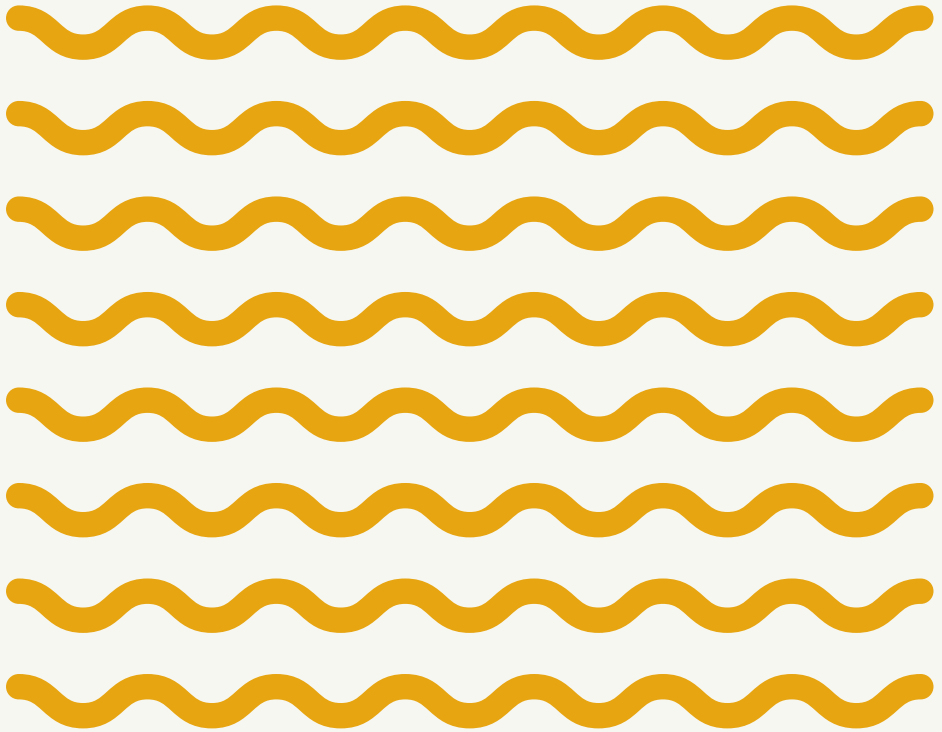


Student Guide 2022-2023



Welcome!



Affiliated centers





Affiliated centers



**Universitat
Pompeu Fabra**
Barcelona

Welcome to TecnoCampus!



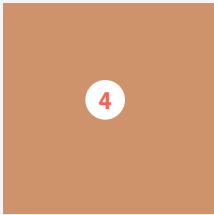
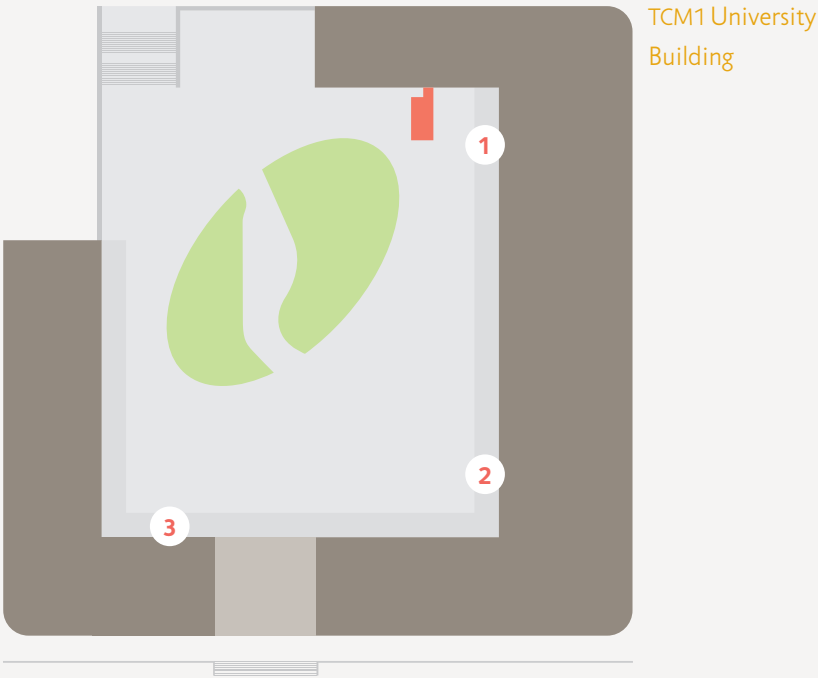
Thank you for choosing TecnoCampus to go on exchange.

