

UPC **Terrassa** Campus

Guide for international students and visiting professors



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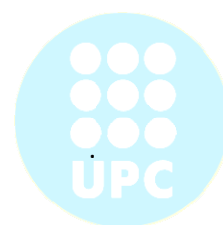
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Welcome to Terrassa!



Palace Tower

Located 29 km north–west from Barcelona, close to the picturesque beaches of Costa Brava, bordering on two Natural Parks on the north, Terrassa has a lot to offer to the newcomers.

What to see?

Although Terrassa has a tradition of an industrial city, its history goes back till medieval times. It is worth to discover what has remained from that period. Several medieval buildings are spread around in the city centre. One such example is **Palace Tower (Torre del Palau)** from the 12th

century. Another interesting complex of the oldest buildings consists of three churches: **Sant Pere, Sant Miquel** and **Santa Maria**, with their origins in 5th to 8th century. They are located close to the green area of Terrassa: **Parc de Vallparadís**. It is the best place for jogging, going for a walk or just relaxing in the sun. You can also find an educational path designed for children, but everyone can have a good fun exploring the 'scientific' attractions. On the other side of the park there is a **Castle (Castell Cartoixa de Terrassa)** with the Museum of Terrassa inside it. The second small and romantic park is **Parc de Sant Jordi**, where you can see a lot of parrots flying. Inside the park stands **Masia Freixa** – an Art Nouveau building with fairy-tale like architecture.



Masia Freixa



Relax time

The centre of the city is a nice pedestrian area with plenty of shops, where you can find anything you want. When you are tired after doing the shopping, you can rest and drink a delicious coffee in one of many cosy cafes.

Rich nightlife

Enjoy nightlife in Terrassa! There are a lot of places to go and meet new people. The most popular with students is Carrer de Rasa – a street with many pubs and bars.

City of music and entertainment

What's more, Terrassa has a rich cultural offer. People here are spontaneous and sociable. For this reason there are plenty of events happening all year long. A lot of festivals take place every year. One of the most popular is perhaps International Jazz Festival. Other important events include Sant Jordi Day on 23rd April and Fiestas in different parts of the city, the biggest of which is Fiesta Mayor in July. Each week you can enjoy live music in the city centre, in places like Nova Jazz Cava or Faktoria. Different musical styles can be experienced all year long. Every year, student parties with concerts, competitions and many other activities are organized, so you will surely never get bored.

Mixed cultures

People from over 100 countries and from all of Spain's autonomous regions live in Terrassa. People with different outlooks, customs and beliefs. People with varied cultures, varied ways of life. This diversity, with respect, solidarity and harmony, makes Terrassa an advanced city, and one that is open to the world, to new ways of thinking and to progress.



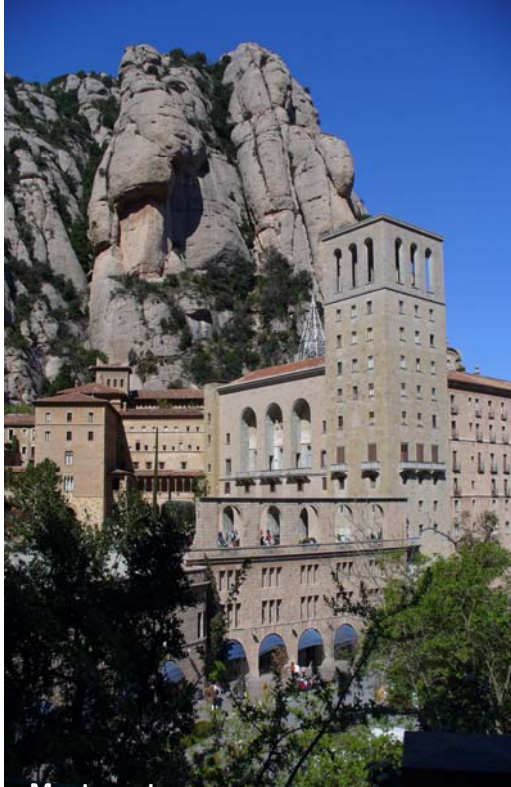


Second University Town in Catalonia

One of the most characteristic features of the city is probably its long academic tradition. Over 15 thousand students of various specializations make it a second university town in Catalonia, after Barcelona. Due to this fact, Terrassa has a special atmosphere of a student-friendly town

Communication facilities

Moreover, an excellent communication network provides easy access to anywhere in Catalonia. For example, from Barcelona you can access Terrassa via 3 different motorways, trains and an extensive network of local roads. These routes place the city 20 minutes from Barcelona, about 60 minutes from Girona and Tarragona and 1½ hour from France.



Surroundings

There are also several places worth visiting outside Terrassa, for example **Montserrat**, **Sabadell** or two natural parks: **Sant Llorenç i l'Obac Natural Park** and **El Montseny Natural Park**.

The Benedictine monastery located on **Montserrat** mountain plays an important role for the Catalans, both religious and national. It exists since 11th century and its founding is related to a miraculous figure of La Moreneta, Black Madonna of Montserrat. A lot of pilgrims visit this place each year. What makes it even more attractive, is the marvellous view from the top, which you can access

by either railway or cabin lift or simply via one of the picturesque hiking routes.

Sabadell is a city about 10 km away from Terrassa, best renowned for a tennis competition called "Open Sabadell Atlántico". It is worth to spend a while in the beautiful old city centre and take a walk on its main street - Ramblas.

Sant Llorenç i l'Obac and **El Montseny** are located in mountainous area in the vicinity of Terrassa. The natural diversity of these terrains as well as spectacular views that they offer make them a perfect destination for those who appreciate the beauty and the power of the nature.





Welcome to Barcelona!

A city that never sleeps

Romantic medieval streets, sunny beaches, exciting nightlife, friendly people, interesting museums, rich and varied culture and all this in one city! Welcome to Barcelona – a city considered to be one of the most beautiful places in Spain. It is a place you will surely never forget.

Las Ramblas

It's an absolute must for all Barcelona visitors. This main street of the city, with **Placa Catalunya** on the one end and a **monument of Christopher Columbus** and the entrance to the port on the other, buzzes with sounds during the days and at nights alike. There is quite a special atmosphere due to numerous stands where you can stop to buy flowers, birds or postcards. Once you get to Las Ramblas you should also pop in to bustling **Mercat de la Boqueria**. When you get there you won't be able to resist the temptation to buy some fresh fruit, vegetables, seafood or other Catalan specialities.



Barrio Gothic

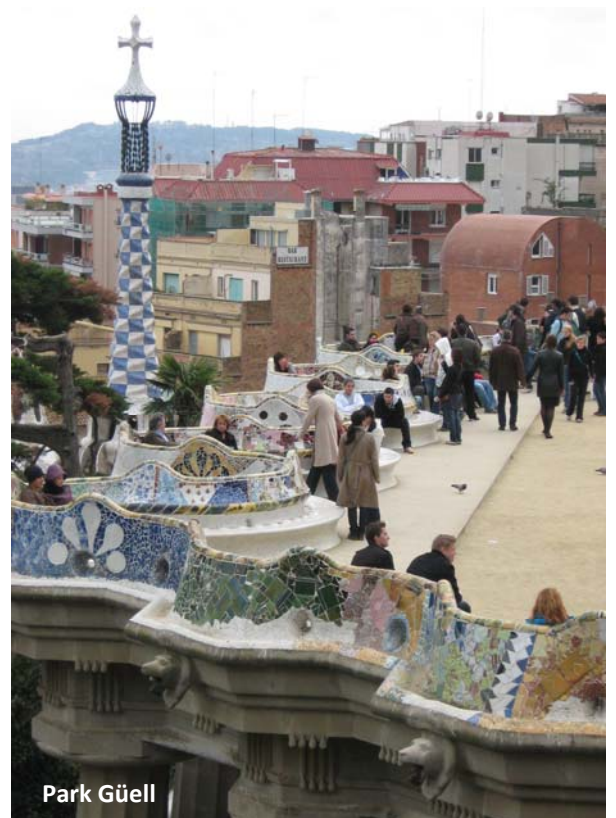
This medieval district is located on the one side of Las Ramblas. Get lost in the maze of gothic streets and feel the atmosphere of the place where this city has originated. You can still find some remains from the Roman times. Most important places in Barrio Gothic are: **Palau de la Generalitat**, the **Town Hall**, the **Cathedral**, **Palau Reial** and a church of **Santa María del Mar**.

