kiss], the work that presides over Plaça d'Isidre Nonell. To commemorate the Third Centenary of 1714, when Barcelona fell to the Franco-Castilian troops and Catalonia lost its national government institutions, the public was encouraged to submit photographs showing what freedom means to them. The result of this is 4,000 quadrangular glazed ceramic tiles where, thanks to Ceràmica Cumella's collaboration, each tile contains a photograph of friends, children, parents, pets, landscapes or scenes of everyday life that come together to form a big kiss. This new symbol of the city, a set of optimistic proposals for a future that is worth living for, has been with us since 2014 and is only a two-minute walk from the Cathedral.

TOGETHER WE CAN STOP AIDS
Mural

Very close to the Barcelona Museum of Contemporary Art, on the wall where Carrer Ferlandina meets Plaça de Joan Coromines, is an exact reproduction of the mural painted by **Keith Haring** in Barcelona in 1989. The original used to be in the same neighbourhood, El Raval, on the wall of a run-down building in Plaza Salvador Seguí, a place that reminded the artist of the New York ghettoes due to the growing number of syringes he found there each morning. Choosing the exact location was his only condition for painting the mural, which he did free of charge. Before the wall that originally contained the mural was knocked down, the City Council decided to make a life-size copy of the work and take samples of the colour of the paint, which was blood-red. The first reproduction was made in November 1996, the second one in 1998 and the most recent in 2014, coinciding with the 25th anniversary of the original. In *Together We Can Stop AIDS*, a syringe is being choked by a snake bearing the name 'AIDS', a couple form a pair of scissors and cut the snake, and someone else puts a condom on its tail.



THE CAT
Sculpture

This sculpture by **Fernando Botero** is a true symbol of El Raval. After 16 years moving around the city, starting at the Parc de la Ciutadella, then moving to near the Olympic Stadium and a square just behind Les Drassanes, at the Baluard Garden entrance, in 2003 it was placed at the end of Rambla del Raval, its final destination. On the right-hand side of one side street as you walk down, you will find this bronze cat which, just like every other work by the Colombian artist, is huge (7 metres in length, 2 in height and 2 in width), shapely and rounded. Young children are forever hanging from its whiskers, trying to climb onto the back of the cat whose paws are now on the ground after leaving the base it used to stand on, so that it looks even fuller in shape.

VISUAL POEM WALKABLE IN THREE PARTS
Visual poem

The starting point for this work is *Naixença* [Birth], a 12-metre-tall capital A made out of artificial stone, which is the gateway to *El Camí* [The Path], a series of obstacles including commas, brackets and question and exclamation marks scattered all over the lawn, which take you to the final piece, *Final*, another A, but in this case one that has been destroyed. A symbol of life created by the visual poet in 1984 for the Marià Cañardo Lacasta Gardens that were established when the Velodrome was built in the Horta neighbourhood. The architects Esteve Bonell and Francesc Rius, who designed the Velodrome building, asked **Joan Brossa** to produce a poem with an urban dimension. The poet, who had already previously created both literary and visual poems, produced this great physical poem.

BRUMRUM!
Light installation

In the square next to the Barcelona Design Museum, from 9.30 pm to 11 pm on Monday to Friday, you can interact with this permanent installation by **David Torrents** and **Maurici Ginés**, a lighting designer with Artec3, made in partnership with LEDsCONTROL. It is an artistic proposal that was born in 2014 to create civilisation around the Museum by establishing a dialogue between the city's residents and the public space through sound and lighting, installing sensors in the square and embedding 9,396 LED lights in a 3,300 m^2 area. The square reacts to words using a set of sensors arranged in the shape of a trumpet, making the light display on the floor vary in intensity based on the person's voice and ambient noise.

CARMELA
Sculpture

Carmela is the sculpture by **Jaume Plensa** that has been just outside the Palau de la Música (Sant Pere Més Alt, 3) since 2016. Although it was originally intended to remain there for only a few months, thanks to a campaign carried out by a group of local residents on the platform Change.org for it to remain forever in Barcelona, Plensa loaned it to the city for eight years with the possibility of extensions. Carmela is 4.5 metres tall and made out of cast iron. It depicts the face of a teenage girl with her eyes closed, representing the transition from childhood to adulthood. The artist used the face of a girl from Barcelona that he photographed and scanned in order to obtain a 3D image.

Barcelona also boasts two recent works by its most international local sculptor: *Ànima* [Soul], a small metal structure that he donated to Hospital Sant Joan de Déu in 2017; and *Blau* [Blue], which has been in the Hospital Clínic lobby since July 2020 by way of thanks to the healthcare staff for their work during the pandemic.

According to *Telegraph Travel* (2022), Barcelona is the best city in the world. The publication, which compiled its ranking based on 50 selected cities, highlights the city's cultural offer, history, architecture, with nine World Heritage Sites, gastronomy, culture, open-air activities, over 2,500 hours of sunshine a year, 19 restaurants awarded Michelin stars, over 100 museums, and the fact that it is an inclusive city with an airport only 11km from the city centre. The Catalan capital clearly has a huge number of attractions, many of which make amazing photos, which may be why Barcelona is the most hashtagged Spanish city on Instagram. Here is an initial selection.

Mirador Torre Glòries

Torre Glòries

Since May, Barcelona has had a new viewpoint. With a height of 130 metres, the top of the tower designed by Jean Nouvel, formerly known as Torre Agbar, offers a unique 360-degree experience. The city's most famous skyscraper has become a place where art, technology, scientific dissemination and environmental commitment all converge. The basic admission fee (€15) includes a visit to the Hipermirador Barcelona exhibition area and the viewpoint on the 30th floor, housing the *Cloud Cities Barcelona* sculpture by Argentinian artist Tomás Saraceno, as well as an audio-guide service via a website app, available in 6 languages (Catalan, Spanish, English, French, Italian and German). The visit, which lasts approximately 50 minutes, is suitable for people with reduced mobility, and is available seven days a week, from 10am to 8pm. **Av. Diagonal, 211.**
www.miradortorreglories.com

Santa Anna

This tiny monastery dating back to the early 12th century is to be found near Plaça Catalunya, the epicentre of the city. Its interior conserves Romanesque remains, a Gothic cloister and a chapter house. There are two chapels next to the main altar. The best known is the Chapel of Pardons, which featured a series of sculptures depicting the Holy Burial, which earned visitors the same indulgences as a pilgrim who visited the Holy Sepulchre in Jerusalem. Declared a Site of National Interest, the Major de Santa Anna church is a place of peace, an unexpected gift among shops and tourists heading to and fro. Since 2017, the parish has become the permanent site of a Field Hospital for homeless people, illegal immigrants and people in a situation of poverty. **C. Santa Anna, 29.**
www.santaanna.org

Vicente Zambrano

Maria del Mar Roig

The Three Chimneys

Only 10 minutes from the seafront, the Three Chimneys rise up above gardens which feature a large concrete esplanade where the Pakistani community often play cricket, with trees, park benches, a children's play area with soft paving, *petanca* courts, ping pong tables and walls boasting veritable works of art. This delimited area dedicated to urban art is overseen by the Rebobinart Association (www.rebobinart.com) through the Wallspot project (wallspot.org), the legal wall management platform, aimed at creative people. The Three Chimneys, a clear example of industrial architecture from the late 19th and early 20th centuries, and the old machinery dotted around the gardens as public-art exhibits, were part of the La Canadenca power plant, one of the first sites to generate electricity in Barcelona. **Av. Paral·lel, 49.**

Maria del Mar Roig

Carmel Bunkers

One of the best viewpoints in the city, offering spectacular views. Of course, you will always find people there, mostly tourists, because it offers a privileged panoramic view of the city. During the Spanish Civil War, the Republican side decided to place four guns at this site, on the top of Turó de la Rovira (262m), to defend the city from attacks by Franco's forces. Now it is a heritage site, conserving the remains of the anti-aircraft battery, while the MUHBA (Barcelona History Museum) has installed five information panels that help visitors to appreciate the site's historical and heritage value. You can get there by private vehicle, bus (22 and 119) and metro (L4), but you have to walk the last part. Admission is free of charge and it is not currently regulated or restricted, although this has been proposed for some time. **C. de Marià Labèrnia, s/n**

Pere Vivas 2013

Monastery of Pedralbes

Travel back in time and explore the medieval environment of the Reial Monestir de Santa Maria de Pedralbes. A heritage site full of history, since Queen Elisenda of Montcada first became interested in founding a monastery, in the early 14th century. Both the church and the cloister, the biggest in Europe, are some of the best examples of Catalan Gothic architecture and witnesses to the everyday lives of a community of Poor Clare nuns for nearly seven centuries. Every quarter, they organise all kinds of visits, tours, workshops and talks. Furthermore, during the summer, on Tuesday and Friday evenings (6pm to 9pm), admission to the cloister garden is free of charge. The general admission fee is €5, while admission is free on the first Sunday of every month. A universe of beauty and quietude, near the bustle of Diagonal. **Baixada del Monestir, 9**. monestirpedralbes.barcelona/

Maria del Mar Roig

Plaça de Sant Felip Neri

This city square full of history is hidden away among the alleyways of the Barri Gòtic. Built over a former medieval cemetery, it takes its name from the church in the square, one of the city's few Baroque churches, where Antoni Gaudí was heading when he was run over and killed. During the Spanish Civil War, the church became a refuge for local residents to shelter from air raids. Although the Franco regime led us to believe that the holes in the walls were made by bullets from Republican firing squads executing clergymen, they are really the marks left by the shrapnel from one of the bloodiest bombardments suffered by the city, in 1938. During the square's reconstruction, it was decided to leave the marks on the church façade and build a fountain with an octagonal base between the three tipuana trees. In summer, people are enchanted by the square's orange carpet of fallen blossom, its aroma and the sound of the water.

NOT TO BE MISSED.
ESSENTIAL EVENTS

AUTUMN

LA MERCÈ. Barcelona
23 - 26 SEPTEMBER

This is Barcelona's *festa major*, the city's biggest celebration which is held each year in honour of one of its patron saints. Four intense days of fun with a programme packed with activities for all ages: music, dance, street performance, circus, popular culture (with giants, dragons and fire beasts), *sardana* dancing, *castellers* or 'human towers', and BAM (Barcelona Acció Musical), which fills the streets with contemporary music. The icing on the cake is the *Piromusical* sound and light show at Montjuïc's Magic Fountain, which marks the end of the festival. Did you know that it rains practically every year for the La Mercè festivities? But it's not really rain. Legend has it that these raindrops are actually the tears of Santa Eulàlia, the city's other patron saint, who weeps with envy every time Barcelona celebrates her big rival. barcelona.cat/lamerce

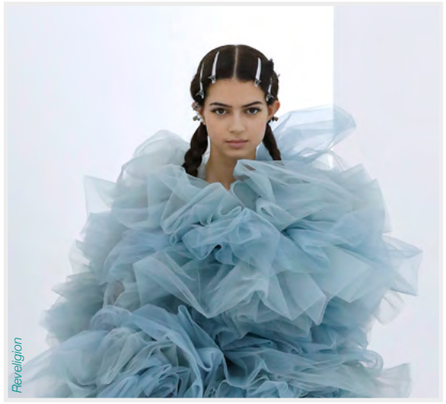
TEMPORADA ALTA. Girona and Salt
OCTOBER, NOVEMBER and DECEMBER

For many, this is the best festival in Catalonia, and certainly one of the best known internationally. It's a performing arts festival that attracts big names from the Catalan and international scenes, as well as up-and-coming artists, a space for showcasing the performing arts, and a networking opportunity for professionals in the sector. It's all about plurality, and you'll find theatre, circus, dance, live music and film on the programme. The festival has gradually grown since its beginnings in 1992, establishing itself to become an unmissable date for the diary if you want to know what's coming up on the national and international performing arts scene.
temporada-alta.com

6 - 9 OCTOBER Manresa **FIRA MEDITERRÀNIA** Tradition, popular culture and roots are the key to this multidisciplinary fair, which will be celebrating its 25th anniversary in 2022. firamediterrania.cat

6-16 OCTOBER Sitges **SITGES INTERNATIONAL FANTASTIC FILM FESTIVAL OF CATALONIA** This is the leading festival in the world for premières of the best fantasy and horror films. sitgesfilmfestival.com

8-11 DECEMBER Barcelona **MANGA BARCELONA** Fira Barcelona Gran Via is the venue that hosts the most important event of the year for fans of manga, anime and Japanese culture in general. The cosplay contest in particular is not to be missed. www.manga-barcelona.com



080 BARCELONA FASHION WEEK. Barcelona
JANUARY–FEBRUARY

The two editions – winter and spring/summer – of Barcelona Fashion Week are effectively a shop window where around twenty designers and brands show off their latest creations. It remains to be seen whether or not in-person fashion shows will be back in 2023, after they went virtual due to the pandemic. 080barcelonafashion.cat

WINTER

MOBILE WORLD CONGRESS. Barcelona
27 FEBRUARY–2 MARCH 2023

The Fira de Barcelona hosts the biggest mobile technology fair in the world. The most recent edition, which took place in 2019 before the pandemic, saw a record number of attendees (109,000). As the world's most influential event for the mobile technology industry, the Mobile World Congress is an excellent opportunity for networking with professionals in the sector. It's the perfect place for finding out all about the latest innovations in the sector and drawing inspiration from industry leaders. You can also pay a visit to 4YFN (www.4yfn.com) – 4 Years From Now – the platform that supports start-ups, investors and businesses, enabling them to connect and set up new businesses together.
www.mwcbarcelona.com

CALÇOTADES. Catalonia
NOVEMBER–APRIL

Calçots are a kind of very large spring onion, and a typical dish you can enjoy all over Catalonia, though they have their origins in Valls. During a *calçotada* – a culinary tradition dating back to the late 19th century – the *calçots* are cooked on a very hot barbecue, then the outer layer is peeled off by hand and you dip them in *salvitxada*, a sauce made with toasted almonds, tomatoes, roasted garlic, before eating with your fingers. To complete your *calçotada*, you'll need to make sure you have room for some grilled meat, toast, wine, oranges and *crema catalana*. This makes for a meal that turns into a party, and it's perfect excuse for a get together with friends or family. On the last Sunday in January, the *Gran Festa de la Calçotada* takes place in Valls. festacalcotadavalls.cat/

3-5 FEBRUARY 2023 Barcelona **LLUM BCN** This Festival of the Light Arts transforms the neighbourhood of El Poblenou into an urban laboratory where national and international artists display their light creations. www.barcelona.cat/llumbcn

18-21 FEBRUARY 2023 Catalonia **CARNIVAL** Carnival begins on Fat Thursday, and ends on Ash Wednesday. Seven days where anything goes: fancy dress, parades, dancing, floats - A week of pure extravagance!

FEBRUARY Barcelona **BCNEGRA** The crime fiction literary festival, founded in 2005. A meeting place for writers and fans of the genre. www.barcelona.cat/bcnegra

Rosa Tharrats

SPRING

Miquel Millan

TEMPS DE FLORS (Flower Festival). Girona

MAY

The city's old quarter is flooded with flowers for nine days. More than 100 floral projects decorate patios, gardens, monuments and other spots, including the most iconic spaces, some of which are opened specially for the occasion. This is an opportunity to get to know or rediscover Girona, following the scent of the flowers and plants that fill a lovely neighbourhood with freshness. It might seem hard to believe, but the cathedral steps, the Jewish Quarter, the Arab Baths, the La Francesa Gardens, and the bridges across the Onyar river are even more beautiful when decked out in floral art. What began as a provincial flower display competition in 1954 has become an event for the whole city, and people from further afield flock to Girona so as not to miss this artistic floral spectacle. tempsdeflors.girona.cat

BARCELONA POESIA. Barcelona

MAY

Everything revolves around poetry: discussions, children's workshops, recitals, talks, concerts, tributes and poetry jams, in different spaces across the city. All the activities are free, except for Hip-Hop Night and the Poetry Slam, where some of the leading performance poets will be taking centre stage. www.barcelona.cat/barcelonapoesia

Eric Pamies

PRIMAVERA SOUND. Barcelona

1-3 JUNE 2023

One of the biggest festivals in the country, where music plays the starring role. In 2023, the musical offering will once again be focused on a single three-day weekend in Barcelona, moving on to Madrid for the weekend after. Since 2001, *Primavera* has been showcasing established and emerging artists, both national and international. As well as the Fòrum Park site, with its various open-air stages next to the sea, *Primavera* puts on concerts in venues across the city. Barcelona was the first in a series of international locations (Porto, Los Angeles, Santiago, Buenos Aires and São Paulo), where the festival has continued to grow. If you're interested you'll need to be quick - the tickets sell out fast! www.primaverasound.com

MAY Igualada **REC.0 EXPERIMENTAL STORES** Twice a year, the old factories and brickyards of Igualada are transformed into pop-up fashion stores, where you can shop the best brands at great prices. www.rec0.com

MAY Barcelona **CÒMIC BARCELONA** The biggest comic fair features lots of interviews, meet-ups, round tables and publisher presentations with artists from both home and abroad, as well as Comic Kids for the smallest visitors, and the Cosplay Zone. www.comic-barcelona.com

8-11 JUNE Catalonia **CORPUS CHRISTI FESTIVITIES** The high point of the spring - carpets of flowers adorn the streets in an explosion of colour. Don't miss the *Patum de Berga*, the *Enramades de Sallent*, or the Dancing Egg in Barcelona.

Vicente Zambrano

GREC FESTIVAL. Barcelona

SUMMER

This is the city's summer festival. Theatre, dance, music and circus, it's where big names on the international scene and local talent, come together, at the epicentre in Montjuïc's Teatre Grec, as well as at venues all around the city. And no, the theatre the festival is named doesn't date from Ancient Greece – it was opened during the 1929 Barcelona International Exposition. www.barcelona.cat/grec

Francesc Virgili

CASTELLS (Human Towers). Catalonia

ALL YEAR ROUND

These human towers up to 10 storeys high have been defying gravity for more than 200 years, and are sure to have you holding your breath right from the start. This is a folk spectacle that originated in the Camp de Tarragona and El Penedès regions, and has spread all over Catalonia in the last 50 years. The *Castells* have been awarded Intangible Cultural Heritage status by UNESCO.

SUMMER

Ariel Martini

SÓNAR (Music Festival). Barcelona

JUNE 2023

The festival where music, creativity and technology take centre stage. Since 1994, both established stars and emerging talent in the electronic music industry have made Sónar a point of reference in the genre. Follow the Sónar Festival on Spotify (open.spotify.com/user/sonarfestival) and enjoy playlists that will take you on a journey around the festival's soundscapes. You'll find Sónar by Night, Sónar by Day, and since 2013, Sónar+D (sonarplusd.com), the international conference that explores how creative minds imagine new futures in collaboration with researchers, innovators and economic leaders from all sectors. sonar.es

23 JUNE Catalonia **REVETLLA SANT JOAN** The night of the Sant Joan festivities is a magical one that's filled with sound and light, thanks to the traditional bonfires and firecrackers. The fun goes hand in hand with Cava and *Coca de Sant Joan*, a traditional sweet treat.

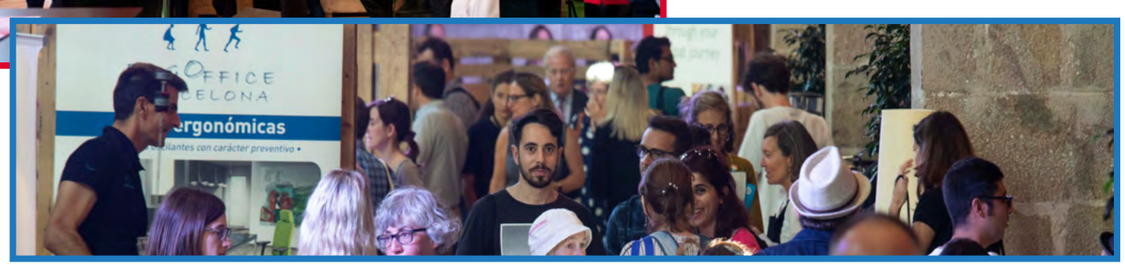
1 JULY Calella de Palafrugell **CANTADA D'HAVANERES** *Havaneres* are similar to sea shanties, and are sung on the beach. Summer on the Costa Brava kicks off with *havaneres*, a traditional musical genre that originated in 19th century Cuba. www.havanerescalella.cat

SEPTEMBER Vic **MMVV** This meeting point for music industry professionals becomes a big party with concerts for the general public at the weekend. www.mmvv.cat

BARCELONA INTERNATIONAL COMMUNITY DAY

Barcelona International Community Day, a welcoming space of reunions and networking, has been held in the city since 2014.