TecnoCampus is a technology park and university run by the Mataró City Council. The Fundació TecnoCampus Mataró-Maresme is the organization in charge of the centre's governance and strategic development. The integration of a university campus associated with the Universitat Pompeu Fabra and a business park is the defining feature that sets TecnoCampus apart, with its firm commitment to entrepreneurship and quality tuition linked to the region's production sector. TecnoCampus mission is to become a regional support tool for the wealth and economic growth.

This handout aims to make your exchange experience easier and help you plan your successful exchange experience at TecnoCampus. Since the moment you start to prepare everything until you come back to your home university, these pages will provide you with an answer to your main concerns.

Welcome to what we trust will be an exciting time at our institution!

Campus Buildings



TCM6 University Building
School of Health Sciences

TCM1 University Building

School of Engineering and Technology

School of Social and Business Sciences

 Corporate offices
 EURECAT technology centre

Entrance A

1

Floor 2

Classrooms 210-212
 Classroom 213 (Sala de graus)

Floor 1

Classroom 110
 Classroom 111 (BusinessLab 1 and 2)

Ground floor

Cafeteria Restaurant
 Audiovisual Equipment
 Canteen / Break Room

Floor -1

TV studio sets
 Semi-anechoic chamber
 Audiovisual equipment
 SERMAT

Entrance B

2

Floor 2

Classrooms 201-207
 Teachers offices
 SQAI, Quality,
 Learning and Innovation
 Service Secretariats

Floor 1

Break Room
 Classrooms 100-107
 Mechanical and Electronic Engineering
 Labs Computer Labs
 SIT
 Infrastructure

Ground floor

Reception Desk
 Student Information Desk
 Library CRAI
 Academic administration
 Classrooms 001, 002, 003

Entrance C

3

Floor 2

Classrooms 201-207

Floor 1

Classrooms 100-109

Ground floor

Enterprise committee

TCM2 Building TCM4 Conference Centre

4

Floors 2-6

Hosted businesses

Floor 1

Incubator and Pre-incubator

Ground floor

Business and Entrepreneurship
 Mataró Empresa Office
 Room Laia l'Arquera
 Room Burriac

Floor -1

Auditorium
 Foyer

TCM3 Building

5

Plantes 1-6

Allotjament empresarial

Ground floor

Caixer automàtic
 Sala de descans
 Locals comercials

Planta -1

Sala polivalent CAFE
 Vestidors

TCM6 Building Entrance

6

Floor 1

Teachers offices
 Seminars 1, 2, 3 and 4
 Fundació Tecnocampus
 Mataró-Maresme Corporate services
 Classrooms 611 to 616

Ground floor

Reception Desk
 Classrooms 601 to 604
 Gyms 1 to 4
 Changing rooms
 LARS Lab
 Health Innovation
 and Simulation Centre (CSIS)

International Office

TecnoCampus collaborates with over 100 universities all over the world. At TecnoCampus we have a central International Office located at:

Av. Ernest Lluch, 32
(Building TCM 1, main entrance)
08302, Mataró (BARCELONA)

Tel. **+34 93 169 65 01**

rrii@tecnocampus.cat

The International Office Team



Yaiza Bueno
International Relations
Manager



Nuria Campos
International Relations
Specialist



Mercè Fàbregas
International Relations
Assistant

Healthcare
Life in Barcelona
and Mataró
Travel
Accommodation
Student discounts
Culture
Leisure
Cooperation
Buddy program
Sports

Registration

Upon arrival, international exchange students are welcomed in the International office of during the Welcome day. Each incoming student is enrolled as a student in TecnoCampus and receives the credentials for the virtual campus by email.

Registration at Mataró or Barcelona

Independently where you come from you have the option to do the registration through our International Office by filling the form at the following link:
<http://agenda.tecnocampus.cat/go/nietie22>

We recommend you to start before your arrival.

