



BCU

TALENT

CULTURE

KNOWING BARCELONA

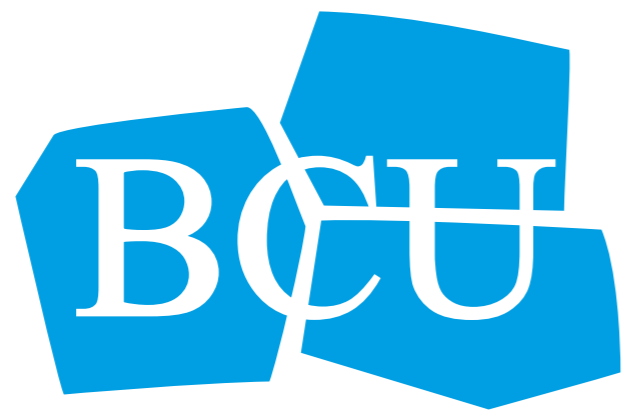
LIVING BARCELONA

LEISURE

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Barcelona 23/24 TALENTGUIDE *Why Barcelona?*



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WELCOME

It gives us great pleasure to be able to present the new edition of the *Barcelona Talent Guide*, made possible thanks to the support of Barcelona City Council and the collaboration of the universities. Through these pages, we aim to show newcomers everything the city has to offer.

The Catalan capital has high quality universities, with internationally recognised research centres, is one of the most important digital hubs in Europe and has become an attractive place for start-ups. What's more, it has an extensive cultural and leisure offering, which you can enjoy during your stay in the city, whether you're here for academic or research purposes.

Its location on the shores of the Mediterranean and its proximity to the Pyrenees, added to its dynamism, makes Barcelona a very attractive destination for many people. And at BCU we want to facilitate your arrival, supporting you in the process of settling in and ensuring that you feel welcome.

We hope that you fall in love with Barcelona and that your stay here is an unforgettable experience!

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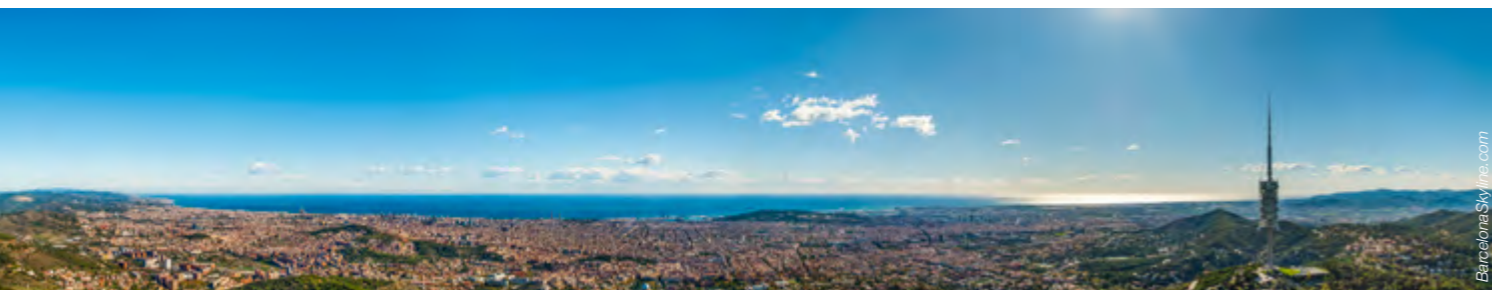
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BARCELONA

in 2030

Barcelona is one of the most valued cities to live in around the world. We are not surprised because it has everything you would want from the place where you live: many sunny days, an important cultural and historical heritage, unbeatable cuisine, and is well connected and inclusive. *The Telegraph* (April 2022) has chosen it as the *Greatest City on Earth*, with an undeniable charm that combines culture, economy and industry, and on top of that it is practical and safe. Who can resist the magic of Barcelona?



Considered by many as the Silicon Valley of southern Europe, it has become a more competitive city that trains and attracts talent, encourages investment and promotes cluster development, able to respond to present and future challenges. To continue maintaining its leadership, Barcelona aims to become Europe's digital capital, and it looks like it's well on its way. It is currently the seventh most attractive European city for investment from technology companies (*Atomico State of European Tech 2021*), the ninth most attractive in talent (the Boston Consulting Group's *Decoding Global Talent 2021*), the European city with the most square metres of office space taken up by technology companies; it has over 1,900 start-ups, is southern Europe's 5G hub, is committed to promoting digital talent through the Barcelona Digital Talent partnership, and plays host to some of the most important international

technology events such as the Mobile World Congress (MWC), Integrated Systems Europe (ISE) and the Smart City Expo World Congress (SCEWC).

What's more, the City Council has launched the Barcelona Welcome Desk, which promotes the arrival of new foreign talent to the city, offering advice during their landing in the city, such as registering as a city resident, looking for a place to live and school-enrolment for children.

You must be getting a good idea of what Barcelona is like, what's involved in living here and all the opportunities the city offers you. These are some of the areas that the Catalan capital will be making headway in over the coming years as it sets its sights on the city it aims to be in 2030.

INNOVATION

Barcelona is a European benchmark in technological innovation, the fourth most innovative city in Europe, the third most attractive for launching start-ups (StartUp Heatmap Europe 2019), and the eighth biggest start-up hub in Europe (Dealroom 2021), which, despite the pandemic, is reasserting itself as one of the main centres for receiving investment and attracting talent.

The new municipal administration's projects for creating innovation centres include: converting the Palau Municipal d'Esports into a neighbourhood facility and technology hub

for e-sports, and for the Olympic Stadium to house an enterprise incubator for the sports tech sector; turning the 22@ Nord into a technology magnet; transforming the Post Office Building (*The New Post Barcelona*) into a digital enterprise hub and training centre for young talent; attracting technology enterprises with Barcelona's *Deep Tech* Funds which has €10 million for consolidating the city as the innovation capital of southern Europe, and making the most of the Barcelona *Innovation Coast* initiative which, on the basis of innovation-promoting initiatives, is expected to create 40,000 jobs over the next 10 years and have a financial impact of €235 million on the city.



'NEW GREEN DEAL'

The proposals from the new roadmap for all the city's economic and social players include: making Barcelona into a city that facilitates economic activity, reducing its procedural paperwork; promoting training for entrepreneurs with advanced digital capacities and reskilling professionals from other sectors through the IT Academy; creating new spaces (Palo Alto, the Lluís Companys Stadium and the Olympic Port) intended for economic activity; the International Welcome Desk, in operation since 2022, where talent is promoted, generating new talent, retaining it and reversing the brain drain, and the creation of public-private partnership tools such as an Agency for Attracting International Investments to look for companies keen to set up shop in Barcelona and facilitate their support and landing in the city.