City of Gaudi

Barcelona wouldn't be the same without an unusual style of Antonio Gaudi, a combination of Art Nouveau, gothic and Moorish style and a lot of inspirations from the nature. The buildings such as **Casa Batlló** or **Casa Milà** look almost as if they were alive. You should also visit a scenic **Park Güell** not to mention the spectacular temple of **Sagrada Família**.

Beaches

There are several wide sandy beaches in the southern-east part of the city. Along the coast stretches a promenade clustered with tempting restaurants where you can try varied seafood.



Fountains by Placa España

Take a metro from the city centre to **Placa España** to see a spectacular show of the “dancing fountains”. Colourful lights and cascades of water accompanied by impressive pieces of music create an unforgettable mirage. You can see it every Friday and Saturday in the evening.

Nightlife

When it comes to the nightlife, Barcelona is definitely a right place to choose. There are plenty of pubs, clubs, discos with all kinds of music, so you will surely find something for you. The best occasion to meet new people is every Thursday, when exchange students from Barcelona and its neighbourhoods meet in one of the pubs in Barrio Gothic and then go together to other places in the Barcelona.



Welcome to Catalonia!



This picturesque south-eastern region of Spain rich both naturally and culturally, is one of the most popular tourist destinations. Natural beauty of the surrounding goes hand in hand with a unique atmosphere of this part of Spain.

Catalonia is one of the 17 Spanish autonomous regions, which means it has its own government – Generalitat de Catalunya, public services (for example Police: Mossos d'Esquadra) and a different language, which is of great importance for the Catalans. Nowadays, it is a co-official language in this region and people are bilingual, they speak both Catalan and Spanish. However, in the history, it was not always that way. They were times, for instance during



Catalan flag

Gen. Franco dictatorship, that Catalan language was forbidden and there were repressions towards Catalan politicians and intellectuals. That is why today people in Catalonia are very proud of their history, language and tradition.

Traditions



One of the most interesting Catalan traditions is *Castells*. A *castell* is a human tower traditionally built during festivals in many places in Catalonia. At these festivals, several *colles castelleres* (teams) meet and try to build the most impressive towers they can. *Castellers* usually wear white trousers, a black sash, a bandana and a coloured shirt bearing the team's emblem. Performing *castellers* usually go barefoot so that they do not hurt each other as they climb and so that they have more sensitivity in their feet. A *castell* is considered a success when it is properly assembled and dismantled, that is, when everyone has climbed into place and then everyone comes down safely.

Other traditions include *sardana* – a traditional Catalan dance performed by a group of dancers in a circle, *correfocs* - spectacular processions with the fire and the fireworks or *havaneres* songs which are sea shanties.

What to see?

Girona - a perfect example of a Catalan city where ancient history blends in with modern architecture. You should try just to take a walk on the narrow streets of the Old Town with the red or ochre-coloured buildings and enjoy a unique atmosphere of this city.



The ancient city of **Tarragona**, located in the south of Catalonia, by Mediterranean Sea has many Roman remains which have survived throughout the centuries up to this day.

Barcelona – the capital of the region, a city with many faces, recognized mainly for the style of Antonio Gaudi and Gothic architecture in the centre is a city which teems with life 24 hours a day.

Costa Brava, a coastal region of north-eastern Catalonia is a well-known tourist destination with picturesque and wild beaches.



Cuisine

Catalan cuisine is a Mediterranean cuisine, so a lot of seafood is characteristic for it. Among typical Catalan dishes we can find:

- ***Esqueixada de Bacallà*** (salad of codfish) – a special salad made of codfish, tomato, onion, olives, pepper and hard egg;
- ***Paella*** – this rice dish which originated in the region of Valencia, is cooked in a wide but shallow pan known as paella. Many ingredients like vegetables, fish, seafood and meat added to the rice create a myriad of different recipes that vary according to the proportions of the ingredients;
- ***Jamón (Pernil)*** – a typical Spanish ham made of pork leg. You can see characteristic legs of this type of cured ham hanging in many *charcuterias* and bar/restaurants or shops all over the country;
- ***Crema Catalana*** - a dessert prepared with egg, milk, burned sugar, grated rind of lemon and corn flour.
- ***Pa amb Tomàquet*** – bread with olive and a tomato smashed into it.



Explore Spain with UPC in Terrassa

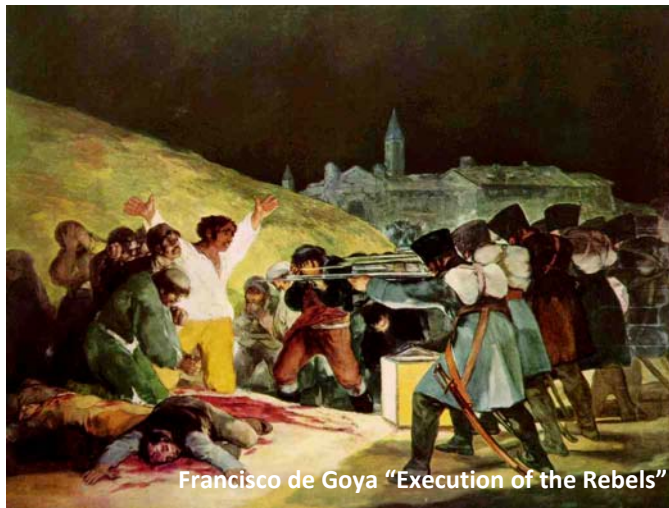


When you hear Spain, your first thoughts are probably: crowded beaches, Corrida or Flamenco dance. But Spain, which historically arose from several independent kingdoms, is much more - an impressive and a very diversified country in terms of languages, cultures, cuisines and artistic styles united within one nation.

Spain is situated on the Iberian Peninsula. It borders with Portugal from the East, with France from the west and with a small British territory, Gibraltar on the south.

The climate and landscape also vary from the snow-covered peaks of Pyrenees, through the green meadows of Galicia, orange groves of Valence to the desert of Almeria.





Francisco de Goya "Execution of the Rebels"

Cultural heritage ranges from prehistoric cave paintings, ruins of medieval castles, gothic cathedrals to Moorish influences. Spanish art is also renowned around the world for the painters like El Greco, Diego Velázquez, Francisco Goya or Salvador Dali.

Spaniards are very sociable, full of energy and know how to share their time both on work and enjoying the life. For this reason, Spain vibrates with life long into the night.

Spanish cuisine is heavily influenced by seafood. It consists of a wide range of dishes such as potato omelette (*tortilla*), rice dish (*paella*), various stews, ham (*jamón serrano*) or cheeses.

If you choose to study in Terrassa, you will have occasion to explore these or even more of Spain on your own.



Paella



La Mancha

UPC Barcelona Tech in Catalonia

Technical University of Catalonia (UPC) is a public university that has over 30 years of academic tradition in the fields related to architecture, engineering, merchant seamanship, economics, health sciences and applied mathematics. Since it was founded in March 1971, it has always been focused on new industrial technologies. High quality and comprehensive education that we offer our students could be crucial to your career.