If you wish to do the registration by yourself you will find indications, depending on your nationality:

European citizens

All EU citizens residing in Spain for a period **exceeding 90 days**, must apply for registration in the Central Registry of Foreigners. This registration leads to a certificate of registration being issued and includes a **NIE number**.

You must apply for this document directly at the police station (it is required to arrange an appointment on the Sede electrónica website):

Mataró residents

At the Police Station located in Avinguda Gatassa, 15 (902 24 73 64).

Barcelona residents

At the Police Station located in Rambla Guipúscoa, 74.

If you do not fall into any of these categories, just go to the Spanish consular representation in your country to be informed about the legal requirements to entry and study in Barcelona. You can find all the up to date information on the website of the Ministry of Interior's website.

Students from outside the EU

Once in Barcelona, international students are encouraged to register their contact details to their Embassy or Consulate in Spain.

If you are a student from outside the European Union (EU), the EEA (Iceland, Liechtenstein and Norway) or Switzerland, in order to stay in Spain legally for more than 90 days, you need to obtain a student residence authorisation, which authorises you to remain in Spain for the duration of your course and if you wish, you will also be able to travel within the EU and the countries that have signed agreements with Spain or the EU for the free movement of people.



Academic Calendar 2022-2023

First term

September – December

LESSONS

26th September – 2nd December

EXAMS

12th – 22nd December

RETAKE

27th - 30th January
(no classes these days)

HOLIDAYS

23rd December - 6th January

Second term

January – March

LESSONS

9th January - 17th March

EXAMS

20th March - 31st April

RETAKE

2nd - 3rd May
(no classes these days)

HOLIDAYS

3rd - 10th April

Third term

April – June

LESSONS

11th - 16th June

EXAMS

19th - 30th June

RETAKE

12th - 14th July

*The schedule will show the times a subject takes place in a week. As most of our subjects have between 4 and 6 ECTS, one subject can appear in more than two days per week (4 ECTS = 2 days per week/6 ECTS = 3 days per week)



TIP

Once you arrive at
TecnóCampus you can modify
your Learning Agreement
during two weeks after the
Orientation Day.

Student services and life

Meet your mobility coordinator

School of
Business and
Social Science

Roberto Dopeso
rdopeso@tecnocampus.cat

School of
Engineering
and Technology

Josep Roure
roure@tecnocampus.cat

School of
Health Sciences

Gemma Garreta
ggarreta@tecnocampus.cat

Student Card

TecnoCampus has launched a new app that will keep you informed about University life and student services such as:

- Digital student card
- eCampus calendar
- Schedules
- Campus news and events

Some days before starting lessons you will receive an email with the user name and password to get access to it (the same one used for [eCampus](#)).

You can download the app for free from:

- GooglePlay (for Android devices)
- Apple Store (for iPhone)

Communication and E-learning

Teachers and administrative staff will communicate through a TecnoCampus specific email and a virtual campus called eCampus.

You will receive an email with your account login and password required to check your email, tasks and subjects. All communication from teachers, administration... will be sent to your TecnoCampus email address. It is very important to check this email address at least twice a week!

You can check your email online at:

mail.google.com

Another website that you have to use is ecampus.tecnocampus.cat. You can manage it with your TecnoCampus account. You have to check it because you will be able to upload your homework, send emails to the teacher, and review the items of the subjects...

Wi-Fi

User: TCM Docencia
Password: Rt56Ms87



Register for the Spanish or Catalan language course

TecnoCampus offers a free **Spanish** course. The level will be adapted to you. The duration of the course is about 3 hours per week (30 hours per trimester). If you want more information about the schedule or registrations, please contact rrii@tecnocampus.cat

If you also want to learn **Catalan**, you can contact the *Centre de Normalització Lingüística del Maresme* (www.cpnl.cat/maresme) at maresme@cpnl.cat

Library

As a student here, our library will quickly become one of your regular ports of call. The main books and other reference materials you'll need for your course can be found at our campus library.