This year's edition is being held at the Barcelona Maritime Museum on 22 October, with a series of activities including: workshops; round-table discussions; information capsules; networking events; recreational, cultural and children's activities, and various conferences. It will also include a trade fair where companies, organisations and associations can present their services, products and initiatives for the international community. This annual event for the city's international talent ecosystem provides helpful information and useful services on things such as: arriving in the city; how to develop your career; how to invest, do business and find opportunities; discovering the city's attractions and what it has to offer in terms of culture and recreation, plus a range of entertainment for people of all ages. Admission to the fair and the activities is free. All you need to do is sign up on the website.
barcelona.cat/internationalcommunityday



THE LAST EVENT IN NUMBERS

Barcelona International Community Day 2021

- More than 3,600 people registered from 87 countries
- 96 speakers from 28 different countries
- 73 exhibiting enterprises and associations
- Overall rating for the fair: 8.6/10
- 51 activities

From 10am onwards and throughout the day, more than fifty activities are being held in different spaces to introduce people to the city and its services.

It's the perfect opportunity to share experiences and connect with other newcomers and locals. Barcelona International Community Day is a reflection of the welcoming spirit of Barcelona, which welcomes citizens from other countries with open arms.

You can also take part as an exhibitor at one of the 80 plus stands for public and private companies with products and services geared towards the international community.

Barcelona International Community Day is organised by Barcelona City Council through the Directorate for the Promotion of the City, seeking to make the city an attractive place for international talent. Barcelona Activa, the city's local development agency, also provides a great deal of support, as do many other organisations and professionals.

The most visible faces of Barcelona International Community Day are its hosts. These are people of diverse backgrounds who have decided to make Barcelona their home. These are men and women with inspirational personal stories and successful careers who act as ambassadors for the event, helping to inspire the community and sharing their projects, experiences and knowledge.

HOST AMBASSADORS OF THE BARCELONA INTERNATIONAL COMMUNITY DAY

These host ambassadors are inspirational characters who share their stories. They are members of the international community who tell us how, when, and why they came to Barcelona. These enriching experiences help us to better understand others and create networks. Are you up for it?

AMILCAR VARGAS (Veracruz - Mexico, 1980)

World Heritage Manager at Casa Batlló

In 2012, he landed in Barcelona, intending to stay 6 months while he did the second year of a Master's in Management of Cultural Institutions and Companies at the UB. After an internship at Casa Batlló, another scholarship, another master's degree and living in Paris, he returned to Barcelona to pursue a PhD in Society and Culture at the UB. He explains that since his arrival, everyone has been friendly and nice: "It has always been a welcoming, open and inclusive city. Professionally, it's been enormously enriching. Because it's such as cosmopolitan city, I've been able to create an extensive network of international contacts". His favourite place is Passeig de Gràcia; even though it's not the most hidden of places, it's a space that brings together so many Barcelona residents. He maintains that it's difficult to find so much vitality and diversity in such a small area.

BIBIANA CUNNINGHAM (Dubnica nad Váhom - Slovakia, 1983)

Virtual facilitator and founder of Businesscure

She came to Barcelona with her family four years ago. Her company (businesscure.org) is a strategic consulting firm focused on productivity and competitiveness for small and medium-sized companies. "We wanted to live in Europe, in an international city with good weather where different cultures lived side by side and diversity was a constant. Also, it has the sea, and it's beautiful", she recalls. In her experience, it's not easy to have a business here because of all the bureaucracy: procedures, taxes, administration. However, she says that the people you find in this infinite chain of bureaucratic procedures are very nice, which "makes everything much easier". Her favourite places are the Gothic quarter and Barceloneta, due to their authenticity and the history behind them.

SHREYASHEE NAG (Kolkata - India)

Director of the Nupura International Centre of Performing Arts

Shreyashee arrived in Barcelona ten years ago to manage a multinational engineering company. At the same time, she made headway in her career dedicated to Kathak, an Indian classical dance form, until one day she decided to focus on dance: "Now I manage the Nupura International Centre of Performing Arts (nupura.es) and I have my own dance company, Shreyashee Nag Dance Company". She admits that it hasn't all been easy, but nonetheless, she believes it's a city that allows you to achieve your professional dreams. She also likes the international environment, how culture is promoted in the city, and the sea. Her favourite place is Plaça de Sant Felip Neri: "I feel a kind of nostalgia. The marks left behind by the bombardments remind me of India and the sacrifices that we had to make to fight the British Empire".

MODERNISM

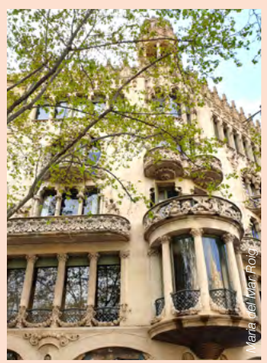
Modernism, the cultural movement taking place in Europe by the end of the 19th century and beginning of the 20th century which sought new ways of expression and shaping, was particularly fertile in the realms of architecture and the plastic arts. Known variously as *Art Noveau* in France, *Modern Style* in England, *Jugendstil* in Germany and *Sezessionsstil* in Austria, it left an indelible imprint in Barcelona with structures such as the Sagrada Familia, the Pedrera or the Casa Batlló. However, the city harbors many other buildings from that period very well worth discovering.

Casa Fuster

The last major urban house designed by architect Lluís Domènech i Montaner presently operates as a hotel. Drop by the nearby *Jardinets de Gràcia* and get inside the building: columns, adornments and vaults are among the original architectural elements still standing within it. You are also invited to come up to the terrace, where you'll be met with incredible vistas of the city.
Pg. de Gràcia, 132.
hotelcasafuster.com

Casa Lleó i Morera

Domènech i Montaner undertook the architectural overhaul of this house, located at the *Mansana de la Discòrdia* (the famous city block on Passeig de Gràcia). The building features one of the richest and better preserved sets of Modernist applied arts: mosaics, stained-glass windows, marquetry, tiled floors and sculptures.
Pg. de Gràcia, 35.
casalleomorera.com

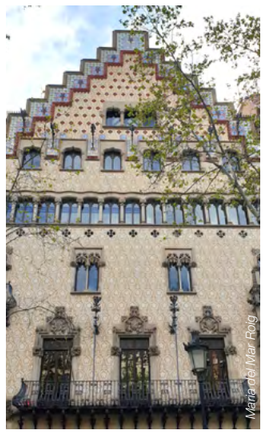


Casa Terrades

Popularly known as *Casa de les Punxes* (House of Spikes) due to its profile resembling that of medieval castles, this building was designed by Puig i Cadafalch. It is not open to visitors, but spaces can be rented there, either for co-working or for hosting events.
Av. Diagonal, 416-420.
casalespunxes.com

Casa Amatller

Chocolate industrialist Antoni Amatller commissioned Josep Puig i Cadafalch with the redesign of this building, located next to Casa Batlló, and the architect transformed it by endowing it with the appearance of an urban gothic palace. The piano nobile currently serves as the headquarters of the Amatller Institute for Hispanic Art. If you so wish, you can get a guided tour of the Amatller House Museum and taste a cup of hot chocolate at the ground floor.
Pg. de Gràcia, 41.
amatller.org



23 April is one of the loveliest days in the year for many. Despite being a regional holiday, the day of Sant Jordi or St George - Catalonia's patron saint since the 19th century - sees our streets fill with people out to enjoy the day, buying roses and books for their loved ones from any bookshop or one of the many stalls set up along our streets.

SANT JORDI

On this day there is a marked festive atmosphere throughout Catalonia and in Barcelona, especially in the city centre, where you can find thousands of passers-by and long queues of people waiting their turn for a writer to sign their book for them. You can find a whole host of new publications, as publishing houses often use the occasion to present new books. An estimated 1,7 million books and six million roses were sold in Catalonia in 2022, according to the Booksellers' Guild and Florists' Guild, respectively.

What's more, for the last few years, it has been a unique day for seeing the Casa Batlló's façade decorated with roses. It is also an ideal time for visiting some of the city's museums and institutions, such as Barcelona City Hall, which holds an open day on that date. And anyone called Jordi, Jordina, Jorge or Jorgina can access the Sagrada Família free of charge. To mark the saint's day, Barcelona City Council (barcelona.cat/santjordi/en), the city's Libraries Network and Community Centres Network organise a whole host of activities for young and old alike: cultural events, micro-story competitions, workshops and so on, and plenty of theatres offer special promotions. The range of activities is extended with the groups and soloists that perform in the Sant Jordi Musical, filling the old Estrella Damm Factory with rhythm, food trucks and a small market selling a mixture of vinyls, books and roses.

The legend

Legend has it that there was a dragon in Montblanc that struck terror into the hearts of local people. To calm it down, the people would offer one of their own, chosen by lot, as food to quench its hunger, until one day when it fell to the king's daughter to make the sacrifice. As luck would have it, a knight called Jordi, the Catalan name for George, rode by and killed the beast with his sword. A rose with red petals sprang up from the dragon's blood.

Roses

If you would like to see roses of every variety, you can visit the Jardins del Roserar [Rose Garden] at the Parc de Cervantes, which plays host every spring to the International New Roses Competition. And the National Rose Exhibition is held not so far away, in Sant Feliu de Llobregat, every second week of May, to mark the Spring festivities.

MOVING AROUND

There are various public transport options for getting around Barcelona and its metropolitan area, both in terms of travel tickets and cards and possibilities for combining metro, train, bus, tram and funicular transport, as well as bicycle and motorbike sharing services. All the tickets, apart from single ones, are integrated travel cards that include 296 municipalities in the Barcelona area and allow you to make up to three changes to other integrated means of transport with a 75-minute time limit starting from the first validation. You can find out which zone your municipality is in by consulting the zone map. You can check out all the forms of transport on the website as well as their prices according to zone – the further away you are from the capital, the larger the number of zones–, although these are the most usual. www.tmb.cat

Single Ticket
This is the best option when you only use public transport once in a while. You use it for making a single journey.

T-casual
Single-person 10-journey ticket valid for travel with all Integrated Fare System operators.

T-usual
Unlimited number of journeys for a month valid for travel with all Integrated Fare System operators.

T-grup
Multi-person 70-journey ticket valid for a month for travel with all Integrated Fare System operators.

T-jove
If you're under the age of 25 you can enjoy an unlimited number of journeys for 90 days, valid for all integrated transport operators.

Airport ticket
A single metro journey between the airport and the rest of the metro network.

T-MOBILITAT

The new public-transport validation system is bidding farewell to cardboard tickets and opting for contactless technology. You can validate your journey with a pre-paid top-up (T-Mobilitat) card or with your mobile phone. You can book an appointment to register for this in person at a T-Mobilitat kiosk or you can do it online. It's a simple as choosing your medium, uploading your tickets and travelling more efficiently and ecologically. It's already available in 36 municipalities in the Barcelona metropolitan area, with T-usual and T-jove travel cards, and for single-parent families and large families, and there are plans to extend it to all other travel cards. In fact, T-Mobilitat is expected to be fully operational at the end of 2024, during which magnetic cards will be phased out.
t-mobilitat.atm.cat

Maria del Mar Roig

Maria del Mar Roig

ON WHEELS

Barcelona's pedal-power network keeps on growing! There are so far close to 1,150 km of cycle routes, and every day brings us a step closer to reaching the target set for 2023: 272 km of bicycle lanes.

Other complementary measures are being implemented to promote the use of bicycles, such as the creation of new parking places – 39,000 last year – and improving the cycle network. The aim is to turn the Catalan capital into a more cycle-friendly city and promote a more sustainable, safer and more efficient mobility. Hence the creation of new connections with towns and cities in the metropolitan area.

Bike lanes also link Barcelona to 36 municipalities in the metropolitan area, and are doing so through Bicivia, 414 km of large pedal-power routes, divided up into basic and secondary networks, which provide a fast, direct and safe connection to the metropolis, from north to south and from east to west.

Remember that bicycles must have a fitted bell. When you travel at night, your bike must have a white light on the front, a red light at the back and reflectors. It is mandatory for children under the age of 16 to wear a helmet.

Have you already noticed the variety of personal mobility vehicles (PMVs) travelling in bike lanes? Push scooters, electric scooters and multi-wheel cycles are becoming increasingly common. If you fancy travelling on a PMV, you are not allowed to travel on pavements or in other pedestrian zones, nor can you exceed 25 km/hr, and you will need to use reflectors, lights and bells. ajuntament.barcelona.cat/bicicleta

'SHARING'

Are you looking for an alternative to private transport, which reduces pollution and promotes sustainable mobility? Shared mobility is a good option that allows you to choose the type of vehicle best suited to your needs: bikesharing, motosharing, ridesharing and carsharing. Barcelona's public-bicycle hire service, Bicing, was first launched in 2007 (www.bicing.barcelona), since then it has been operational 24 hours a day, 365 days a year. Today it boasts a fleet of 5,000 mechanical bicycles and over 2,000 electric bicycles. You can pedal around the city for under €5 a month! As for motosharing there are already over 6,000 permits and a feasibility study is being made on a shared electric motorbike service. If you need a carsharing service, you can hire by the hour or day and choose between fuel and electric vehicles. With so many alternatives at your disposal you're sure to find whatever best suits your needs.

Toni Pla

Maria del Mar Roig
Maria del Mar Roig
Maria del Mar Roig
Mariona Gil

The PARKS of BARCELONA

this is how the city breathes - www.barcelona.cat

Green means life. Parks and gardens are the lungs of the city, meeting places where you can have a good time and relax. Barcelona has an extensive network, featuring all kinds of parks and gardens: urban, thematic, historical and woodland areas. The best way to discover them is to go there and immerse yourself in their surprising beauty. But where should you start?

JARDINS DE MOSSÈN COSTA I LLOBERA

One of Europe's most important gardens specialising in cacti and succulents. A unique collection with some of the most exotic species, native to desert, sub-desert, tropical and high mountain environments, as well as a wide variety of trees native to the Mediterranean. On the slopes of Montjuïc, with views of the sea, this is an idyllic environment that also has sculptures and viewpoints. Remember, although it has a pergola to protect you from the sun, the Gardens do not offer much shade. Admission is free of charge and there are various entrances. If you want to round off the experience with a challenge, remember that the Port Cable Car connects Montjuïc (Avinguda Miramar) with the neighbourhood of Barceloneta, and the station is very near the Gardens. It only takes eight minutes in the legendary red cabins, while enjoying some exceptional panoramic views. A single ticket costs €11, while the return ticket is €16.50. **Ctra. Miramar, 38.**

PARC DE COLLSEROLA

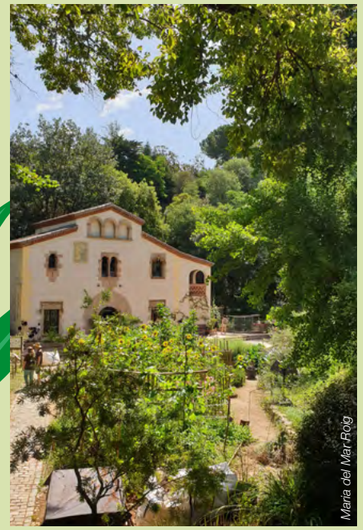
The Serra de Collserola Natural Park is the veritable lung of Barcelona and the other eight surrounding municipalities. 11,100 hectares of parkland with a wide variety of plant and animal species, where you can enjoy nature and breathe fresh air. It has fifteen viewpoints and the highest point is Tibidabo (512m), which is home to the Tibidabo Amusement Park. In Collserola, you can go for a stroll, hike along short or long routes of varying duration and difficulty and go cycling. The Park has a network of over 250km of bicycle routes, which are all detailed on the Cyclist Map. If you want to go cycling, you must remember that the speed limit is 20kph, while holding races and downhill mountain biking are prohibited. Take care, because you may come across wild boars, the largest wild mammals in the Park. Remember, if you see one, don't approach it; they may react aggressively. Don't feed them, so that they don't get used to it. parcnaturalcollserola.cat

JARDINS DEL PALAU DE PEDRALBES

One of the city's most extensive and aristocratic gardens. It dates back to a fire at the end of the 19th century, in what used to be the residency of the Spanish royal family when they visited Barcelona. The Mayor at that time, Joan Antoni Güell, ensured that the new Royal Residency would be a property belonging to the Güell family, where the Palau Reial was located, which now houses the Ceramic and Decorative Arts Museums. Behind the wrought-iron entrance gate, there is an oval pond with gritted paths on either side, inviting you to discover the park, where there are pine, cypress, orange and cedar trees, combined with sculptures and one of Gaudí's lesser-known works, the Hercules Fountain. A stroll in this park is a gift. During the last ten summers, the Gardens have hosted the Jardins de Pedralbes Festival (festivalpedralbes.com) and since last Christmas it has also hosted an immersive projection and light show. **Avinguda Diagonal, 686.**

HISTORICAL BOTANICAL GARDENS

These gardens were officially opened in July 1941, although they date back to the 1929 Universal Exposition. The French landscape architect Jean Claude Nicolas Forestier was originally commissioned to design the gardens that would surround the exposition. Some years later, the botanist Pius Font i Quer was charged with the construction of the Botanical Gardens. They are located on the shady side of Montjuïc, behind the Catalan National Art Museum. Nearly two and a half hectares that form a gardening treasure trove. Its lower part is up to four degrees cooler than the rest, making it possible to include Euro-Siberian species. There is also a sensory garden, a vegetable garden that only cultivates endangered species, the tallest trees in the city and primitive plants. And if when you've finished looking around you still want more, you are a 10-minute walk away from the (new) Botanical Gardens, created in 1999. **Av. dels Montanyans, 26.**



LABERINT D'HORTA

This is the city's oldest conserved garden, with a rich biodiversity. It dates back to the 18th century, when Antoni Desvalls commissioned this garden-museum, which started out as a Neoclassical garden but ended up as a Romantic site. Love is the main protagonist of the Neoclassical part, with a Neoclassical pavilion that dominates the three terraces, one above the other. There are small temples featuring mythological figures, steps, monumental fountains, ponds and waterfalls, as well as a labyrinth of cypress hedges, which gives the park its name. In the Romantic part, where the central theme is death, the vegetation is wilder and less regulated. There is a Romantic canal that was once navigable and a false cemetery that has the remains of columns and headstones. The Labyrinth was owned by the family until 1970, when it was acquired by the City Council and turned into a public park. Admission costs €2.23, although you can enter free of charge on Wednesdays and Sundays. **Passeig dels Castanyers, 1.**

PARC DE LA CIUTADELLA

It was built for the 1888 Universal Exposition on the site of the old military citadel. It is the biggest park in the city and the first one to be designed as a public park. It has everything: century-old trees, gardens, woodland, over 100 species of birds, a pond, a large monumental waterfall, a bandstand, a large number of sculptures, the Three Dragons Castle, the Umbracle, the Hivernacle, the Zoo, the Catalan Parliament, etc. An oasis where you can go for a stroll, read, have a picnic, go boating, do some Tai Chi and Chi Kung, go to concerts, or dance swing on the first and third Sundays of every month. And if you come across a life-sized mammoth, don't be alarmed; it's made of stone. It's the first and only replica of extinct animals that the Natural Sciences Board wanted to install in the park in 1907. **Passeig de Picasso, 21.**

The TRAIN from BARCELONA

Barcelona is one of the most attractive cities in Europe, but it isn't the only one so take the chance to discover the infinite number of treasures that you'll find nearby. Do you already have travel plans? Have you thought about how you will travel? Transport represents 40% of all carbon dioxide emissions, so the type of transport you choose can make a difference. Trains are the most sustainable mode of transport. If you want to reduce your carbon footprint, ride the rails to the cities we are suggesting.

MADRID 2h30

The capital of Spain has everything you can imagine. True, they are not on the coast, although in summer they make good use of their artificial beach on the Manzanares river (Madrid Río). Leaving the marine aspect aside, they have over 100 parks, including El Retiro, El Capricho, the Sabatini Gardens, the Royal Botanical Gardens and the Casa de Campo. Madrid is teeming with culture: theatres, exhibitions, the International Contemporary Art Fair (ARCO) and the Paseo del Arte, which contains the El Prado Museum, the Thyssen-Bornemisza and the Reina Sofia, all within a distance of 1 km, without forgetting the Matadero cultural and leisure centre and La Casa Encendida. If you are in the capital, don't miss El Rastro, the open-air Sunday market where you can find practically anything; the multicultural neighbourhood of Lavapiés and the gay neighbourhood of Chueca. And above all, don't leave without tasting *churros* and *porras* with chocolate, or the classic calamari sandwich.

