

BARCELONA

PRESENTED BY THE PEER MENTORSHIP PROGRAM

TABLE OF CONTENTS

INTRODUCTION

TO THE CITY, CLIMATE AND UNIVERSITY

PREPARING FOR SPAIN

VISA, PACKING

ARRIVING TO BARCELONA

TRANSPORT

FINDING

ACCOMODATION

DISTRICTS, PLATFORMS, TIPS

LIVING IN BARCELONA

COSTS OF LIVING, BANKS, HEALTHCARE, SPANISH, CULTURE, STUDY SPOTS, RESTAURANTS, PARTY



Barcelona is the second largest city in Spain with an estimated population of 1,600,000 inhabitants. It is the capital of the autonomous community and province of Catalonia. Being located on the northeastern coast of Spain, it lies on the side of the Mediterranean area. Its port is the ninth largest in Europe.

Next to its rich cultural offerings and exciting nightlife, Barcelona is perfectly located to spend time in the nature. There are many great hiking trails in the mountains surrounding the city, which can be easily reached. North of Barcelona you can explore many hidden gems along the Costa Brava. Next to beautiful beaches and amazing trails there are lots of lovely towns along the sea side which offer great insights into the local cuisine.

Barcelona has a rich cultural heritage and is today an important cultural centre and a major tourist destination. Particularly renowned are the architectural works of Antoni_Gaudí and Lluís Domènech i Montaner, which have been designated UNESCO World Heritage Sites.

There are two official languages at the Comunidad de Catalunya, Spanish and Catalan. Catalan is spoken by around 30% of locals, but can be encountered on a daily basis in the whole city. Beside a rich local culture, Barcelona has a great international influence with an increasing number of expats and Erasmus students.

Introduction

ABOUT THE CLIMATE



Barcelona enjoys a Mediterranean climate with on average 310 sunny days and just 55 days of rain each year. Barcelona has long and hot summers and mild winters. Compared to the rest of Spain such as Madrid, the sea breeze keeps the climate mild.



Generally, the summer season lasts from late May or early June to late September or early October. July and August are the warmest months, with average temperatures around 29°C during the day and 22–23°C at night. In June and September the average temperature is around 26°C during the day and 20°C at night. Daytime temperatures above 34°C are rare.



It barely rains in Barcelona, but when it does, be prepared! When the maximum of precipitation occurs in Autumn, coinciding with the time of the year when cold drop (gota fría) episodes of heavy rainfall—associated to cut-off low pressure systems at high altitude—the city faces risks of floodings. Buildings and infrastructure are poorly prepared for heavy rain.



December, January and February are the coldest months, with average temperatures around 17°C during the day and 8°C at night. These months also show the most rain. Humidity in winter together with a sea breeze however may let you experience the temperature colder than it is. This is no big concern, but as walls are usually built rather thin, keep in mind to either get an apartment with heating, buy a heater when being there or bring warm clothes!



As you'd expect from somewhere with this weather, there are plenty of popular beaches and outdoor spaces in Barcelona. The surrounding mountains offer amazing city escapes with stunning views and breathtaking nature.

ABOUT THE UNIVERSITY



The University of Barcelona (Catalan: Universitat de Barcelona), also known as UB was establisted in 1450 and is thereby one of the oldest surviving universities in Spain. It is regarded one of Spain's leading academic institutions and has over 65.000 students.

The faculty of Psychology at Camp Mundet, is located here:



Pg. de la Vall d'Hebron, 171, Horta-Guinardó, 08035 Barcelona, Spain

To reach the campus, you take the green metro line (L3) in the direction of Trinitat Nova. Exit at Mundet and leave the metro station to the right. From there you can walk up or take campus bus which departs frequently



PREPARING FOR SPAIN

How can I get a VISA as a non european?

Before Entering Spain

Acquiring a student VISA may seem like an overwhelming process but taking one step at a time makes it all very simple.

The application is usually submitted (in person) to the Spanish Embassy in your country. Please check your local requirements with the embassy. The requirement documents can include the following:

- Completed Application Form
- A Passport-size photo
- Valid Passport
- Proof of Acceptance (Letter of Acceptance
- from University)
- Proof of Financial Means (Scholarship letter,
- banking information etc.)
- Health Insurance
- Criminal Record Check Certificate
- Medical Certificate
- Proof of Residence (e.g. Contract from
- Landlord)
- Proof of Representative
- Payment of the VISA Fee

What do I need to bring?

Some of these documents must be translated to Spanish and be stamped with the "Hague Apostille".

The University will provide a Spanish version of acceptance letters, scholarship letter, and the insurance policy.

The Criminal Record Check Certificate and Medical Certificate needs to be translated into Spanish and stamped with the Hague Apostille.

