

10 tips to feel at home in Barcelona

IDEAS AND SUGGESTIONS

2021
EDITION



Ajuntament de
Barcelona



Moving to a new city is a fantastic experience. How can you make the most of it? We offer you 10 simple, practical tips that can help you. You will find basic information on transport, culture, sport, health, administrative procedures, housing, language, integration, education and work. We hope you enjoy the city as much as we do.

Welcome to Barcelona!



For further information:

www.barcelona.cat/internationalwelcome



Barcelona public information:

Telephone: 010 (from the city) /
+34 931 537 010 (from outside the city),
www.barcelona.cat



Catalonia public information:

Telephone: 012 (from Catalonia) /
+34 932 142 124 (from outside Catalonia),
web.gencat.cat

Getting about

Easy transport:
from here to there!

Tour the city on foot or take a plane to explore the world. Barcelona airport is one of the best connected in Europe and is a mere 20 minutes from the city centre. Given Barcelona's human-scale size and good climate, you'll likely prefer to get about on foot or by bike. Otherwise, you can use the metro, tram, bus or train networks for a speedy journey to any part of the city and its outskirts.

47 direct intercontinental flights and 212 air routes to European cities

Barcelona Airport, January 2020

Almost 1,000 km of bicycle paths, including bike lanes

Barcelona City Council, 2020

TIP Nº. 1

Buy yourself an integrated travel pass from tmb.cat for easy use of the city's various means of public transport or do your daily travelling by bike using the Bicing service bicing.cat. It offers you conventional and electric bicycles!



Admire

Wonders of nature and culture

Barcelona is a beautiful, splendid city that glitters in the sun. You can contemplate Gaudí's marvels and the city's Gothic architecture, drop by its beaches or explore the Collserola nature park. Enjoy the city's vibrant cultural and culinary scene: art galleries, festivals, concerts, theatres and dance shows. You can try out the delicious fresh food from the city's municipal markets or sample the haute cuisine of its acclaimed Michelin-star restaurants.

Nine monuments declared a World Heritage of Humanity by UNESCO and 73 museums and exhibition venues

UNESCO and Barcelona City Council, 2020

4.7 km of urban beaches and 8,000 hectares of nature parks, with 2,726 hours of sunshine a year

Barcelona City Council, 2020

TIP Nº. 2

Check out the *Punts d'Interès de la Ciutat* website app (available in English) from webapp.barcelona.cat/pics for information on Barcelona's must-see sites and visit the City Council's web page to find out all about the city's cultural activities, museums and plenty more, from agenda500.barcelona.cat/en

Get in shape

Run, jump, swim!

Barcelona has been a nerve centre of sport ever since the 1992 Olympic Games, playing host to a large number of sports events throughout the year. The seat of the famous FC Barcelona, the city has incredible infrastructures and facilities for athletes, professional and amateur alike. Each neighbourhood has its own municipal sports centre along with numerous private clubs offering swimming pools, gyms and facilities for a wide range of sports. And a whole host of possibilities for doing outdoor sport!

71.6% of the population regularly exercises

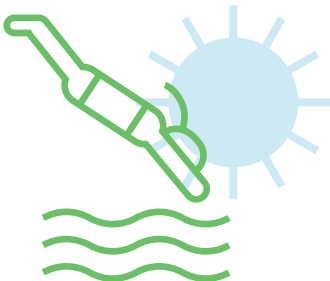
Barcelona City Council, 2020

3,579 public and private sports venues

Barcelona City Council, 2020

TIP Nº. 3

Go out on a run or stroll by the sea, go on routes on the mountain or join your nearest municipal sports centre barcelona.cat/esports. It will change your life!



Heal

Outstanding medical staff

Even if you fall ill, you're in luck: Spain has one of the best public health systems in the world, offering universal care for its citizens. If you need basic assistance, you can go to one of the city's CAPs (*Centre d'Atenció Primària*), public primary healthcare centres, which can be found throughout the city. Barcelona also has high-quality private healthcare services. When you move here, remember to register with the Social Security system or take out a private insurance policy for medical cover.

Spain has the highest life expectancy in the European Union and the 3rd highest in the world

OECD, 2019

Barcelona has 12 public hospitals, 70 private hospitals and 55 CAP

Barcelona City Council, 2020

TIP Nº. 4

Find out all about the details of the Social Security's services from web.gencat.cat/en/temes/salut y barcelona.cat/salut, and note that the emergency phone number is 112 (just in case!).

Register

A bit of patience and lots of smiling!

If you live Barcelona, you will need to register as a resident (*empadronament*) if you wish to enjoy citizen rights such as medical care and schooling. The procedure is free and can be carried out online or face to face. It takes some time, but the administrative staff are friendly. Consider it an opportunity for immersing yourself in local culture!

