

HANDBOOK

FOR INTERNATIONAL EXCHANGE STUDENTS

UMANRESA
UNIVERSITAT DE VIC
UNIVERSITAT CENTRAL
DE CATALUNYA



FUNDACIÓ
UNIVERSITÀRIA
DEL BAGES

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MANRESA - A UNIVERSITY CITY

UManresa is located in Manresa, a small city of approximately 80,000 inhabitants strategically situated in the heart of Catalonia. It is an hour away from Barcelona, half way between the Mediterranean Sea and the Pyrenees, overlooked by the mountain of Montserrat.

Manresa is the capital of the Bages region and as such it promotes industry, trade, services, sport and culture through the entire region. Consequently it boasts impressive cultural facilities and an excellent commercial, gastronomic and leisure offering.

In terms of tertiary education, Manresa enjoys a shared Campus (UManresa, UPC and UOC), a university library and a hall of residence to accommodate 100 students.

Manresa has a rich cultural and historic heritage; it is certainly worth taking time to visit its medieval centre, with the magnificent Gothic basilica of Santa Maria de la Seu, the “Pont Vell” Roman bridge, the Baroque churches and the Modernist architecture route.



HOW TO GET TO MANRESA

UManresa stands in the university district of Manresa, a small city strategically located in the centre of Catalonia, an hour away from Barcelona by train or by car and with excellent transport connections with the whole of the region.



By road

- **Barcelona – Manresa:** You can take the motorway (C-16, toll road via Terrassa) or the C-55 (via Martorell), to which you can access from the AP-2 or the N-II.
- **France / Andorra – Manresa:** From Andorra or the Pimorent tunnel and the French road N-20, get onto the N-260, then the Cadi tunnel (toll road) and finally follow the C-16 (E-9).
- **Vic / Girona – Manresa:** Eix Transversal (C-25) Junction: 132 Universitat.

By train

- **Ferrocarrils de la Generalitat**
Manresa Alta Station. Ctra Santpedor s/n
T. 938 770 606
www.fgc.net
- **Renfe**
Manresa Railway Station
Ctra. Vella Manresa-Abrera
T. 938 724 796
RENFE Information: T. 902 240 202
www.renfe.es

WHAT YOU NEED TO KNOW

As an international student at the Campus Manresa of the University of Vic - Central University of Catalonia you will be one of many students arriving each year from all over the world.

If you are a full-time degree student, you will need to contact our Academic Services department upon arrival in order to formalise your registration and get help settling in.

If you are an exchange student, the International Academic Coordinator for your studies (as stated in your Learning Agreement) is your first point of contact. Support will also be provided by the International Relations Office at UManresa.

Prior to your arrival you will have been allocated a mentor, a UManresa student who will help you find your way around, meet other students and get to know the city.

Catalan and Spanish are the co-official languages in Catalonia. Even if you have had some language courses before setting out, we strongly recommend that you register for the Spanish and Catalan language courses offered for free by the school of modern languages at UManresa.

EMBASSIES AND CONSULATES

ARGENTINA

Argentinian Consulate in Barcelona
Passeig de Gràcia 11, B-2
08007 Barcelona
T. (+34) 93 304 12 00

BELGIUM

Belgian Consulate in Barcelona
Gran Via de les Corts Catalanes, 303,1
08010 Barcelona
T. (+34) 93 467 70 80

FRANCE

French Consulate in Barcelona
Ronda Universitat, 22B – 4
08007 Barcelona
T. (+34) 93 270 30 00

GERMANY

German Consulate in Barcelona
Carrer Marina, 16-18
08005 Barcelona
T. (+34) 93 292 10 00

CHILE

Chilean Consulate in Barcelona
Consell de Cent, 357-359 1B
08009 Barcelona
T. (+34) 93 318 85 86

CZECH REPUBLIC

Czech Consulate in Barcelona
Carrer Muntaner, 263
08021 Barcelona
T. (+34) 93 241 32 36

DENMARK

Danish Consulate in Barcelona
Rambla de Catalunya 45, 4, 2
08007 Barcelona
T. (+34) 93 488 02 22

FINDLAND

Finnish Consulate in Barcelona
Carrer Puig i Xoriguer, 15-17
08004 Barcelona
T. (+34) 93 443 15 98

ITALY

Italian Consulate in Barcelona
Carrer Mallorca, 270
08037 Barcelona
T. (+34) 902 050 141

PORTUGAL

Portuguese Consulate in Barcelona
Ronda de San Pedro, 7 – 1
08010 Barcelona
T. (+34) 93 318 81 50 – 154

USA

USA Consulate in Barcelona
Reina Elisenda de Montcada, 23
08034 Barcelona
T. (+34) 93 280 22 27

PASSPORT AND VISA REQUIREMENTS

The webpage of the **Spanish Ministry of Foreign Affairs and Cooperation** includes information on requirements for entry to Spain, visas and regulations for different nationalities.