DIGITAL TALENT

Aiming to boost Barcelona so it continues to be a leading city and to provide the digital ecosystem with a larger number of people with advanced digital skills, training

for entrepreneurs will be promoted in this line and reskilling professionals from other sectors keen to recycle themselves in the digital world through the IT Academy. A large-scale initiative that is promoting Barcelona's digital capacity in order to consolidate its position as Europe's digital nerve centre.



DIVERSIFICATION

There is a paradigm shift that seeks to diversify the city's economy, based on talent and technology. This may imply a review of urban-planning tools that help to drive a strategy for re-economising Barcelona centre and thereby establish new spaces for economic activity which are entrepreneurial, innovative and local. Boasting an investment of over €150 million for the coming years, the re-economisation plan will continue strengthening commerce and the restaurant sector, reactivating sectors linked to the visitor economy under a new, more sustainable and diverse culture-focused model.



BLUE ECONOMY

Barcelona is opting for the blue economy – activities relating to the world of sailing, sustainability, commerce, restaurants and cafés and services linked to the maritime sector – with the aim of creating a new economic centre in the city, which will combine economic competitiveness and environmental sustainability in the maritime sector. Hence its drive to transform the Olympic Port and reclaim it as an attractive space for all city residents. Being chosen as the host city for the 2024 America's Cup fits in perfectly with Barcelona's aim to create a cluster dedicated to the blue economy. The world's oldest international sports competition, it will include a Women's America's Cup for the first time.

SUSTAINABILITY

This is about taking on the climate and energy challenge, ensuring environmental sustainability and economic competitiveness, while looking after people, to ensure Barcelona remains a city people can live and work in. Projects such as the creation of an investment fund for making progress in this transition; the development of the El Besòs Eco-district, a space for catalysing "green" economic activity, innovation, knowledge and talent and the aim to promote the solar economy and energy renovation will help to stimulate the economy for sustainability.

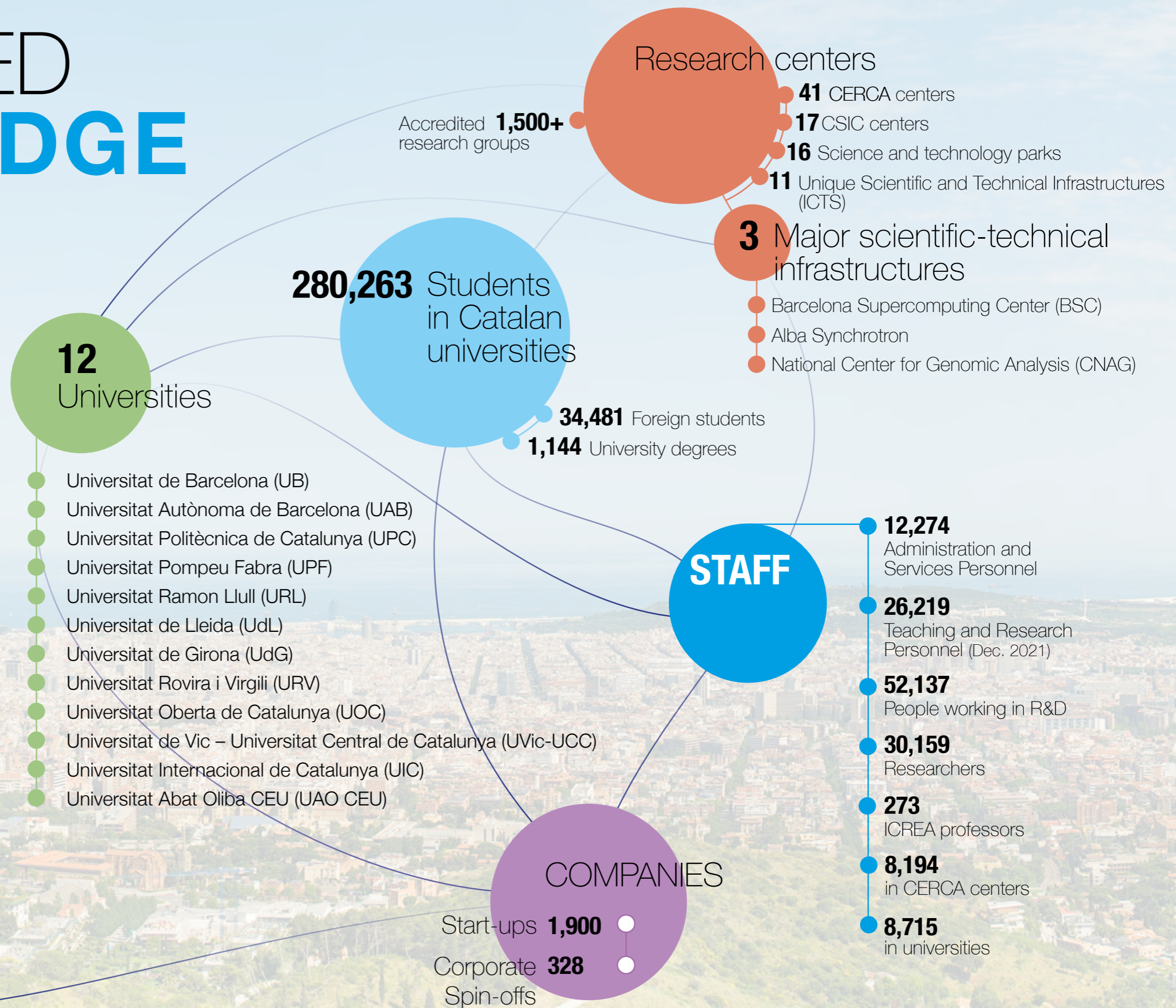
INTEGRATED KNOWLEDGE SYSTEM

Catalonia boasts an integrated knowledge system that strives for excellence and talent acquisition by leaning on the internationalization of Catalan universities. It is supported by a fully-fledged research system which has recently been the subject of a Law on Science (2022). This new policy envisions research, development and innovation (R&D&I) as the main instruments contributing to the wellbeing of citizens, the competitiveness among firms, and the efficiency of public institutions. Moreover, knowledge and talent are cultivated in research centers, health establishments, major infrastructures devoted to research – the Alba Synchrotron, the Barcelona Supercomputing Center, the National Center for Genomic Analysis –, other projects revolving around knowledge – Mobile World Capital or Integrated Systems Europe – and a start-up-rich environment, as well as throughout the university network and in business schools – IESE, Esade and EADA are among the 25 best in the world (*Financial Times* 2023).

The Catalan government has set its sights on a strategy involving higher education, research, innovation and a productive economy, geared towards the building of a brighter future for

Catalonia. A drive that is already yielding its results: Catalonia has recently earned, for the first time, the epithet *strong innovator* (European Innovation Scoreboard 2023). This sets it above the European Union (EU) average in the global innovation index. Despite hosting only 1.5% of the EU population, Catalonia generates 3.7% of European publications, and has been the recipient of 2.5% of the funds given by the EU.