SEVILLE 5h34

On the high-speed train (AVE), you can get to the centre of Seville without having to change train. The Andalusian capital nourishes you through its cuisine, but particularly through its sights and the aromas it exudes, of incense and orange trees. If you have already been there, you are sure to remember the streets full of orange trees; there are 40,000 of them! And in spring, the perfume of their blossom pervades everything. And a few days before Easter, or Holy Week, declared a festival of International Tourist Interest, the churches are full of incense and it is traditional to carry Baroque works of art through the streets. Start discovering the city by visiting the Cathedral, its most emblematic monument and the largest Gothic cathedral in the world, along with its bell tower, la Giralda; the Tower of Gold, the Reales Alcázares, Plaza de España, Maria Luisa Park, La Cartuja and La Maestranza. After that, you can roam around the neighbourhoods of Triana and La Macarena and stroll along the banks of the Guadalquivir.

PARIS 6h30

Barcelona and Paris are less than 800km apart. With a ticket that costs as little as €25, you can cross France to the City of Light at 300kph. You will need more than three days to fully explore the *cité de l'amour*, but you can at least cover the basics; the Eiffel Tower, Notre Dame, the Champs-Élysées, the Arc de Triomphe, Sainte-Chapelle, and the Montmartre neighbourhood with its Basilique du Sacre-Coeur, next to streets full of artists who want to paint your portrait and shops where you can buy the best souvenirs. And don't forget the museums! Remember, there is life beyond the Mona Lisa in the Louvre Museum. We know being a tourist is tiring. When you can't take another step, get an overview of the city by going on a cruise along the Seine.

LONDON 6h30 + 2h16

If you want to carry on enjoying some of the European capitals and their surrounding areas, London is your best bet. Once you are in Paris, you are only a little more than a 2-hour train ride away from a capital city that is constantly reinventing itself. Musicals, theatre, museums, art, festivals, shops, markets, parks, pubs, international cuisine, monuments like the Tower of London and Westminster Abbey, which are World Heritage sites, Big Ben and Buckingham Palace, and much more than you can imagine, in one of the most multicultural and cosmopolitan cities in the world. For years it has been top of the ranking for the most visited city in Europe, with over 20 million tourists a year. You would need half a lifetime to enjoy everything it has to offer, so visit whenever you can and take it all in.

INTERRAIL

Imagine travelling around nearly all of Europe by train. Interrail offers you an incredible experience: the chance to discover over 40,000 destinations. This train ticket is a pass that enables you to travel on nearly all European trains. All you have to do is show your pass, via your mobile phone, and you have access to 40 railway companies in 33 countries. Whatever your age, whether you want to travel alone or in company, with everything organised or improvised, Interrail lets you design a tailor-made adventure. For €51 you can thoroughly explore one country, with the One Country Pass, and from €185 and Interrail Global, you can enjoy more than one country.
www.interrail.eu

NIGHTJET

This is a project designed by various railway companies, connecting thirty European cities via night trains. The first connections – Munich and Vienna; Zurich, Cologne and Amsterdam – were launched at the end of 2021, and since then the network has grown, with the addition of Vienna and Berlin, and Brussels and Paris. It is planned to continue expanding the network, eventually connecting Barcelona with Zurich. These are night-time journeys where you can rest -in a bed or bunk, and with breakfast included- so you arrive at your next destination as fresh as a daisy. There are routes that even allow you to take your car, motorbike or bicycle on the train. **www.nightjet.com**

UNIVERSITY sport

Universitat de Barcelona Esports

SAF UAB

UNIVERSITAT POLITÈCNICA DE CATALUNYA BARCELONATECH Servei d'Esports

e! esports upf.

URL Universitat Ramon Llull

U Hub Servei d'Esports UVIC | UVIC·UCC

Esports uic bcn

Universitat Abat Oliba CEU Esports

Catalan universities promote the pursuit of sport, in the knowledge that it contributes to physical and emotional well-being, whether done individually or in a group. All universities have Sports Services that promote physical activity among university members and the general public. In practice this means you can do several individual or supervised activities, in sports teams or as individuals, and take part in competitions and in leisure activities, at affordable prices. To enjoy all these advantages you simply need to sign up for a sports card.

And if you're a high-level university athlete you will receive support from a special programme that will help you to balance your sports activity with your academic work, so you can achieve maximum performance in both. Athletes that join this programme are assigned a tutor who will help them to plan and adapt their academic calendar to their sports. The duration of the programme is the academic year.

ECU Esport Català Universitari

CATALAN UNIVERSITY SPORT (ECU)

The ECU is made up of representatives from all Catalan universities and receives financial support from the General Secretariat for Sport and the Catalan Ministry of Research and Universities.
It is responsible for organising the University Championships of Catalonia, with 12 Catalan universities taking part. Competitors are required to be enrolled on official studies at the university and to have the level expected for the competition. If you are interested in having your competition and training hours formally recognised, find out from the Sports Service at your university about the recognised credits you are offered for taking part.
www.esportuniversitari.cat

UNI RUN

UNIRUN 5 MARCH 2023 / BARCELONA AND SANT ADRIÀ DE BESÒS

This university athletics race, inspired by the Oxford-Cambridge varsity race, has been held every year since 2015. The 5km competition is open to the whole community and associated individuals – past, present and future students, teaching and research staff, providers, external supporters and family members, from 12 Catalan universities. The result is more than 5,000 runners along the Barcelona and Sant Adrià de Besòs coast, who as well as signing up individually, are associated with one of the Catalan universities. unirun.cat

UNI TENNIS CATALÀ

UNITENNIS ALL YEAR ROUND / CATALONIA

Backed by Catalonia's tennis clubs, the ECU and Catalan Tennis Federation organise UNITENNIS, competitions designed for the whole university community – students, alumni, lecturers and administrative and service staff – from Catalan universities, whether you're federation members or amateurs. The aim behind this Catalan Tennis Circuit consisting of six rounds (men's and women's) at various facilities within Catalonia, is to promote university tennis.
fctennis.cat/area-esportiva/unitennis

UNIVERSITY LEAGUES

If you like doing sport and creating community this should be of interest to you! University leagues are the most important amateur sports competition in the university community. Every year students from seven Barcelona universities get together in various sports disciplines. To join in you will need to put a team together; if you don't have one, there is a pool of players where you're sure to find players for a team. You can take part if you are a student, member of teaching or research staff (PDI) or member of administrative or service staff (PAS) at the university community of Catalonia.
www.lliguesuniversitaries.cat

LLIGUES UNIVERSITÀRIES

FOR EVERYONE

If you're among those who'd rather keep their leisure time separate from where they study or work and you'd like to do sport, no worries, because Barcelona has a wide network of sports and municipal institutions, as well as an extensive and diverse programme of physical and sports activities. You have a range of amenities you can use freely and at no cost, almost always in public spaces (squares, parks or beaches) in municipal facilities – there are over 1000 – which offer organised activities you can access by paying one-off admission fees or through a subscription. Always with the aim of making the pursuit of sport affordable and remaining a sports city model. If you are over the age of 40, don't miss out on the Activa't programme, which promotes physical and healthy exercise in several of Barcelona's parks and gardens. You can choose between oriental gymnastics (Tai-Chi and Chi Kung) or motor and memory exercises. The activities are free of charge and held in each of the city's districts.
ajuntament.barcelona.cat/esports

SPORTS EXPERIENCES

Whether doing or watching sport's your thing, there are some sports competitions that are true spectacles. Don't miss out on them:

CHRISTMAS CUP 25 DECEMBER / BARCELONA

Held annually since 1907, more than 350 swimmers will be getting together at 11am on Christmas day to swim 200 metres to Barcelona Port.
www.cnb.cat

BARCELONA INDOOR TRIAL APRIL / BARCELONA

The Palau Sant Jordi plays host to this event where you will tremble as you watch the great figures from the world trial overcoming hurdles and obstacles.
trialindoorbarcelona.com

COMTE DE GODÓ TROPHY APRIL / BARCELONA

A real emblem of the city, where Grand Slam champions and the big names in Spanish tennis compete on clay courts.
www.barcelonaopenbancsabadell.com

Why did I end up **coming?**

Research group leader at the Vall d'Hebron Institute of Oncology (VHIO) and co-founder and CEO of Peptomyc

LAURA SOUCEK (VELLETRI - ITALY, 1973)

Dr Soucek first came to Barcelona for a job interview at the VHIO. She was based in the United States at the time, where she had met the then Director of VHIO, Dr Josep Baselga, who told her about the possibility of doing translational research: "It completely matched my dreams, translating what I had been doing in the laboratory into something that could reach patients and create new therapies against cancer", she recalls. She was sure she liked the city but she went to other interviews for possible positions in other countries, before she finally opted for Barcelona. She clearly still loves the city and its multicultural and international atmosphere: "It's a vibrant city, where you are greatly enriched by cultural exchanges and have the chance to make all kinds of interesting friends". She moved to Barcelona in 2011, becoming the first woman and foreign-national group leader (IP) to lead a laboratory at the VHIO. "I never felt scared about being the first woman, it wasn't such a big deal. Today, half the IPs are women and there are more foreign nationals. Things start to happen and then carry on", she affirms. Her laboratory's research focuses on a protein (Myc) involved in a whole range of human cancers and her company Peptomyc has developed an inhibitor of that protein which is already at the clinical trial stage, testing its safety and effectiveness in patients.

DIMOSTHENIS KARATZAS
(PATRAS - GREECE, 1976)

"It was clear to me that I had to come to Barcelona, to the Computer Vision Centre at the UAB", insists Dr Karatzas. Although he had never seen the centre, let alone been to the city, he knew things were working well there, as it was a well-known and prestigious institute in his area of research. It was then that he and his partner began thinking about leaving England and setting up home further south. He visited the city a few months before he was awarded the Beatriu de Pinós scholarship he had applied for: "It was like coming home. I'm from Greece and, despite not understanding a word of Catalan, the place felt much more familiar to me than the United Kingdom did". He has been immersing himself in the country's culture ever since (2007), and his initial suspicions have been gradually confirmed. He believes Barcelona offers an interesting balance as it combines Mediterranean culture with the efficiency of northern Europe. He likes living in Barcelona for numerous reasons, singling out its climate and food and the mentality of its people. He and his partner both feel comfortable here. "Society is more focused on and closer to the people here than it is in northern Europe. We feel we are more in line with the mentality of the people and the type of education we can offer our children. We've got two kids and we're happy with the environment and culture they're growing up in". As for research, his group is focusing on the area of AI that attempts to make the world intelligible to machines through the visual and language stimuli they receive.

Senior researcher and associate director of the Computer Vision Centre (CVC)

A lecturer at the CSIC and research group leader in Nanostructured Materials for Photovoltaic Energy at the Catalan Institute of Nanoscience and Nanotechnology (ICN2)

MÓNICA LIRA (MONTEREY - MEXICO, 1969)

She came to Barcelona in 1994 to study a master's degree at the Universitat Autònoma de Barcelona. She later did her doctorate in Materials Sciences there and her thesis at the Institute of Materials Sciences. She fell in love with the place at first sight: "It was completely different from what I was used to. I like the sea, culture, art, above all Gaudí, the people, what they are like and how they think, the perception people have of money and business and the way they work". She was convinced she could no longer live in a city that lacked the sea. After she completed her post-doc, she lived in the United States for three years. At the end of her stay she and her husband decided to remain in Barcelona, "it's where we wanted to spend the rest of our lives", she explains. Having lived in many countries (Japan, Denmark, Norway, Switzerland and the USA) she especially likes the way people live and work here: "The quality of research carried out here is important for me, there is a good scientific level. It's interesting and enriching to work on cutting-edge issues at such a powerful centre as the ICN2, which is also part of a network of research centres of excellence". Dr Lira's research focuses on the new generation of photovoltaic-energy devices. They will be on the market in 10 or 20 years' time, they'll be light, capable of being printed in 3D, on fabrics, it will be possible to change their shape, design and colour or print them on any surface.

If you've recently moved to Barcelona, or are planning to do so, come over to the Barcelona International Welcome Desk, the international talent assistance service created to facilitate your arrival and help you get settled in the city and to enable you to develop your personal and professional potential to the full.

This new office was opened towards the end of 2021 to welcome international talent: investors, entrepreneurs, researchers, highly qualified professionals and university students. If we bear in mind that 29% of Barcelona's residents were born outside the country or that 33% of the work permits granted in Spain for international talent are in the province of Barcelona, it's hardly surprising that Barcelona is the first city in Spain to have such a service. Housed in the iconic MediaTIC building in 22@, the office is a strategic municipal initiative offering information, advice and an opportunity for people to carry out several useful procedures on their arrival in the city.

When you need to know about residence and work permits, identity documents, access to housing, healthcare and education, mobility and public transport, taxes and tax issues, steps for setting up or investing in a business, and other practical issues for residing in the city… no need to fret! An expert team will give you personalised assistance and help you with all the procedures. The service is free and all you need do is book an appointment, filling in a form stating your needs. Once your form has been received, you'll be contacted to confirm your personalised assistance, which can be online by video-conference or face to face at a Barcelona International Welcome Desk office.
www.barcelona.cat/welcomedesk

Barcelona International **Welcome Desk**

WHAT DO THEY OFFER YOU?

- Information on practical issues for living in Barcelona.
- Procedures for people currently or soon to be resident Barcelona or its Metropolitan Area: digital certificate for carrying out procedures online, the Gaudir Més programme with discounts for cultural and leisure spaces and registering as self-employed.
- Specific procedures such as registering with the municipal census, with the pet register or for a library card.
- Expert advice on immigration, taxation and employment issues.
- A welcome pack with materials for getting the most out of your new life in the city.

INTERNATIONALISATION OF THE KNOWLEDGE SYSTEM

CATALAN INTER-UNIVERSITY COUNCIL
CIC

The Catalan Inter-University Council (CIC) is the body responsible for coordinating the Catalan university system and for advising the Catalan government on matters related to universities. Since 1977, it has served as an active coordination and management instrument, whose objectives include managing and guaranteeing equal opportunities in terms of access to university, setting the criteria for producing university programmes and promoting the internationalisation of universities.

To effectively promote universities internationally and attract students, both the CIC and the Catalan university system have participated in the following international fairs: APAIE (Asia-Pacific Association for International Education) Annual Conference & Exhibition, encompassing countries from the Asia Pacific region; NAFSA (Association of International Educators) Annual Conference & Expo, focussing on Higher Education in North America and EAIE (European Association for International Education) Annual Conference and Exhibition, which is the most important higher education conference in Europe. The Council organises seminars, participates in European projects in this field and has consolidated the switch of Study in Catalonia to an online format.

‘Study in Catalonia’

Here you have access to all the higher education-related information aimed at international students. Everything that you need to know if you are planning on studying in Catalonia can be found on the website. **studyincatalonia.gencat.cat**

EAIE 2022 | BARCELONA 13-16 SEPTEMBER

EAIE 2022

Finally, the 32nd Annual Exhibition Conference of the European Association of International Education (EAIE) will be held in Barcelona this year (13-16 September), having been postponed since 2020 on account of the pandemic. Over the course of four days under the motto *El futur a tot color (The future in full colour)*, Barcelona will be the epicentre of higher education, with more than 6,000 visitors from 95 countries and representatives from more than 600 organisations. The event serves as a space for exchanging ideas, learning best practices and debating policies and the internationalisation of higher education, a responsible education, with Europe and the rest of the world. **www.eaie.org**

EUROPEAN UNIVERSITIES ALLIANCES

“European Universities” is a priority initiative in the European Union, launched in 2017 to develop the universities of the future, promoting a European identity and values and revolutionising the quality and competitiveness of European higher education. In addition to this European dimension, it also serves as a strong instrument for positioning the Catalan knowledge system at an international level.

CHARM-EU
University of Barcelona

The Charm-EU project was created in June 2019, co-funded by the Erasmus+ project. Its name is an acronym for: **CH**allenge-Driven, **A**ccessible, **R**esearch-based, **M**obile, **E**uropean **U**niversity. This is a university alliance between the University of Barcelona, which serves as the coordinator, Trinity College Dublin, the University of Utrecht, the University of Montpellier and Eötvös Loránd University in Budapest. Together they work to design and create a new university model that serves as an example of the best practices, making it possible to enhance quality and international competitiveness and make the European higher education system more attractive. **www.charm-eu.eu**

AURORA ALLIANCE
Universitat Rovira i Virgili

The Aurora European Universities Alliance is a European alliance made up of nine universities: Vrije Universiteit Amsterdam, University of Iceland, Universität Duisburg-Essen, Universitat Rovira i Virgili, Universität Innsbruck, Università di Napoli Federico II, Univerzita Palackého v Olomouci, Copenhagen Business School and the University of East Anglia. The main objective is to provide students with the skills and attitudes needed to contribute to the challenges facing society as innovative and entrepreneurial individuals. Universitat Rovira i Virgili, within the framework of this alliance, created the Aurora Alliance Sustainability Working Group, which led to the creation of the Aurora Travel Codex, which is a guide for promoting green travel and mitigating CO2 emissions. **alliance.aurora-network.global**

ECIU UNIVERSITY CONSORTIUM
Universitat Autònoma de Barcelona

ECIU University (European Consortium of Innovative Universities) is a network that, since 1997, has consisted of 13 universities that share a similar profile with shared interests and reasoning. The objective is to create a new educational model on a European scale, that brings together students, teaching staff and researchers to cooperate with cities and businesses to provide a solution to the challenges of daily life. The universities that form part of this network are; Aalborg University, Dublin City University, Hamburg University of Technology, Groupe INSA, Kaunas University of Technology, Linköping University, Lodz University of Technology, Tampere University, Universitat Autònoma de Barcelona, Universidade de Aveiro, University of Stavanger, Università di Trento and University of Twente. **www.eciu.org**

UNITE!
Universitat Politècnica de Catalunya

Unite! is an alliance of leading universities from seven European countries, particularly relevant in the fields of technology and engineering, which aims to establish a model for the creation of a major inter-university campus in the coming years. The partnership is made up of Technische Universität Darmstadt, Aalto University, Grenoble INP, KTH, Politecnico di Torino, Universidade de Lisboa and Universitat Politècnica de Catalunya. The seven universities manage the talent of an extensive community of more than 167,000 students and 37,000 graduates per year. **www.unite-university.eu**

EUTOPIA
Universitat Pompeu Fabra

Maria del Mar Roig

This alliance consists of 10 European universities that aim to become an open, multicultural alliance of connected campuses, an important tool in overcoming the regulatory differences in the European education framework. By 2025, the aim is to have established the bases of this federated university. The six main pillars are: being challenge-driven, student-centred place-based and being inclusive with the pillars of being local, regional, European and international. The universities that form part of this initiative are Vrije Universiteit Brussel, Göteborgs Universitet, CY Cergy Paris Université, Universitat Pompeu Fabra, The University of Warwick, Univerza v Ljubljani, Babeș-Bolyai University, Technische Universität Dresden, Ca’ Foscari University of Venice, and NOVA University Lisbon. **eutopia-university.eu**

Barcelona Centre Universitari

Twenty-five years ago, the universities of Barcelona and its metropolitan area, together with the City Council and the Catalan Government, created the Barcelona Centre Universitari (BCU), an official service for the reception and support of the university and scientific community.

It can be an adventure going to a city where you have never been, or maybe you have only visited for a holiday, where you only know what you are going to study, or you only know what project you are going to do... We want you to begin your experience in the best possible way.

We offer you a wide range of accommodations so you can choose the one you like best and feel at home. Our flats and rooms must meet safety and quality standards. We make sure that the rental process is easy and nimble and we help you by attending you at our office as well as by phone and online.

Over the years we have helped thousands of people - students and researchers - who have come to learn in our universities and to develop their projects in Barcelona's and its metropolitan area research centres. The Catalan capital attracts a large number of research staff, as it has been a benchmark in health sciences and medicine since the Middle Ages, as well as currently being the most important research and technological development centre in southern Europe. Barcelona is also the fourth European city in terms of scientific production – according to Nature magazine – and the fifth in start-ups.

As we have been doing since 1997, we can help you with housing issues and also provide you with practical information about the city – on climate, health, mobility, languages, useful telephone numbers, etc. In addition, we inform you about the cultural offerings of our city – films, exhibitions, music, conferences and theatre –, through our Agenda **bcu.cat/en/agenda/**, because leisure is also an important part of the experience of spending a season abroad, as it's another way of learning and socializing with new friends.

If you come with your family and need to send your children to school, we will inform you about the types of schools in Barcelona and guide you through the pre-registration process and other necessary procedures.

We strive to make your stay a wonderful memory that lasts forever. We want you to enjoy the quality of life that this cosmopolitan and modern Mediterranean city offers you, so that you feel comfortable. At the BCU we work to help to make Barcelona an international hub of talent attraction. This is why we also collaborate with the Barcelona International Welcome Desk, the municipal support service for international talent.