Organisation of the Universit

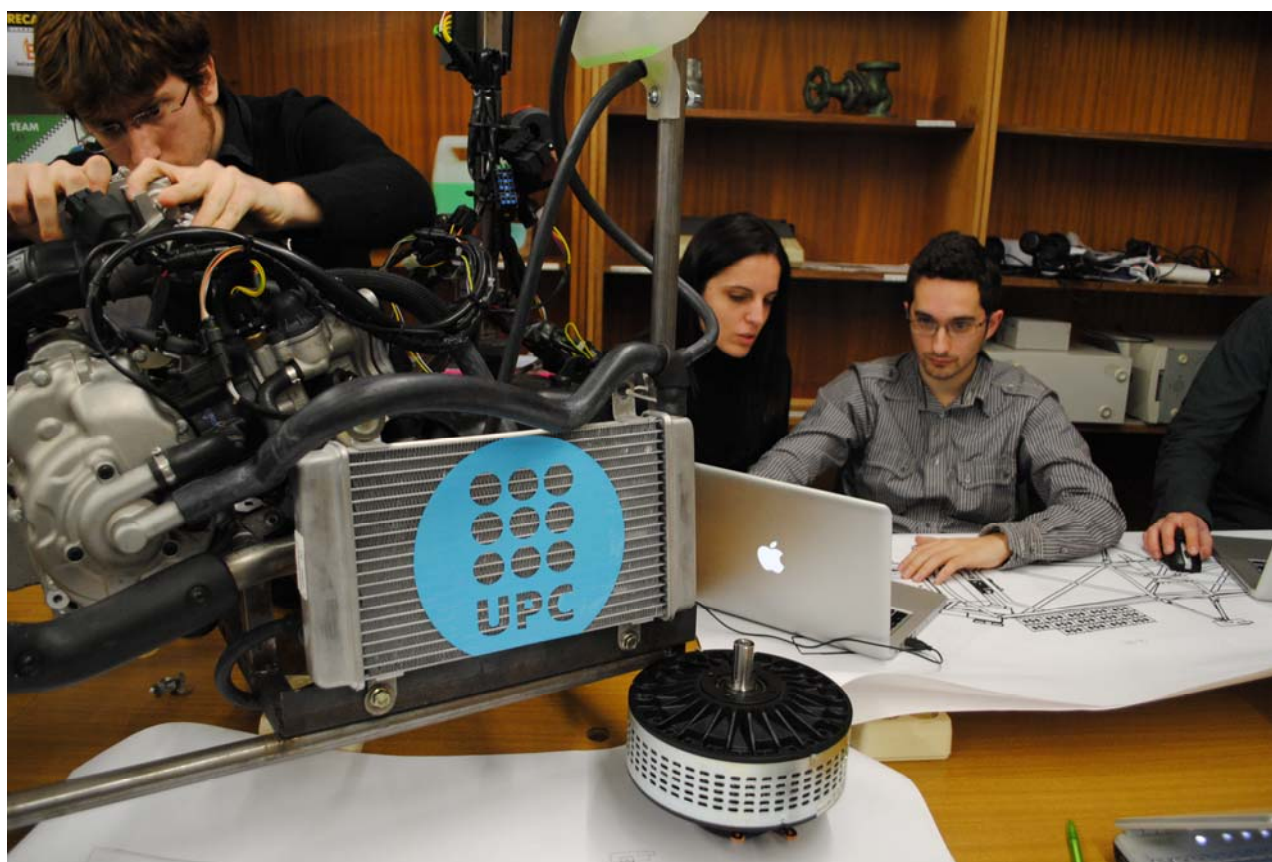


UPC is located on 6 campuses. Each campus is then divided into several schools of different specializations. Inside each school there are specific departments. Campuses are spread on the area around Barcelona. They are located in: Barcelona, **Terrassa**, Manresa, Vilanova la Geltrú, Sant Cugat del Vallès i Castelldefells,



Campus in Terrassa

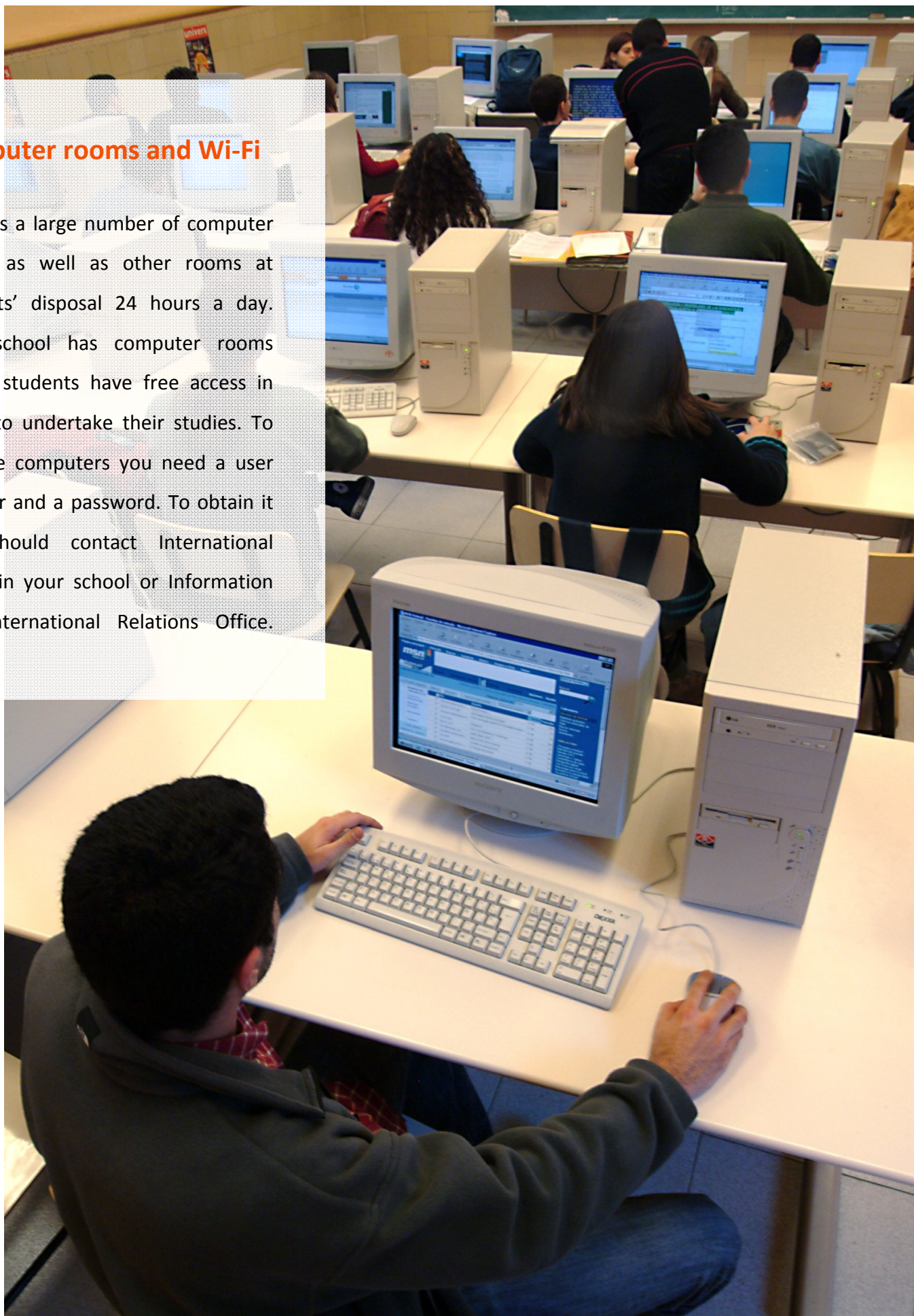
It is the second biggest campus of UPC (after Barcelona) and exists since the beginnings of the University. Located in the industrial and economically important area, our campus is concentrated on putting academic knowledge into practice. If you come to Terrassa, you are bound to discover the atmosphere of the student life as about 5,5 thousand students decided to study at UPC in Terrassa. There are five schools in Terrassa, each of them deals with a different academic area. The Campus houses research centres and a wide variety of laboratories of internationally recognised excellence in the fields of industrial engineering, optics and optometry, aeronautics and textile engineering.



Student support services

Computer rooms and Wi-Fi

There is a large number of computer rooms as well as other rooms at students' disposal 24 hours a day. Each school has computer rooms where students have free access in order to undertake their studies. To use the computers you need a user number and a password. To obtain it you should contact International Office in your school or Information and International Relations Office.





Library

The library is in the centre of the campus in Terrassa. It offers a possibility to access all the information and the bibliographic documents of all UPC's libraries as well as other Catalan universities. To access these services in the library, you will be asked to provide a **photocopy of your registration document** and since that moment you will be able to use the lending service.

UPC Terrassa Campus Library
Av. Jacquard, 80
Edifici TR-9

Social, cultural and sports services

The UPC Terrassa Campus has a branch of **UNIVERS**, which is an organization dealing with all social, cultural and sports activities in Technical University of Catalonia. If you join UNIVERS, you will be able to use all the sports facilities on campus and get discounts at cinemas, theatres, concerts, bars, restaurants, etc. and have a well-equipped gym at your disposal. There are also numerous sport activities such as basketball and football competitions in which you can participate.

You can find more information about UNIVERS on this page:

<http://www.uvivers.upc.edu/Terrassa>



Residence

RESA provides rooms in the student's residence of Campus Terrassa. Moreover, Information and International Relations Office have the contacts to people who rent shared rooms. You can find more information about accommodation in the section: "Accommodation in Terrassa step by step".



Language school (FIAC)

You have several good opportunities at UPC Terrassa Campus to learn or improve a foreign language. University organizes a lot of Spanish and Catalan courses but you can also improve your English with the FIAC - University Language School. For more information about courses of Spanish and Catalan look to the section: "Languages and language courses".

