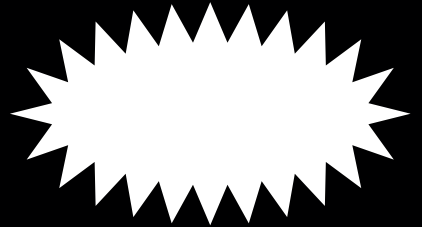


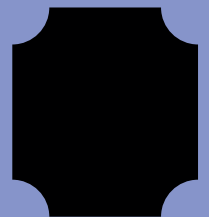
**LIVE**



Universitat  
Pompeu Fabra  
*Barcelona*



**UPF**



**BEYOND THE NOTE TAKING**

**Enjoy university life through the activities and actions organized by the University Sustainability, Assistance and Commitment Service (SACU). There's tonnes going on outside the classroom. Live the experiences offered by UPF!**

# CULTURE

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

## #Theatre Workshop

The Theatre Workshop is UPF's permanent theatre company. It is structured in two levels: the first, for novices, and the second, for further training. **At the end of the academic year it puts on a theatrical production open to the entire university community.**

Act with the Theatre Workshops and get 3 ECTS.

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## #Chamber Orchestra

The Chamber Orchestra promotes knowledge of music among its members. **It offers a programme of concerts throughout the academic year.**

Play with the Chamber Orchestra and get 3 ECTS.

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## #Choir

The aim of the UPF Choir is to promote knowledge of music among its members. **The Choir performs at the institutional events of the University** and participates in various choral singing circuits.

Sing with the Choir and get 3 ECTS.

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## #Sant Jordi

The Sant Jordi prizes include the following categories:

- Poster competition
- Literary competition
- Photography competition
- Audiovisual competition
- Music composition competition

Submit your work, **showcase your creativity, and win exciting prizes.**

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## #UPF Art Track

**A stimulating tour of the emblematic buildings of the Ciutadella campus**, where you can enjoy the creations that contemporary artists of international renown have donated to the University. Visits are free for members of the UPF university community. Book yours!

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## #UPF is going...

**Come and enjoy exhibitions, plays, concerts or other cultural activities** in exclusive groups and on guided tours for the UPF university community.

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# STUDENT PARTICIPATION

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

## #Associations

There is a huge diversity of UPF student associations and you are sure to find people with similar interests and tastes to yours: debating, sports, politics, parties and festivities, human towers, economics, law...

**Find the one you like best from the ones that already exist or create a new one!**

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## #Student Council (CEUPF)

**The Student Council is the highest representative body of UPF students** and is responsible for coordinating, upholding and promoting the interests of students before the University governing bodies and in the academic field. The CEUPF is made up of various bodies and spaces for participation that ensure its representative and transparent management. It is open to the entire Pompeu Fabra University student community. Being a member of the CEUPF allows you to include ECTS in your academic record.

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## #Delegates

The delegates are the representatives and spokespersons of a year or group of bachelor's degree students. The role of the delegates is to encourage and enhance participation in the year or group. **Submit your application, represent your class, and get 1 ECTS per academic year.**

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## #Debate league

You can train to learn to speak in public and in the various debate leagues organized by UPF or those promoted by student associations to develop your communication skills quickly, effectively and enjoyably. **Argue, debate..., and convince!**

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# SPORT

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

## #Sports teams

**Wear the colours of UPF in university sports competitions as a member of one of the UPF squads.** There are team sports and you can also represent the University individually. You can take part in the Catalan Championships, the Spanish Championships or the European Championships and **get up to 3 ECTS per academic year.**

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## #Tournaments

Build your team and participate in the sports **tournaments organized by UPF:**

- Beach volleyball tournament
- Paddle tournament
- Five-a-side football tournament
- 3x3 basketball tournament

**Take part and you can get 1 ECTS.**

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## #University leagues

Build your team and participate in the university leagues:

- Men's seven-a-side football
- Women's five-a-side football
- Women's basketball
- Men's basketball
- Mixed volleyball

Take part and you can get 1 ECTS.

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## #Sports Workshop

Pompeu Fabra University organizes a programme of theoretical sessions, the Sports Workshop, which aims to provide the University community with a **forum for debate on issues related to sport and physical activity**.

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## #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 receive personalized tutoring.

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## #Physical and healthy exercise

**Participate in the different activities** (yoga, boxing, self-defence, chess...) that UPF offers at **times compatible with classes** so that you can combine your studies with physical and healthy activity. Most of these activities entitle you to ECTS.

