PARTICIPATE!

Universitat Pompeu Fabra Barcelona

Who should I ask FOR FURTHER INFORMATION?

If you need further general information or help in processing your registration for these activities, please address the **Student Information Desk (PIE).**

If you need specific information or guidance, you may address the **University Community Assistance (SACU).**

- *Monday to Thursday from 9.30 a.m. to 2.00 p.m. and from 4.00 p.m. to 5.30 p.m.*
- *Fridays from 9.30 a.m. to 2 p.m.*
- **Office 40.S19. Roger de Llúria building (Ciutadella campus).**

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

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

WHERE CAN I FIND MORE INFORMATION about these activities?

On the boards you will find on all UPF campuses

On **Campus Global**

On the **UPF Channel**

On the UPF web page **www.upf.edu**

On **Social Media**

On the Agenda UPF **www.upf.edu/agenda**

Which university activities

CAN I PARTICIPATE IN?

In order to exercise your right to integral training and active participation, UPF offers you the chance to take part in the following areas:

STUDENT REPRESENTATION

Contributing actively in university life will be important for you and without a doubt for the University. You can sit on the governing bodies; be a member of the Student Council, be elected group or year representative, and form student associations and stable groups or belong to them.

CULTURAL ACTIVITIES

As a student can be a member of the Choir, of the Chamber Orchestra, of the Theatre Work-shop and of the Voice Workshop; you can participate in the Sant Jordi contests; you can sign up for cultural promotion courses and workshops; you can visit UPF Art Track, and you can take advantage of discounts and benefits on cultural products.

ECTS credits

SPORTS ACTIVITIES

As a UPF student you can practice sports by participating in university leagues and interuniversity sports championships (teams or individual sports in the area of Catalunya or at state level). Moreover, you can attend the Sports Workshop talks. You can also receive sports training (directed activities), enroll on courses and workshops of sports promotion and enjoy special prices on the sporting bodies and sports centre that the University has an agreement with.

SOCIAL RESPONSABILITY ACTIVITIES

As a student at Pompeu Fabra University, a university committed to social, cultural and environmental development, you can participate in all those activities related to the areas included in the Social Responsibility Programme: volunteer work, solidarity and cooperation; health promotion; disability inclusion; sustainability, and gender equality. UPF promotes the activities related to social responsibility either directly or in cooperation with external organizations.

WHICH SERVICES MAKE MY STAY

at UPF easier?

As a upf student can also enjoy specialized services:

Inclusion

If you have a physical or sensory disability, UPF helps you integrate into university life. At UPF we are strongly committed to integration and we promote concrete measures in order to ensure equal opportunities for people with special needs by means of UPF's Inclusion Plan for the Disabled.

Top-level sportspeople

If you are a top-level sportsperson, UPF helps you combine your academic activity with your sports activity, offering the chance to receive personal tutorship.

Psychological counselling service

The purpose of this service is to promote students' adaptation to the university world, helping achieve personal stability and also academic performance. This is why we provide psycho-pedagogical and psychological guidance at individual appointments in order to identify concrete cases and situations requiring help, and hence avoid negative effects on studies. These services are provided in complete confidentiality and free of charge .

Languages

Languages UPF offers German, English, Arabic, Catalan, Spanish, French, Japanese, Italian, Russian, and Chinese courses.
To adapt to your needs there are year-long courses, quarterly ones, intensive, blended courses and courses to prepare you for official exams, taught at the different campuses with calendars and timetables that are compatible with UPF timetables.

Housing

UPF has signed agreements with residences that give special priority to students at UPF. We can also provide you with other accommodation options and further information.

Discounts and benefits

You are eligible for many and a wide variety of exclusive discounts and benefits for members of the university community.

Professional Career Service (SCP)

From the SCP we will help you to make the leap into the professional world with activities such as the career guidance and development of transversal skills workshops offered by the UPF Skills programme. In addition, you will also have free access to the personalized professional guidance service and to Campus Treball, the job and internship bank at the University.