In 2022, Catalonia had over 2,000 emerging companies, which indicates an increase of 6.3% compared to the previous year. Furthermore, Barcelona continues to be the 5th best ecosystem in the EU in which to establish a start-up, and it is acknowledged as the most important hub for deep tech start-ups in Southern Europe. In regards to the university network, there are 3 universities that rank among the best 200 in the world and among the best 100 in Europe; 8 universities that figure in the global ranking of young universities; and 5 universities that are considered among the best 200 in the world in terms of Sustainable Development Goals. Finally, Barcelona ranks as the 5th city in Europe in terms of scientific output.



Art on the street...

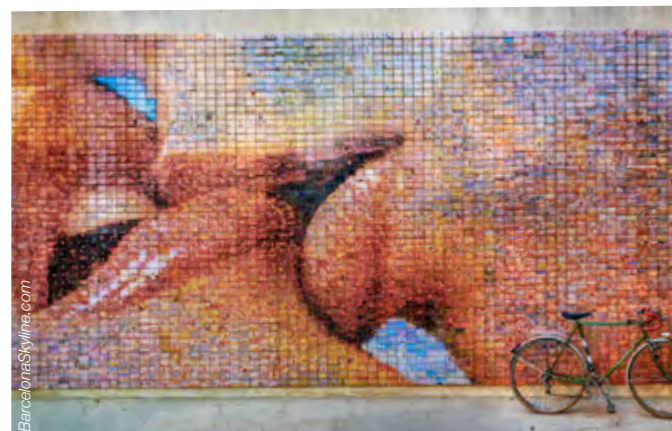
Strolling through the streets of Barcelona is a gift: every corner of the city hides true pieces of art by both national and international photographers, poets, sculptors and painters, among others. Open your eyes and wonder at the spectacle!

The Kiss

Photographic mosaic

The photographer **Joan Fontcuberta** is the author of the photographic mosaic mural *El món neix en cada besada* [The World Begins with Every Kiss], the work that presides over Plaça d'Isidre Nonell. To commemorate the Third Centenary of 1714, when Barcelona fell to the Franco-Castilian troops and Catalonia lost its national government institutions, the public was encouraged to submit photographs showing what freedom means to them. The result of this is 4,000 quadrangular glazed

ceramic tiles where, thanks to Ceràmica Cumella's collaboration, each tile contains a photograph of friends, children, parents, pets, landscapes or scenes of everyday life that come together to form a big kiss. This new symbol of the city, a set of optimistic proposals for a future that is worth living for, has been with us since 2014 and is only a two-minute walk from the Cathedral.

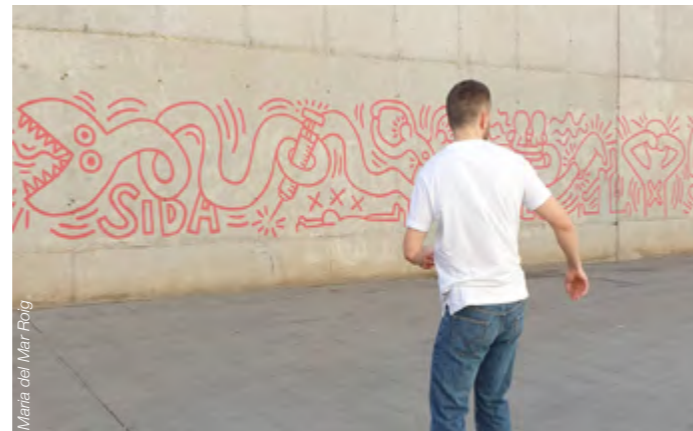


TOGETHER WE CAN STOP AIDS

Mural

Very close to the Barcelona Museum of Contemporary Art, on the wall where Carrer Ferlandina meets Plaça de Joan Coromines, is an exact reproduction of the mural painted by **Keith Haring** in Barcelona in 1989. The original used to be in the same neighbourhood, El Raval, on the wall of a run-down building in Plaza Salvador Seguí, a place that reminded the artist of the New York ghettos due to the growing number of syringes he found there each morning. Choosing the exact location was his only condition for painting the

mural, which he did free of charge. Before the wall that originally contained the mural was knocked down, the City Council decided to make a life-size copy of the work and take samples of the colour of the paint, which was blood-red. The first reproduction was made in November 1996, the second one in 1998 and the most recent in 2014, coinciding with the 25th anniversary of the original. In *Together We Can Stop AIDS*, a syringe is being choked by a snake bearing the name 'AIDS', a couple form a pair of scissors and cut the snake, and someone else puts a condom on its tail.



THE CAT

Sculpture

This sculpture by **Fernando Botero** is a true symbol of El Raval. After 16 years moving around the city, starting at the Parc de la Ciutadella, then moving to near the Olympic Stadium and a square just behind Les Drassanes, at the Baluard Garden entrance, in 2003 it was placed at the end of Rambla del Raval, its final destination. On the right-hand side of one side street as you walk down, you will find this bronze cat which, just like every other work by the Colombian artist, is huge (7 metres in length, 2 in height and 2 in width), shapely and rounded. Young children are forever hanging from its whiskers, trying to climb onto the back of the cat whose paws are now on the ground after leaving the base it used to stand on, so that it looks even fuller in shape.



VISUAL POEM WALKABLE IN THREE PARTS

Visual poem

The starting point for this work is *Naixença* [Birth], a 12-metre-tall capital A made out of artificial stone, which is the gateway to *El Camí* [The Path], a series of obstacles including commas, brackets and question and exclamation marks scattered all over the lawn, which take you to the final piece, *Final*, another A, but in this case one that has been destroyed. A symbol of life created by the visual poet in 1984 for the Marià Cañardo Lacasta Gardens that were established when the Velodrome was built in the Horta neighbourhood. The architects Esteve Bonell and Francesc Rius, who designed the Velodrome building, asked **Joan Brossa** to produce a poem with an urban dimension. The poet, who had already previously created both literary and visual poems, produced this great physical poem.



BRUUMRUUM!

Light installation

In the square next to the Barcelona Design Museum, from 9.30 pm to 11 pm on Monday to Friday, you can interact with this permanent installation by **David Torrents** and **Maurici Ginés**, a lighting designer with Artec3, made in partnership with LEDsCONTROL. It is an artistic proposal that was born in 2014 to create civilisation around the Museum by establishing a dialogue between the city's residents and the public space through sound and lighting, installing sensors in the square and embedding 9,396 LED lights in a 3,300 m² area. The square reacts to words using a set of sensors arranged in the shape of a trumpet, making the light display on the floor vary in intensity based on the person's voice and ambient noise.



