

## Which university activities can I participate in?



### 1. Student representation and associations

Do you want to be an active member of University life? As a representative on the governing bodies, as a member of the Student Council or as a group or course delegate, your voice is important! You can also take part in University associations by starting or joining one! And remember, through the Participation Workshop courses, you will develop skills and abilities that will stay with you throughout your life.

<https://www.upf.edu/web/upfparticipacio>

### 2. Public speaking and debating activities

You can learn to speak in public and participate in the various debate leagues organized by UPF as well as develop your communication skills, quickly and effectively. Argue, debate..., and convince!

<https://www.upf.edu/web/upfparticipacio/lrigues-de-debat>

### 3. Cultural activities

You can join the Choir, the Chamber Orchestra, the Theatre Workshop or the Voice Workshop; you can participate in the Sant Jordi competitions; attend the Humanistic Dialogues; you can sign up for cultural promotion courses and workshops, enjoy the UPF Art Track circuit and discounts and benefits on cultural products.

<https://www.upf.edu/web/cultura>



### 4. Social commitment and volunteering activities

As a student of a university committed to social, cultural and environmental development, you can participate in all the activities related to the areas provided for in the UPF Social Commitment Programme: solidarity and cooperation, health promotion, disability inclusion, sustainability, and gender equality and diversity. In addition, we have a long list of volunteering projects for you to get involved in, both our own and in collaboration with external organizations. We also help students to get their proposals for solidarity up and running.

<https://www.upf.edu/web/responsabilitat-social>  
<https://www.upf.edu/web/upfsolidaria>

### 5. Sports activities

At UPF you can play sport and participate in (individual or team) interuniversity competitions in Catalonia, Spain and in Europe and in university leagues with your own team. You can attend the Sports Workshop conferences too. You can also receive sports training (directed activities), do sports promotion courses and workshops and get special prices at the entities and sports centres with which UPF has signed an agreement.

<https://www.upf.edu/web/esports>



## What services does the SACU offer?

### 1. Equality and diversity

The Equality and Diversity Unit is UPF's "Punt Lila" purple-rainbow stand. Contact them for an initial interview and, if necessary, to file a complaint or report an incident. We also provide support services for victims of sexist or LGBTI-phobic violence, and we organize a host of training and awareness activities around gender equality and diversity.

<https://www.upf.edu/web/igualtat>



### 2. Inclusion: students with special educational needs

If you require adaptations or adjustments in your studies due to a disability, an illness or a condition, the University, through its UPF Inclusió programme, offers you support and guidance. The programme fosters specific measures to ensure equal opportunities to students with special educational needs. You can request an interview with the service.

<https://www.upf.edu/web/upfinclusio/estudiants>

### 3. Psychological Counselling Service (SAP)

We offer a totally confidential, free-of-charge psychology counselling service with the aim of enhancing your adaptation to university life and help you keep personally stable so you can improve your academic performance. You can apply for a visit to the SAP online.

[https://www.upf.edu/web/upfinclusio/sap\\_estudiants](https://www.upf.edu/web/upfinclusio/sap_estudiants)

### 4. Bitàcola - Binnacle

Bitàcola is a coaching service for UPF students. If you find yourself in a situation of emotional or psychological distress caused by or related to your studies and you need support or guidance to achieve your academic goals, this free service can help you.

<https://www.upf.edu/web/upfinclusio/servei-bitacola-upf>

### 5. Mediation service

If you have a conflict of cohabitation, the mediation service will provide you with the assistance of an external professional who will act impartially and neutrally to foster communication between the parties and manage the conflict to reach possible solutions. This service is free and confidential.

<https://www.upf.edu/web/sacu/mediacioupf>

### 6. Tutoresport

If you are an elite athlete, the Tutoresport programme helps you to combine your academic and sporting activities and offers you the chance to have personalized tutoring.

<https://www.upf.edu/web/esports/esportistes-d-alt-nivell>

## 7. University residences

UPF has agreements signed with residencies that give special priority to UPF students.

<https://www.upf.edu/web/barcelona/allotjament>

## 8. Discounts and benefits

As a UPF student, you can enjoy a variety of exclusive discounts and benefits.

[UPF > Campus Global](#)

## Other services

### 1. Languages

Languages UPF offers courses in German, English, Arabic, Catalan, Spanish, French, Japanese, Italian, Russian and Chinese. In order to adapt to your needs, there are annual, termly, intensive, blended and official diploma preparation courses, which are taught on the different campuses and with schedules and a calendar that are compatible with those of the University.

<https://www.upf.edu/web/idiomesupf>

### 2. Career Services (SCP)

The SCP will help you make the leap into the professional world with activities such as professional orientation workshops and cross-disciplinary skills development activities. In addition, you will also have free access to the personalized Career Guidance Service and Campus Treball, the University's employment and internships service.

<https://www.upf.edu/web/carreres-professionals>

## Who should I contact if I need more information?

If you need general information or help in the registration procedures for the activities, go to the **Student Information Desk (PIE)**. We have one on each campus.

If you need specialized information, guidance or advice, you can contact **University Sustainability, Attention and Commitment (SACU)**, from Monday to Friday, from 9.30 am to 2 pm and from Monday to Thursday, from 3.30 to 5.30 pm (Ciutadella campus).

You can send your queries via the web through the **User Support Centre (CAU)**.

<https://cau.upf.edu/sacu/>

## Find us on the social networks



@culturaUPF  
@esportsUPF  
@participacioUPF



@culturaUPF  
@esportsUPF  
@participacioUPF  
@UPFsolidaria  
@upfigualtat



@culturaUPF  
@esportsUPF  
@participacioUPF  
@UPFsolidaria  
@upfigualtat



upf.edu  
upf.edu/web/sacu  
Campus Global



## University Sustainability, Support and Commitment (SACU)



upf. Universitat  
Pompeu Fabra  
Barcelona