Schools in Terrassa



College of Engineering of Terrassa (EET):

<http://www.eet.upc.edu>

Building TR1 Terrassa Campus
C. Colom, 1.
08222 Terrassa

Telephone: + 34 93 739 82 00 /93 739 81 32

Fax: + 34 93 739 82 25

A/e: escola@eet.upc.edu

- Master in Textile, Paper and Graphic Engineering
- Master in Sustainable Development
- Degree in Electrical Engineering
- Degree in Industrial Electronics Degree in Mechanical Engineering
- Degree in Chemistry
- Degree in Design and Textiles Technology
- Degree in Sound and Image Technology (1st cycle)
- Degree in industrial design and product development



College of Optics and Optometry of Terrassa (EUOOT)

<http://www.euoot.upc.es/>

Building TR5 Terrassa Campus
C. Violinista Vellsolà,
37. 08222 Terrassa

Telephone: + 34 93 739 83 00

Fax: + 34 93 739 83 01

A/e: josep.galabert@upc.edu

- Degree in Optics and Optometry (also in semi-distance way)
- Master in Optometry and Visual Sciences



School of Industrial and Aeronautic Engineering of Terrassa (ETSEIAT)

<http://www.etseiat.upc.edu/>

Building TR8 Terrassa Campus
C. Colom, 11
08222 Terrassa Spain

Telephone: + 34 93 739 81 02

Fax: + 34 93 739 81 01

A/e: secretaria@etseiat.upc.edu

- Degree in Aeronautics Technology
- Degree in Aeronautics vehicles
- Degree in industrial Technology
- Degree in Automatic Control and Industrial Electronics (2nd cycle)
- Degree in Industrial Engineering (2nd cycle)
- Degree in Industrial Scheduling (2nd cycle)
- Degree in Industrial Scheduling (2nd cycle, Semi-Distance)



Image Processing and Multimedia Technology Centre (CITM)

<http://www.citm.upc.edu/>

Campus de Terrassa.
C. de la Igualtat,
33. 08222 Terrassa

Telephone: + 34 93 739 83 12
Fax: + 34 93 739 83 65
A/e: citm.graduats@fundacio.(upc.edu)

- Degree in Multimedia
- Degree in Photography and Multimedia



Business school of Caixa Terrassa (EUNCET)

<http://www.euncet.com/>

Ctra. de Terrassa a Talamanca, Km. 3
08225 Terrassa

Telephone: + 34 93 7301900
Fax: + 34 93 7301901
A/e: info@euncet.es

- Degree in Business Sciences

Languages courses



UPC doesn't run regular courses in English for the foreign students, the only courses available are in Spanish and Catalan.

A significant number of subjects are offered both in Catalan and Spanish. Therefore, if you don't know any of these languages it is

better to pick up at least basics of Spanish before your arrival. Exchange students, however, are often given a project works in a foreign language. It is up to teacher to choose a language in which they want to teach, students are quite free to address the professor in either language. Most professors are also fluent in English and French. No matter in what language the course is being held, you are free to choose either Spanish or Catalan as a language of examination.

On the UPC website (www.upc.edu) you can find information about Spanish courses organized by the University or by the language schools (search in "information for foreign students").

60% of teaching at UPC is in Catalan and 40% in Spanish, so if you want to have an access to the wider range of the courses you can choose to learn Catalan. The University offers free courses for the students for 2,5 ECTS points. There are also online courses which you can make even before arrival.

One such programme is Speakc@t : <http://intercat.cesca.es/speakcat/indexeng.html> but there is a variety of other online courses. If you are interested in them go to the English version of the UPC's homepage: www.upc.edu and find the tab: courses / Catalan for foreigners. You will find precise information about Catalan courses there.

Information and International Relations Office (OIRI)

After arrival you should contact Information and International Relations Office (OIRI).

It deals with various services like:

- Registering you as a foreign student
- Helping you find yourself in the city
- Providing you with information about Spanish and Catalan courses
- Help in processing the student's card and the NIE number
- Providing you with information about UPC's international Social Activities Service (UNIVERS)
- Helping you with various problems which may occur during your stay.



We are here



Schools	Building code
- ETSEIAT - EUOOT - EET - CITM	TR5 TR8 TR1 CITM
Institutes	
Institute of Textile Research and Industrial Cooperation	TR7
Services	
- Library - Residence - Information and International Relations Office	TR9 TR31 TR10

Accommodation in Terrassa step by step

1. Write an email to OIRI - Information and International Relationship Office at jose.luis.melgosa@upc.edu stating your request for accommodation.
2. OIRI is going to help you with either:
 - getting a room in a student residence house, or
 - getting a room in a flat shared with other students
3. If you wish to find out more information about the student's residence of Campus Terrassa, you can check the website www.resa.es. You may also contact Resa via email: resa@resa.es (in the mail you should specify that your intention is to live in Terrassa).

When you arrive

After having a rest in your accommodation, you have to come to **OIRI - Information and International Relationship Office: Colom Street, nº 2. Floor 0, Terrassa**, open from **10 am** until **14 pm**. We are going to help you with your first steps in our Campus, give useful written information such as maps, guides etc. You'll be introduced to academic staff of your future school.

Checklist for exchange students from European Union

Before you come to our campus in Terrassa, make sure you have gathered all necessary documents. You need to do the following things:

- ☐ Apply through your home university's procedure for an exchange with Technical University of Catalonia (UPC)
- ☐ Send in your **Application Form** to UPC*
- ☐ Send in your **Curriculum Vitae** to UPC*
- ☐ Prepare a **Transcript of Records** (the list of subjects you have already passed at your home University) and send it to UPC*
- ☐ Create a **Learning Agreement** with the departmental coordinator at your home university and send it later to UPC*
- ☐ Prepare a **copy of your passport** or other identity card
- ☐ Make sure your **insurance** coverage is in order (very important!). Some schools require also a copy of an international health insurance. (CITM)
- ☐ Contact the departmental co-ordinator with any questions concerning courses
- ☐ Make sure your passport is valid during the whole stay in Spain
- ☐ Make arrangements for your arrival on the specific arrival day

* to a contact person from your future school => see: contact people list

Checklist for exchange students from non-EU countries

The documents required from you by UPC are the same as for the European Union citizens (apart from Learning Agreement, which is specific to Erasmus LLP applicants), but you have to pay special attention to have a valid:

- ☐ Insurance
- ☐ Visa “D”
- ☐ Passport.

Once you come to Terrassa, you need to obtain a **Foreigner Identification Number (NIE)**. To get it you have to:

- ☐ have a valid passport and visa,
- ☐ obtain a civil register document in Spanish called ***empadronamiento***. It's a form of certification that you live in your flat. You should ask your landlord about it or ask your flat mates to certify it.
- ☐ fill in a **form EX15**, which you will get at Information and International Relations Office ,
- ☐ have a ***matricula*** – a certification from Technical University of Catalonia that you have been accepted as a student or a letter from a teacher stating that you are a foreign student coming to UPC,
- ☐ make a **copy of all of the documents** (passport, visa, *empadronamiento*, the form EX15 and *matricula*).

OIRI is going to help you with obtaining NIE.

Contact people

College of Engineering of Terrassa (EET)

Mr Xavier Cañavate

Director of International Relations Office

Tel.: +34 93 739 82 17

Fax : +34 93 739 82 25

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tomas@oo.upc.edu

Image Processing and Multimedia Technology Centre (CITM)

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International Relations Coordinator

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International Relations Coordinator

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egarcia@euncet.es

Information and International Relationship Office (OIRI)

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Tel:+34-93 739 81 32

Fax:+34-93 739 86 01

mobilitat@ct.upc.edu

jose.luis.melgosa@upc.edu

Ms Safae Bendali

Student Assistant

Tel.: +34-93 739 81 32

Fax: +34-93 739 86 01

mobilitat@ct.upc.edu

jose.luis.melgosa@upc.edu

If you want to find a contact to anyone at UPC (a lecturer or a person from administration) you can check it on the website: www.upc.edu . Open a tab “directory” and enter the name of the person you are looking for.

What makes your life in Catalonia easier?

Those information will help you...

Language

- In everyday situations people use Catalan but everyone speaks also Spanish if you start the conversation in this language,
- be patient... English isn't very popular here (better quickly learn basics of Spanish).

Customs

- When people meet, they kiss each other on both cheeks.
- Catalans usually go to bed quite late so you can phone them as late as about eleven o'clock without annoying anyone.
- Lunch is usually at about 2 pm and dinner is between 9 and 10 pm.
- Nightclubs tend to start to fill up around two o'clock. Between three and five it is easiest to get to know new people.
- In some pubs women have a free entrance, while men get the red ticket. When they buy something to drink they get green one and they also don't need to pay for the entrance.