CARMELA

Sculpture

Carmela is the sculpture by **Jaume Plensa** that has been just outside the Palau de la Música (Sant Pere Més Alt, 3) since 2016. Although it was originally intended to remain there for only a few months, thanks to a campaign carried out by a group of local residents on the platform Change.org for it to remain forever in Barcelona, Plensa loaned it to the city for eight years with the possibility of extensions. Carmela is 4.5 metres tall and made out of cast iron. It depicts the face of a teenage girl with her eyes closed, representing the transition from childhood to adulthood. The artist used the face of a girl from Barcelona that he photographed and scanned in order to obtain a 3D image.

Barcelona also boasts two recent works by its most international local sculptor: *Ànima* [Soul], a small metal structure that he donated to Hospital Sant Joan de Déu in 2017; and *Blau* [Blue], which has been in the Hospital Clínic lobby since July 2020 by way of thanks to the healthcare staff for their work during the pandemic.





According to *Telegraph Travel* (2022), Barcelona is the best city in the world. The publication, which compiled its ranking based on 50 selected cities, highlights the city's cultural offer, history, architecture, with nine World Heritage Sites, gastronomy, culture, open-air activities, over 2,500 hours of sunshine a year, 19 restaurants awarded Michelin stars, over 100 museums, and the fact that it is an inclusive city with an airport only 11km from the city centre. The Catalan capital clearly has a huge number of attractions, many of which make amazing photos, which may be why Barcelona is the most hashtagged Spanish city on Instagram. Here is an initial selection.

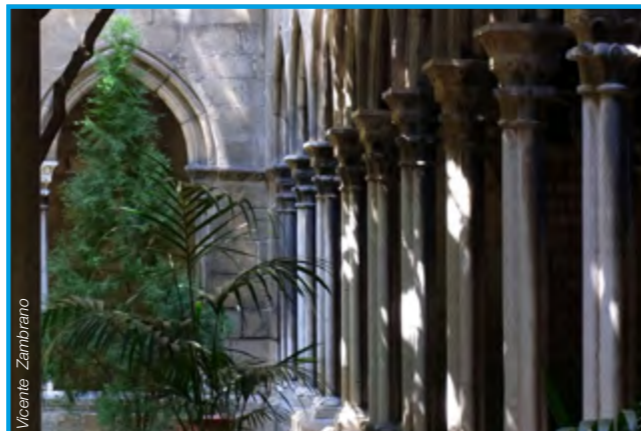


Torre Glòries

Since May 2022, Barcelona has had a new viewpoint. With a height of 130 metres, the top of the tower designed by Jean Nouvel, formerly known as Torre Agbar, offers a unique 360-degree experience. The city's most famous skyscraper has become a place where art, technology, scientific dissemination and environmental commitment all converge. The basic admission fee (€15) includes a visit to the Hipermirador Barcelona exhibition area and the viewpoint on the 30th floor, housing the Cloud Cities Barcelona sculpture by Argentinian artist Tomás Saraceno, as well as an audio-guide service via a website app, available in 6 languages (Catalan, Spanish, English, French, Italian and German). The visit, which lasts approximately 50 minutes, is suitable for people with reduced mobility, and is available 7 days a week, from 10am to 8pm. **Av. Diagonal, 211.**
www.miradortorreglories.com

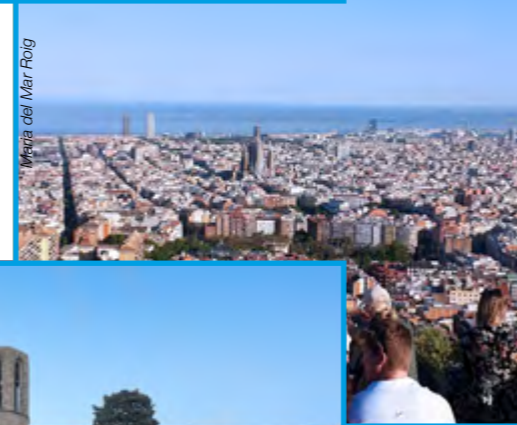
Santa Anna

This tiny monastery dating back to the early 12th century is to be found near Plaça Catalunya, the epicentre of the city. Its interior conserves Romanesque remains, a Gothic cloister and a chapter house. There are two chapels next to the main altar. The best known is the Chapel of Pardons, which featured a series of sculptures depicting the Holy Burial, which earned visitors the same indulgences as a pilgrim who visited the Holy Sepulchre in Jerusalem. Declared a Site of National Interest, the Major de Santa Anna church is a place of peace, an unexpected gift among shops and tourists heading to and fro. Since 2017, the parish has become the permanent site of a Field Hospital for homeless people, illegal immigrants and people in a situation of poverty. **C. Santa Anna, 29.**
www.santaanna.org



The Three Chimneys

Only 10 minutes from the seafront, the Three Chimneys rise up above gardens which feature a large concrete esplanade where the Pakistani community often play cricket, with trees, park benches, a children's play area with soft paving, *petanca* courts, ping pong tables and walls boasting veritable works of art. This delimited area dedicated to urban art is overseen by the Rebobinart Association (www.rebobinart.com) through the Wallspot project (wallspot.org), the legal wall management platform, aimed at creative people. The Three Chimneys, a clear example of industrial architecture from the late 19th and early 20th centuries, and the old machinery dotted around the gardens as public-art exhibits, were part of the La Canadenca power plant, one of the first sites to generate electricity in Barcelona. **Av. Paral·lel, 49.**



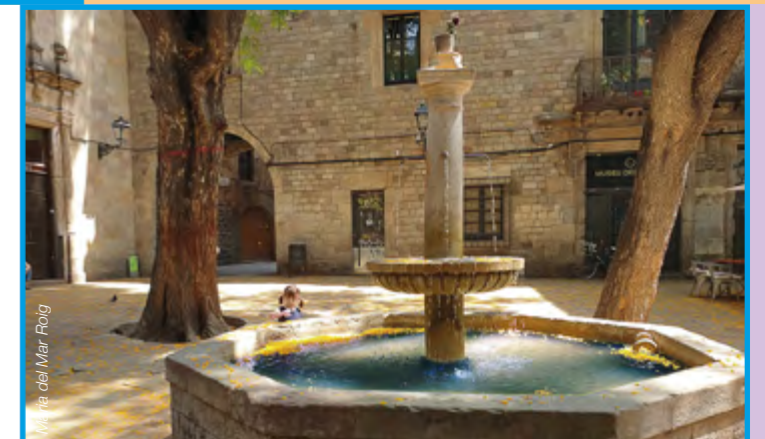
Carmel Bunkers

One of the best viewpoints in the city, offering spectacular views. During the Spanish Civil War, the Republican side decided to place four guns at this site, on the top of Turó de la Rovira (262 m), to defend the city from attacks by Franco's forces. Now it is a heritage site, conserving the remains of the anti-aircraft battery, while the MUHBA (Barcelona History Museum) has installed 5 information panels that help visitors to appreciate the site's historical and heritage value. You can get there by private vehicle, bus (22 and 119) and metro (L4), but you have to walk the last part. Admission is free of charge. It opens from 9am to 7.30pm in summertime and from 9am to 5.30pm in wintertime. **C. de Marià Labèrnia, s/n**