The Proof of residence should also be in Spanish.

All detailed information

Official website of Ministerio De Asuntos, Exteriores, Union Europea Y Cooperacion

Link to Study VISA:

https://www.exteriores.gob.es/Consulados/losangeles/en/ServiciosConsulares/Paginas/Consular/Visado-de-estudios.aspx

FINAL NOTE

Be sure to consult the Spanish Embassy in your country regarding the information for process and required

Is an additional VISA for the mobility period in Italy or Portugal required?

Neither for Portugal (University of Coimbra), nor for Italy (University of Bologna) a Visa is required as your study period will be shorter than 6 months (5 months).

What do I need to bring?

Clothing

 Try to adapt to the climate and you should be good. If there is something you are missing once you arrive: Do not worry, Barcelona has many stores for you to stock up everything you may need.



Do not forget

- ID/ passport
- Original Bachelor certificate
- AON insurance card
- European Adaptar for plugs
- Specific medicine you rely on from home



ARRIVING TO Barcelona

How can I get from the airport to the city center?

The airport is roughly 15 km located outside of the city centre and is well connected by public transport. Once there, you can ask at the information point too. But here are some of our recommendations:

- Metro lines
- Bus
- Aerobús (leaves from terminal 1 & 2 and brings you directly to the city center)
- Taxi, which you can pay card or cash
- Taxi apps: Cabify, Free now, Uber

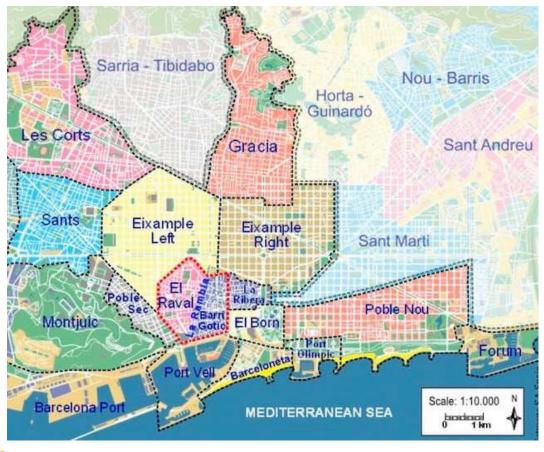


Our advice Check out Google Maps which usually works quite well for an overview of public transport options.



Renting a whole apartment, a room or a long term stay? In any ways using the internet is also in Barcelona one of the easiest ways to find a place to stay. We will walk you through the most common city districts for students, platforms and recommendations for the the search. The districts indicated with a red heart are the districts recommended by us as they are close to Univeristy, City Center and are at a good price range.

In which area should I live?





Gracia

Gracia is one of the favourite Barcelona neighbourhoods to live in for people of all walks of life. Due to its history as a separate town in the past, the neighbourhood still stands out for its balanced quality of life and communal feel. There are many little cafes, bars and good restaurants. Gracias is also the closest district to our campus.



Gracia is your perfect place, if you like vibrant districts, with lots of hidden gems to discover.



l'Eixample

The signature grid pattern of l'Eixample is meant to facilitate traffic, sunlight and ventilation, making it one of the most organised and spacious districts in Barcelona. Eixample offers some of the best places to eat and cute cafes. It is known for being efficient and well-connected. All you need can be found within a short walk.



In which area should I live?

Poblenou

El Poblenou is a vast district with hip cafes and tapas bars along Rambla de Poblenou boulevard, and converted factories housing tech offices and design showrooms. It is a up-and-coming neighbourhoods in the Sant Martí district close to the beach. Although further away from our campus, Poblenou is a cool local district, especially popular among young families and creatives.



El Poblenou is a great place to live, if you would like to live in a chill up and coming neighbourhood close to the beach



El Born

The trendy El Born area is characterized by narrow medieval streets offering boutiques and cafes by day, and cocktail bars at night. Its location is perfect to be close to the beach and to the nightlife. As with other neighbourhoods close to the beach, El Born is not very well connected and will take a longer commute to our campus.



El Born is your place to be if you would like to life close to the beach and be in the heart of the city and dont mind the longer commute

Barrio Gotico

The charming Gothic Quarter, or Barri Gòtic, has narrow medieval streets filled with trendy bars, clubs and Catalan restaurants. It lays in the heart of the city and is filled with restaurants and museums. As it is known for its cultural offerings, the Barrio Gotico is a famous destination for tourist, filling the street all year long.



The Gothic Quater is your place to be if you love living in the vibrant heart of the city and dont mind the rush of tourists



Which platforms can I use to search for an apartment?



Useful websites

[SPOTAHOME]

idealista





Facebook groups

Such as rent rooms for students Barcelona, Erasmus Barcelona and several more frequently post offers.