Catalans

- People have two surnames: one from their father and one from their mother (father's surname used to come first).
- Catalans are generally quite reserved when it comes to getting to know strangers, but they are really helpful so don't be afraid to ask them about the way or for help.
- Catalonia people are generally quite punctual if they are meeting for a formal event but things are quite different when people are just meeting up with friends.
- Most students are economically dependent on their parents (the average age for leaving the parental home is thirty).

Different coffees:

- *café con leche* – big coffee with big warm milk
- *café cortado* – small coffee with little milk
- *café solo* – small black cafe

University

- Students register and choose subjects on their own.
- If you don't know Spanish or Catalan well there is a possibility to do some projects in English.
- students have around 80 to 100 days of holidays a year.
- In order to register at UPC, you will be required to show the proof of the insurance cover.

A Holiday Calendar

There are some days during the academic year that are free for students. Many of the days that you don't have to work are related to Catholic Church Festivals. Below you will find a calendar of these days:

- 11th September - national holiday in Catalonia
- 12th October - Day of "hispanidad"
- 1st November - All Saints' Day
- 6th December - Constitution Day
- 8th December - Inmaculada Concepción (Catholic Church festival)
- Last week of December and the first week of January – Christmas Holidays
- 28th January – Santo Tomas Day – the Saint patron of UPC
- Semana Santa – The Holy Week – in spring, usually in March or April;

For the following years it will be:

- 2009 – 5th - 12th April
- 2010 – 28th March – 4th April
- 2011 – 17th – 24th April

- 2012 – 1st – 8th April
- 2013 – 24th – 31st march
- 2014 – 13th – 20th April
- 1st May – Labour Day
- 1st July – Fiesta mayor in Terrassa – the city festival
- August – Summer Holidays

Climate

- The dominant climate in Catalonia is Mediterranean. There are dry summers, rainy springs and autumns and mild winters.
- In the summer, especially in the cities, water shortages may occur. Sometimes, if the rain doesn't appear too long, limits on the use of water are established.
- There is also an alpine climate in the Pyrenees, with very low winter temperatures, and an Atlantic climate in Girona basin.

What clothes do you need?

- Generally from October to February you need to dress up fairly warm. Winter clothes such as thick jumpers, coats and gloves can be useful.
- From March to April and from October to November the ups and downs in temperature are very frequent so the most appropriate are "in between" clothes.
- The apartments are usually very cold which is a blessing in the summer but an inconvenience in the winter. Better take warm clothes to wear indoors.
- The hottest period is between May and September when you will need summer clothes such as short trousers, T-shirts or sandals.

Accommodation

- The apartments are usually cold.
- During the summer it's easier to breath if there is a fan or air condition inside. In the winter however, the electric heater can be really useful.

- Many of rooms don't have windows looking outside. It's characteristic for the old buildings.
- You can contact some landlords before your arrival in order to solve your accommodation problems, but payments are generally dealt with on the spot.

How much is enough to survive....

- The cost of living in Terrassa depends to a large extent on the price of the accommodation that you choose.
- Living in Barcelona is more expensive than living in Terrassa.
- Sharing flats with other students is less expensive than student residence.
- Students can get some discounts with Euro 26 (in Spanish it is called **Carnet Jovem**)/student card e.g. on train fares, at restaurants, cinemas, theatres, sports facilities, etc.

Examples of prices:

- Rent expenses (with bills) are about 250-350€ per month, depending on the type of residence (first payment always includes deposits).
- Meal in a student restaurant: 6 €
- Milk: 1,10 € /1l.
- Bread: 2 €
- Butter: 2 €
- Poultry: 10€/1kg
- Strawberries: 3€ /kg
- Beer in shop: 0,50-2€/0,33l
- Beer in pub: 3-6€/0,33l
- Vodka: 5-15€/0,75l
- Wine: 1-10 €
- A cup of coffee: 0,80-2 €
- Coca-cola: 1€/1l
- Socks: 2€/pair

- Cinema: 6€/1 ticket
- Diesel oil: 1,35 €/1l.
- Normal petrol: 1,3€/1l.
- Bus and metro tickets e.g. : 1 zone: 1,30€, 2 zones – 1,40€, 3 zones - 2,05€
- Travel card for 10 journeys by bus and metro e.g.: 1 zone - 7,20 €, 2 zones – 14,40 €
3 zones – 19,80 €
- The students who were here during the academic year 2007/2008 calculated the costs of living on average 600 € per month.

Postal service and telephones

- In Terrassa there is a Post Office (*Correos*) at Plaça Mossèn Jacint Verdaguer, 16.
- Stamps are available at post offices and *Tabacos* - tobacco shops.
- To send parcels you have to go to a post office.
- If you want to send a letter, you can do it all over the city. Letter boxes are easy to identify because they are yellow (ordinary service) and red (express delivery service) coloured boxes.
- You will find a telephone booths in all parts of the town. You can use there both phone cards and coins. Cards are sold in post offices and tobacco shops. Reverse charge calls can also be made from these phones.
- You can also use *Locutorios* to cheaply call abroad. There are also some internet cafés inside.
- Spanish mobile networks are for instance Movistar, Orange, Vodafone or Yoigo. Each of them has a different offer so you can choose the most suitable for you.

Banks

- In Terrassa you can find branches of the main Catalan banks: "La Caixa" (Caixa d'Estalvis i Pensions de Barcelona), La Caixa de Catalunya, Banc Sabadell, Caixa de Sabadell and La Caixa de Terrassa.
- There is an automatic cash dispenser at the Edifici Campus.
- All you need to open a bank account is your identity card or passport, regardless of whether you are an EU citizen or not.

- Banking services are open from Monday to Friday, normally from 9 a.m. to 2 p.m.

Shops and offices – opening hours

- Shops are usually open from Monday to Saturday between 9 a.m. to 2 p.m. and after the break from 4 till 8 p.m. During the season some shops are open even till 10 p.m.
- On Sunday most of shops are closed but most of the coffee houses, bars or restaurants are open.
- Offices are usually open from Monday to Friday between 9 a.m. to 5 p.m. There is one or two hours break for lunch e.g. between 2 till 3 p.m.

Pharmacies and health service

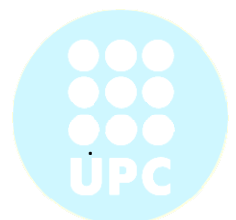
- If you are an EU citizen and you pay Social Security in your country, you will also benefit from Social Security in Spain. You only need to obtain an European Health Insurance Card before leaving your country.
- If you are a citizen of Andorra, Brazil, United States, Philippines, Equatorial Guinea, Haiti, Iraq, Jordan, Morocco, Puerto Rico or Syria you will benefit from the same student insurance cover since your country has signed a cooperation agreement with Spain.
- You must be under 28 and have the registration fees paid at your home university in order to be entitled to this insurance cover.
- If you are a citizen of another country, you should arrange student insurance in your home country or take out private insurance cover.
- The address and telephone number of the Terrassa Campus' Health Centre (for UPC students) is: Campus Terrassa, Edifici TR10, C. Colom, 2. 08222 Terrassa, +34 93 739 87 00.
- The addresses of Public Health Centres are:
 - Open till Monday to Friday from 8 a.m. to 8 p.m.: CAP Sant Llàtzer, +93 731 0137, emergency number: 061, C/Riba 62, 08221 Terrassa
 - Other days and hours: CAP Terrassa Nord, +93 731 0268
Avda del Vallès 341, 08226 Terrassa

Information for drivers

- Most of motorways are paid. The charge vary according to the stretch of the motorway and category of vehicle (e.g. car or motorbike).
- If you park in prohibited area, your car can be hauled away. You will find the information where is your car on the sticker in the place where you left it. Pay attention, it costs a lot!
- Parking spaces are divided into categories marked by the colours:
 - Yellow - for public service – you can park there usually between 9 p.m. and 7 p.m
 - Blue – paid
 - Green – more expansive than blue with time limitation (only in Barcelona)
- Speed limits are following:
 - In built-up area: 50km/h
 - In no built-up area: 90 km/h
 - On a dual carriageway: 100 km/h
 - On a motorway: 120km/h
- If you get the ticket and don't pay it you can't leave Spain.
- The tickets are usually paid in cash.