Monastery of Pedralbes

Travel back in time and explore the medieval environment of the Reial Monestir de Santa Maria de Pedralbes. A heritage site full of history, since Queen Elisenda of Montcada first became interested in founding a monastery, in the early 14th century. Both the church and the cloister, the biggest in Europe, are some of the best examples of Catalan Gothic architecture and witnesses to the everyday lives of a community of Poor Clare nuns for nearly seven centuries. Every quarter, they organise all kinds of visits, tours, workshops and talks. Furthermore, during the summer, on Tuesday and Friday evenings (6pm to 9pm), admission to the cloister garden is free of charge. The general admission fee is €5, while admission is free on the first Sunday of every month. A universe of beauty and quietude, near the bustle of Diagonal. **Baixada del Monestir, 9.** monestirpedralbes.barcelona/



Plaça de Sant Felip Neri

This city square full of history is hidden away among the alleyways of the Barri Gòtic. Built over a former medieval cemetery, it takes its name from the church in the square, one of the city's few Baroque churches, where Antoni Gaudí was heading when he was run over and killed. During the Spanish Civil War, the church became a refuge for local residents to shelter from air raids. Although the Franco regime led us to believe that the holes in the walls were made by bullets from Republican firing squads executing clergymen, they are really the marks left by the shrapnel from one of the bloodiest bombardments suffered by the city, in 1938. During the square's reconstruction, it was decided to leave the marks on the church façade and build a fountain with an octagonal base between the three tipuana trees. In summer, people are enchanted by the square's orange carpet of fallen blossom, its aroma and the sound of the water.

NOT TO BE MISSED.

ESSENTIAL EVENTS

AUTUMN



LA MERCÈ. Barcelona

22 - 25 SEPTEMBER

This is Barcelona's *fiesta major*, the city's biggest celebration which is held each year in honour of one of its patron saints. Four intense days of fun with a programme packed with activities for all ages: music, dance, street performance, circus, popular culture (with giants, dragons and fire beasts), *sardana* dancing, *castellers* or 'human towers', and BAM (Barcelona Acció Musical), which fills the streets with contemporary music. The icing on the cake is the *Piromusical* sound and light show at Montjuïc's Magic Fountain, which marks the end of the festival. Did you know that it rains practically every year for the La Mercè festivities? But it's not really rain. Legend has it that these raindrops are actually the tears of Santa Eulàlia, the city's other patron saint, who weeps with envy every time Barcelona celebrates her big rival. barcelona.cat/lamerce



TEMPORADA ALTA. Girona and Salt

30 SEPTEMBER - 4 DECEMBER

For many, this is the best festival in Catalonia, and certainly one of the best known internationally. It's a performing arts festival that attracts big names from the Catalan and international scenes, as well as up-and-coming artists, a space for showcasing the performing arts, and a networking opportunity for professionals in the sector. It's all about plurality, and you'll find theatre, circus, dance, live music and film on the programme. The festival has gradually grown since its beginnings in 1992, establishing itself to become an unmissable date for the diary if you want to know what's coming up on the national and international performing arts scene. temporada-alta.com



080 BARCELONA FASHION. Barcelona

OCTOBER

The two editions – winter and spring/summer – of Barcelona Fashion Week are effectively a shop window where more than twenty designers and brands show off their latest creations. 080 Barcelona fashion promotes the transformation of the fashion industry through technological innovation. 080barcelonafashion.cat

WINTER



MOBILE WORLD CONGRESS. Barcelona

26 - 29 FEBRUARY 2024

The Fira de Barcelona hosts the biggest mobile technology fair in the world. The 2019 edition, saw a record number of attendees (109,000). As the world's most influential event for the mobile technology industry, the Mobile World Congress is an excellent opportunity for networking with professionals in the sector. It's the perfect place for finding out all about the latest innovations in the sector and drawing inspiration from industry leaders. You can also pay a visit to 4YFN (www.4yfn.com) – 4 Years From Now – the platform that supports start-ups, investors and businesses, enabling them to connect and set up new businesses together. www.mwcbarcelona.com



CALÇOTADES. Catalonia

NOVEMBER – APRIL

Calçots are a kind of very large spring onion, and a typical dish you can enjoy all over Catalonia, though they have their origins in Valls. During a *calçotada* – a culinary tradition dating back to the late 19th century – the *calçots* are cooked on a very hot barbecue, then the outer layer is peeled off by hand and you dip them in *salvitxada*, a sauce made with toasted almonds, tomatoes, roasted garlic, before eating with your fingers. To complete your *calçotada*, you'll need to make sure you have room for some grilled meat, toast, wine, oranges and *crema catalana*. This makes for a meal that turns into a party, and it's perfect excuse for a get together with friends or family. On the last Sunday in January, the *Gran Festa de la Calçotada* takes place in Valls. festacalcotadavalls.cat/

5 - 8 OCTOBER Manresa

FIRA MEDITERRÀNIA Tradition, popular culture and roots are the key to this multidisciplinary fair, whose programme is divided into three main itineraries. firamediterrania.cat

5-15 OCTOBER Sitges

SITGES INTERNATIONAL FANTASTIC FILM FESTIVAL OF CATALONIA This is the leading festival in the world for premières of the best fantasy and horror films. sitgesfilmfestival.com

7-10 DECEMBER Barcelona

MANGA BARCELONA Fira Barcelona Gran Via is the venue that hosts the most important event of the year for fans of manga, anime and Japanese culture in general. The cosplay contest in particular is not to be missed. www.manga-barcelona.com

FEBRUARY 2024 Barcelona

LLUM BCN This Festival of the Light Arts transforms the neighbourhood of El Poblenou into an urban laboratory where national and international artists display their light creations. www.barcelona.cat/llumbcn

8-14 FEBRUARY Catalonia

CARNIVAL Carnival begins on Fat Thursday, and ends on Ash Wednesday. Seven days where anything goes: fancy dress, parades, dancing, floats - A week of pure extravagance!