Be cautious with scams here!



University support

The organization assistant of the WOP-P Master has a handful of contacts of student housing options which will be send to you by email.

What is important to consider?

DONT's



DO's

... in the apartment search.

Do not just transfer money, but instead ask for all important information beforehand!

- Is the apartment fully furnished?
- What's included in the rental price?
- Is there a heater in the apartment? An AirCon?
- How much are additional expenses (e.g. electricity) expected
- to be? Is there an agency fee?
- How much is the deposit?

Do not only contact via messenger and english, but instead contact via whatsapp, call and in spanish!

Landlords usually do not check the incoming messages (e.g. idealista) regularly, and only a few speak english. Increase you chances by calling or texting directly and using google translate for communication.

Avoid Scam!

- Ask all important questions beforehand
- Ask for contact information from current tenants
- Do a videocall in the apartment

Be cautious with agencies!

A lot of apartments and rooms belong to agencies in Barcelona. Be aware, that agencies might imply higher costs: agency fees, higher rentals, disguising important information or not returning the full deposit.

COSTS OF LIVING

What are the expected costs of living?

Our experiences

In comparison to other Spanish cities, Barcelona is more expensive, but still it is cheaper than a lot of other European cities.

Your preferred lifestyle will heavily influence your costs of living.

Barcelona is a vibrant city, that offers a variety of entertainment, such as bars, restaurants, cafes, concerts and festivals. The degree to which you indulge in these activities will influence your monthly spendings. Generally, there are a lot of opportunities where you can enjoy the full Barcelona experience without having to break the bank. Especially avoiding touristic areas will significantly reduce the prices, when going out.

Most money can be saved by living in an affordable shared apartment and relying on your local supermarket. Especially supermarkets like Lidl and Aldi offer great prices.

How can I cut costs while in Barcelona?



Use student discounts! Especially in museums you can save some money with that. Always bring some current proof of enrollment (e.g. screeenshot) or get an Erasmus students card.



Live in cheap student areas

Living in a cheaper apartment or area can help you a lot to save money.



To cut food costs, it helps to prepare your own lunch and avoid eating out

You will even find some microwaves to warm up your lunch.



Download the app >> To good to go!<< on your phone and find bakery's or restaurants nearby selling what they could not sell during the day for little money.



Buy secondhand!

.You can find many thrift stores around the city. Also the app >> Vinted << sells second hand items.

BANKS (examples)

Revolut

If you're considering opening a European bank account, we recommend Revolut. It's a user-friendly online bank that's entirely free and easy to sign up for. With Revolut, you can transfer money for free to any bank account, including international ones, manage everything online, and withdraw cash from any bank. Additionally, for currency exchange, Revolut's fees are lower than in traditional banks, making it a compelling option if your primary currency isn't the euro. However, you can't deposit cash with Revolut, so you might find it more convenient to open an account with a traditional bank like Santander to facilitate cash deposits. While a traditional bank may involve a bit more paperwork and travel, it can be worth considering for certain banking needs.

To open a Revolut account, you'll need to provide following: Personal information Valid identity documents Tax number and residency

Revolut

https://www.revolut.com/en-ES/

Santander

Santander is one of the most popular banks in Spain. It's similar to Revolut but has physical branches, making it easier to deposit cash. You can use your account and card in European countries, but there might be fees for currency exchange and international transfers.

To open an account at Santander, you'll need the following documents:

Passport

Acceptance letter

Phone number

Accommodation rental contract

Address in Spain

https://www.bancosantander.es/en/particulares



FAQ WOPPIES - PAGE 12

HEALTHCARE

How can I reach a doctor?

In Spain the public health system works relatively well. There are multiple Primary Care Centers (CAPs): Visit a CAP (Centro de Atención Primaria), which is a local health center where you can see general practitioners and nurses. You need to register with CatSalut and obtain a health card (Tarjeta Sanitaria Individual, TSI) to access services. CAPs are located throughout the city, and you can find your nearest one on the CatSalut website.

Do I need to make an appointment beforehand?

You can make an appointment online through the CatSalut website or by calling the CAP directly. Appointments are usually available within a few days.



PUBLIC TRANSPORT

How can I get around in the city?

We highly recommend you to get a **T-Jove** metro card, which gives you unlimited rides in the metropolitan area of Barcelona. It costs 42.5€ per 90 days and is the best option for public transport. You can Buy it and load it on your mobile or card at **TMB Tickets,** the **TMB App**, or at some metro stations. https://www.tmb.cat/es/tarifas-metro-bus-barcelona/sencillos-e-integrados/t-jove

- Metro line
- Bus routes
- AMBici (a public bike rental system) you will need to buy a yearly subscription on the app
- Cabify/ Cooltra (are scooter apps that allows you to rent scooters in the streets if you have a driving license)
- Cabify/Uber/Freenow for taxis
- -> Google Maps is a reliable tool for orientation til you exchange it for an international driving license.