The most important addresses and telephone numbers:

- **Emergency number is 112**
- Fire brigade (Bomberos) +34 93 783 80 80
Avinguda de Barcelona 287
- Local police (Policía Municipal - internal city affairs) +34 93 780 55 55
Carrer del Pantà 20
- National police (Policía Nacional – country affairs concerning foreigners e.g. registration of foreigners in Spain) +34 93 786 90 50
Carrer de Baldrich 1
- Catalan autonomic police (Comissaria Mossos D'esquadra) +34 937 346 500
Carretera Matadepera 272
For emergency 088



- Hospital Mútua de Terrassa +34 93 736 50 50
Plaça del Doctor Robert 1
- Hospital de Terrassa +34 93 731 00 07
Carretera de Torrebonica 1

Foreign consulates in Barcelona

- ARGENTINA
Passeig de Gracia, 11 Esc. B 2º
08007 Barcelona
+34 93 304 12 00
- AUSTRALIA
Plaça de la Placídia 1,3
08006 Barcelona
+34 93 490 90 13, fax 93 411 09 04
- BRAZIL
Avinguda Diagonal 468

08006 Barcelona
+34 934 882 288
- CANADA
Elisenda de Pinós, 10
08034 Barcelona
+34 93 204 27 00
- CHINA
Avinguda Tibidabo, 34 / Passeig Sant Gervasi 73
+34 93 254 11 99 / +34 934 342 867
- DENMARK
Rambla de Catalunya 33, 3er la
08007 Barcelona
+34 93 488 02 22
- FINLAND
Puig i Xoriguer, 15 – 17

08004 Barcelona

+34 93 443 15 98

- FRANCE

Ronda Universitat, 22B, 4º

08007 Barcelona

+34 93 270 30 00

- GERMANY

Passeig de Gracia, 111, 11º (building Deutsche Bank)

08008 Barcelona

+34 93 292 10 00

- GREAT BRITAIN

Avinguda Diagonal, 477, 13º

08036 Barcelona

+34 93 366 62 00

- GREECE

Avinguda Diagonal, 593, 6º 2ª

08014 Barcelona

+34 93 321 28 28

- HOLLAND

Avinguda Diagonal, 601, 4º

08028 Barcelona

+34 93 363 54 20

- INDIA

Teodoro Roviralta, 21

08022 Barcelona

+34 93 212 09 16

- IRELAND

Gran Vía Carles III, 94, 10º 2ª

08028 Barcelona

+34 93 491 50 21

- ITALY
Mallorca, 270, principal
08037 Barcelona
+34 93 467 73 05
- JAPAN
Av. Diagonal, 640, 2ªD (building Caja de Madrid)
08017 Barcelona
+34 93 280 34 33
- MEXICO
Passeig Bonanova 55
08017 Barcelona
+34 93 201 18 22
- NORWAY
Balmes, 184, 5º 2ª
08006 Barcelona
+34 93 218 49 83
- RUSSIAN FEDERATION
Avinguda Pearson, 34
+34 93 28 00 220
- SWEDEN
Mallorca, 279, 4º
08037 Barcelona
+34 93 488 35 05
- UNITED STATES
Passeig Reina Elisenda de Montcada, 23
08034 Barcelona
+34 93 280 22 27

How to get to Terrassa

1. Arriving by plane

If you choose a plane as a way to get here, there are two possible airports. One is Barcelona airport and the second one is airport in Girona, which is a city about 100 km away from Barcelona.

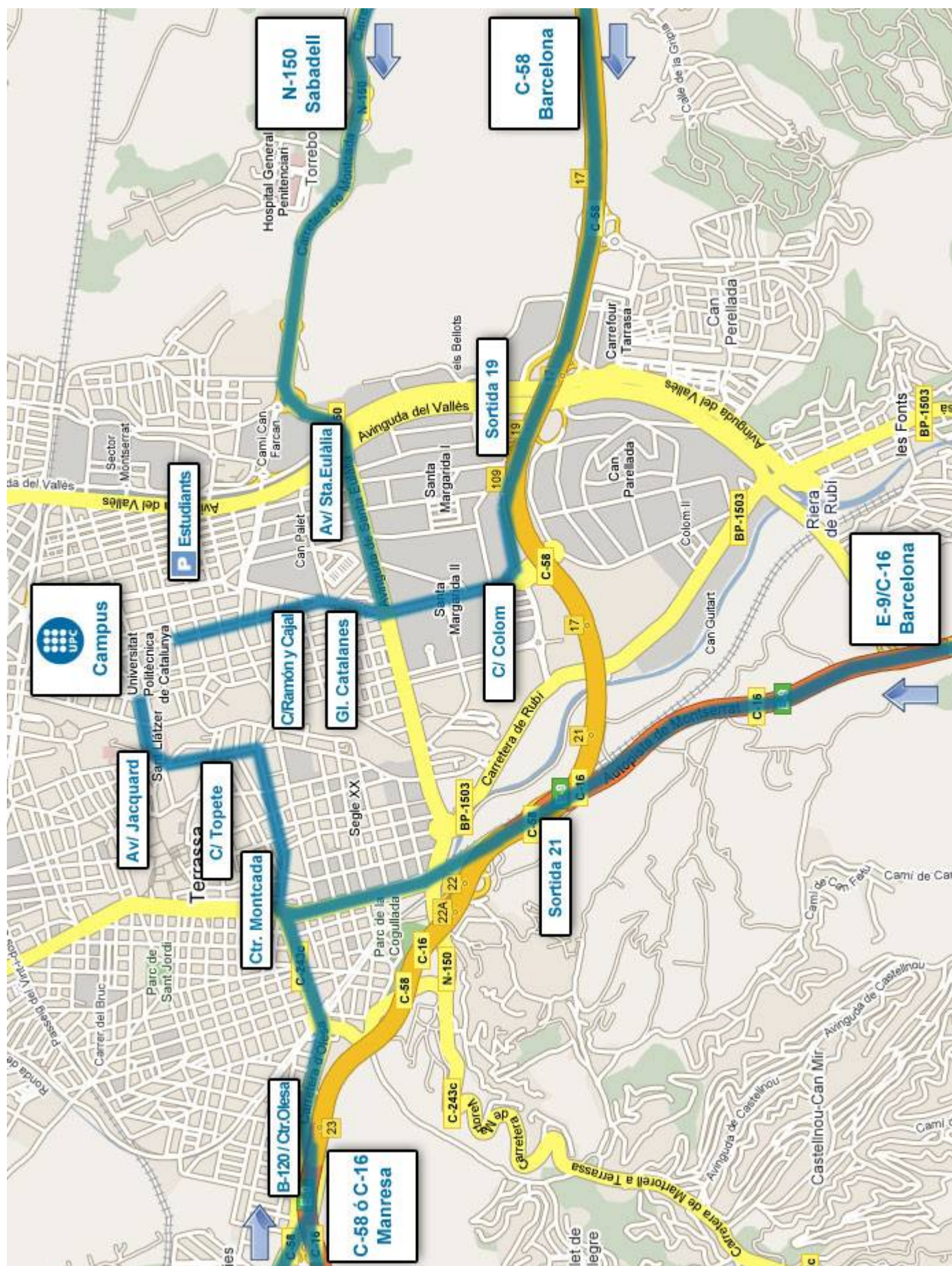
The Barcelona airport is situated at El Prat de Llobregat, about 12 km from the city. There are several ways to get from this airport to the centre of Barcelona.

- a) **By taxi:** The black and yellow Barcelona taxis can also be found at the airport. They cannot carry more than four passengers. When a taxi is free, a green light will be alight and a LIBRE or LLIURE sign will be visible. It may cost approximately 40 € to get to the city centre.
- b) **By train (RENFE):** there are trains every 30 minutes from 06:00 to 22:44. Getting to the main railway station (Sants-Estació) and the city centre (Plaça Catalunya), where you can change for Terrassa or Manresa takes about 20 minutes.
- c) **By bus:** The Aerobús leaves from the airport every 15 – 6 minutes, from 6:00 a.m. to 1:00 a.m. Monday to Saturday and public holidays. One-way ticket costs 3,90 € and it takes about 30 minutes to get to Plaça Catalunya, in the centre of Barcelona. You can consult train timetables and prices about at: www.renfe.es You can consult timetables and prices for public transport in Barcelona at: www.tmb.net

From Girona you can take a bus from the airport to Barcelona (the price of a single ticket is 12 €). You can consult the timetable of the bus at : <http://www.barcelonabus.com/> . It is also possible to take a train (RENFE) from Girona to Barcelona (timetables at: <http://www.renfe.es/>)

2. Arriving by car

Terrassa is 150 km from the frontier at La Jonquera, you can access it by two motorways: C-58 or C-16 (E-9). Then you can ask for the Campus or consult the plan of Terrassa at: <http://urgell.terrassa.cat/gc/index.html>





If you come from outside of Terrassa, you can use buses which run between the cities. There are the following companies :

