

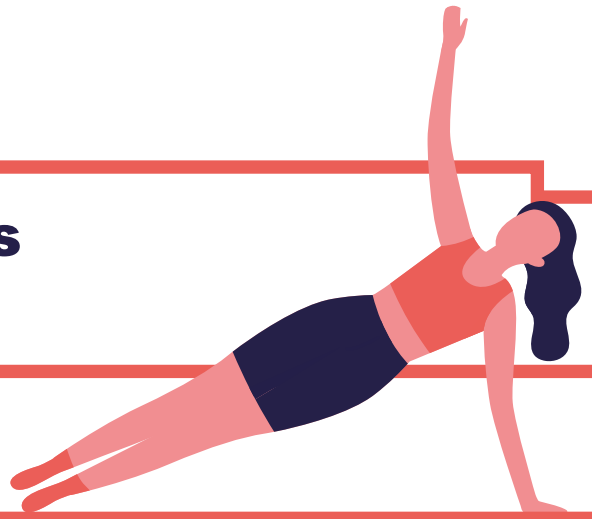


Participate!



Universitat
Pompeu Fabra
Barcelona

Which university activities can I participate in?



1. Student representation

Do you want to be actively involved in life at the University? As a student 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 constituting or belonging to a student association! And remember, through Aula de la Participació (participation classroom) courses, you will develop skills and abilities that will stay with you throughout your life.

upf.edu/web/upfparticipacio

2. Dialectic competition UPF

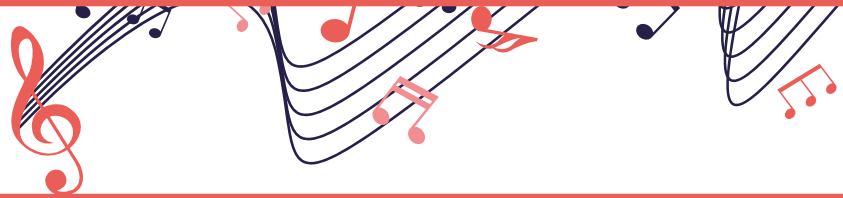
This dialectic competition will enable you to put your oratory and debating skills into practice and quickly and effectively develop your communication skills. Build your team, argue, discuss... and convince!

upf.edu/web/upfparticipacio/lliga-debat-upf

3. Cultural activities

As a student can be a member of the Choir, of the Chamber Orchestra, of the Theatre Workshop 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.

upf.edu/web/cultura



4. Volunteering and social commitment activities

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 solidarity proposals up and running. In addition, as a student of a university committed to social, cultural and environmental development, you can participate in all the activities related to the areas set out in the UPF Social Responsibility Programme: solidarity and cooperation, health promotion, disability inclusion, sustainability and gender equality.

upf.edu/web/upfsolidaria



5. Sports activities

At UPF you can play sport and participate in (individual or team) interuniversity competitions in Catalonia, in Spain and in Europe and in university leagues with your own team, and 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.

upf.edu/web/esports

Which services make my at UPF easier?



1. Inclusion

If you require adaptations or adjustments in your studies due to a disability, a disease or a disorder, the University's 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.

upf.edu/web/upfinclusio/estudiants

2. 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.

upf.edu/web/idiomesupf

3. 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.

upf.edu/web/barcelona/allotjament

4. Discounts and benefits

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

<https://www.colectivosvip.com/upf/>

5. 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.

upf.edu/web/carreres-professionals

6. Psychological counselling service

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 make an appointment online to visit the SAP.

upf.edu/web/upfinclusio/sap_estudiants

7. Top-level sportspeople

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

upf.edu/web/esports/esportistes-d-alt-nivell

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, guidance or advice, you may address the **University Community Assistance (SACU)**.

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

cau.upf.edu/sacu/

You can also contact **SACU** by calling **93 542 21 11**

Where can I find more information about these activities?



@culturaUPF

@esportsUPF

@participacioUPF



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upf.edu

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Campus Global