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# UPF SOLIDÀRIA

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

## #Volunteering

We offer volunteering in the following areas:

- Support and mentoring
- Students with special educational needs
- The elderly
- Soup kitchen
- Remedial classes
- International volunteering
- Occasional volunteering

We have agreements in place with various institutions and entities. **Choose the one you like most and add solidarity ECTS to your academic record.**

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## #Unimentor

The Unimentor project brings together first-year students in situations of vulnerability and students from their faculty from a more advanced year, who accompany them as mentors.

Are you a first-year student who would like to participate? Are you a second or third year student who would like to mentor a first year student? See all the information at: <https://www.upf.edu/web/upfsolidaria/unimentor>.

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## #Visions of an unequal world

The Visions of an Unequal World conferences, given by experts, allow you to delve deeper into an SDG and learn about realities that go beyond our society. Take part and you can get 1 ECTS.

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## #GlobalJusticeCourse

Sign up for the Global Justice Course and get 2 ECTS. On this course you **will find out what global justice is from a broad perspective**, and you will learn about social movements, migration and refuge; armed conflicts and world peace, and technology and development, among other topics.

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# SUSTAINABILITY

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

#UPFSostenible

Are you concerned about sustainability and the environment? Would you like to form an association or join one? Do you want to be active in solving the problems we face? Write to us at: [upfsostenible@upf.edu](mailto:upfsostenible@upf.edu) and we will advise you!

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# EQUALITY, DIVERSITY AND INCLUSION

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

#Equality and Diversity Unit

The Equality and Diversity Unit advises, coordinates and assesses the transversal incorporation of gender equality policies as well as the implementation of inclusion and anti-discrimination policies at the University.

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#Inclusió

Pompeu Fabra University, through its UPF Inclusió programme, **provides support and accompaniment to students with special educational needs** on grounds of health, disorder or disability. If you have any special educational needs and require adaptations, make an appointment with the Inclusion Unit.

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#Harassment

**The Equality and Diversity Unit is UPF's 'punt lila'** (purple-rainbow) stand. Contact us for an initial interview, to receive guidance and, if necessary, to file a complaint or report an incident. In addition, we offer support services for people in situations of sexist and LGBTI-phobic violence.

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## #Discrimination

If you have suffered or witnessed discrimination on the grounds of ethnicity, sexual orientation and gender identity or expression, disability, belief or religious expression or any other, please contact the Equality and Diversity Unit.

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## #Preferred name

Address the Equality and Diversity Unit if you wish to be recognized by your preferred name, corresponding to the gender with which you identify. **Your preferred name replaces your legal name within UPF for all internal procedures** as long as they do not have legal implications.

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# EMOTIONAL WELL-BEING

<https://www.upf.edu/web/upfsaludable/recursos-per-a-estudiants>

UPF offers you services and resources to tackle problems related to your emotional well-being and improve it. In April we organize Health Week with a programme full of activities to improve your physical and mental health.

## #SAP

**The Psychological Counselling Service (SAP) aims to encourage students' adaptation to the university world**, thus improving their academic performance and personal stability. The SAP's services are totally confidential and free of charge. It is located on the Ciutadella campus and has the following opening times:

- Mondays: from 9.30 am to 2 pm
  - Thursdays: from 3.15 pm to 7.45 pm
- 

Suicide prevention hotline: **900 92 55 55**  
It is open 24/7

## #Courses

- Course on mental health promotion for young university students

This online course aims **to enhance promotion and prevention regarding university students'** mental health, by developing protective factors and improving self-esteem, reducing mental health problems and through the early detection of possible dysfunctions. In addition, you can get 2 ECTS.

- On the Networks, Free and Safe! A micro-course that aims to raise awareness of the problem of digital sexist violence

It is a **micro-course to prevent and detect digital sexist violence**, with the aim of raising awareness concerning this problem, helping to identify it and informing of the strategies and tools to be able to respond practically to different types of digital sexist violence. It is open throughout the academic year, you do not need to register in advance, and it entitles you to ECTS.

- Feminist self-defence course: a course targeting women of the University community to break with stereotypes about women's weakness and vulnerability and facilitate their empowerment. In addition, you can get 1 ECTS.
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## OTHER SERVICES

### #Residencies

UPF has agreements signed with residencies that give special priority to UPF students. However, we can also provide you with other accommodation options and further information.

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### #Discounts and benefits

As a UPF student, you can enjoy a variety of exclusive discounts and benefits. You will find them on the UPF Advantages platform on Campus Global.

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

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

You can contact us by calling:

SACU: **93 542 21 11**

Equality and Diversity Unit: **93 542 28 55**

Inclusion Unit: **93 542 28 66**

**You will find us  
on social networks**

**@ViulaUPF  
@culturaUPF  
@esportsUPF  
@upfigualtat**



**@Viu la UPF!**

**[www.upf.edu/web/sacu](http://www.upf.edu/web/sacu)**