SARBUS:

Line A4 (Barcelona- Montcada and Reixac – Cerdanyola - Sant Cugat – Rubí - Les Fonts - Terrassa)

LA VALLESANA:

Line C1 (Terrassa – Sabadell – Castellar del Vallès)

Line C2 (Sabadell – Terrassa - Martorell)

TRANSPORTES GENERALES DE OLESA: Esparraguera - Olesa de Montserrat – Matadepera - Monistrol de Monserrat – Talamanca - Ullastrell and Vacarisses

SAGALÉS: Granollers – Terrassa – Manresa

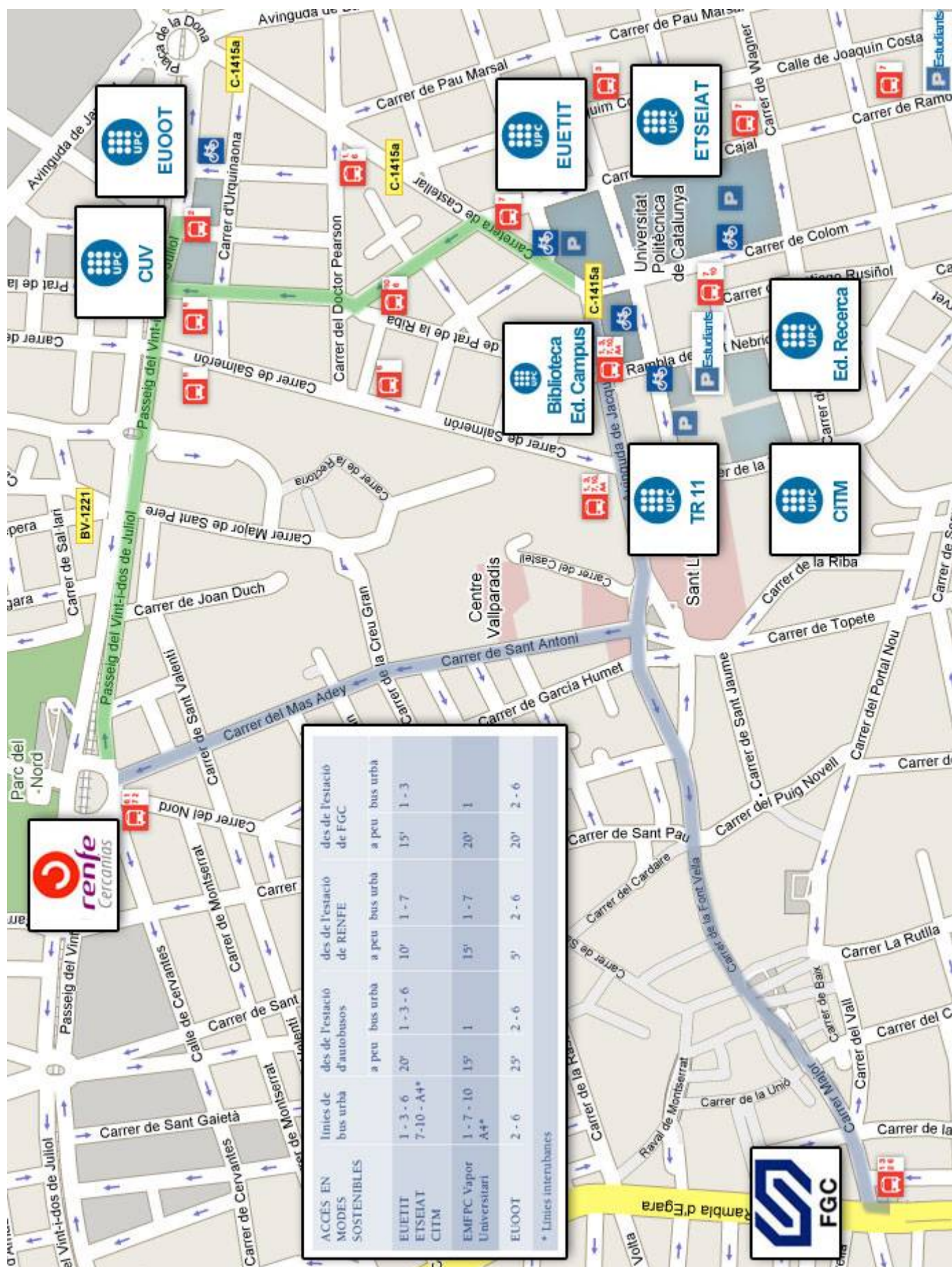
LA HISPANO IGUALADINA: Reus – Sabadell - Terrassa



If you come from the cities surrounding Barcelona, you can also come with the railways **RENFE** (it is a national railway), line **C4** which goes from St. Vicenç / Vilafranca to Manresa. The trains come every 9 minutes in the rush hours from Barcelona, Montcada, Cerdanyola and Sabadell.



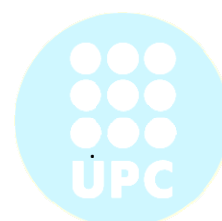
You can also come to Terrassa with the railway Ferrocarrils de la Generalitat de Catalunya (**FGC**) - a Catalan railway , line **S1** with trains from Barcelona, St.Cugat and Rubi. In rush hours this trains go every 12 minutes.



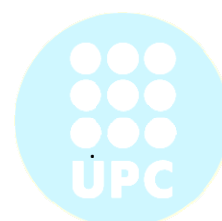
Phrases you REALLY need to know

Take this seriously. If you don't learn at least these phrases before your arrival, you may have problems with the communication. Learning Spanish on your own experiences is a real fun and this dictionary can be a good introduction to it.

ENGLISH	CASTELLANO	CATALÀ
<i>Personal details</i>	<i>Datos personales</i>	<i>Dades personals</i>
name	nombre	nom
surname	apellidos	cognom
maiden name	apellido de soltera	cognom de soltera
parent's name	nombres de los padres	nom dels pares
date of birth	fecha de nacimiento	data de neixement
place of birth	lugar de nacimiento	lloc de neixement
gender	género	gènere
female	femenino	femení
male	masculino	masculí
children	hijos	fills
citizenship	ciudadano	ciutada
nationality	nacionalidad	nacionalitat
marital status	estado civil	estat civil
married (man)	casado	casat
married (woman)	casada	casada
bachelor	soltero	solter
maiden	soltera	soltera
widower	viudo	vidu
widow	viuda	vídua
divorcee	divorciado	divorciat
divorcee	divorciada	divorciada
permanent residence	lugar de residencia, domicilio permanente	lloc de residència domicili permanent
address	dirección	adreça
profession	profesión	profession
education	formación, estudios	formació, educació
passport number	número de pasaporte	numero del pasaport
<i>Everyday phrases</i>	<i>Frases usuales</i>	<i>Frases usals</i>
Hello	Hola	Hola



Good morning	Buenos días	Bon dia
Good afternoon	Buenas tardes	Bona tarda
Good evening	Buenas noches	Bona nit
Good night	Buenas noches	Bona nit
What is your name?	¿Cómo te llamas?	Com et dius?
My name is...	Me llamo...	Em dic...
I come from...	Vengo...	Vinc...
My telephone number is...	Mi número de telèfono es el...	En meu número de telèfon ès el...
How old are you?	¿Cuántos anos tiene?	Quina edat tens?, Quants anys tens?
I am...	Soy...	Sóc ...
Thank you	Gracias	Gràcies
Thank you very much	Muchas gracias	Moltes gràcies
Please	Por favor	Sisplau
Excuse me	Perdoneme	Perdoni'm
I'm sorry	Lo siento	Em sap greu
Goodbye	Adiós	Adéu
See you tomorrow	Hasta mañana	Fins demà
See you later	Hasta luego	Fins després
See you soon	Hasta ahora	Fins ara
Take care!	Que vaya bien	Que vagi bé
I don't understand	No lo entiendo	No ho entenc
Could you please help me?	¿Me puede ayudar, por favor?	Em pot ajudar, sisplau?
Where can I buy...?	¿Dónde puedo comprar...?	On puc comprar...?
Where is...?	¿Dónde está...?	On està...?
How can I get to...?	¿Cómo se va...?	Com es va...?
Go straight ahead	Vaya todo recto	Vagi tot recta
Go to the right	Gire la derecha	Girar a mà dreta
Go to the left	Gire la izquierda	Girar a mà esquerra
Please, speak slowly	Hable más despacio, por favor	Parli més a poc a poc, sisplau
I don't understand you	No le entiendo	No l'entenc
Could you repeat that, please?	¿Puede repetirlo?	Pots repetir-ho
Yes	Sí	Sí
No	No	No
OK	Vale	Entesos