The city's foreign-national population increased by 8.2% from 2019 to 2020

Barcelona City Council, 2020

There are 13 citizen help and information offices (OAC) found throughout the city

Barcelona City Council, 2020

TIP Nº. 5

Do it online at ajuntament.barcelona.cat/tramits (in Catalan and Spanish only) or book an appointment in advance from ajuntament.barcelona.cat/cita for the OAC located in Plaça de Sant Miquel, where you can be attended to in seven different languages.



Settle

Neighbourhood diversity

Living in the centre or in the metropolitan area? There are so many options! You have ten districts to choose from, depending on your lifestyle: the old quarter, the seafront, the Collserola mountain range, peaceful residential areas or fashionable neighbourhoods. Outside Barcelona you'll also find interesting places to live in, well connected, with peaceful urbanisations, green areas and a unique charm.

Distribution of foreign-national population by district: Ciutat Vella 15.5%, Eixample 18.3%, Sants-Montjuïc 12.4%, Les Corts 3.3%, Sarrià-Sant Gervasi 5.9%, Gràcia 6.8%, Horta-Guinardó 8%, Nou Barris 9.8%, Sant Andreu 6.4% and Sant Martí 13.7%

Barcelona City Council, 2020

Average rent price: €14/m² / month

Barcelona City Council, 2019

TIP Nº. 6

Discover Barcelona's neighbourhoods at barcelona.cat/en/living-in-bcn and visit them. habitatge.barcelona will offer you advice on renting and buying a dwelling.

Speak

Hola! Adeu!

Barcelona has two official languages: Catalan and Spanish. Learn one or both! What better way to understand local culture and succeed in integrating into the city's life? Practise your new language in a supermarket, gym, bar or shop. You'll be amazed at how easy it is to speak and how friendly people are! Many other languages are spoken in Barcelona and the younger generations are speaking more and more in English.

78.7% of Barcelona's population can speak Catalan and 99.7% Spanish

Generalitat de Catalunya, 2018

53.9% of Barcelona's population understands English and 32.3% French

Generalitat de Catalunya, 2018

TIP Nº. 7

Sign up for free or subsidised Catalan courses at cpnl.cat/bcn.cursos or learn online from parla.cat. You can also register with one of the city's many language academies. Of the six official language schools (EOI, *Escola Oficial d'Idiomes*), these are the two main ones: eoibd.cat and eoibcnvh.cat.



Meet

Globalise yourself... locally!

Rub shoulders with international and local communities. You will learn a lot from those already living over here. It's essential you share your experiences with the local population, with people from your country and with people from around the world. Barcelona is an open and diverse city and its newcomers, wherever they hail from, find their place to live here and their own social network to help them integrate into Catalan society with equal rights.

A total of 463,867 people, 27.8% of Barcelona's population, were born abroad
Barcelona City Council, 2020

There are 180 nationalities residing and over 300 languages spoken in
Barcelona City Council, 2019, Linguapax International, 2019

TIP Nº. 8

Don't miss out on Barcelona International Community Day barcelona.cat/internationalcommunityday, an annual meeting for expats and international talent. Discover the Barcelona Global association barcelonaglobal.org, made up of companies and professionals that will help you to make contacts in the city.

Learn

A school for everyone

The whole world can study in Barcelona, children and adults alike! There are lots of schools, business schools and universities. Children have plenty of options. State schools offer quality teaching and are a good option for speedy integration. There is also a wide range of international schools on offer (North American, British, French, German, Italian, Swiss etc., school curricula). For higher studies, you will find over 500 university and other higher academic-centre master's degrees, public and private alike.

42 schools with international education in the Barcelona metropolitan

Barcelona City Council, 2020

Two business schools among the 10 best in Europe

Financial Times ranking, 2020

TIP Nº. 9

Follow the advice found in the barcelona.cat/choosing-a-school practical guide for learning about the educational system and finding the best school for your children, and give your professional career a push at one of the city's internationally prestigious business schools.



Work

Starting up in Barcelona!

Barcelona awaits you! Whether as a source of inspiration and creativity, a research and technological development centre, a social-economy laboratory or a centre for starting up new businesses. Find the help you need from Barcelona Activa, which will accompany you throughout your company's investment and creation process and in the development of your own professional project in Barcelona.

18,261 new companies constituted in 2019 and over 8,600 foreign-national companies established in Catalonia
IDESCAT, 2019 and ACCIÓ, 2018

1,500 technology startups in the Barcelona metropolitan region
Barcelona & Catalonia Startup Hub, 2019

TIP Nº. 10

Come along to Barcelona Activa's Business Support Office (OAE), the local-development agency, and visit their barcelona.cat/empreses and barcelona.cat/treball websites.

You will find plenty more advice and detailed information on everything you need to know for moving to Barcelona at: barcelona.cat/internationalwelcome

We offer you a complete guide for procedures, practical questions, activity calendar and news of interest that will make it easier for you to establish yourself in the city.

Follow us:



welcome_barcelona



Barcelona_international_welcome

**Make Barcelona
the city of your
life projects!**