FEBRUARY 2024 Barcelona

BCNEGRA The crime fiction literary festival, founded in 2005. A meeting place for writers and fans of the genre. www.barcelona.cat/bcnegra



BARCELONA POESIA. Barcelona

MAY 2024

Everything revolves around poetry: discussions, children's workshops, recitals, talks, concerts, tributes and poetry jams, in different spaces across the city. All the activities are free, except for Hip-Hop Night and the Poetry Slam, where some of the leading performance poets will be taking centre stage. www.barcelona.cat/barcelonapoesia



GREC FESTIVAL. Barcelona

SUMMER

This is the city's summer festival. Theatre, dance, music and circus, it's where big names on the international scene and local talent, come together, at the epicentre in Montjuïc's Teatre Grec, as well as at venues all around the city. And no, the theatre the festival is named doesn't date from Ancient Greece – it was opened during the 1929 Barcelona International Exposition. www.barcelona.cat/grec

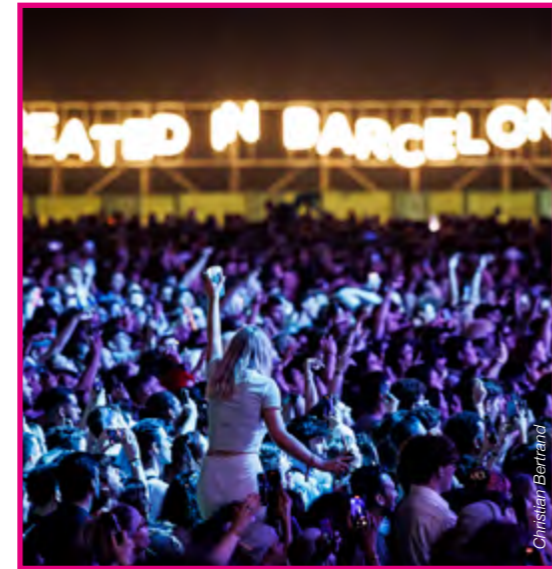
SPRING



TEMPS DE FLORS (Flower Festival). Girona

11 - 19 MAY 2024

The city's old quarter is flooded with flowers for nine days. More than 100 floral projects decorate patios, gardens, monuments and other spots, including the most iconic spaces, some of which are opened specially for the occasion. This is an opportunity to get to know or rediscover Girona, following the scent of the flowers and plants that fill a lovely neighbourhood with freshness. It might seem hard to believe, but the cathedral steps, the Jewish Quarter, the Arab Baths, the La Francesa Gardens, and the bridges across the Onyar river are even more beautiful when decked out in floral art. What began as a provincial flower display competition in 1954 has become an event for the whole city, and people from further afield flock to Girona so as not to miss this artistic floral spectacle. tempsdeflors.girona.cat



PRIMAVERA SOUND. Barcelona

30 MAY - 1 JUNE 2024

One of the biggest festivals in the country, where music plays the starring role. In 2024, the musical offering will once again be focused on a single three-day weekend in Barcelona, moving on to Madrid for the weekend after. Since 2001, *Primavera* has been showcasing established and emerging artists, both national and international. As well as the Fòrum Park site, with its various open-air stages next to the sea, *Primavera* puts on concerts in venues across the city. Barcelona was the first in a series of international locations (Porto, Los Angeles, Santiago, Buenos Aires and São Paulo), where the festival has continued to grow. If you're interested you'll need to be quick - the tickets sell out fast! www.primaverasound.com



CASTELLS (Human Towers). Catalonia

ALL YEAR ROUND

These human towers up to 10 storeys high have been defying gravity for more than 200 years, and are sure to have you holding your breath right from the start. This is a folk spectacle that originated in the Camp de Tarragona and El Penedès regions, and has spread all over Catalonia in the last 50 years. The *Castells* have been awarded Intangible Cultural Heritage status by UNESCO.

SUMMER



SÓNAR (Music Festival). Barcelona

13 - 15 JUNE 2024

The festival where music, creativity and technology take centre stage. Since 1994, both established stars and emerging talent in the electronic music industry have made Sónar a point of reference in the genre. Follow the Sónar Festival on Spotify (open.spotify.com/user/sonarfestival) and enjoy playlists that will take you on a journey around the festival's soundscapes. You'll find Sónar by Night, Sónar by Day, and since 2013, Sónar+D (sonarplusd.com), the international conference that explores how creative minds imagine new futures in collaboration with researchers, innovators and economic leaders from all sectors. sonar.es

NOVEMBER
and MAY
Igalada

REC.0 EXPERIMENTAL STORES Twice a year, the old factories and brickyards of Igalada are transformed into pop-up fashion stores, where you can shop the best brands at great prices. www.rec0.com

3-5
MAY
Barcelona

CÒMIC BARCELONA The biggest comic fair features lots of interviews, meet-ups, round tables and publisher presentations with artists from both home and abroad, as well as Comic Kids for the smallest visitors, and the Cosplay Zone. www.comic-barcelona.com

30 MAY
- 2 JUNE
Catalonia

CORPUS CHRISTI FESTIVITIES The high point of the spring - carpets of flowers adorn the streets in an explosion of colour. Don't miss the *Patum de Berga*, the *Enramades de Sallent*, or the Dancing Egg in Barcelona.

23 JUNE
Catalonia

REVETLLA SANT JOAN The night of the Sant Joan festivities is a magical one that's filled with sound and light, thanks to the traditional bonfires and firecrackers. The fun goes hand in hand with Cava and *Coca de Sant Joan*, a traditional sweet treat.

6 JULY
Calella de
Palatrugeu

CANTADA D'HAVANERES *Havaneres* are similar to sea shanties, and are sung on the beach. Summer on the Costa Brava kicks off with *havaneres*, a traditional musical genre that originated in 19th century Cuba. www.havanerescalella.cat

SEPTEMBER
Vic

MMVV This meeting point for music industry professionals becomes a big party with concerts for the general public at the weekend. www.mmvv.cat

BARCELONA INTERNATIONAL COMMUNITY 10 YEARS WITH YOU DAY

Barcelona International Community Day is the main welcoming and networking event for international talent, and this year marks its 10th anniversary, on 28 October.

Year after year, the international community comes together at the Museu Marítim de Barcelona to take part in a day-long event that has gradually been establishing itself as a benchmark meeting between the city's international and local communities.

As in previous years, it will feature an exhibitors' fair, with public and private organisations offering products, services and initiatives aimed at foreign nationals who have come to Barcelona to live and work. In addition, visitors to the fair will be able to take part in the activities of a programme including workshops, round tables, short information videos and networking events.

The event provides useful information and important services relating to aspects such as arriving in the city, how to develop your professional career, how to invest, doing business and finding opportunities, discovering the city's attractions and what it has to offer in terms of culture and leisure, as well as a wide range of entertainment for people of all ages. You can expect to see a few surprises and special activities this year —2023— to mark the 10th anniversary.

Admission to the fair and activities is free. All you need to do is register with the barcelona.cat/internationalcommunityday website.

Barcelona International Community Day is the culmination of an activities programme that Barcelona City Council offers throughout the year, under the Barcelona International Welcome initiative, to facilitate the personal and professional development and integration of talent arriving in the city. This includes welcome sessions, information talks, workshops, workshops and walks through the city that the City Council organises in collaboration with Barcelona Activa and other organisations and professionals.

Over sixty activities will be held starting at 10 am and throughout the day in several venues to present people to the city and its services. It's the perfect opportunity for sharing experiences and connecting with other individuals new to the city and with locals. Barcelona International Community Day is a reflection of Barcelona's welcoming spirit, a city that receives citizens from other countries with open arms.