Map of Public Transport



CULTURE

What is the local food culture like?

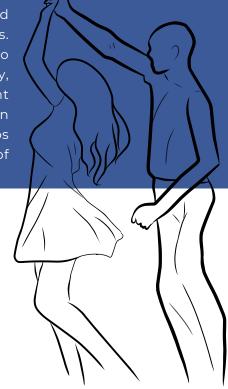
Barcelona's local food scene is a vibrant tapestry of flavors, reflecting its Catalan heritage and Mediterranean influences. Tapas, small savory dishes perfect for sharing, are a quintessential part of the dining experience, with favorites like patatas bravas, chorizo, and pimientos de padrón. Seafood is a highlight, thanks to the city's coastal location, featuring dishes such as suquet de peix, a traditional fish stew, and grilled octopus. Desserts are not to be missed, with treats like crema catalana, a rich custard dessert similar to crème brûlée, and churros dipped in thick hot chocolate. Next to the local cuisine, there are many amazing restaurants with authentic food from all around the world.

How can I keep up to date with cultural events?

ESN is one of the biggest student organizations meant for internationals. You can follow them on instagram at esn_ub. It is a great way to meet other international students as well.

Barcelona's culture and social life are a dynamic blend of historical richness and contemporary vibrancy. The city is renowned for its architectural masterpieces by Antoni Gaudí, including the iconic Sagrada Família and Park Güell, which draw visitors and locals alike into a world of whimsical design and artistic innovation. Festivals are a cornerstone of Barcelona's cultural life, with events like La Mercè, a city-wide celebration featuring parades, concerts, and fireworks, and Sant Jordi's Day, where books and roses are exchanged in a romantic tribute to the city's patron saint.

Barcelona's social scene is equally lively, with bustling plazas and narrow, winding streets filled with tapas bars, cafes, and music venues. The city's beaches, are popular social hubs where people gather to relax, play sports, and enjoy the Mediterranean sunshine. Additionally, the local emphasis on community and family is evident in the vibrant street life and frequent gatherings. Barcelona is a city where you can find everything that you are looking for, from amazing bars and clubs to great beaches and museums. And even if you prefer the calmness of nature, there are many amazing hiking tracks all around the city.



STUDY SPOTS

LIBRARIES (selection)

- CRAI Biblioteca del Campus de Mundet, Universitat de Barcelona UB
 - This is the library on our campus, which is also open on the weekend
- CRAI Biblioteca de Fons Antic
 - Beautiful library at Placa Universitat, but closed on the weekend
- Biblioteca Gabriel García Márquez
 - Public library that won a prize for its architecture
- Biblioteca de Catalunya
 - Old library in El Raval, closed on Sunday

OTHER SPOTS

- Laie Llibreria Cafe
- Cafe Federal
- Sandwichez
- SAGA Coffee Stories
- Hidden Coffee Roasters
- Itnig Café



RESTAURANTS

CUISINES

- Asian
 - Thai Zaap
 - Koki Kitchen Ramen
- Italian
 - Murivecchi
 - Don Kilo Italian Restaurant
- Spanish and Tapas
 - El Xampamyet
 - Bar del Pi
 - Bar Celta Polperia
 - Champanillo (super cheap tapas and drinks)
 - Bormuth
- Mexican
 - Mexcla
- Ecuadorian
 - El Manaba
 - El Nano Balmes
- Sandwiches
 - Entrepaneria Compa
 - Bo de B

OTHER

- Fat Veggies
 - Amazing vegetarian and vegan spot
- Honest Greens
 - Chain for healthy food
- Every pub on the street
 - Make it a mission to find the best Patatas Bravas









GOING OUT

BARS (selection)

- Bar Pietro
 - · Lovely small local bar in Gracia
- 33/45 Bar
 - Cool bar in Fl Raval
- Salts- Terrassa Bar Montjuic
 - Bar at Montjuic with a great view over the city
- L'Ovella Negra Marina
 - Good to Pre-Drink with a bigger group, the Erasmus spot
- Rubi
 - Cozy cocktail bar in El Born

CLUBS (selection)

- Razzmatazz
 - Big club with many different stages offering different kinds of music. Best on Wednesday night
- Apolo
 - Good club for techno events
- Downtown
 - Club with alternating events



We would recommend other clubs than the ones at the beach like Pacha or Opium, as they are super touristic can attract some sketchy crowds

Is there anything that is still missing from that FAQ booklet?

Or anything you would like to know additionally?

We are happy to hear from you. You can easily reach us via

WhatsApp

We hope you will have a wonderful start to your new life in Spain!

