



MAKE YOUR MARK! **PARTICIPATE!**

Active participation by students at UPF



UNIVERSITAT
POMPEU FABRA



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 members of the Student Council; be elected group or year representative, and form student associations and stable groups or belong to them.

CULTURAL ACTIVITIES

Students can be members of the Choir, of the Chamber Orchestra, of the Theatre Workshop and of the Voice Workshop; you can participate in the Sant Jordi Competitions, the Open Opera Programme and the Band Competitions at UPF; sign up for cultural promotion courses and workshops, and take advantage of discounts and benefits on cultural products.

* You can earn ECTS credits by participating in most of the above university activities (and passing the corresponding assessment).

SPORTS ACTIVITIES

You can do sport at UPF participating in internal leagues (basketball, football sevens, indoor football and the mixed beach volleyball tournament); in interuniversity competitions (in teams and individually in the autonomous community and/or state-wide), the Sports Workshop. You can train for sport (directed activities, rowing courses...); do sports promotion courses and workshops (yoga, pilates...), and get special prices at sports associations and centres that have signed an agreement with UPF.

HUMANITARIAN AND VOLUNTARY ACTIVITIES

UPF Solidària is the platform that organizes and runs humanitarian and voluntary activities at UPF. You students can participate in humanitarian activities or as volunteers of the Voluntariate Classroom or In Full Faculties programmes organized at the University. You can also volunteer on programmes with external associations (in Barcelona, in Catalonia or in developing countries) through the projects agreed to by the University with local and/or international bodies.



WHICH SERVICES MAKE MY STAY AT UPF EASIER?



UPF STUDENTS CAN ALSO ENJOY SPECIALIZED SERVICES:

Inclusion: at UPF we are strongly committed to integration and we promote concrete measures in order to ensure equal opportunities for people with special needs, such as the implementation 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 tutoring.

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: the Language Training Programme (PEI) at UPF offers courses in German, English, Arabic, Catalan, Spanish, French, Japanese, Italian, Russian, and Chinese. 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 timetables that are compatible with UPF timetables. Furthermore, if you pass any of the PEI courses, you can apply for the inclusion of ECTS credits to your transcript.

Housing: UPF has two university residences and has signed agreements with other 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.

Career services: The Career Services Office (OIL) offers a broad range of services and activities that aim to strengthen the link between your time spent in academic training and professional life. Through the OIL you will be able to arrange practical stays in companies or institutions to apply the knowledge you are acquiring at UPF, or gain your first experience of work. And via the Employment Service you can consult the list of job offers that reach the University.

UPF Alumni: when you finish your studies, you can maintain your relationship with the University via the UPF Alumni Programme, the community of ex-students and friends of UPF. As members of the programme, you will be able to continue to use the Employment Service, participate at conferences and seminars, have access to continuing education and know what your fellow classmates are doing around the world, as well as enjoy a wide range of benefits and services.

UNIVERSITY STUDENT STATUTE

THE UNIVERSITY STUDENT STATUTE
(RD 1791/2010, OF 30 DECEMBER)
AMONG OTHERS MEANS
THE FOLLOWING TO STUDENTS:

- ▶ Exercising participation in student organizations in the design of the system of participation.
- ▶ Universal recognition of a set of rights and duties for students and the University.
- ▶ Consideration of students as active subjects, with a right to integral training and quality service.
- ▶ Equal opportunities for disabled students.

WHERE CAN I FIND FURTHER INFORMATION ABOUT THESE ACTIVITIES AND SERVICES?

THE OFFER OF ACTIVITIES AND SERVICES
CAN BE FOUND:

- ▶ on Campus Global
- ▶ on the university activities boards
- ▶ on the UPF website (www.upf.edu)
- ▶ on the Student participation website (www.upf.edu/participacio)
- ▶ on Canal UPF
- ▶ on Facebook and Twitter

WHO SHOULD I ASK FOR FURTHER INFORMATION?

- ▶ If you require further general information or help in processing your registration for these activities, please address the Student Information Desk (PIE).
- ▶ If you require specific information or guidance, you may address the University Community Assistance Service – Support to Special Programmes Unit (SACU-USPE), from Monday to Friday, from 9.30am to 2pm and 4pm to 6pm, in office 40.S19 in the Roger de Llúria building (Ciutadella Campus).
- ▶ You can also send your queries via the web through the User Support Centre (CAU) (<https://cau.upf.edu/sacu/>).