One of the outstanding actions of the BCU is the edition of this magazine, created to inform the international community about the university system and research topics that are being developed in Barcelona. *The Barcelona Talent Guide* is distributed through the universities of Barcelona to thousands of students, through research centres, consulates and other institutions as well as to specialized press in science topics.

Given that according to the ranking of the International Congress and Convention Association (ICCA), Barcelona holds the fourth position in the world as a conference organizer and the first as a non-capital city of the state, we at the BCU also support organizers through the Conferences **bcu.cat/en/congresos/** section of our website, where we list universities venues and others that can host events.

To finish and as additional information to help students from Catalan universities who are going to spend time at foreign universities, we included the From BCN **bcu.cat/en/frombcn/** section on our website, with practical information on accommodation, consulates and leisure in other cities around the world.

C/ Torrent de l'Olla, 219
08012 Barcelona
Tel.: (+34) 932 389 049
info@bcu.cat
IG: @studyinbarcelona

Metro: Lesseps (L3)

22, 24, 27, 87, 116, V17, H6, D40, N0

El Putxet, Pàdua, Sant Gervasi, Plaça Molina, Gràcia

What do we offer?

BCU Housing, is the official accommodation service of Barcelona Centre Universitari. Visit **www.bcuhousing.cat** to find the complete array of accommodation for you, in Barcelona and its metropolitan area, ranging from student residences, apartments and shared flats, to homestays. Use our browser to assist you in your search.

Filter by:

- City
- Neighbourhood
- Date of entry & date of exit
- Number of people staying as a pack and
- Type of accommodation

See all available options in Google Maps, so you can best find your bearings. Make sure you check the pictures, actual features, practical information, pricing and terms and conditions all with life availability. Pick and choose, ready to make your reservation? Book online with a secure gateway. Now you have *Your place in Barcelona!*

If you prefer, you can book over the phone or come to our premisses for personal assistance.

1. We help you out in your search for your accommodation, and we evaluate your needs and budget. We provide you with detailed information regarding every type of lodging. We offer personalized attention to all students, lecturers and researchers.

2. If you need extra help to make a decision, you can book a visit to your preferred places, with our team.

3. We manage rental agreements that fulfil all requirements: seasonal, short-stay, etc.

All offered accommodations meet quality, safety and hygiene guarantees. They are all furnished and fully equipped.

In order to gain admission to our service you must:

Be a member of either the Catalan university community or a research centre. In order for us to make sure you comply with this condition you will have to present documents as proof.

Provide us with a photocopy of your passport, identity card or NIE.

BCU Housing

bcuhousing.cat
info@bcuhousing.cat

Monday-Friday: 9am - 6pm

(+34) 932 389 072

BCU Housing's Tips for before...

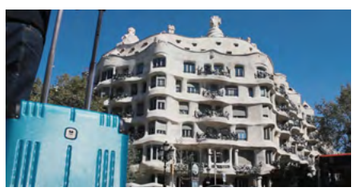
a ...MAKING A CHOICE

The location:
Make sure the spot you choose is in the right "place" as well as close to public transportation that will connect you to your university.

Type:
Define what your needs are before you decide which type of rental will best suit you: students residence, flat, shared apartment or homestay. A lot to think about to make the right decision! Pick wisely and make sure it meets all your requirements.

Inventory:
Both after your arrival and when you leave the flat, write down in the inventory all signs of wear and tear you may find. Take photos and videos if you feel it's necessary. You need to notify the property of any imperfections within 48 hours of your arrival. From then on, you're responsible for the care and maintenance of the furniture, electrical appliances, and general state of the flat and, once the contract comes to an end, you must leave it all as it was and in the same place you found it.

Property:
The landlord must be informed as soon as possible when household items suffer any kind of fault or damage so that the problem can be solved quickly.



b ...SIGNING A LEASE

1. Read the agreement and make sure you've understood it all.

2. If you are renting the flat with friends, be prepared to pay the whole deposit, rent and utilities/services. In this case you should keep in mind your joint responsibilities.

3. Ask for a copy of the regulations and guidelines that are part of the tenancy agreement you're signing.

4. Make sure all repairs and upgrades are formally written down in the inventory, which must be signed by you and the property.

5. Keep a copy of the tenancy agreement, the regulations and guidelines, the inventory and any other documents you might consider significant.

c ...MAKING A DECISION

Come to **BCU Housing** and talk to us! You can ask us all the questions you might have about your stay in Catalonia. You have at your disposal the best guidance experts: they'll help you out before you've made your decision and afterwards. This is what we do.

www.bcuhousing.cat

BARCELONA DIGITAL TALENT

Barcelona is one of Europe's most important digital hubs, with hundreds of technology enterprises and start-ups requiring new talent to launch their digital projects. In the last two years, following the digitalisation of enterprises, the demand for digital talent has grown by 80%, though in contrast the number of job offers available for professionals has only risen by 23%.

Barcelona Digital Talent is a public-private partnership made up of the main players in Barcelona's digital ecosystem. It coordinates initiatives aimed at digital talent under a common strategy and promotes new projects to attract and generate new digital talent in Barcelona. The programme ensures the needs of enterprises and initiatives match, helps professionals to develop new digital skills and positions Barcelona as the global capital of digital talent.

Faithful to its aim to combat the digital talent gap and promote the market's competitiveness, Barcelona Digital Talent is committed to training people in digital skills and to attracting and capturing new digital talent for the city. Do you know how it does it? By acting on four work lines around which all its activity is organised:

Top 10
technological
European cities
of the future

ORIENTATION

Fancy re-orientating your career towards the ICT sector? Through Barcelona Digital Talent's orientation programmes you can learn about the job opportunities available in the sector and discover the digital skills you need to master if you wish to access them. Start by discovering the digital profession best adapted to your skills and abilities, how a professional in the sector works, which digital profiles are in most demand and the digital skills that will be leading the market and on the basis of these, re-orientate yourself. You can apply for a free mentoring service where you will receive advice from ICT experts, who will help you to discover every professional job opportunity and identify the new road map for achieving your goals. What's more, you can extend your training by taking part in online orientation workshops and improve your profile irrespective of the professional sector you come from. An excellent opportunity to re-orientate your career towards a sector with a future and contribute to the city's leadership.

TRAINING

If you wish to become a digital talent it is essential that you receive training. Barcelona Digital Talent offers you an opportunity to take part in ICT sector activities and programmes and achieve your goals accessing the digital market. Choose the training option best adapted to your profile and needs: there's free digital training for e-learning platforms, subsidised intensive-training courses (face to face, online or blended) designed for enterprises in the digital ecosystem, and digital training scholarships for master's and postgraduate degrees, bootcamps and courses for promoting training in digital skills. You can take advantage of various free online training platforms to improve your skills and round off your digital profile. All you need to do is register with the platform that interests you and you'll receive access. If you're planning to re-orientate your career towards other, more digitalised areas of specialisation, you've got training scholarships at hand so everyone can include themselves as digital talent.

WORK

When you've already identified your professional path and trained, the time has come for you to take the final step, to start working in the digital sector based on the various connection programmes which will enable you to contact the enterprises hiring people with digital profiles. You can boost your career by taking part in some of the activities being organised: by uploading your CV to the Talent Squad to join the junior digital talent community that is connected to over 20 enterprises in the ecosystem; by signing up, if you've under two years' experience, to the Hackathons being organised for finding the best digital talent and demonstrating your digital abilities; by taking part in Speed Datings – lasting for 15 minutes at most – which are genuine recruitment gatherings with enterprises with job offers; by consulting the directory of the main employment enterprises in the digital sector in Catalonia – organised by sector and area of knowledge – and contacting them through their work portals.

5G Hub
of southern
Europe

INSIGHTS

Barcelona Digital Talent also offers you a chance to discover the professionals and projects leading the market's digitalisation and the state of digital talent through reports, videos and articles they publish. The annual report, *Digital Talent Overview*, is especially important, as it analyses the state of digital talent. Its latest publication (2022) suggested that Catalonia was shoring up its position as a centre for technological talent, both in job numbers – with nearly 100,000 digital professionals – and in salaries and qualified students. Barcelona's ecosystem generated 9,400 new digital professionals, the demand for digital talent has grown by 43% over the previous year. The areas where digital talent is specialised in the city are website development and mobile apps, UX/UI designing and CRM and ERP consultancies. Set on presenting the digital ecosystem, a podcast entitled *Low-Code, la programació del futur* premiered in 2022, featuring conversations with professionals in the sector in order to understand the revolutionary potential of Low-Code platforms.

SUCCESS STORIES

Chkniti Khongchum

DIAGNOSIS AND EVOLUTION OF RARE DISEASES

The exact number of rare diseases in existence is unknown, but it is somewhere between 5,000 and 7,000. Due to their infrequency, these rare diseases can take years to be diagnosed, in what is known as a diagnostic odyssey, involving an endless series of hospital tests. Here, genomics can help, speeding up the diagnostic process. Through genome analysis, new genomic data can be generated to diagnose patients and predict how a disease will develop. This is what is being done by the Bioinformatics Unit and Data Analysis Team, one of the research branches of the National Genomic Analysis Centre (CNAG-CRG, www.cnag.crg.eu). By sequencing the DNA of patients with rare diseases, they develop plans to process data and tools, such as the RD-Connect GPAP platform. They then pass these on to doctors and geneticists, so that they can view and interpret the information in order to identify the defective part of the DNA that is causing the disease and find a diagnosis. “For this data to be understood, experts from different fields are required”, explains Leslie Matalonga, a clinical genomics specialist and member of the group. They participate in various initiatives (such as URDCat, Solve-RD and Matchmaker Exchange) involving various hospitals and research centres on a national and international level. These are platforms with data from patients and their family members. Each person’s data is analysed individually and information is linked thanks to algorithms that detect similarities, contribute towards diagnosing new patients, and help to put patients’ families around the world with the same disease in touch.

COMPOSITE MATERIALS IN RENEWABLE MARINE ENERGIES

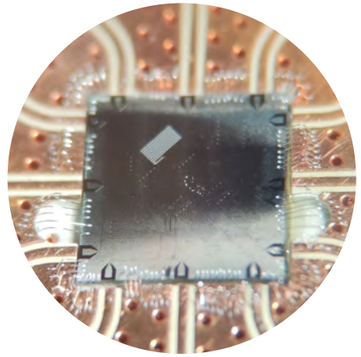
Until now, steel has been the most commonly used material for turbines on floating offshore wind platforms, despite being affected by corrosion due to the marine environment. This is one of the reasons why the International Centre for Numerical Methods in Engineering (CIMNE) has been looking for new, more resistant composite materials, which combine two or more materials to produce a more sophisticated result. Naval engineer and head of CIMNE’s (www.cimne.com) Naval Engineering Department, Borja Serván Camas, is also the coordinator of Fibregy(fibregy.eu), a European project within the H2020 programme made up of more than 10 partners, including research centres, universities, private companies, shipyards, composite material manufacturers’ associations, and a ship classification society. The project’s goal is to encourage wider implementation of these materials for use on offshore renewable energy collection platforms. “We have various objectives, such as generating a digital twin to make structural calculations regarding behaviour at sea, or selecting composite materials based on resistance, structural integrity, recyclability, usability, and environmental and economic criteria”, Serván explains. There is an extensive catalogue of composite materials being used in very different disciplines, but here, tests are only being conducted with resins, fibreglass and carbon fibre. There are plans to build new platform structures with composite materials and install them on the surface to replace the existing ones, thus demonstrating that these new prototypes are viable in this kind of environment.

DISCOVERING THE ORIGIN OF PLANT DOMESTICATION

In the current context, with climate change and all the stress it is putting on ecosystems, the goal is to maximise crop yields with the minimum possible inputs (water, land and pesticides). Studying plant genomes from an evolutionary standpoint can reveal which genes make ancient plants resistant to drought, for example, so that this gene can be found in modern plants in order to create new, more sustainable, better adapted varieties. “The idea is to reintroduce this gene, which was present in varieties from the past, to modern varieties, through traditional cross breeding programmes or, if possible, with CRISPR technology”, explains Laura Botigué, a Ramon y Cajal researcher at the Centre for Research in Agricultural Genomics (CRAG, crag.cat), whose work involves carrying out genomic analyses of ancient plant samples. She works with archaeobotanists and museums, who provide her with archaeological plant samples. She then extracts DNA from them in order to sequence it and analyse the plants’ genome. This research has a historical aspect that sheds light on the plant domestication process: “When I analyse the genome and compare it with the wild variant of the plant, I try to deduce whether there was one or more centres of domestication and hybridisation processes, or whether various varieties were selected in different places”, says Botigué. There is also a more agronomic side to the work, as it helps scientists to understand the process of plant dispersion and how important species like wheat, chickpeas, peas, lentils and beans were domesticated: “As these species spread across new territories, they adapted perfectly to new ecosystems”.

THE REASONS BEHIND MOBILITY IN ADULTHOOD

In a globalised world like our own, mobility experiences are diverse and complex, and a series of social and economic inequalities emerge in residential and geographical mobility patterns. “Until now, mobility research has focused on childhood or adulthood, but it has never sought a connection between the two”, indicates Sergi Vidal, a researcher at the Demographic Studies Centre (ced.cat) who will begin the project *Understanding spatial mobility from early life into adulthood* with the ERC Consolidator Grant in November. The aim of his research for the next five years is to have a better idea of why people move about, to understand the diverse nature of mobility patterns from childhood to adulthood, and to analyse their impact. “We know that mobility in childhood has an impact on children’s development, on their social relationships and on their educational performance, but we have not worked out the extent to which it can have consequences in adult life, or whether it can have an effect on our inclination to move around, on our career, on family relationships or on health”. Depending on the questions answered, certain databases will be used and a methodology will be established to utilise the data and take evidence from it: “We will develop machine learning methods to get a better understanding of this data, to see the mobility patterns that have been followed, and to examine how they are related to certain consequences in adult life”, Dr Vidal concludes.



THE FIRST QUANTUM COMPUTER PROTOTYPE IN SOUTHERN EUROPE

Since the quantum laws of nature were discovered in the 1920s, scientists have been looking at ways in which quantum physics could have practical applications. Now, in 2022, we know that a controllable quantum system can conduct simulations of real quantum systems in order to understand natural phenomena better or investigate how new medicines, fertilisers and other products could be designed. Quantum computers will be able to carry out mathematical calculations more efficiently than conventional computers, thus leading to optimal solutions and calculations that we cannot yet imagine. The first countries with quantum computers are likely to be the United States and China, and “they will not want to outsource them, because they will constitute a significant technological advantage over the rest of the world”, predicts Pol Forn-Díaz, a quantum physicist, head of the Quantum Computing Technology group at the Institute of High Energy Physics (IFAE, according to its initials in Catalan), and co-founder of the company Qilimanjaro Quantum Tech (www.qilimanjaro.tech), which aspires to commercialise quantum computing. The aim of this spin-off is to build a quantum computer and make it available to everyone, offering the service on both an academic and an industrial level, with an advisory team helping to tackle problems using quantum computing. In the future, quantum processors with millions of qubits will be able to implement sophisticated quantum algorithms. For now, Qilimanjaro Quantum Tech is a pioneer in southern Europe, having built a simple prototype with two quantum bits, with an experiment with five qubits in the pipeline.

UNIVERSITAT DE BARCELONA

Global top 10 in the THE Impact Ranking 2021 for SDG4 (Quality Education)

More than 800
UB-specific master's degrees and postgraduate programmes

More than 150
university master's degrees, giving the UB one of the largest course offerings at this level in the Spanish university system

28
university master's degrees with the AQU Seal of Excellence, 12 Erasmus Mundus masters and 65 inter-university master's degrees

93 %
performance ratio (credits passed to credits enrolled) across university master's degrees

National leader in the foremost international rankings

168th
worldwide (70th in Europe)
QS World University Rankings

87th
worldwide (28th in Europe)
Best Global Universities Rankings

46
doctoral programmes, all available in English

More than 750
doctoral theses read 2020–2021

8,03
average student satisfaction score for master's degree teaching staff

The only Spanish member of the League of European Research Universities (LERU)

Approximately 1.400
mobility destinations at universities around the world

A variety of accommodation options:
3 UB halls of residence
6 affiliated halls of residence
1 university residence
13 private residences with bilateral agreements

250
consolidated research groups and more than 958 active research projects

37 %
of university master's degree students from outside Spain

16
libraries with the EFQM European Seal of Excellence; more than 300,000 document loans each year

89 %
employment rate among master's degree graduates
(AQU Catalunya)

Student Suport Service (SAE)
Adolf Florensa, 8 - 08028 Barcelona
Tel.: (+34) 933 556 000
Opening hours: Monday to Friday, 9 a.m. to 6 p.m.
www.ub.edu/sae/contacte/bustia.htm
www.ub.edu/sae/

Office of Mobility and International Programs (OMPI)
Adolf Florensa, 8 - 1st floor - 08028 Barcelona
Tel.: (+34) 93 402 17 09 / (+34) 93 403 53 84

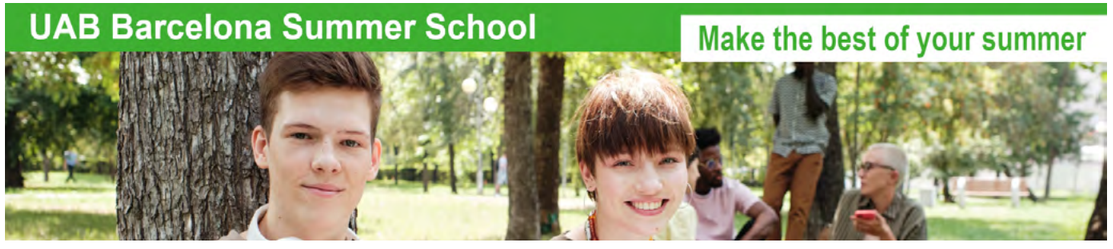
relacions.internacionals@ub.edu
www.ub.edu/uri/

The **Universitat Autònoma de Barcelona** (UAB) is a leading **public** university with a **strong international vocation**, highly committed to promoting mobility, collaboration and the capture of talent.
The UAB offers **top level academic programmes** in all areas of knowledge, with almost 100 bachelor's degrees, some 300 official and UAB-specific master's degrees and graduate diplomas and almost 70 PhD programmes. Academic teaching at the UAB is characterised by its **multidisciplinarity** and is closely linked to many **research** activities. The UAB pioneers the implementation of several action plans focused on increasing sustainability and environment-friendly measures on campus.

Founded in 1968, the UAB is one of the top academic institutions in **Spain and the European Union**. It is one of the leading universities in many **world rankings** such as the QS World University Rankings (QS WUR), the Times Higher Education World University Rankings (THE WUR), the Academic Ranking of World Universities (ARWU) and the UI GreenMetric World University Ranking.

The UAB campus measures 263 hectares - of which 60% is covered in forests and green areas - and is just a **stone's throw away from Barcelona**. It offers all types of services: specialised libraries open 24 hours a day, computer halls and laboratories, a language school, healthcare centre, sports hall, theatre, cinema, restaurants and shops, as well as a hotel and residence halls with space for almost 2,100 students. Approximately 50,000 people can be found on campus daily, with some 10,000 **international students from 90 countries worldwide**. Every year, the UAB reaches new mobility agreements with universities from around the world.

In 2016, the **UAB Barcelona Summer School** was created. It offers a wide array of subjects in several fields and takes place from the end of June to the beginning of August. Most of the courses are **taught in English**, with an option to learn and improve your Spanish as a Foreign Language. Depending on the regulations of each home university, especially if there is a mobility agreement with the UAB, students will be able to transfer the credits earned during their stay to their current degree.



Contact with InfoUAB
Plaça Cívica – 08193 Bellaterra (Campus UAB)
Tel.: (+34) 935 811 111
informacio@uab.cat - www.uab.cat
facebook.com/uabbarcelona
twitter.com/uabbarcelona
www.instagram.com/uabbarcelona

Contact with UAB International Support Service
Building Biblioteca de Comunicació i Hemeroteca General
Plaça Cívica – 08193 Bellaterra (Campus UAB)
Tel.: (+34) 935 812 210
international.support@uab.cat

The university for Engineering, Architecture, Sciences and Technology

65
bachelor's degrees

84
master's degrees
34 taught in English

45
doctoral programmes

265
lifelong learning courses

18
schools on **7** campuses

736
higher education institutions with student exchange agreements

1,430
students on international mobility programmes

42
international double-degree agreements with **26** universities

28,669
students

3,823
students on internship

93%
of UPC graduates are in employment

90%
of UPC graduates find employment within **6** months

General information
Tel.: (+34) 934 016 200
info@upc.edu
Twitter: **@la_UPC**
www.facebook.com/universitatUPC
Instagram: **@la_UPC**

BACHELOR'S DEGREE COURSES
www.upc.edu/en/bachelors/

MASTER'S DEGREES
www.upc.edu/en/masters/

DOCTORAL PROGRAMMES
doctorat.upc.edu/en/

LIFELONG LEARNING PROGRAMMES
www.talent.upc.edu

International Relations Bureau
www.upc.edu/sri
Tel.: (+34) 934 137 505
international@upc.edu
Twitter: **@UPC_IR**
www.facebook.com/UPCInternational
Instagram: **@UPC_International**

Universitat Pompeu Fabra Barcelona

UPF is a **public, international and research-intensive university**. Founded in 1990, it has quickly earned a place for itself among the best universities in Europe.