HOST AMBASSADORS OF THE BARCELONA INTERNATIONAL COMMUNITY DAY

The 10 editions of the Barcelona International Community have included the presence of its host ambassadors—people from different backgrounds who have decided to make Barcelona their home.

They are men and women with uplifting personal stories and successful careers who share their projects, experiences and knowledge and inspire us with their accounts. One of the 10th anniversary celebration's festival events taking place this year will be the meeting with the all the editions' host ambassadors.



Mirjam Maarleveld
(Kamerik, Netherlands, 1981)

In 2015 Mirjam needed a change of scene, a departure from her previous life. She fell in love with Barcelona: she felt it was the kind of city that could provide her with the right type of stability: "There were job openings, it's conveniently located and close to the Netherlands". Even though she was able to find a job and a flat rather quickly, it wasn't easy for her to feel at home. She was struck by how many expats struggled with the paperwork required of them, with the lack of transparency in the job market, or with finding permanent accommodation. For this reason she began, during the pandemic, to share all sorts of helpful information with those who had recently arrived to the city, an impetus that gave her the idea to create her own project. And so **Barcelona Expat Life** (barcelonaexpatlife.com) was born: a website guiding expats through the intricacies of settling in the city, which also arranges meetings aimed at connecting people with potential employers. Mirjam is particularly fond of how Barcelona embraces foreigners, as well as how Catalans have been able preserve their own roots within the city's cosmopolitan spirit.



Reimund Fickert
(Kassel, Germany, 1963)

He takes pride in having known Barcelona before the Olympics, having thus been able to witness the transformation of the city throughout the years. The first time he visited was in 1987. What brought him here? It was love. He had been studying in Pennsylvania (USA) for a year, and there he fell in love with a woman from Barcelona, who he came to visit for a month. He recalls the chaos and Mediterranean exuberance of the city back then. Eventually he would discover new flavors and a very rich culinary diversity. They lived together in Germany for 13 years, until 2000, when they decided to move to Barcelona. They came back to a city which by then was tidier, cleaner, boasted proper beaches, and had started to become an international hub. As a doctor in molecular biology and a journalist by trade, he was drawn to a particular project which would end up becoming the **Barcelona Biomedical Research Park (PRBB)**, where he is currently employed as **Head of Communication and Business Development**. He highlights Barcelona's ability to change you as a person: "it pushes you to take greater risks, rendering possible a more daring type of research that always bears its fruits", he asserts.



Lázaro Campoalegre
(Santa Cruz del Norte, Cuba, 1984)

The 1992 Olympic Games were a determining factor in Lázaro's decision to move to Barcelona: "Seeing how the cauldron was lit by a flaming arrow had a huge impact on me. I was also a big fan of Freddy Mercury and Montserrat Caballé's Barcelona, which became my favorite song". He pictured Barcelona as a world very different from the one he knew, which is why, when he was presented with the opportunity, he chose the Catalan capital to pursue a master's degree in Computation at UPC. 14 years have passed since then. After living in Barcelona for some years, he left for Ireland to study his post-doc; however, during these two years, such was the kinship he continued to feel with the city that he was compelled to visit it every month: "After arriving, I would feel more relaxed". For him, Barcelona is the place that most resembles a home. He is fond of his circle of friends, the climate, the cosmopolitan nature of the city, and above all its culture, including Catalan —which by now has become his second language. He currently works remotely as a **Technical Product Manager for AiFi Inc.**, a company based in Silicon Valley. Thanks to his efforts, the firm chose Barcelona as the training hub for its entire European staff.



MODERNISM

Modernism, the cultural movement taking place in Europe by the end of the 19th century and beginning of the 20th century which sought new ways of expression and shaping, was particularly fertile in the realms of architecture and the plastic arts. Known variously as *Art Nouveau* in France, *Modern Style* in England, *Jugendstil* in Germany and *Sezessionsstil* in Austria, it left an indelible imprint in Barcelona with structures such as the Sagrada Família, the Pedrera or the Casa Batlló. However, the city harbors many other buildings from that period very well worth discovering.

Casa Fuster

The last major urban house designed by architect Lluís Domènech i Montaner presently operates as a hotel. Drop by the nearby *Jardinet de Gràcia* and get inside the building: columns, adornments and vaults are among the original architectural elements still standing within it. You are also invited to come up to the terrace, where you'll be met with incredible vistas of the city. **Pg. de Gràcia, 132.** hotelcasafuster.com



Casa Terrades

Popularly known as *Casa de les Punxes* (House of Spikes) due to its profile resembling that of medieval castles, this building was designed by Puig i Cadafalch. It is not open to visitors, but spaces can be rented there, either for co-working or for hosting events. **Av. Diagonal, 416-420.** casalespunxes.com



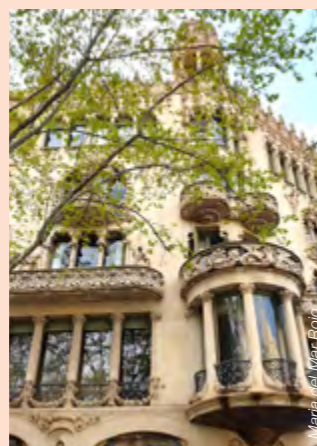
Casa Amatller

Chocolate industrialist Antoni Amatller commissioned Josep Puig i Cadafalch with the redesign of this building, located next to Casa Batlló, and the architect transformed it by endowing it with the appearance of an urban gothic palace. The piano nobile currently serves as the headquarters of the Amatller Institute for Hispanic Art. If you so wish, you can get a guided tour of the Amatller House Museum and taste a cup of hot chocolate at the ground floor. **Pg. de Gràcia, 41.** amatller.org



Casa Lleó i Morera

Domènech i Montaner undertook the architectural overhaul of this house, located at the *Mansana de la Discòrdia* (the famous city block on Passeig de Gràcia). The building features one of the richest and better preserved sets of Modernist applied arts: mosaics, stained-glass windows, marquetry, tiled floors and sculptures. **Pg. de Gràcia, 35.** casalleomorera.com



23 April is one of the loveliest days in the year for many. Despite being a regional holiday, the day of Sant Jordi or St George - Catalonia's patron saint since the 19th century - sees our streets fill with people out to enjoy the day, buying roses and books for their loved ones from any bookshop or one of the many stalls set up along our streets.

SANT JORDI

On this day there is a marked festive atmosphere throughout Catalonia and in Barcelona, especially in the city centre, where you can find thousands of passers-by and long queues of people waiting their turn for a writer to sign their book for them. You can find a whole host of new publications, as publishing houses often use the occasion to present new books. An estimated 1.87 million books and six million roses were sold in Catalonia in 2023, according to the Booksellers' Guild and Florists' Guild, respectively.