I don't know
I don't understand
How much is it?
Buy

No lo sé
No lo entiendo
¿Cuánto cuesta?
Comprar

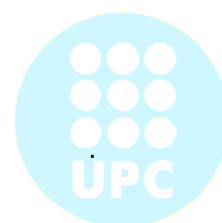
No ho sé
No ho entenc
Quant val?
Comprar

Cardinal Number

Los numerales

Els numerals

0	cero	zero
1	uno	u, un / una
2	dos	dos / dues
3	tres	tres
4	cuatro	quatre
5	cinco	cinc
6	seis	sis
7	siete	set
8	ocho	vuit
9	nueve	nou
10	diez	deu
11	once	onze
12	doce	dotze
13	trece	tretze
14	catorce	catorze
15	quince	quinze
16	dieciséis	setze
17	diecisiete	disset
18	dieciocho	divuit
19	diecinueve	dinou
20	veinte	vint
21	veintiuno/veintiuna	vint-i-u, vint-i-un / vint-i-una
22	veintidós	vint-i-dos / vint-i-dues
23	veintitrés	vint-i-tres
30	treinta	trenta
31	treinta y uno/treinta y una	trenta-u
40	cuarenta	quaranta
50	cincuenta	cinquanta
60	sesenta	seixanta
70	setenta	setanta
80	ochenta	vuitanta
90	noventa	noranta
100	cien	cent
1000	mil	mil
10 000	diez mil	deu mil



1 000 000

un millón

un milió

Ordinal number

Ordinales

Ordinals

1º

primero

(1r) primer / (1a) primera

2º

segundo

(2n) segon / (2a) segona

3º

tercero

(3r) tercer / (3a) tercera

4º

cuarto

(4t) quart / (4a) quarta

5º

quinto

(5è) cinquè / (5a) cinquena

6º

sexto

(6è) sisè / (6a) sisena

7º

séptimo

(7è) setè / (7a) setena

8º

octavo

(8è) vuitè / (8a) vuitena

9º

noveno

(9è) novè / (9a) novena

10º

décimo

(10è) desè / (10a) desena

plus

sumar

sumar

minus

restar

restar

divide

dividir

dividir

multiply

multiplicar

multiplicar

Times of the day

Partes del día

Parts del dia

day

el día

el dia

morning

la mañana

el matí

midday

el mediodía

el migdia

afternoon

la tarde

la tarda

evening

la noche

el vesper

night

la noche

la nit

early morning

la madrugada

la matinada

Day of the week

Día de la semana

Dies de la setmana

Monday

lunes

dilluns

Tuesday

martes

dimarts

Wednesday

miércoles

dimecres

Thursday

jueves

dijous

Friday

viernes

divendres

Saturday

sábado

dissabte

Sunday

domingo

diumenge

Month of the year

Meses del año

Mesos de l'any

January

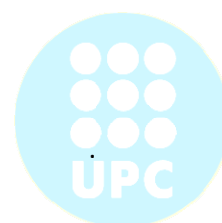
enero

gener

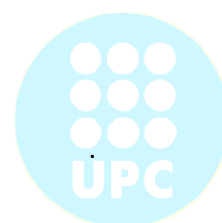
February

febrero

febrer



<i>March</i>	<i>marzo</i>	<i>març</i>
<i>April</i>	<i>abril</i>	<i>abril</i>
<i>May</i>	<i>mayo</i>	<i>maig</i>
<i>June</i>	<i>junio</i>	<i>juny</i>
<i>July</i>	<i>julio</i>	<i>juliol</i>
<i>August</i>	<i>agosto</i>	<i>agost</i>
<i>September</i>	<i>septiembre</i>	<i>setembre</i>
<i>October</i>	<i>octubre</i>	<i>octubre</i>
<i>November</i>	<i>noviembre</i>	<i>novembre</i>
<i>December</i>	<i>diciembre</i>	<i>desembre</i>
<i>Seasons of the year</i>	<i>estaciones del año</i>	<i>Estacions de l'any</i>
spring	primavera	primavera
summer	verano	estiu
autumn	otoño	tardor
winter	invierno	hivern
<i>Expressions of time</i>	<i>Expresiones temporales</i>	<i>Expressions temporals</i>
when...?	¿cuando?	quan?
today	hoy	avui
tomorrow	mañana	demà
yesterday	ayer	ahir
the day after tomorrow	pasado mañana	demà passat
the next day	el día siguiente	l'endemà
now	ahora	ara
before	antes	abans
eleven o'clock	las once	les onze
later	después	després
<i>The time</i>	<i>La hora</i>	<i>L'hora</i>
one hour	una hora	una hora
one minute	un minuto	un minut
one second	un segundo	un segon
one o'clock	la una	la una
three o'clock	las tres	les tres
a quarter past two	las dos y cuarto	un quart de tres
half past two	las dos y media	dos quarts de tres
a quarter to three	las tres menos cuarto	tres quarts de tres
three o'clock	las tres/las tres en punto	les tres/les tres en punt
What time is it?	¿qué hora es?	quina hora és?



It's...

Conjunctions

and
that
or
but
because

Office equipment

pen
rubber
glue
envelopes
notebook
scissors
pencil
drawing pin
clip

Groceries

sugar
jam
tea
eggs
coffee
pasta
flour
honey
vinegar
olive oil
rice
salt
bread
baguette
roll
wholemeal bread
dairy products
yoghurt
butter
milk

son...

Las conjunciones

y
que
o
pero
porque

Objetos de escritorio

bolígrafo
goma de borrar
pegamento, cola
sobres
libreta
tijeras
lápiz
chinchetas
clip

Comestibles

azúcar
mermelada
té
huevos
café
pasta
harina
miel
vinagre
aceite de oliva
arroz
sal
pan
baguette
panecillo
pan integral
productos lácteos
yogur
mantequilla
leche

són...

Las conjuncions

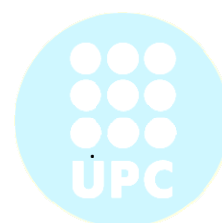
i
que
o
però
perqué

Objectes d'oficina

ploma
goma d'esborrar
cola
sobres
llibreta
estisores
llapis
xinxeta
clip

Comestibles

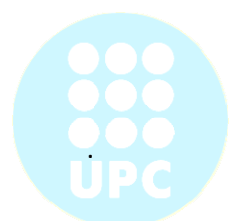
sucres
confitura
te
ous
café
pasta
farina
mel
vinagre
oli d'oliva
arros
sal
pa
baguette
panet
pa integral
productes làctics
iogurt
mantega
llet



cheese
cream
meat
beckon
sausage
chicken
ham
pork
beef
fish
seafood
lobster
crayfish
shrimp
crayfish
salmon
oyster
tuna
fruit
watermelon
banana
peach
lemon
cherry
date
fig
apple
mandarin
melon
orange
strawberry
grape
vegetables
onion
garlic
cabbage
potato
corn
carrot
tomato
lettuce

queso
nata, crema
carne
bacon
salchicha
pollo
jamón
carne de cerdo
carne de vaca
pescado
marisco
bogavante
langosta
gamba, langostinos
langosta
salmón
ostra
atún
fruta
sandía
plátano, banana
melocotón, durazno
limón
cereza
dátil
higo
manzana
mandarina
melón
naranja
fresa
uva
verduras
cebolla
ajo
col, repollo
patata
maíz
zanahoria
tomate
lechuga

formatge
crema
carn
bacon
salsitxa
pollastre
pernil
carn de porc
carn de bou
peix
marisc
llamàntol
llagosta
gamba
cranc
salmó
ostra
tonyina
fruita
sindria
platan
préssec
llimona
cirera
dàtil
figa
poma
mandarina
meló
taronja
maduixa
raim
vegetal
ceba
all
col
patata
blat
pastanaga
tomàquet
enciam



beverage
beer
orange juice
white/red wine
dry
medium-dry
sweet
mineral water

Accommodation

bath
bed
blanket
electricity
flat
key
room
bill

bebidas
cerveza
zumو de fruta
vino blanco/tinto
seco
semiseco
dulce
agua mineral

Alojamiento

baño
cama
manta
corriente
piso
llave
habitación
cuenta

beguda
cervesa
suc de fruita
vi blanc/negre
sec/a
semi sec
dolç/a
aigua mineral

Allotjament

bany
llit
flassada
corrent
pis
clau
habitació
compte

OIRI - Information and International Relationship

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