The University, which has **three campuses located in the heart of Barcelona**, specializes in the following fields: Medicine and life sciences, Economics and business, Political and social sciences, Law, Humanities, Translation and language sciences, Communication, and Engineering and ICT.

HIGH-QUALITY TEACHING AND OUTSTANDING RESEARCH
UPF is committed to offering **high-quality, comprehensive, student-centred learning**. The success of this model is proved by different indicators such as the high satisfaction rate among UPF graduates.

UPF is also a research intensive university. Accordingly, it ranks among the top 20 European universities with the largest number of competitive projects funded by the European Research Council and it is the most productive university in Spain according to several national rankings (BBVA Foundation or the CyD Foundation).

INTERNATIONAL VOCATION
UPF and Barcelona share a cosmopolitan character and open-minded view of the world. Actually, the University's international profile starts with its faculty; most of them have extensive international experience or are directly recruited abroad. This policy has helped to make UPF a **multilingual university** with three working languages (Catalan, Spanish and English) for both teaching and research. As a result, **all doctoral programmes and a wide range of master's programmes can be fully or partially taken in English**, as can an everincreasing percentage of undergraduate-level coursework.

The University also offers the Barcelona International Summer School (BISS), which is a flagship programme to advance the curriculum of both domestic and international undergraduate students during the summer term in Barcelona.

RANKINGS

10th highest ranked university in the world among those under 50 years of age (Times Higher Education ranking, 2020)

4th in Europe (U-Multirank 2021, promoted by the EU)

1st in Spain since 2013 (U-Ranking, 2021)

FACTS & FIGURES

13,048 students

32 degree programmes offered in English (undergraduate, master's and doctorate)

25% of teaching staff is international

QUALITY INDICATORS

1,900 incoming students from 45 countries

47% of master's and doctoral students are international

90% of graduates would choose UPF again

Barcelona International Summer School
www.upf.edu/web/barcelonasummerschool

General information
University Information (PIE)
C/ Ramon Trias Fargas, 25-27 - 08005 Barcelona
C/ Roc Boronat, 138 - 08018 Barcelona
C/ Dr. Aiguader, 80 - 08003 Barcelona
Tel.: (+34) 935 422 228
info@upf.edu - http://www.upf.edu/en

International Relations Service
Mobility and Reception Office
C/ Ramon Trias Fargas, 25-27 - 08005 Barcelona
C/ Roc Boronat, 138 - 08018 Barcelona
Tel.: (+34) 935 422 203 / 12 64
oma.incoming@upf.edu - http://www.upf.edu/incoming/

RAMON LLULL UNIVERSITY

IQS · Blanquerna · La Salle · Facultat de Filosofia · esade · Observatori de l'Ebre · Fundació Vidal i Barraquer · Institut Universitari de Salut Mental · Institut Borja de Bioètica · ESDi

The URL in numbers

ACADEMIC AND TEACHING FIELD*

20,745 Students
51% Women

13 FACULTIES & SCHOOLS

3 UNIVERSITY INSTITUTES

Degrees: Year 2022-23

50	63	13
BACHELOR'S DEGREES	MASTER'S DEGREES	PHD PROGRAMMES

URL - specific degrees: Year 2022-23

+300 Bachelor's degrees, master's degrees, postgraduate courses and other postgraduate degrees

>5,000 Agreements with companies and instituttions

14 = 1.55 Libraries · Million volumes

University with the largest stock of library books in Catalonia

INTERNATIONAL PROJECTION*

21.9% International students
4,540 Students

Nationalities **119**

880 Agreements worldwide

RESEARCH AND INNOVATION*

57 Research groups

3,306,894 € Funding obtained at european level

69 THESES DEFENDED IN THE LAST YEAR

36 ACTIVE COMPETITIVE EUROPEAN RESEARCH PROJECTS

33 ACTIVE COMPETITIVE NATIONAL RESEARCH PROJECTS

632 PUBLICATIONS INDEXED IN THE WEB OF SCIENCE 2020

*Information from the 2020-21 annual report

A federation of universitity institutions

Ramon Llull University (URL), located in Barcelona, is a private, non-for-profit university. It is inspired by humanist and Christian values and promotes a public service that aims to provide a high-quality, personalised education to respond to the needs of our society. It also has a clear commitment to the internationalization of its activity, to promote excellence in academic and research training.

Ramon Llull University comprises ten higher education and research institutions with a long tradition and a prestigious reputation in Catalonia: IQS, Blanquerna, La Salle, Faculty of Philosophy, Esade, Pere Tarrés Faculty of Social Education and Social Work, Ebro Observatory University Institute, Borja Institute of Bioethics and ESDi Higher School of Design, an associated school.

General information
C/ Claravall, 1-3 - 08022 Barcelona
Tel.: (+34) 936 022 200
Fax: (+34) 936 022 249
info@url.edu
www.url.edu

International Relations Office
C/ Claravall 1-3 - 08022 Barcelona
Tel.: (+34) 936 022 231
Fax: (+34) 936 022 249
vicerectorat.rrii@url.edu
http://www.url.edu/internacional

UVIC

UNIVERSITAT DE VIC UNIVERSITAT CENTRAL DE CATALUNYA

Open to the world and focusing on all-round training, the University of Vic - Central University of Catalonia (UVic-UCC) offers degree courses in the fields of Science, Education, Business, Health, Biosciences, Engineering, Humanities, Design and Communication. In its city-university environment UVic-UCC attaches great importance to the teacher-student relationship, integrated training and employment prospects.

At the University of Vic - Central University of Catalonia we defend values associated with the unity of all knowledge and training based on science, research and technological innovation to enhance progress and quality of life. By choosing to study or do research in Vic you will have an experience of quality and university life in a town on a human scale.

The International Campus is an umbrella for international UVic-UCC activities, teacher mobility and exchange schemes, postgraduate courses, research, continuing education and international cooperation projects.

Thirty-one research groups, five research and knowledge transfer centres and **thirteen** chairs carry forward UVic-UCC research activity.

Study Abroad - Programmes in Barcelona
The courses below are for university students who wish to spend a few weeks at the UVic-UCC in Barcelona to broaden their studies in the areas of business, innovation and design. This innovative training does not come under any of the standard mobility programmes and international cooperation schemes. UVic-UCC offers three different types of programmes.

1. Academic year / Semester programme

This programme is aimed at international students who wish to spend one or two semesters in Barcelona and in Vic. UVic-UCC offers Spanish courses that can be combined with other elective courses in English in the fields of Business, Design & Innovation or Engineering.

2. Tailored courses

UVic-UCC offers tailored courses for groups of international students and teachers in the fields of Arts & Humanities, Social Sciences, Science, Experimental Sciences, Technology, Engineering, and Health Sciences. The programmes can be exclusively academic or combined with cultural visits and sightseeing.

3. International Summer Term

There are full-time programmes with practical seminars, field activities and a range of off-campus activities held in Barcelona during summer time:
- Spanish Language and Culture in Barcelona
- Marketing and Business 4.0

For further information:
www.uvic.cat/en/international/study-abroad

UVic-UCC
C/ Sagrada Família, 7 - 08500 Vic
Tel.: (+34) 938 861 222
universitatdevic@uvic.cat

International Relations Area
C/ Sagrada Família, 7 - 08500 Vic
Tel.: (+34) 938 816 176
relin@uvic.cat

Study Abroad Programs in BCN
BAU, Design College of BCN
C/ Pujades, 118 - 08005 Barcelona
Tel.: (+34) 938 815 522
studyabroad@uvic.cat

uic barcelona

DRIVING VALUES FORWARD.

30% international students

108 nationalities

364 exchange agreements with universities around the world

30 international double degrees in conjunction with the USA, the UK, France, Italy and Argentina, among others

Grants International Grants for Excellence

Find out about our university degree programmes, double degree programmes, university master's degrees, postgraduate degrees and our Doctoral School programmes in:

- Business Administration and Management
- Architecture
- Communication
- Law
- Education
- Humanities
- Nursing
- Physiotherapy
- Medicine
- Dentistry
- Cultural Management
- Family
- Biomedical Science
- Psychology
- Bioengineering

DESTINATIONS ABROAD FOR UIC BARCELONA STUDENTS:

- Polytechnic University of Turin (Italy)
- Iona College (New York, USA)
- University of Belgrano (Buenos Aires, Argentina)
- Boston University (USA)
- EAC Paris (France)
- UCLA (Los Angeles, USA)
- Birkbeck University of London (UK)
- University of Berkeley (USA)

SPECIAL SERVICES FOR INTERNATIONAL STUDENTS:

- Guidance and advice provided from the start
- Help with paperwork for foreigners
- Help with academic documentation and paperwork
- Help to find accommodation
- Welcome programme

Universitat Internacional de Catalunya

Barcelona Campus
C/ Immaculada, 22
08017 Barcelona
Tel.: (+34) 932 541 800
info@uic.es

Sant Cugat Campus
C/ Josep Trueta, s/n
Hospital Universitari General de Catalunya Building
08195 Sant Cugat del Vallès
Tel.: (+34) 935 042 000
info@uic.es

Universitat Abat Oliba CEU

Abat Oliba CEU University, located in Barcelona, is one of three privately run, social-initiative universities that make up the CEU educational group, established by the Catholic Association of Propagandists. Officially recognised as a university in 2003, it has more than forty years' experience in the provision of higher education. Its current structure comprises three faculties (Law and Business; Communication, Education and Humanities; and Psychology) and an Institute of Health Sciences, in which undergraduate and graduate studies are taught. The University's most distinguishing features are the satisfaction of its students and the high employability rate of its graduates, as demonstrated in studies by independent bodies. Furthermore, as part of its commitment to internationalise studies, the University also **offers several degrees that are taught in two languages**.

Keenly aware of the importance of the professional prospects of its students, the University has developed a teaching methodology based on classes in small groups, workshops and practical seminars, and individualised tutoring programmes. The University also offers a range of programmes for skills development and international mobility, such as internships abroad, among others, meaning students receive the best education to prepare them for the world of work, be it at home or abroad.
The alumni employment rate is 95.33%. *(AQU 2020 jobs market insertion survey).*

Abat Oliba CEU University is committed to academic and professional excellence, as well as to providing its students a well-rounded, comprehensive education.

REASONS TO STUDY AT UAO CEU

EXPERIENCE
Abat Oliba CEU University is one of three universities in the CEU group, the largest private institution in Spain:
– Over 85 years' experience training professionals
– More than 210,000 students have studied at UAO CEU

EMPLOYMENT
- 95.3% of students find work upon completion of their studies
- Social and Legal Sciences Area: 95.9%, more than 6 points above the average of Catalan universities (89.8%)
- Psychology Area: 93.3%, the higest of the Catalan universities and more than 10 points above the average (82.9%)

Survey carried out by AQU (the Catalan University Quality Agency) in 2020.

INTERNATIONAL VOCATION
Its students acquire the linguistic and cultural knowledge they need to work anywhere in the world.
- 13 bilingual programmes taught in English.
- Specialisation programs in the U.S. and Germany
- Visits to national and international companies and production centres through a programme of placements
- More than 130 agreements to carry out part of your studies or internships at the best universities in more than 30 countries throughout Europe, America and Asia.

PROGRESSIVE INTERNATIONAL DEVELOPMENT
New international experience that encourages students from all degree programmes to internationalise their studies from the first year to the fourth, with international collaborative activities, academic exchanges of both teachers and students, participation in international research projects and proposals for short-or long-term stays in foreign universities.

INTERNATIONAL HOSTING SERVICE
If you are an international student, **Abat Oliba CEU University** makes it easy for you to obtain the documentation you need to formalise your enrolment (UNED credentials or recognition of degrees obtained abroad) and helps you with all the necessary bureaucratic procedures (registering for your Spanish ID Number, health card, etc.).
Contact the University's **Information and Guidance Service** to find out more at **futurosalumnos@uao.es**

TALENT & WORK
A new department designed to train people and boost career prospects through a highly effective system of internships and employment programmes, one that understands and integrates the needs of companies and which promotes the very best of each student to develop their skills and help them achieve their professional goals. Includes:
- **Professional Careers Orientation Service**
- **Work Placement and Employment Service**
- **Entrepreneurship Department**
- **Links to Companies**

SCHOLARSHIPS AND STUDY GRANTS
The CEU is the private educational institution that grants the most scholarships and financial aid to its students.

Information Service
C/ Bellesguard, 30 - 08022 Barcelona
Tel.: (+34) 932 537 200
WhatsApp: (+34) 911 062 473
futurosalumnos@uao.es
www.uaoceu.es

International Office
C/ Bellesguard, 30 - Office 2.01 - 08022 Barcelona
Tel.: (+34) 932 540 918
internacional@uao.es

Welcoming **RESEARCHERS** from other countries

Dr. Josep Samitier Martí
President of the Catalan Association of Research Centres (ACER) and director of the Bioengineering Institute of Catalonia (IBEC)

Scientific research is based on the talent of the people who do it. Our system of knowledge must therefore make it easy to attract that talent while enabling their integration into our country, in order to make the system robust. Currently, in Catalonia, the personnel hired for R&D activities, expressed as a full-time equivalent (FTE) is 20,977 women and 30,854 men, of which 11,619 women and 18,772 men are researchers. If we look by sector, the number of public researchers is 17,095, while there are 13,296 in the private sector. The ratio of FTE researchers in the active population is 0.8%, which is below the European EU28 average (2013-2020), at 0.872% or the EU19 figure, which is 0.898%, while the figure for Spain as a whole is 0.619%.

A comparison with other European and International R&D systems shows that Catalonia has a lower number of human resources than it should, given its economic and demographic size. R&D personnel represent 0.8% of the active population, a figure that is lower than that for other European countries such as Belgium 1.158%, Denmark 1.60%, Holland 1.074%, Germany 1.03% and France 1.039% . This means that we have to ensure that young people are attracted to research in the various areas of science and to ensure that more talented people from other countries come to our research centres and universities. The ICREA programme has been and is an excellent tool for attracting men and women scientists from around the world, and we now have more and more foreign-national doctorate and post-doctorate researchers in our city's research centres.

Making our institutions and our society attractive and welcoming to people who come from different countries and cultures is a challenge for us all, as it will help us to promote and improve our scientific activity, and thus the well-being of our society. The collaboration of the city's research centres with the Barcelona Centre Universitari is very useful for making progress in welcoming researchers from other countries.

àgora BCN residència universitària internacional

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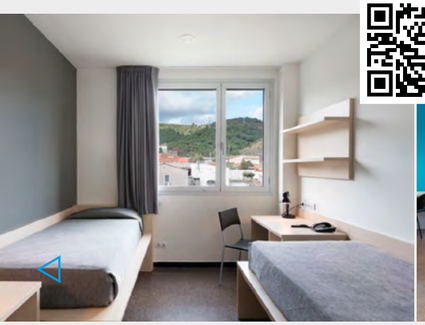
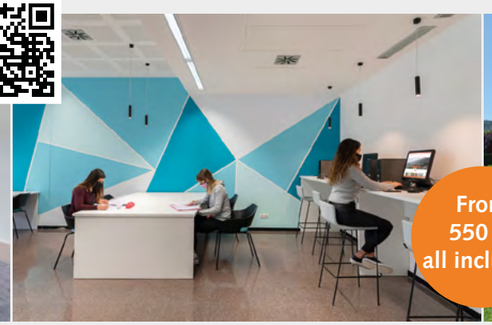



From 550 €, all included

#agorabcn

UB RESEARCH at the service of society

Research must contribute to solving the challenges facing society. It is essential that research has an impact on society, the economy, culture, the environment, public policy, health and people's quality of life.

Bosch i Gimpera
UNIVERSITAT DE BARCELONA

In 2023, the Bosch i Gimpera Foundation marks 40 years of working to transfer the research results generated at the University of Barcelona (UB) to society through contract research, the creation of spin-offs and the commercialisation of technologies, materials and licences.

For example, in 2021, the University of Barcelona —through the MARS (Health-Related Water Microbiology) research group and in collaboration with the University of Valencia through the Spanish Type Culture Collection (CECT)— developed a technology for speeding up the detection of bacteria in drinking water known as the Drinking Water Library. Aigües de Barcelona acquired the exclusive operating licence that will enable it to detect, in a short period of time, any bacteriological presence that could pose a risk to public health and thus facilitate rapid action.

In 2021, the Bosch i Gimpera Foundation managed 564 projects from the University of Barcelona at an expense of 24.31 million euros. The UB currently has 132 transfer patents and 22 active spin-offs.

Recent months have seen the launch of the spin-offs Nimble Diagnostics (UB, IGTP and UPC), which monitors stents using microwaves; Oniria Therapeutics (UB, VHIO and ICREA), which works to eliminate resistant tumour cells; and Reveal Genomics, which develops innovative diagnostic tests for cancer and which is actually already marketing a test that allows the type of treatment for breast cancer to be adjusted.

In addition, the Barcelona Deep Tech Node was set up in 2021 to accelerate market access for deep tech start-ups, which are those arising from a scientific discovery or a disruptive technological innovation. It is an initiative by Barcelona City Council, with Barcelona Activa and various universities such as the UB.

The Bosch i Gimpera Foundation works to achieve the Sustainable Development Goals (SDGS) in a cross-cutting manner through activities and transfer projects that have an impact on the 17 SDGS. The Bosch i Gimpera Foundation brings universities, businesses and the wider society together to promote R&D&I among the UB's research staff and for it to have a direct impact on people's lives.

132 transfer patents **22** active spin-offs

40 years facilitating the transfer of knowledge

EARLY, MORE ACCURATE DETECTION OF ALZHEIMER'S

FPM

The Fundació Pasqual Maragall (fpmaragall.org) research institute, the Barcelonaβeta Brain Research Centre (BBRC, www.barcelonabeta.org), has a new laboratory for the Fluid Biomarkers and Neurology research group. "It is a centre dedicated to translational research. We conduct basic and experimental research, always with the application for the patient in mind", explains Dr Marc Suárez-Calvet, head of the Fluid Biomarkers and Neurology research group at BBRC. His laboratory is developing blood markers to diagnose and find out more about Alzheimer's disease through a blood test, which would offer a more accurate diagnosis before symptoms appear: "Detecting Alzheimer's early and taking action with future experimental medications would be a significant step forward". Now, the discovery must be implemented in order to automate the process – which can currently only be carried out in certain research laboratories – and incorporate it into the patient care routine. Another of the laboratory's major projects consists of looking for factors that may have brain rejuvenation effects in the blood. According to Suárez-Calvet, this would be a therapeutic target for diseases related to ageing, Alzheimer's and other neurodegenerative diseases.

KNOWLEDGE TRANSFER

deepdetection

SPECTRAL IMAGES WITH X-RAYS FOR FOOD INSPECTION

July 2020 saw the creation of Deep Detection (deepdetection.tech), a spin-off organisation from the Institute of High Energy Physics (IFAE, ifae.es), which has put together a prototype for an X-ray inspection camera with algorithms patented worldwide. "We have incorporated technology previously developed at IFAE and we are improving it in order to fulfil the industry's needs", explains José Gabriel Macias, a doctor of Microelectronic Engineering and CTO of Deep Detection. For over two decades, the IFAE has been conducting research into high-density semiconductor detectors to detect photons and high-energy particles, which can be used as X-ray cameras for the food industry and medical imaging. Initially, Deep Detection focused on industry, creating industrial cameras that can analyse products' constitution, improve the detection of contaminants in prepared food products, and detect faults in raw materials. "With spectral images with X-rays, we can know how much meat and fat a tray of chicken breasts has and, at the same time, detect possible contaminants, bones and cartilage", the doctor states. In practice, this saves time and money, reduces the need for inspections, and allows for the recall of one particular defective product, rather than the whole batch. This technology is likely to be implemented in commercial industrial plants during 2023.