***As a TecnoCampus student, you will be able to print freely using your credentials, which will be given to you as soon as you arrive.**

Accommodation

If you need accommodation during your studies in TecnoCampus, we propose you different shared accommodation alternatives and flats to rent in Mataró and in Barcelona. Here you can find other resources where you can check your accommodation (TecnoCampus hasn't got any direct relation with the owners or agents):

BADI

Badi is an app to find room and find flatmates according to age, tastes and hobbies.

Facebook

"Allotjament TecnoCampus"

If you are looking to rent an apartment or a room and does not know anyone, you can join in "Allotjament TecnoCampus" Facebook page where you will find offers of flats.

Uniplaces

Uniplaces is an innovative service for students focused on making the online booking process easier. It is fast, safe to pay and allows you search through hundreds of trustful properties around the bests student cities of Europe.

ERASMUSU

It's the largest student's community in Europe. You will be able to book verified accommodation through a safe system, not only in Mataró but also all around the world.

30% of discount with the code:

ERASMUS_STUDENTS

Join the Buddy Program!



Buddy Program is a student's commission whose aim is to enhance student's participation for the integration and

adaptation of the incoming students who arrive at TecnoCampus through a mobility programme. In that way, locals and international students get together to take a cultural and a linguistic exchange through the organisation of playful, sporty and gastronomic activities. We believe that the Buddy Program is such a positive tool to grow any student's academic and personal experience.

Before the beginning of the course, each local member is assigned to an international student depending on their studies, hobbies or languages. Once the couples are set up, they will be able to contact each other so the incoming student can receive his Buddy's help.

Don't miss the opportunity to meet other students who will help you to make your adaptation easier. Registration through this link: <http://agenda.tecnocampus.cat/go/buddy2223>

Canteen and restaurant

At the Campus you can also enjoy a snack during class breaks at the canteen. There is as well a cheap and delicious menu downstairs at the restaurant only for 7.20€, which will be composed by first and second dish, a dessert, a drink and a piece of bread.

You can chose between having lunch indoors or outdoors at the terrace while enjoying the sun and warm weather.

Leisure and Sports

All extra-academic activities (leisure, culture, sports...) at TecnoCampus are offered and organized by University Life.

We want to promote the cultural activities for our students: creating group activities, associations and organizing cultural and sport activities at the University.

Sports

TecnoCampus and the Sports Department of Mataró City Council have developed the TecnoCampus Sports Club, to promote, based on the agreement with different sports centers in the city, sports, health and leisure activities for the TecnoCampus student community, with the aim of improving health, interpersonal relationships and the quality of life.

Promoted activities will be published on clubesportiu.tecnocampus.cat and will be exclusive to club members. Take a look at the benefits and discounts we offer! The first step to enjoying it is to become a member of the club.

More information at www.tecnocampus.cat/en/club-esportiu

Colla Castellera (Human towers)

The Passerells of TecnoCampus is the university castle group of TecnoCampus of Mataró, founded in 2011 and a member of the Coordinator of Castle Groups of Catalonia. This is a deeply rooted Catalan tradition which will allow you to know more about Catalan culture and people. Join them!

Other leisure activities and groups:

Urban Dance Course

Explore new languages, invent a thousand stories and learn to dance on stage and behind the curtain.

University Choir

The TecnoCampus university choir aims to promote knowledge of music among its members. If you like singing, this is your activity!

If you are interested in participating in any of these activities, create another new group, join the sports season ticket or just get more information, contact us at:

vidauniversitaria@tecnocampus.cat

Cooperation

If you want to carry out cooperating and volunteer tasks while at TecnoCampus, you can do it through a number of NGO's and

cooperation institutions with whom we have an agreement. You just have to contact vidauniversitaria@tecnocampus.cat.

TecnoCampus Advantages Club

TecnoCampus Advantages Club is an employee and students discount program that gives you the chance to save money on many day-to-day goods and services that you may already be purchasing. If you are about to make a purchase—large or small—TecnoCampus Advantages is a great place to start hunting for a bargain before you buy.

colectivosvip.com/tecnocampus

ESN (Erasmus Student Network)

ESN Barcelona UPF is a non-lucrative students association based on the principles of ESN: apolitical, non-denominational, open and tolerant. They organize social and cultural integration activities and also have a Mentor Programme, in which they assign a local student to one or more exchange students who have asked for participating in the program, with the aim of making exchange students' integration easier at TecnoCampus.