INTERNATIONAL ACADEMIC COORDINATORS

Your international academic coordinator will explain to you all about course registration and other procedures for your studies at UVic-UCC. For information on subjects, academic calendar (start and end of classes), European credits, Learning Agreement, etc., please contact the international academic coordinator of the faculty you will be based in.

Faculty of Health Sciences

Physiotherapy studies

Rémi Gontié
rgontie@umanresa.cat

Nursing studies

Daniel García
dgarcia04@umanresa.cat

Podiatry studies

Xavier Ortas
xortas@umanresa.cat

Speech Therapy studies

Mireia Torralba
mtorralba@umanresa.cat

Faculty of Social Sciences

Business Administration studies

Jordi Franch
jfranch@umanresa.cat

Early Childhood Education studies

Gabriel Lemkow
glemkow@umanresa.cat

International Relations Office

ori@umanresa.cat
T. (+34) 93 877 41 79

MENTOR PROGRAMME



Before you leave your country, you will receive the first e-mail from your UManresa mentor. Mentors are UVic-UCC students who voluntarily give their time to offer wherever help or guidance you might need as you settle in among us, and who will try to make your stay with us as enjoyable as possible. They might be among your first friends here and, in tandem with our International Relations Office, they will help you deal with any issues that may arise.

EMERGENCIES

Healthcare for students from other regions

If you are a student who is currently living in Manresa but is from another Spanish region or another country within the EC, you need to have a valid healthcare card (either the European Health Insurance Card (EHIC) or one issued by your Autonomous region) in order to receive medical attention.

Your local Health Centre (Centre d'Atenció Primària – CAP in Catalan), which is allocated according to your catchment area (in case you don't know which one is yours, the nearest CAP can give you this information), within the visiting times of Monday to Friday from 8 am to 9 pm. In Manresa there are four Healthcare Centres:

CAP Les Bases: Telephone number: 93 877 22 22. Address: Creu Guixera, 51. 08243 Manresa

CAP Barri Antic: Telephone number: 93 874 41 00. Address: Remei de Dalt, 8-14. 08240 Manresa

CAP Sagrada Família: Telephone number: 93 874 78 13. Address: Sant Cristòfol, 34. 08243 Manresa

CAP Bages: Telephone number: 93 874 81 78. Address: Soler i March, 6. 08242 Manresa.

If you require medical attention outside these hours, you should contact your closest CAP (Centre for Emergency Primary Care) or PAC (Centre for Continuous Care). In the case of Manresa, they are both located in the CAP Bages Healthcare Centre.

If you have a **serious medical emergency**, you should call **112** or go directly to the Althaia Casualty Department: Telephone number: 93 875 93 00. Address: Dr. Joan Soler s/n, 08243 Manresa.

Accident

If you have an accident, you should do as in the case of illness. If you are on the road or cannot reach a hospital, you should call the emergency services (112) or an ambulance (061).

To report a crime

If you want to report a burglary or an aggression and you need the police, you should go to the Mossos d'Esquadra Station (Catalan Police).

Mossos d'Esquadra
Avinguda dels Països Catalans, 169-171
08243 Manresa
Tel.: 112 / 93 875 98 00



Emergency telephone number

In the case of flood, fire or other problems where you need the fire service, ambulance, Mossos d'Esquadra (Catalan Police), Policia Nacional (Spanish police), etc., you should call the general emergency number in the European Union 112.

Safety tips

We advise you to read the safety tips offered by the Ministry of Home Affairs of the Government of Catalonia with the collaboration of Barcelona University Centre. <http://www.bcu.cat/en/safety-tips>

ACCOMMODATION

Umanresa-FUB has a website with information about accommodation in the city of Manresa and also provides a university forum with the possibility of contacting other students to share a flat with.

<http://allotjament.umanresa.cat>



CATALAN AND SPANISH COURSES

UManresa-FUB offers specific courses in Catalan (introduction to Catalan) and Spanish (Spanish for foreigners) free of charge during the first semester of the academic year for all international students (undergraduate, Erasmus or Sicue). The timetable of these courses can be consulted on the School of Modern Languages website, where it is also possible to register online.

UManresa - Fundació Universitària del Bages

Av. Universitària, 4-6,
08242 Manresa (Barcelona)
T. (+34) 93 877 41 79
umanresa@umanresa.cat