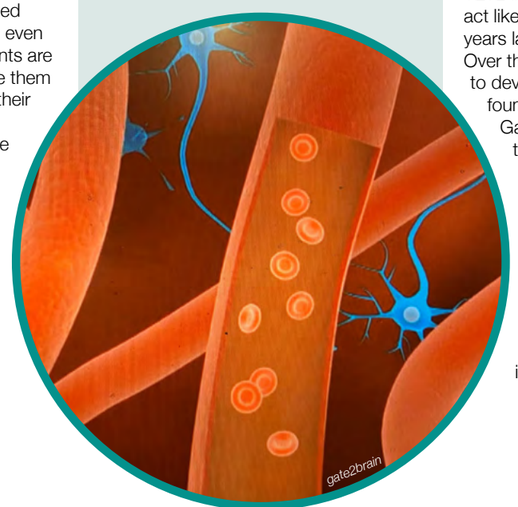
Biointaxis

GENE THERAPY FOR THE TREATMENT OF ATAXIAS

Biointaxis (www.biointaxis.com) is the biotechnology spin-off organisation from the Germans Trias i Pujol Health Science Research Institute (IGTP) and is developing a gene therapy for hereditary ataxias, which are the most common of the 200 different types in existence. In 1990, Dr Antoni Matilla, an IGTP researcher and founder of Biointaxis, started to investigate the origin of ataxias and their genetic causes. In 2014, he made a step towards finding a cure for Friederich's ataxia, the most common kind, with around 800 cases in Catalonia. In 2018, when a trial on mice worked, the spin-off organisation was created to apply the research results to patients. They are offered genetic testing, in order to find out where the problem lies, so that personalised solutions can be sought. Currently, less than 2% of people with ataxia can benefit from existing treatments. The scientists at Biointaxis, led by Dr Matilla, have developed a personalised gene therapy that can slow down or even stop the ataxia's progression. "Patients are missing a protein, which we can give them through a viral vector we insert into their cells so that they can produce the missing protein", Matilla explains. The drug's efficacy has already been demonstrated, so if the current trials demonstrate that it is not toxic, authorisation will be sought from the European Medicines Agency (EMA) and the U.S. Food and Drug Administration (FDA) to produce it and administer it to patients in a clinical phase.

CROSSING BIOLOGICAL BARRIERS TO OPTIMISE THE POTENTIAL OF DRUGS

The brain is the most protected organ in the body, to such an extent that 98% of drugs designed to treat it cannot reach it, and therefore do not work. Hence the need to develop technology able to cross existing barriers to the brain (the blood–brain barrier) so that drugs can get to it. For fifteen years, the basic research carried out at the Barcelona Institute of Biomedical Research (IRB) laboratory by doctor of Chemistry, Meritxell Teixidó, focused on peptides, which are very small proteins that act like a tractor with a trailer to bring drugs to the brain. From this research, three patents were filed, corresponding to three families of peptides, and technology to be applied in paediatric oncology started to be designed, in collaboration with Hospital Sant Joan de Déu (HSJD). "I wanted to have a positive impact on society and see how far this technology could go", says Teixidó, who is also an entrepreneur and co-founder of Gate2Brain. In 2020, Gate2Brain (gate2brain.com) was born as a spin-off from the IRB, the University of Barcelona and HSJD. This biotechnology company develops therapies to cross biological barriers. The goal is for the first clinical trial to be carried out in 2025 and for chemotherapy treatment to be made more effective, so that it reaches the brain more efficiently and causes fewer side effects thanks to this technology, which optimises the potential of drugs.


gate2brain

Oniria Therapeutics

OVERCOMING THE PERSISTENCE OF CANCER

Oniria Therapeutics (oniriatherapeutics.com) is a spin-off company from the Vall d'Hebron Institute of Oncology (VHIO), the University of Barcelona (UB) and the Catalan Institution for Research and Advanced Studies (ICREA), with support from Fundació 'la Caixa', the Spanish Association Against Cancer and the Carlos III Health Institute, created with a view to eliminating persistent cancer cells. Also known as dormant cells, these are the cause of 90% of deaths by cancer due to relapse or metastasis: "Standard treatments do not work on these cells because they do not divide, and chemotherapy only attacks cells that divide", explains Esther Riambau, CEO and co-founder of Oniria Therapeutics. Her fellow co-founders, Dr Héctor G. Palmer (head of the Stem Cells and Cancer group at VHIO and CSO at Oniria Therapeutics) and Dr Isabel Puig (senior researcher in the same group and scientific adviser on therapeutic targets at Oniria), have been conducting research into the these cells' weak points for fifteen years. Dr Puig discovered the fundamental role played by TET2 in the survival of these cells, which act like dormant seeds that can wake up years later, causing the tumour to reappear. Over the last five years, they have started to develop drugs, alongside the other co-founders, Dr Xavier Barril and Dr Carlos Galdeano, in order to modulate this therapeutic target: "We are working on two different strategies. One is not letting these cells reawaken and the other is not letting them go to sleep, so that standard treatments can kill them". The last member of the founding team is Dr Josep Tabernero. If the fundraising follows the expected rhythm, clinical trials should begin in 2025.

COWORKING

You will have realised by now that Barcelona is a cosmopolitan city, a magnet for national and international talent, where shared workspaces are a perfect fit.

The figures back this up. According to the latest report *Estat del Coworking a Espanya 2021-2022* (CoworkingSpain), the province of Barcelona has the most coworking spaces (447) in Spain. The Catalan capital is also at the top of the ranking with 329 spaces, totalling 252,000m² where certain professional profiles, above all digital nomads and small companies, take advantage of the benefits of coworking.

Are you thinking about it? To give you an idea, the average price for a fixed table per month is €188, an affordable option considering rental prices in the city. Furthermore, coworking spaces offer a variety of modalities that adapt to the different needs for space and services, encourage interaction with other professionals and often have a wide range of after-work activities.

WeWork

• WeWork

More than 10 years providing flexible solutions, inspiring and safe spaces, and unrivalled community experiences. Six centres in Barcelona where you are sure to find the space and services that best suit you. **www.wework.com**

• Aticco

They assure us that they are much more than a coworking space. They have multiple rates whether you are on your own or if you are a large team, and provide all the services you need to have the best work experience. Five centres. **aticco.com**

• Cloudworks

Up to 11 centres in Barcelona that guarantee a large network of contacts to promote synergies and networking. All the centres have communal areas and spectacular terraces. **wearecloudworks.com**

• Utopicus

The leading Spanish company in managing flexible working spaces. It has five centres where, in addition to offering services for individuals, teams and companies, it has learning experiences to empower professionals. **utopicus.es**

Catalonia is a land of entrepreneurs and this spirit is reflected in the ongoing upward trend in new business creation: 19,385 companies were created in 2021, representing an increase of 28.9% compared to 2020 (Idescat 2021).

A year when Catalonia already led the way in terms of entrepreneurial activity in Spain and was Spain's most highly valued autonomous community for entrepreneurship. And it's not just a question of creating companies.

ENTREPRENEURSHIP

COMPÀS EMPRÈN

Take note, Compàs Emprèn (**compas.fundaciorecerca.cat**) is the tool you need if you are a student or university graduate looking for support to start a business or if you are a public or private agent that wants to stimulate and publicise your initiatives aimed at entrepreneurs. This repository, created by the Catalan Foundation for Research and Innovation (FCRi), is designed to promote entrepreneurship and facilitate access to the different initiatives and programmes that support entrepreneurship. A meeting point between science and business, the ultimate tool compiling information for you and making your work easier. You can do an initial search by choosing the type of call you are most interested in (open competition, grant, award, mentoring, loan or investment), the geographic scope of the organising entity (Catalonia, Spain, European Union or the rest of the world), select one or more organising entities from the database, and key words that help you with the thematic area or the sector you are interested in.

XARXA EMPRÈN

Do you have a business idea and are thinking of setting up your own business? Xarxa Emprèn (**xarxaempren.gencat.cat**) provides mentoring and support services to people who want to set up a company in Catalonia, as well as other services to promote and encourage entrepreneurship in order to strengthen the entrepreneurial ecosystem. This network involves over 150 public and private entities as well as 300 experts to cover the whole of Catalonia. All you have to do is choose the one best suited to you and request their advice.

IT ACADEMY

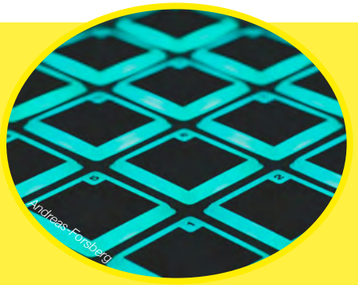
IT (Information Technology) profiles are the ones most in demand in Catalonia and the Spanish State (Adecco Staffing, 2021). These profiles are sought both by companies that are in a process of digital transition and those that are already digitised and need to incorporate digital profiles. This employment reality is the starting point of the IT Academy (**www.barcelonactiva.cat/en/itacademy**), the reskilling programme for professionals who do not come from the IT sector and wish to reorient themselves professionally. The project, which began with a pilot test at the end of 2017 and began trials the following year, has gone from training 60 people a year to the more than 800 currently being trained. "It is an innovative, disruptive and scalable model that has been consolidated in just four years," says Sara Díaz, director of Foment del Talent Digital at Barcelona Activa and director of the IT Academy.

IT Academy is a boot camp, an intensive programme lasting about six months, dedicating between 6 and 8 hours a day to highly specialised training, especially web development, data management and cybersecurity. It uses an innovative methodology that rejects traditional training models and does not have a teacher who explains everything. It is a highly practical form of training that involves learning in real environments; a peer to peer model, where learning takes place among students. In addition, each student has a mentor who accompanies them in consolidating the content, helps them to resolve doubts and progress in their training plan, because not everyone goes at the same pace: "There are some who are able to complete the training plan in four months because they are more self-taught or have a digital background, and those who need more time. The aim is to be as prepared as possible when it comes to entering the labour market," says Díaz.

It is an integration-oriented programme – the rate is 82% and growing – and at the same time it offers tools for finding a job, being a good candidate in the IT sector or knowing how to pass an interview. The average age of the participants is 36, and they are often professionals from other sectors with previous work experience that is also valued. The IT Academy has high standards to ensure that it places the best candidates on the market: "The people who pass the process are fully prepared to occupy a position of responsibility with a junior technical profile, with technological and soft skills," insists Sara Díaz. She adds that the programme is under constant review, both in terms of methodology and the courses, to ensure that the people who complete it are prepared for and aligned with the demands of the labour market.

Deep TECH

In Catalonia, almost half of startups are deep tech organisations, meaning they are based on scientific discoveries or engineering innovations and aim to improve the world around us. They do so by using artificial intelligence (AI), big data, machine learning, blockchain, biotechnology, and other tools.



DRIVING INNOVATION

The Catalan research system is mature and competitive on an international scale. Nonetheless, judging by Catalonia's innovation index (moderate, according to the 2021 *European Innovation Scoreboard*), not enough is being done to fulfil the research system's knowledge transfer potential. For this reason, the Government of Catalonia's General Directorate for Knowledge Transfer is working to boost innovation through four core strategies: (1) connecting the industrial fabric to the knowledge system and reorienting knowledge transfer towards the needs of society; (2) incentivising transfer as well as promoting academic research; (3) providing business specialists to lead the business side of projects; and (4) obtaining private investment in the world of research in order to mature technologies.

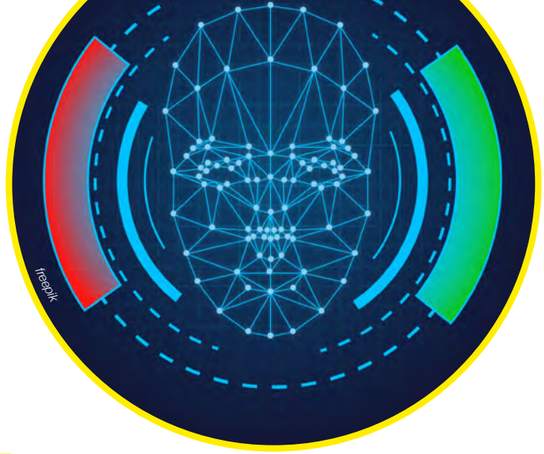
Xavier Aldeguer, the Director General for Knowledge Transfer, indicates that, in this context, some kind of investment fund that could boost investments was needed, so that emerging cutting-edge technology projects coming out of the university system and research centres could make the leap to industry: "To this end, the first initiative we have launched is the creation of FITA, a public-private fund for driving research and scientific entrepreneurship in Catalonia".

BARCELONA DIAGONAL ALTO
Universities 10 min
City Centre 20 min
Tube 50 meters

GYM · POOL · PARKING · CINEMA

BARCELONA MARINA
Universities 10 min
City Centre 10 min
Tube 50 meters

Email. living@livensaliving.com **Web.** www.livensaliving.com



FITA

The Fund for Investment into Advanced Technology (FITA by its Catalan initials) will provide €60 million until 2026, investing it in the initial stages of startups research projects. Its goal is to mobilise private capital in investment into technological development and to contribute towards improving the innovation index in Catalonia. Since its creation was approved, in late 2021, it has become a driving force for attracting investment, two new investment funds have been set up in the Catalan capital, and the European Investment Fund (the European Commission's financial instrument) has indicated that it will participate in FITA. This is the first time the EIF has been part of a fund at regional rather than state level. FITA should be in operation in the first quarter of 2023.

AIGECKO

www.aigecko.com
Artificial intelligence in computer vision and deep learning for the food sector. An API (Application Programming Interface) called LogMeal (logmeal.es) offers the most advanced food AI service in the world for food recognition, monitoring and tracking. Just a click will lead you to dish recognition, nutritional information, food types, food groups and ingredients.

DERMAVISION SOLUTIONS

dermavisions.com
This Catalan startup has created Deviskan, a medical device that can diagnose melanoma in just five minutes. It gathers images using AI and the most advanced vision system and processes them through a deep learning algorithm and ABCDE rules to evaluate malignancy. This non-invasive method processes the images and automatically generates a report to facilitate the diagnosis process for the dermatologist.

LINKING REALITIES

unionavatars.com
Want to create an avatar that looks 100% real? All you need is a selfie. This Barcelona-based startup will help you to create your own virtual identity through avatars, so that you can use a realistic representation of yourself in video games, on social media, in virtual reality worlds and in gamification, thus breaking down dimensional barriers.

IKERA RD8

ikerard8.tech
The start-up, IKERA RD8, whose head office is located in Barcelona, recovers 99.8% of the water, solid waste and volatile organic compounds (VOCs) from organic and inorganic products and waste, slurry, sludge and different types of water. After eight years of development in the pre-industrial phase, in 2020 they took the leap to an industrial scale, founding the company as a venture capital initiative to market the technology globally, offering both the sale, management and maintenance of the plants. "We are working with around forty multinationals, opening the door to a variety of circular economy and sustainability opportunities. We convert 99.8% of water on the one hand, and the solid part, free from water, on the other. In many cases, this can then be reused in the form of byproducts", explains Manuel Tomás, co-founder and director of development at Ikera RD8. The practice involves, for example, extracting water from orange peel at a low temperature, making it possible to reuse the solid part as a solid ingredient in the form of powder with the smell or taste of orange, which is of value in the food and drink industry.

NATURAL MACHINES

www.naturalmachines.com
This company has created Foodini, a 3D printer that prints food in unique shapes. It was created exclusively to work with food and uses empty stainless steel food capsules, which are then filled with fresh ingredients. In its first 10 years of existence, the company has received around forty awards and other accolades.

NEXT GENERATION

Next Generation EU are the funds agreed by the European Council in July 2020 as an extraordinary instrument for tackling the economic and social consequences of the pandemic. In order to implement part of these funds, the Ministry of Science and Innovation has created the Complementary Plans with Autonomous Communities (AC) for R&D&i activities, which means that each autonomous community co-funds the projects by contributing around 50% of the money. Eight priority areas have been established, and the Ministry has designated Catalonia for participation in four of them (astrophysics and high energies, biotechnology applied to health, advanced materials and quantum communication). “This has meant a major budgetary effort for the Government of Catalonia, although our participation was never in doubt; it is an opportunity”, assured Iolanda Font de Rubinat, the Deputy Director General of Research. These four programmes have a total of €195 million to spend in a period of three years: €121 million from European funds, and the rest from the Autonomous Communities, with Catalonia’s contribution being €27 million.

ASTROPHYSICS AND HIGH ENERGIES

Advanced technologies for exploiting the universe and its components

Ramon Miquel, the director of the Institute of High Energy Physics (IFAE), is coordinating the project at both a Catalan and Spanish level.

WHO

In Catalonia, there are five organisations involved, three of which have a greater involvement: The IFAE, which is also coordinating the project; the Institute of Cosmos Sciences, a research institute linked to the University of Barcelona; the Institute of Space Sciences, which is a CSIC centre, and the Institute of Space Studies of Catalonia. And two other institutions, the Polytechnic University of Catalonia’s Instrumentation in Nuclear Physics research group and the Barcelona Institute of Materials Science, a CSIC centre.

WHAT

The idea is to carry out a series of actions to (1) develop advanced technologies for the next generation of astrophysics instruments used to study the universe (telescopes or cameras), and (2) for the next generation of particle physics experiments carried out in particle accelerators such as CERN. All of these projects generate a massive quantity of data, dozens of petabytes, which require specific management. Another of the essential research areas will be (3) the fine-tuning of tools that make it possible to manage all of this information, and (4) the design, construction and launch of nano-satellites which include a telescope to observe space by rapid scanning and detect exoplanets.

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BIOTECHNOLOGY APPLIED TO HEALTH

The development of tools for diagnosis, prognosis and advanced or targeted therapies in personalised medicine.

Josep Samitier, director of the Institute of Bioengineering of Catalonia (IBEC), is coordinating the project for Spain, focusing on biotechnology applied to health.

WHO

The Autonomous Communities that have joined the project are Catalonia, Extremadura, Castile La Mancha, the Basque Country, Galicia, Aragon and Andalusia. Various institutions from each community are taking part, including basic research centres and clinical organisations. One of the project’s goals is to foster cooperation among Autonomous Communities and use the resulting synergies to improve territorial cohesion.

WHAT

The programme focuses on research and innovation in various health fields. The goal is to (1) advance personal targeted medicine. Making full use of advances in genomics, 3D printing, nanotechnology, organoids and biomodels, along with the analysis of patient data, in order to develop more personalised therapies, offering patients better treatments at the most opportune time, while also serving to make an early diagnosis. It also aims to exploit the fact that it is an ambitious project, with one of the biggest budgets in this field, (2) to purchase equipment that, when the project finishes, will remain in the Autonomous Communities, and enable the creation of platforms that provide services for the whole scientific community.

ADVANCED MATERIALS

In-CAEM (In-situ for Advanced Materials for Energy)

Caterina Biscari, the director of the ALBA Synchrotron, is coordinating the project in Catalonia.

WHO

In addition to the Synchrotron ALBA, the centres most directly involved in the construction of the infrastructure are the Catalan Institute for Nanoscience and Nanotechnology (ICN2), the Barcelona Institute of Materials Science (ICMAB-CSIC) and the Scientific Information Port (PIC), a centre for processing high-performance scientific data.

WHAT

A new facility is being developed, which will be part of the advanced microscopy centre to be launched in collaboration with other centres. The new facility is an electron microscope for tracking and transmission –TEM microscopy– in order to study complex advanced materials dedicated to the challenges established by the European Green Deal. These are smart materials and nanostructures that will be useful for issues relating to energy, electronics, ICT, health and quantum technologies. Launching the infrastructures envisaged for the programme will benefit all of the centres, for both strategic users in Catalan institutions and those that take part by entering through public tenders.

QUANTUM COMMUNICATIONS

Quantum Communications coordinated programme

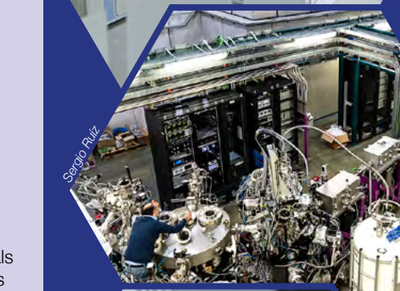
The coordination of the first half of the project will be carried out by Professor Vicente Martín from the Polytechnic University of Madrid, and the rest will be coordinated by Valerio Pruneri, ICREA professor from the Institute of Photonic Sciences (ICFO).

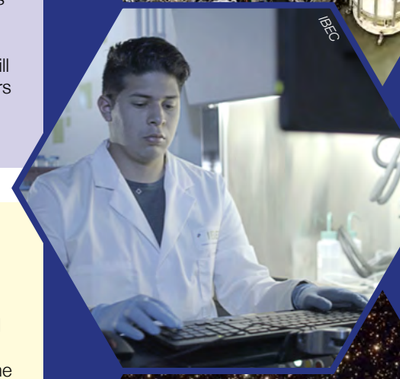
WHO

The autonomous communities taking part are Castile and Leon, Catalonia, Galicia, Madrid and the Basque Country.