For more information, check their website <http://esnupf.org/> or contact them at esn@upf.org



Your departure

Documents

As an exchange student, make sure you have all the necessary documents for your home institution to have your exchange programme recognized.

A transcript of records will be sent to your home university after the end of your exams at TecnoCampus. It will contain a record of the subjects you have taken and it will be sent together with the certificate of the Spanish language course you have attended, if that was the case. You also must come to the International Office to collect your Certificate of attendance.

The best way
to predict
the future is
to create it

Abraham Lincoln

Spain
Catalonia
Barcelona
Mataró



Mataró city

Mataró is the capital and largest town of the Maresme region with a population of over 120.000. It is located on the coast, between Cabrera de Mar and Sant Andreu de Llavaneres, about 30 kilometres north-east from Barcelona.

The town's main feature is its large port, which is one of the most important on the Maresme coast, and it also has a number of large city beaches.

The coastal N-II highway follows the same path as the original Roman road and nearby are the archaeological remains of the Roman villa of Can Llauder.

Mataró is famous for so many activities you can join. The main points to meet with friends are: the beach, the mall, or the main city centre street called La Riera, where you can find lots of shops, cafes and many restaurants. Of all the things to do, the thing you cannot miss is the nightlife. Mataró has a party area near TecnoCampus where you can go out to clubs like Cocoa, Miracle, Classic or Clap.

Barcelona city

Barcelona is the capital of Catalonia with a population of 1.6 million inhabitants (3.2 million inhabitants adding the metropolitan area). Its excellent location on the shores of

the Mediterranean, its gentle climate and its open cosmopolitan character make the Catalan capital an extraordinary place to live.

It is currently recognized as a global city due to its importance in the spheres of culture, finance, business and tourism. Its port is one of the foremost in the Mediterranean and the city is a transport hub between Spain and France.

Harmoniously integrating tradition and modernity, Barcelona combines the architectural evidence of its Roman and Medieval past with both Modernism (Catalan Art Nouveau) –with Gaudí as the leading exponent of this architectural style– and gems of contemporary architecture such as the Agbar Tower. Its gradual evolution has made it a focal point for architecture lovers.

Barcelona, the Southern Gate to Europe, hosts one of the largest university communities in Europe, made up of 200.000 students and more than 15.000 professors in seven universities offering a wide range of undergraduate and postgraduate programmes.

Its potential has made it a magnet for new trends from around the world. Design, music, fashion, art and cinema professionals are part and parcel of this dynamic city. A broad offer in culture, sports, and leisure and nature activities rounds out the spectrum of opportunities. A perfect place to combine quality academic activity with a good social life.

Transport

TecnoCampus is located in the city of Mataró, only 30 minutes away from Barcelona Centre.

From Barcelona to Tecnocampus

By train

- Take the train line R1 (stations in Barcelona: *Sants-Estació, Plaça de Catalunya, Arc de Triomf, El Clot-Aragó*) to Mataró station.

Some trains terminate at Mataró train station and others trains at *Blanes or Maçanet-Massanes, Calella or Anrenys de Mar* but all of them stop at Mataró.

You can check the schedules at www.renfe.es

By bus

- You can take the “Casas” bus number E11.1 in Barcelona (it stops in Ronda Universitat, 21 or Plaça de Tetuan):
E11.1 – Barcelona - Mataró (centre)
- E11.2 – Barcelona - Mataró (Nord)

You also have night buses:

- N80 – (Barcelona – Mataró)
- N82 – (Barcelona – Mataró – Pineda)

By car

- 1 From Barcelona, head North on the C-32 Motorway (formerly called A-19) towards Mataró/Girona
- 2 Leave the motorway at the exit “Mataro Sud” (about 25 minutes from Barcelona)
- 3 You will come to a large roundabout with a huge metal sculpture, take the 2nd exit
- 4 TecnoCampus will be just in your right



TIP

We suggest you to buy a multi-journey ticket for 10 trips (T-Casual 3 zones), valid for train and buses to Mataró, and train, buses, tram and metro in Barcelona. It costs 30'50€ and you can buy this card in the metro, railway stations and newsagents. You can find all the type of tickets here: tmb.cat

Public Transport in Mataró

Taxi Services

+93 798 60 60 and **+93 799 14 14**

Mataró Bus Lines:

<http://www.matarobus.cat>

- L1. Estació Renfe – Hospital de Mataró
- L2. Estació Renfe – Hospital de Mataró
- L3. Camí de la Serra – Vista Alegre – Rocafonda
- L4. Cirera – Molins
- L5. Estació Renfe – Hospital de Mataró
- L6. I. Català Salut – Carretera de Mata
- L7. Plaça Tereses – Cerdanyola
- L8. La Rambla - Galícia

Train Station (RENFE)

Pl. Miquel Biada, s/n.