WHAT

There are various goals, all of which are related to each other, in order to achieve the final objective of a quantum internet. The main theme is dedicated to (1) developing the technology via EUROQCI, a European infrastructure for quantum communications, its deployment and implementation. In order to carry this out, it is necessary to develop (2) hardware and software for quantum communications and (3) quantum processing. It is proposed to tackle some of the paradigms that now seem most promising for the development of quantum computation and quantum processing of information based on qubits, their basic elements.





SCIENCE CITY

BIST

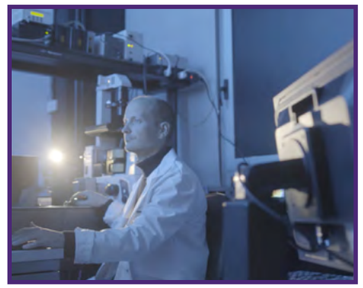
The Barcelona Institute of Science and Technology (BIST) is a leading, multi-disciplinary research institution that includes seven Catalan research centres, specialising in different scientific areas. All of them have been distinguished with the *Severo Ochoa Centre of Excellence* seal, awarded by the Spanish Ministry of Science and Innovation to centres that stand out for their international relevance and impact.

The BIST and its centres are active stakeholders in the development of the science and innovation ecosystems they interact with, and they also play an active role in the dissemination of knowledge and have links to the education system. In addition to attracting talent, another facet of this model is the transfer of technology and links with industry, which ensures that the inventions created by research groups are transformed into innovations that reach society as a whole. The BIST also cooperates with scientific institutions, companies, private individuals and public and private organisations in order to achieve its objectives. The BIST centres have founded 45 spin-offs, 39 of which are active companies today. In the last two years, these companies have had a turnover of more than €50 million.

Seven research centres that promote research excellence in a multi-disciplinary environment →

Centre for Genomic Regulation

The Centre for Genomic Regulation (**www.crg.eu**) is an international biomedical research institute of excellence, which has the mission of discovering and advancing knowledge to benefit society, public health and economic prosperity. The CRG believes that the medicine of the future depends on the innovative science of today. This requires an inter-disciplinary scientific team focused on understanding the complexity of life, from genomes to cells and entire organisms, and their interaction with their surroundings, offering an integrated vision of genetic disorders. The main areas of research are gene regulation, stem cells and cancer; cell and developmental biology; bioinformatics and genomics and systems biology. Located on the seafront, it is inside the Barcelona Biomedical Research Park (PRBB) (**www.prbb.org**), in one of the city's most emblematic buildings.



Institute for Bioengineering of Catalonia

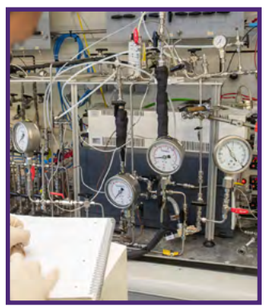
The Institute for Bioengineering of Catalonia (**ibecbarcelona.eu**) is a CERCA centre which has twice been recognised as a Severo Ochoa Centre of Excellence, as well as having the TECNIO seal, as a technology developer and company facilitator. The IBEC is a member of the Barcelona Institute of Science and Technology (BIST) and it carries out multi-disciplinary research of excellence at the frontier between engineering and life sciences. Its avant-garde research in areas such as nanomedicine, biophysics, biotechnology, tissue engineering and the applications of information technologies for health, enable it to generate new technological advances for the medicine of the future, regenerative therapies and active ageing. The IBEC was created in 2005 by the Government of Catalonia, the University of Barcelona (UB) and the Polytechnic University of Catalonia (UPC).

Institute for Research in Biomedicine

The Institute for Research in Biomedicine (**www.irbbarcelona.org**) is the biomedical research centre that works towards achieving a life free of illnesses. Its multidisciplinary research of excellence provides pioneering solutions to unmet medical needs in cancer and other age-related diseases. It also establishes collaboration programmes with the pharmaceutical industry and major hospitals, in order to provide them with the results of the research, through the transfer of technology, and it carries out various scientific dissemination initiatives to maintain an open dialogue with the general public.

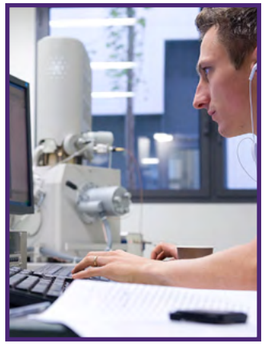
Institute of Photonic Sciences

The Institute of Photonic Sciences (**www.icfo.eu**) explores the frontiers of knowledge in various areas in which photonics plays a decisive role in tackling the challenges facing society. Since its creation in 2002, it has grown rapidly in size, scope and reputation, becoming a world leader in its area of research. In addition to research groups, it also has training and development programmes for developing the next generation of scientists and technologists, a technology and knowledge transfer team, which establishes collaboration programmes with industries, hospitals and companies, and they have also incubated 11 deep technology spin-offs.



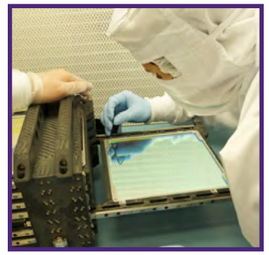
Institute of Chemical Research of Catalonia

The Institute of Chemical Research of Catalonia (**www.iciq.org**) focuses its research activities on catalysis, renewable energies and chemistry for health. Through research of excellence, they lead crossover strategies to resolve challenges such as climate change and the sustainable supply of energy and raw materials, working to develop and improve new chemical processes, molecules and materials that minimise waste and energy consumption, as well as seeking new strategies for improving people's health. The ICIQ also fosters international collaboration and informs society about its research through scientific dissemination programmes.



Catalan Institute of Nanoscience and Nanotechnology

The Catalan Institute of Nanoscience and Nanotechnology (**icn2.cat**) is an international research centre dedicated to the generation of knowledge, materials and devices in such diverse areas as ICT, health, energy and the environment. Although it was founded less than 10 years ago, it is already a world leader in the area of nanoscience and nanotechnology, carrying out basic nanoscale research on the physical, chemical and biological phenomena of materials, and applying them to the development of new materials, techniques and devices. The ICN2 strives to make a positive impact on society and train people who will lead research in the future.



Institute of High Energy Physics

The Institute of High Energy Physics (**www.ifae.es**) was created in 1991 in order to carry out theoretical and experimental research in the fields of high-energy physics and astrophysics, tackling fundamental questions about our universe. Its lines of research include particle physics, astroparticle physics, cosmology, medical imaging, instrumentation physics and quantum computing technologies. The IFAE is located on the Autonomous University of Barcelona Campus and it is a member of the Barcelona Institute of Science and Technology (BIST).

New Research Hub in the former Fish Market

By the end of 2025, Barcelona will have a new research and innovation hub near Parc de la Ciutadella. With the support of Barcelona City Council and the Government of Catalonia, the BIST, the UPF, the CSIC and the UB are creating a new complex that will foster inter-disciplinary research and innovation, focusing on biomedicine, biodiversity and planetary well-being.

The Fish Market project (**mercatdelpeix.upf.edu**) will create a new, 45,000m^2 complex, consisting of three buildings and an underground car park, on the site of Barcelona's former fish market, demolished in the 1980s, and currently used as a public car park. With a planned investment of nearly €93 million, this new knowledge hub will employ approximately 1,200 researchers.

Within this complex, the BIST will construct a 25,000m^2 building for research into precision medicine. The new building will make it possible to bring together various expert groups researching various disciplines, including genomics, bioinformatics, nanotechnology and bioengineering. The Barozzi Veiga architecture studio, the successful bidder for the international tender, will be responsible for constructing this ambitious initiative.

SETTLING IN

Setting up home in a new city means embarking on a new phase with everything to do. Starting anew, both on a professional and a personal level, or as a student, is an opportunity to meet new people and form new friendships. Barcelona has so many cultural, leisure and entertainment options that you're bound to make friends who share your interests.

Anna Shvets

GET YOUR SKATES ON

Can you imagine gliding round the city on wheels? Every Friday evening (10pm), the Barcelona Skaters Association (**www.patinarbcn.org**) organises official guided routes for groups on skates. Don't know how to skate? Don't worry, they also offer beginner's skating classes, free of charge. The perfect excuse to make friends, see the sights and do some sport.

VOLUNTEERING

Can you think of a better way to get to know people and the place where you're living? Voluntaris.cat (**voluntaris.cat**) is the portal where you'll find all the news and resources on social volunteering. There you'll discover all the voluntary work opportunities available with various organisations throughout Catalonia, based on your preferences, availability and motivations.

CHOIRS

If you like singing, then you're in luck! There are all kinds of choirs: university, non-university, professional, amateur and more. A perfect place to enjoy your hobby and get to know people who share your love of singing. The Barcelona Municipal Conservatory (**ajuntament.barcelona.cat/conservatori**) has a choir that is open to everyone, the *Canta Conservatori*. If you're more into Gospel, there are a number of different choirs. One of the best known is the Coral Gospel Barcelona (**www.coralgospelbarcelona.com**).

LANGUAGES

In Catalonia, we are lucky to have two official languages, Catalan, which is the native language of the region, and Spanish. Would you like to learn Catalan and expand your circle of friends? You have numerous options available to you: the Consortium for Language Normalisation (**www.cpnl.cat**) offers courses at all levels and has the Language Volunteer programme with people who habitually speak Catalan; you can also sign up to the virtual learning space Parla.cat (**www.parla.cat**), among other options. If you prefer to do a language exchange, you can use the study rooms at Barcelona Libraries (**ajuntament.barcelona.cat/biblioteques**) or take part in reading groups of works written in English, German, Italian or French.

Are you ready for Barcelona's ultimate student living experience?

Two locations. Explore which feels most like home at yugo.com

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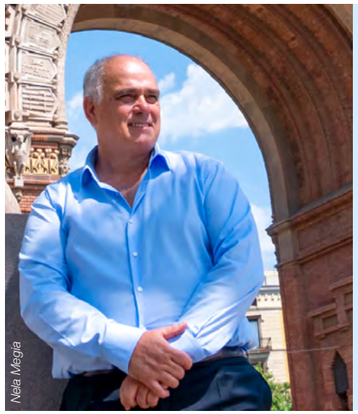
Living in the heart of Sants, next to the train station, with meals cooked for you every day. Perfect.
garbi@yugo.com
+34 93 145 40 82

Welcome to Aleu.
You'll enjoy being in the heart of the University of Barcelona's South Campus. Ideal.
aleu@yugo.com
+34 93 144 01 40

Science communication **empowers citizens**


Nela Megía

JORDI MAS is the director of the Catalan Foundation for Research and Innovation (FCRI), created 1986, aiming at promoting research and disseminating scientific knowledge among society, especially among children to awaken scientific vocations. FCRI organizes annually the Catalan Science Week (in November) and the Research National Awards.
www.fundaciorecerca.cat

Catalonia has not enough natural resources to sustain steady economic growth. We must rely on human capital, on the knowledge accumulated by talented people in order to develop into one of the most innovative and attractive territories in Europe. Land of creativity and innovation, Catalonia attracts a talented community of students and researchers in the pursuit of knowledge. Antoni Gaudí applied the most innovative building technologies of late 19th century to design and build Sagrada Familia. Today, the polish Maciej Lewenstein ICFO-ICREA, 32th Research National Award in 2021, develops quantum physics to build the supercomputer of the future. Nowadays, many scientists in Catalonia follow the path of 1906 Nobel Prize Santiago Ramon y Cajal who elaborated his neuron theory in Barcelona in 1888, or Jaume Ferran who developed the cholera vaccine back in 1885.

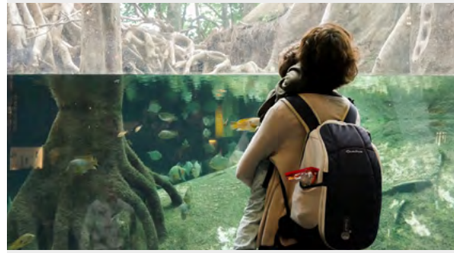
Science communication is the responsibility of researchers. Knowledge from science must be transmitted to society where its benefits belong. Catalan scientific community devote time and effort in explaining the citizens about the benefits of science. Scientific knowledge makes citizens empowered and more capable of making decisions based on facts. We must fight fake news and make evidence-based decisions. The final aim is having a more democratic society.

Our role at FCRI is to value the science assets of our territory making science an attractive issue in everyday life. Through our scientific routes we make available interesting spots in villages and the natural environment. Visiting the major landmarks of science history and our science museums one can get the understanding of many years of scientific research that make what the world is like now. Visiting the Observatori Fabra on the top of the Collserola hill in Barcelona, dated 1904, or the Alba Synchrotron in Cerdanyola del Vallès, one of the main research infrastructures in Europe, one gets the feeling that the quest of scientists for knowledge is one of the forces that make us human.

surtderecercapercatalunya.cat

Surtderecercapercatalunya.cat aims to make known to all the public the scientific dissemination activities carried out by research centres and universities in Catalonia, as well as museums, natural parks, foundations, various institutions, etc. In addition to the surtderecercapercatalunya.cat information portal, the various activities can also be consulted via the Twitter account **@surtderecerca** as well as on the **Surt de Recerca Facebook** page.

The main aim is at increasing social interest in science and technology, building a perception of scientific research as a key and successful model for progress economic development and the well-being of Catalonia. The webpage has a dual purpose: on the



one hand, to bring science closer to and accessible to everyone, especially to the family audience; and, on the other, to awaken future scientific vocations among young people. The Catalan Foundation for Research and Innovation wants to promote the knowledge of science as a leisure activity to highlight the research carried out in our country.

Our focus is families with children. Besides just visiting, some other activities help children engage actively on citizen science projects such as the one monitoring the distribution and behaviour of bats, butterflies, mosquitos, jellyfishes, etc. Together with our school programs to promote scientific vocations we are committed to make society progress through science communication.

ART

Barcelona is home to around fifty museums and infinite works of art which you'll find as you walk around the city. Are you ready to take in all this beauty? Here is your first taste.

Vicente Zambrano

Museu Nacional d'Art de Catalunya - MNAC

Is one of the best collections of Romanesque art in the world a good reason to visit the Catalan National Art Museum? Of course. But want to know the best bit? It's not the only reason. Others include the historic building, built in 1929 for the Barcelona International Exposition; the breathtaking views of the city; the activities organised there; and, above all, the temporary exhibitions and permanent collection, which include everything from the Romanesque period to modern art, as well as Renaissance and Baroque pieces.
www.museunacional.cat

Antonio Lajusticia

Museu Picasso

This museum, created upon request from Picasso, shines a light on the artist's connection to Barcelona, where he trained. Five spacious buildings on Carrer Montcada show some of his most iconic pieces. Among the many activities organised there, don't miss *Barcelona Dibuixa*, the drawing festival for all of the city's residents.
www.museupicasso.bcn.cat

Antonio Lajusticia

Joan Miró Foundation

On Montjuïc mountain, you will find the Joan Miró Foundation, designed by architect Josep Lluís Sert, Miró's close friend. It is one of the most outstanding examples of Rationalist architecture in Barcelona, and brings together art, architecture and landscape. You will find one of the most comprehensive collections in existence of the artist's paintings, sketches, sculptures and works on paper.
www.fmirobcn.org

Adri Goula

Centre de Cultura Contemporània de Barcelona - CCCB

The El Raval neighbourhood has been home to this multidisciplinary cultural centre for almost 30 years. As well as its temporary exhibitions, it hosts festivals, concerts, literary gatherings, debates, programmes of talks, workshops and film screenings. The building, which used to house the Casa de la Caritat, is a real architectural gem. Don't miss the views from the viewpoint or the chance to see the sea reflected on the building from the central courtyard, the Pati de les Dones.
www.cccb.org

Vicente Zambrano

CosmoCaixa

This is one of Europe's most pioneering museums. A Modernista building with over 30,000m² of floor space dedicated to scientific dissemination, with a host of interactive, entertaining, educational, fun proposals. As well as its temporary exhibitions, CosmoCaixa organises activities and offers a recreation of an Amazon rainforest and an impressive digital planetarium.
cosmocaixa.org

Barcelonaresidential.com

Museu d'Art Contemporani de Barcelona - MACBA

The Barcelona Museum of Contemporary Art was set up in El Raval over 25 years ago now. The building, designed by architect Richard Meier, transformed the neighbourhood. Even today, Plaça dels Àngels – where the museum is located – is still a meeting point for local people, tourists and skaters. If you are interested in art and contemporary culture, this is the museum for you.
www.macba.cat

Vicente Zambrano

Design Museum

This is the museum of object arts and design. Its collection contains more than 70,000 objects and it houses a documentation centre for consultation and specialist research. The museum also organises exhibitions, free guided tours around the permanent exhibitions, and activities for schools, families and the general public. The building itself, designed by MBM Architects, is nicknamed 'the Stapler'.
ajuntament.barcelona.cat/museudeldisseny/

Performing Arts

Óscar Romero

TNC

This imposing building, reminiscent of a Greek temple, was designed by the architect Ricardo Bofill. It was officially opened in 1997, and has since been contributing to the country's cultural growth through the performing arts. If you take out a subscription for the whole season you can obtain a 45% discount. Can you afford to miss this opportunity? **www.tnc.cat**

TEATRE LLIURE

This is one of the country's most important creation and exhibition centres. It has two venues, one in Montjuïc and the other in the Gràcia neighbourhood, where it was founded in 1976, which it reopened in 2010 after several years of remodelling work. **www.teatrelliure.com**

Marta del Moral

Tristan Perez-Martin

MERCAT DE LES FLORS

Known as the house of dance, this municipal theatre is located on Montjuïc mountain, in a building constructed for the International Exposition of 1929, and boasts an impeccable programme. Above all, not to be missed is the dome above the lobby, designed by the artist Miquel Barceló.
mercatflors.cat

TEATRE BIBLIOTECA DE CATALUNYA

The Teatre Biblioteca's gothic nave has been a performance venue since its conversion in 2006, for the La Perla 29 creation platform. A unique space where, besides performances of classic shows and works by new playwrights, shows are created for family audiences and the performing arts brought over to the world of education in La Perla petita. **www.laperla29.cat**

Silvia Poch

Web Flyhard

SALA FLYHARD

Here you will find the best small-format contemporary Catalan theatre. 2006 saw the creation of the Flyhard Produccions theatre producer and 2010 the opening of its theatre hall in the Sants neighbourhood for producing and programming its own productions. It's a safe bet, every year some of the season's big hits premiere here. **www.salaflyhard.com**

EL MOLINO

This café-theatre is a legend in its own right in Av. Paral·lel, the city's cultural artery bringing together theatres and concert halls. It's so named because of its similarity to the *Moulin Rouge* in Paris. Its stage has been graced by the best vedettes as well as music-hall songs and tangos. It is now a hybrid cultural facility that stays true to its notoriously "rabble" spirit. **elmolinobcn.com**

Vicente Zambrano

Ideal

IDEAL

Formerly the site of the Cine Ideal at the start of the 20th century, the location is now the Centre d'Arts Digitals de Barcelona, the first centre in southern Europe devoted to the production and exhibition of digital arts. Enjoy an immersive experience with audio-visual screenings, augmented reality, virtual reality and holography. **idealbarcelona.com**

FIRA TÀRREGA

Street arts have been the star attractions for over 40 years at the Fira de Teatre al Carrer de Tàrrega. It combines national and international theatre, movement and circus shows for the public while acting as a meeting point for performing arts professionals. **www.firatarrega.cat**

CIA Moveo

Manel Sales

CIRC CRIC

Montseny Natural Park has been home to the Circ Cric's regular creation headquarters since 1995, a rehearsal and production space where circus shows are also planned, circus activities are organised for schools and the International Clown Festival is held. **circcric.com**

CINEMA

CINEMAS

PHENOMENA EXPERIENCE

A traditional cinema with an enormous theatre and, to round it all off, the best cutting-edge technology. Some 450 seats are lined up in front of one of the biggest screens in the country, which shows the latest releases and classic films in their un-dubbed versions. All in all, you are in for an unforgettable experience as soon as you walk into the lobby and take in the unmistakeable cinema atmosphere.
phenomena-experience.com

CINES VERDI

A classic cinema offering un-dubbed films in the heart of the Gràcia neighbourhood. There is 'just' Verdi and then there is Verdi Park, on the other side of the street. In total, they offer nine screens showing the best independent film releases, as well as special programming like Culture Tuesdays, with documentaries on subjects such as painting; Essential Thursdays, where you can relive must-see films from every era; and Opera Mornings, during which you can get close to the most prestigious stages in the world from the comfort of your cinema seat.
www.cines-verdi.com

ZUMZEIG

A cooperative made up of more than 300 people is behind this non-profit cultural activism project. Zumzeig shows independent films in their un-dubbed versions, as well as other cultural, social and solidarity-oriented activities. Want to become a member? It only costs €50 per year and it includes a load of benefits.
www.zumzeigcine.coop

FILMOTECA DE CATALUNYA

It was 10 years ago now that Filmoteca opened its doors on Plaça Salvador Seguí, just off Rambla del Raval. It has two theatres with 1,400 screenings per year, two exhibition spaces and the Film Library of Catalonia. The Filmoteca puts on all sorts of seasons, both for the general public and to make the cinema more accessible for little ones and schools. www.filmoteca.cat

Laura Suárez

FESTIVALS

IN-EDIT

The In-Edit Music Documentary Film Festival was born almost 20 years ago in Barcelona, and has now spread to other parts of Spain (Madrid and Hondarribia) as well as various international locations. Music and documentaries make the perfect pair, as demonstrated by the 35,000 people who attend In-Edit in the Catalan capital, making it Barcelona's most popular film festival in terms of audience size.
es.in-edit.org

DOCS BARCELONA

The Barcelona International Documentary Film Festival has been around for a quarter of a century now. It specialises in the documentary genre and is made of both competitive and non-competitive international sections and master classes. DocsBarcelona is the perfect opportunity to discover masterpieces during in-person screenings at cinemas and online, through the Filmin platform. docsbarcelona.com

Hugo P...

FIRE!

To coincide with Pride month, the Barcelona LGBTI Film Festival has been taking place in June for more than 25 years now. This is the first festival of its kind in Spain and looks at affective and sexual diversity through a hand-picked selection of feature films, documentaries and short films. As well as the official selection, you can rediscover some of the best films from previous editions of the festival on Filmin. mostrafire.com

SALA MONTJUÏC

Sala Montjuïc is summer. It is an outdoor cinema with the best films of all time, live music and a picnic. The adventure begins when you head up to Montjuïc Castle and its gardens, in the Santa Eulàlia Moat, where you will find chairs and loungers you can rent and grass where you can lay out the blanket you have brought to sit on. You can bring your own dinner or buy it there at the outlets offering freshly made food. Don't forget a jacket, because it can get chilly at night!
www.salamontjuic.org

MUSIC

Are you a fan of classical music? Perhaps you're keener on electronic music? Small-scale festivals or mega events? If you like music, the type or the format doesn't matter, because in Barcelona, and even a little further, you are sure to find what you're looking for.

L'Auditori

L'AUDITORI

This is the latest music facility to open in the city. Officially opened in 1999, the building was designed by the architect Rafael Moneo. It is home to the Barcelona Symphony Orchestra and National Orchestra of Catalonia (OBC), the Barcelona Municipal Band and the Music Museum. It stages concerts by international orchestras, early and chamber music, newly created shows, festivals and family concerts. If you are young, take a look at the Tarifa Plana Jove: If you are under 35, you can see the entire programme for €85, and €50 if you are under 25. www.auditori.cat

cruillabarcelona.com

CRUÏLLA FESTIVAL

A festival that has everything; music, art and comedy, because Cruïlla makes the most of its two-day programme with stand-up routines from around forty comedians, artistic disciplines such as illustration, photography, dance, installations, street art and design, and above all lots of music. Every July, you have a date at the Fòrum Park with this festival, which is committed to the environment, implementing actions to make it more sustainable, such as minimising pollution on journeys, limiting crowd capacity and working with local suppliers and local produce.
www.cruillabarcelona.com

Vicente Zambrano

LICEU

The Gran Teatre del Liceu opened in La Rambla 175 years ago. It is the oldest theatre in the city, an authentic symbol of Barcelona, which conserved its original façade after the fire in 1994. On entering the lobby, you travel back in time, thanks to the neo-classical majesty surrounding you. Its programme includes concerts, theatre, recitals and, above all, opera. Are you under 35? If so, you can be a #Liceunder35 and buy tickets for €30, fifteen days before the opening night.
www.liceubarcelona.cat

festivalpedralbes.com

FESTIVAL JARDINS DE PEDRALBES

One of the city's most beautiful gardens is the venue for this summer festival, which attracts big names from the national and international music scene. The stage is also an exceptional enclave, in front of the Palau de Pedralbes façade. Make the most of the evening and get there before the concert starts. You can enjoy the gardens, listen to live music and sample the wide range of culinary delights on offer, having a bite to eat or a glass of something.
festivalpedralbes.com

Jorge Lor...

PALAU DE LA MÚSICA CATALANA

One of Barcelona's architectural treasures. The Modernista building was built at the start of the 20th century by Lluís Domènech i Montaner, as the venue for the Orfeó Català choir. Above all, you will be amazed by the concert hall, the only one to be declared a World Heritage site by UNESCO (1987). If you can, go on one of the guided tours they organise. It's well worth a visit. In regard to their programme, you could never see it all. Symphonic and choral music with their own programme, as well as series and festivals such as Guitar BCN, the Jazz Festival and the Barcelona Flamenco Festival.
www.palaumusica.cat

Pol Cul...

VIDA FESTIVAL

In 2014, Vida put Vilanova i la Geltrú on the map of unmissable music experiences with charm. Heir to the former Faraday Festival, it is a clear advocate of cultural decentralisation, showing that there is life beyond the big capital city. In a natural setting and without big crowds, national and international talent, established and emerging artists, can all be found at the Masia d'en Cabanyes. In addition to the main stage, there are also others, fairytale settings immersed in nature, full of experiences and an ideal place for younger children.
www.es.vidafestival.com

Party time

Barcelona nights are as lively as ever. Whether you want to have a chill drink or dance till dawn, the city has whatever kind of night out you're looking for. Are you ready?

SANT ANDREU

• VERSALLES

This modernist building, called Casa Vidal, has been a venue not to be missed since 1915. They have everything you need for the best get-together with friends or family: *gildes* (traditional skewers with pickles, olives, and other items), tapas, small dishes, and an excellent vermouth. They also offer traditional dishes, sandwiches, a daily menu and a weekend menu. In the basement you'll find Sala Versalles, a multi-use space that's a great place for all kinds of events. It hosts live music and other activities linked to the neighbourhood's pop culture. **C. Gran de Sant Andreu, 255.** elversalles.com

GRÀCIA

• HELIOGÀBAL

This tiny bar is perfect for enjoying a show mere inches away from the stage. They've been hosting music acts, poetry readings, and other forms of artistic expression for over 25 years. Known as the "temple of Gràcia", the quality of everything you'll see, feel, and drink there is guaranteed. The shows cost between €6 and €12. Who could want for more? **C. Ramón y Cajal, 80.** www.heliogabal.com

SARRIÀ-SANT GERVASI

• LUZ DE GAS

Located above Avinguda Diagonal (which separates the well-to-do Upper Diagonal neighbourhoods like Sarrià-Sant Gervasi from the lower areas), its regular clients are people over 40 looking to have a good time. It's a concert hall and night club, decorated like a classic theatre in the Rococo style. **C. Muntaner, 246.** luzdegas.com

EIXAMPLE

• ARENA

In the Esquerra de l'Eixample neighbourhood, between the streets Balmes, Gran Via de les Corts Catalanes, Urgell, and Aragó, is the so-called "Gaixample", the area with the most venues frequented by the LGTBIQ+ community. You can just explore the area and let yourself be carried away by the fun. Some of the most emblematic bars and night clubs belong to Grup Arena, which has five venues. grupoarena.com

POBLE SEC

• SALA APOLO

This is one of the oldest dance clubs in all of Europe. It has three separate halls on the bustling Avinguda Paral·lel which host club sessions, concerts, shows, and other musical events like Primavera a la Ciutat, Guitar BCN, and the Black Music

Festival. It's a night club with tons of personality. You'll surely never forget its red balconies flanking the main floor and its hanging lamps. If you want to grab a bite to eat before Apolo, Carrer Blai, a pedestrian street full of bars and restaurants, is just a stone's throw away. **C. Nou de la Rambla, 113.** www.sala-apolo.com

RAVAL

• BAR MARSELLA

A classic. Two centuries of history in the heart of the Raval neighbourhood. Celebrities like Hemingway, Dalí, Picasso, and Gaudí have all paid a visit to this venue, just like all the countless anonymous individuals who didn't want to miss out on this piece of history. It still boasts the original decor and structure. Marsella is synonymous with absinthe, an outrageously alcoholic drink that they still serve here. **C. Sant Pau, 65.**

• CASSETTE BAR

Long and narrow and with ingenious decorations, this is one of the city's best bars and not to be missed. Perfectly pulled beers, incredible cocktails, and delicious homemade tapas. What's more, they throw in a free tapa dish with every drink! The friendly service you'll get from owners Fabio and Laura will make you feel right at home. **C. de l'Est, 11.** www.facebook.com/cassettebar.barcelona

• MOOG BARCELONA

Do you like to dance? Electronic music and synth beats? This is the place for you. Open every day of the week since 1996! Great names in electronic music have played their sets here, like Jeff Mills, Laurent Garnier, DJ. Hell, Richie Hawtin, and James Holden. If you venture upstairs to the Villarrosa dance hall, you'll find pop, electropop, 70s, 80s, and 90s rock, and dance music... **C. Arc del Teatre, 3.** moogbarcelona.com

CIUTAT VELLA

• SIDECAR

It may be a small club, but it has hosted some big names in music. Located on one of the most charming squares in the city, since 1982. It's an outstanding venue, somewhere you're sure to find the best concerts and DJ sessions. Opens Thursday to Sunday from 5pm. **Pl. Reial, 7.** sidecar.es

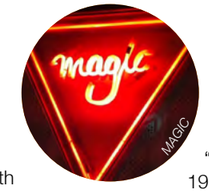
LA RIBERA

• EL BAR DE L'ANTIC TEATRE

You could almost move in here: you can start with breakfast, then have a sandwich for lunch, have something to drink in the evening, and then stretch out your stay with a soft drink, beer, or cocktail until midnight, almost every day. You will fall in love with its terrace! Not only that, but with every drink you have, you'll contribute to keeping a cultural project afloat, because the Bar de l'Antic Teatre is the main source of financing for this social and cultural centre. **C. Verdaguer i Callís, 12.** www.anticteatre.com

• MÍRAMELINDO

Among the countless venues on Passeig del Born, this is one of the biggest and most emblematic bars. Welcoming from the very moment you open that wooden door, it is undeniable that its colonial style, cocktails, and the music in the background invite you to stay and relax awhile, which is probably why it's not always easy to find a place there. **Pg. del Born, 15.** www.barmiramelindobcn.com



• EL MAGIC CLUB

"Rocking out since 1972" is their motto. They assure patrons that here you'll find something you won't find anywhere else. A stone's throw from Parc de la Ciutadella, it's the oldest rock n' roll club in Barcelona. Good rock and pop music, with live music, too. If you have a band and you want to play here, just send them an email with your proposal. **Pg. de Picasso, 40.** magic-club.net

POBLENOU

• L'OVELLA NEGRA

The Ovella Negra has more than one venue (there's another next to La Rambla), but this one is gigantic! It's a mega-tavern that still has the rustic decorations it originally had in 1965. It's a mythical venue with space for giant screens, table football, and, of course, lots and lots of beer. **C. Zamora, 78.** www.ovellanegramarina.com

• SALA RAZZMATAZZ

A benchmark in culture and entertainment. It was the first club in Spain that scheduled events seven days a week in five different rooms, each with their own personality: Fuego, La 1, Human, El Dirty, and Mandanga. You can't go wrong with Razz! They host the best local and international pop, rock, and electronic artists. Besides the permanent clubs, it also holds festivals and shows on a regular basis. **C. Almogàvers, 122.** www.salarazzmatazz.com

• SIDONIE. El Peor Bar del Mundo

Previously known as Pepe's Bar, its new name, meaning "the worst bar in the world", is a nod to the eighth album (*El peor grupo del mundo*) by Sidonie, one of the most well-established indie rock groups in the country. It's perfect for having a cold beer and a sandwich before going to Razz. A meeting place for artists and fans, epicentre of musical events. **C. Pamplona, 91.** www.instagram.com/elpeorbardelmundo

The best Gastronomy

As the writer Josep Pla said, “cooking is the landscape placed in a casserole dish”. That might be why our dishes include produce from the sea, the mountains and the vegetable garden. Our dishes give us away: we’re Mediterranean. We enjoy eating and sitting at the table, proud of our culinary wealth. Sound good to you? You’ll be licking your fingers!

MOST TYPICAL FARE

PA AMB TOMÀQUET
As simple as slicing a tomato in half, horizontally, and rubbing it on bread. Then it’s a pinch of salt and a drizzle of virgin olive oil. Remember to use the right variety, *tomàquets de penjar*, as they have more pulp.

ESQUEIXADA
A cold salad dish where cod takes centre stage. The dish uses uncooked cod, desalinated and broken into slithers, tomato, spring onions and black olives, dressed with virgin olive oil, salt and vinegar.

ESCALIVADA
Peppers, aubergines and onions roasted in the oven, or even better, in the embers of a wood fire. Once roasted, the outer skin is peeled off and the vegetables cut into strips. After that, dress them with oil and they’re ready.

BOTIFARRA
Not suitable for vegetarians. This fresh sausage is made with pig intestines stuffed with a mixture of different pork meats, although nowadays you can find all sorts of variations. The most classic combination is for this sausage to be accompanied by beans.

CANELONS
These are an essential part of Boxing Day and other important celebrations. Originally there were made using the meat left over from Christmas. The meat is rolled up in thin pasta dough, covered with bechamel and cooked in the oven.

TRINXAT
This is ideal when the weather is very cold. Originally the dish was a way of using up leftovers. Typical in the Cerdanya area and heavy on calories, *trinxat* is made with cabbage, potatoes, pork belly, garlic, olive oil and salt. And afterwards? An after-lunch nap.

FOR PICKING AND CHOOSING RECENTLY OPENED

JOK
This is one of the latest establishments to open in the Catalan capital. With its ethos of eating well and having a good time, this space aims to offer a new restaurant concept. Quality Catalan cuisine, with seasonal local produce, plus a cocktail menu featuring classic and modern creations made using their own spirits. All this, combined perfectly with live music, book presentations, talks, stand-up comedy and even live podcasts. At lunchtimes there’s a daily menu with two courses, dessert, water and coffee for €36. **C. Mallorca, 275.**
www.jokbarcelona.com

CUINA SANT PAU
July saw the re-opening of Sant Pau, Carme Ruscalleda’s restaurant in Sant Pol de Mar, a charming little Mediterranean town 40 kilometres away from Barcelona. Now her son, chef Raül Balam Ruscalleda, and his business partner, chef Mauro Alves Rodrigues, have turned the restaurant into the Cuina Sant Pau, serving traditional market-sourced cuisine. A new project, occasionally recreating dishes from the former Sant Pau, and a place we are sure to hear more about.
C. Nou, 10, Sant Pol de Mar. www.cuina-santpau.cat

UNFORGETTABLE EXPERIENCES

Francesc Guillamet

EL CELLER DE CAN ROCA
The Roca brothers are an authentic institution, with Joan in charge of the kitchen, Josep in charge of the restaurant and Jordi in charge of sweets and desserts. They are regarded as among the Best of the Best, the recognition given by The World’s 50 Best Restaurants to those that have topped the list of the world’s top restaurants. At midnight on the first day of each month they open up a new period for table reservations. They have also had the restaurant Normal (restaurantnormal.com) in Girona since 2021, and the Casa Cacao (casacacaogirona.com) where chocolate takes centre stage. **Can Sunyer, 48, Girona.** cellercanroca.com

DISFRUTAR
They say that creative excitement is at the heart of their gastronomy. Pure excitement! Mateu Casañas, Oriol Castro and Eduard Xatruch have been gifting us with avant-garde cuisine since 2014, with bags of personality, playing with shapes, textures and flavours. They offer two tasting menus: the classic, with iconic house dishes, and the festival menu, with the latest seasonal creations. Their genius has been recognised with two Michelin stars. **C. Villarroel, 163.** www.disfrutarbarcelona.com

FOR ALL BUDGETS

BAR GELIDA
This is one of those establishments that has always been there, a reliable place for a hearty breakfast with a traditional *porró* to drink wine from. Located in the neighbourhood of Nova Esquerra de l’Eixample, this establishment opened over 75 years ago and is always there with typical dishes such as a hoof and head casserole, veal, oven-cooked cheeks, meatballs, beef stew, cod and more... The only thing we could ever find fault with is that it gets noisy when it is packed with people. **C. Diputació, 133.**

BODEGA MONTFERRY
They have been in the Sants neighbourhood since 2013 and this summer they have opened a new establishment. Looking at their Instagram account, where they post the sandwich of the day, is sure to make your mouth water! You’d want to eat them all! They make casseroles and omelettes but, above all, they are the sandwich kings, serving up some unimaginable combinations that fit to perfection. **Passatge Serra i Arola, 13.** www.instagram.com/bodegamontferry

MORRO FI
They started out as a blog, writing about the best bars and restaurants in Barcelona to enjoy vermouth and a light bite. One thing led to another and after nearly three years of simply being customers, they took to the other side of the bar and opened the vermouth bar Morro Fi, the first of four establishments they now run. With their own vermouth, which you can also buy online, packaged products, sandwiches, hot and cold dishes. **C. Consell de Cent, 171.** morrofi.cat

Paradiso

XIN XIN PARADISO
Ranking as the third best bar in the world according to The World’s 50 Best Bars (2021), this cocktail bar in the neighbourhood of El Born will surprise you... if you can find the way in. The bar is behind what appears to be a fridge door and a small pastrami shop. This hints at their way of doing things. It’s not particularly pricey either, with the cheapest cocktail at €9 and the most expensive at €15.
C. Rere Palau, 4.
paradiso.cat

For those with a **SWEET TOOTH**

SWEET TRADITIONS

CREMA

Originally this custard-like cream was typically eaten around the time of the feast of Saint Joseph, in March, the time of year when hens laid more eggs. This is why it is also known as 'crema de Sant Josep'. It is now a typical dessert, eaten at any time of the year. What makes the difference is the caramelised sugar crust on the top.

BUNYOLS

It is common for religious traditions to be accompanied by typical foods. When you start to see *bunyols* in bakeries and patisseries you know that lent and Easter are just around the corner. These sweet fried dough bites are covered in sugar. They take different forms, with *bunyols de vent* practically hollow inside, while *bunyols de l'Empordà* have a hole in the middle.

LA MONA

On Easter Monday, a public holiday in Catalonia, the tradition is for godparents to give their godchildren a cake as a gift, known as *La Mona.* In captivating cake shop window displays you will find a range of cakes, from the traditional circular cake with hard-boiled eggs in the middle to incredible creations made from chocolate.

PANELLETS

Along with chestnuts and sweet potatoes, these sweet bites are typical in the autumn, particularly around the festival of All Saints. *Panellets* are small in size, often round in shape. The most traditional ones are made with pine nuts, but there are others for all sorts of tastes.

TORTELL DE REIS

Did you get the broad bean or the king? These two surprises are hidden inside this cake, and depending on which one your slice contains you will either be crowned king or queen or have to pay for next year's cake. This circular cake can have candied fruit on top or be filled with marzipan, cream or truffle.

XUIXO

These can be found everywhere now, but the first ones appeared in Girona in the 1920s. This thin dough pastry is filled with vanilla cream, fried and covered in sugar. The last edition of the competition to find the world's best, *El Millor Xuixo del Món*, was won by the Pastisseria Juhé in the town of l'Escala. Order yours in advance if you want to taste them, as they sell out fast!

PETS DE MONJA

While we Catalans have quite a scatological take on things, the original name for these typical biscuits was given to them by an Italian pastry chef living in the city in the 19th century. He called them *petto di monaca* (nun's breasts), as they resemble the shape of a breast. Over time, and to reduce the sexual connotation, they came to be known as *pet de monja* (nun's farts).

CARQUINYOLIS

These sweet dry biscuits often include almonds or other nuts and are common around the Mediterranean. They may remind you of the *cantuccini* in Tuscany. *Carquinyolis* from the towns of Vic, Cardedeu, Caldes de Montbui and Espluga de Francolí all enjoy a certain fame.

HOFMANN

Signature cake shop, located in the neighbourhood of El Born since 2008 and offering a wide selection of sweet foods. This business was recognised as the best patisserie in Catalonia by the Barcelona and Girona Pastry Chefs Guild.
hofmann-bcn.com

ROCAMBOLESC

Rocambolesc opened their first ice-cream parlour in Girona in 2012. They now have others in Barcelona, Madrid and Houston (USA). Ice-creams, tubs, ice lollies with incredible shapes and even bread rolls filled with ice-cream. Go inside, it's an adventure! rocambolesc.com

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