+34 90 224 02 02

www.renfe.es

Airports

For information about Spanish airports, visit

www.aena.es

Barcelona airport

+34 93 815 99 49

Girona airport

+34 97 247 42 40



Lost in translation

ENG

Hello
Yes
No
Thank you
Please
Good morning
Good afternoon
Good night
Good bye
How are you?
I don't speak Spanish
What's your name?
My name is...
How old are you?
Where are you from?
Nice to meet you

Have a nice day
I don't understand
How much
does that cost?
You are welcome
I am hungry
Breakfast
Lunch, meal and food
Snack
Dinner
Today
Tomorrow

ESP

Hola
Sí
No
Gracias
Por favor
Buenos días
Buenas tardes
Buenas noches
Adiós
¿Cómo estás?
No hablo español
¿Cómo te llamas?
Mi nombre es...
¿Cuántos años tienes?
¿De dónde eres?
Encantado/a
de conocerte
Ten un buen día
No entiendo
¿Cuánto cuesta?

De nada
Tengo hambre
Desayuno
Comida
Merienda
Cena
Hoy
Mañana

CAT

Hola
Sí
No
Gràcies
Si us plau
Bon dia
Bona tarda
Bona nit
Adéu
Com estàs?
No parlo espanyol
Com et dius?
El meu nom és...
Quants anys tens?
D'on ets?
Encantat/da
de conèixer-te
Tingues un bon dia
No ho entenc
Quant costa?

De res
Tinc gana
Esmorzar
Àpat
Berenar
Sopar
Avui
Demà

Important contacts and information

Emergencies

Should you ever have a medical emergency, **dial 061** or go to the emergency service (*urgencias*) of the nearest hospital. Otherwise, in case of general emergency, **dial 112**.

Red Cross Ambulance – Emergencies

904 100 318
C./ Energia, 11
08303 Mataró
Tel. **+34 93 757 93 93**

City police – Emergencies 092

C./ Mossèn Jaume Sala, 16
08303 Mataró
Tel. **+34 93 758 23 23**

Mataró Hospital Consorci Sanitari del Maresme (Maresme Healthcare Consortium)

C./ Cirera, s/n
08304 Mataró
Tel. **+34 93 741 77 00**

National police – Emergencies 091

C./ Av. Gatassa, 15
08303 Mataró
Tel. **+34 93 757 77 44**

24 hour chemists

Farmàcia Colldeforn
Rda. O'Donell, 13
Tel. **+34 93 757 92 93 – 93 757 31 71**

Mataró City Hall

La Riera, 48
08301 Mataró
Tel. **+34 93 758 21 00**
www.mataro.org

Fire Department – Emergencies 085

C./ Passeig Ramón Berenguer, s/n
08303 Mataró
Tel. **+34 93 796 10 80**

Mataró Tourist Office

La Riera, 48. 08301 Mataró
Tel. **+34 937 582 698**
Fax: **+34 937 582 136**

turisme@ajmataro.cat

- Opening Hours:
Monday, Thursday, Friday and Saturday from 10.00 to 13.00 and 17.00 to 19.00.
- Sunday and bank holidays from 10.00 to 13.00.
- Tuesday and Wednesday closed.
- July and August, Monday to Sunday from 10.00 to 13.00 and 17.00 to 19.00.

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-  www.facebook.com/tecnocampus
-  [@TecnoCampus](https://twitter.com/TecnoCampus)
-  www.youtube.com/tecnocampus
-  [@viueltecnocampus](https://www.instagram.com/viueltecnocampus)
-  [TecnoCampus](https://www.linkedin.com/company/TecnoCampus)