What's more, for the last few years, it has been a unique day for seeing the Casa Batlló's façade decorated with roses. It is also an ideal time for visiting some of the city's museums and institutions, such as Barcelona City Hall, which holds an open day on that date. And anyone called Jordi, Jordina, Jorge or Jorgina can access the Sagrada Família free of charge. To mark the saint's day, Barcelona City Council (barcelona.cat/santjordi/en), the city's Libraries Network and Community Centres Network organise a whole host of activities for young and old alike: cultural events, micro-story competitions, workshops and so on, and plenty of theatres offer special promotions. The range of activities is extended with the groups and soloists that perform in the Sant Jordi Musical, filling the old Estrella Damm Factory with rhythm, food trucks and a small market selling a mixture of vinyls, books and roses.

The legend

Legend has it that there was a dragon in Montblanc that struck terror into the hearts of local people. To calm it down, the people would offer one of their own, chosen by lot, as food to quench its hunger, until one day when it fell to the king's daughter to make the sacrifice. As luck would have it, a knight called Jordi, the Catalan name for George, rode by and killed the beast with his sword. A rose with red petals sprang up from the dragon's blood.

Roses

If you would like to see roses of every variety, you can visit the Jardins del Roserar [Rose Garden] at the Parc de Cervantes, which plays host every spring to the International New Roses Competition. And the National Rose Exhibition is held not so far away, in Sant Feliu de Llobregat, every second week of May, to mark the Spring festivities.



MOVING AROUND



Metro, buses, railways, tramways, funiculars, bicycles, personal transporters, motorcycle and bike sharing services, taxis... there are manifold means by which to move around the city, and most of them are sustainable. Barcelona boasts one of the best-connected public transport networks in Europe. According to a report published by the Clean Cities Campaign (2022), public transport in the Catalan capital sets the example to follow in regards to accessibility and sustainability; it is ranked as the third best European city among 36 others.

All information you might need concerning public transport can be looked up on the website of the Barcelona Transport Authority (tmb.cat): maps, journeys, lines, zones, schedules, fares, ticket modalities, travel passes or types of accessibility. All tickets, excepting one-way tickets, are integrated passes that include 296 municipalities in the Barcelona metropolitan area, and allow for up to 3 interchanges between transport operators integrated in the system. The maximum time allowed is 75 minutes starting from the first validation. The temporary price reduction of the majority of most common transport fares will be maintained throughout 2023.



One-way ticket
It is the best option if you rarely use public transportation. It can be used for one single journey. €2.40

T-casual
Single-person pass comprising 10 journeys. It can be used for travel in any transport of the Integrated Fare System. 1 Zone / Starting from €11.35

T-usual
Limitless journeys for a month. It can be used for travel in any transport of the Integrated Fare System. 1 Zone / Starting from €20

T-grup
Multi-personal pass comprising 70 journeys and lasting one month. It can be used for travel in any transport of the Integrated Fare System. 1 Zone / Starting from €79.45

T-jove
Limitless journeys for 90 days. Users must be under 30 years of age. It can be used for travel in any transport of the Integrated Fare System. All Zones / €40

Airport ticket
One-way metro ticket used for travel from the airport to any other station in the metro network. 1 Zone / €5.15



T-MOBILITAT t-mobilitat.atm.cat
This contactless validation system was introduced in 2021 to the Catalan public transport network. It is expected to integrate all provinces and transport passes, unifying all different operators and thus greatly facilitating travel around the network. For the time being, T-usual, T-jove, T-casual, T-familiar and T-16 are available within the scope of T-mobilitat, should you travel around the 36 municipalities of the Integrated Fare System of the Barcelona metropolitan area. T-mobilitat will continue to coexist alongside the magnetic strip card system until the new technology has been comprehensively implemented. There are two modalities to choose from: the T-Mobilitat card, which is for personal use and can be topped up at any time, or your smartphone. You need to pay 4.50 euros for the card. Its warranty lasts for 5 years, and it can be used indefinitely.



Barcelona is perfectly suitable for cycling! There are approximately 1,150 kilometers of bicycle itineraries, including streets and lanes reserved for bikes. Other than the network of bicycle lanes, also intended for scooters, there are other areas where cycling is possible, such as pedestrian streets, bus-bicycle lanes, and special streets where the maximum speed limit for all vehicles is 30, 20 or 10 km/h. There is also the "green ring" (rondaverda.cat), a semi-urban biking itinerary that circumvallates the city going through parks and gardens, and combining the cycling lane networks of several municipal districts. Bicycles can board public transport

CYCLE AS MUCH AS YOU WANT

vehicles, provided they are kept in the spaces reserved for them. Some operators specify particular time slots in which bikes can be taken on board.

Your own bike, or a shared bike?

Do you like cycling but prefer not to own a bicycle? You're lucky: in Barcelona and its greater metropolitan area, you can cycle without owning a bike, thanks to two shared bicycle services, Bicing and Ambici. There are also plenty of private bike rental businesses you can resort to.



bicing.barcelona is a means of urban transportation consisting in the shared use of standard and electric bicycles. This service, meant for the residents of the city, operates 24/7 the whole year round.

If you're over 16, you can sign up to the service through the Smou app. There are two modalities available: the flat rate (€50 per year) or the pay-per-use rate (€35 per year). Both rates provide access to both standard and electric bikes.



ambici.cat is a shared bicycle service operating in 15 municipalities of the greater metropolitan area of Barcelona. It has been active since January 2023, and the subscription cost is €25 per year. The network has its own stations, bicycles and fares, which function independently from Bicing. However, there is a single-payment metropolitan pass integrating both Bicing and Ambici. Several stations located in the municipal limits of Barcelona serve as bridges between both services.



smou.cat

This app provides information and access to mobility services. It is designed to make it easier for you to move around the city. It integrates all mobility services, including the Parking Meter Service (areaverda.cat), which can be used for payment of tickets of the blue and green areas; Endolla Barcelona (endolla.barcelona), a network of charging stations for electric cars and motorbikes; the bicycle-sharing system Bicing, to which you can sign up in the app, besides checking stations in the map and their availability, as well as booking bikes or requesting 10 extra minutes; the parking network BSM (aparcamentsbsm.cat); and the car pooling service Getaround (es.getaround.com).

Personal transporters

The use of personal transporters has grown greatly over the past decade. So much so that since 2017 they are subjected to their own regulations. You need to be at least 16 years of age to use them, their speed cannot exceed 25 km per hour, they cannot circulate on sidewalks or pedestrian areas, and they must be properly equipped with front and rear lightning, reflectors and a bell. There is a comprehensive system of fines that vary depending on the severity of the violation.

Due to the recent explosion of an electric scooter in a railway coach, all varieties of electric personal mobility devices have been temporarily banned from public transport vehicles until October 31st. The Metropolitan Transport Authority (ATM) is expected to reach a final decision on the matter after having taken into consideration the findings of a work group put together to ensure the safety of public transport users and personnel. As long as the resolution is pending and electric personal mobility devices continue to be banned from public transport vehicles, they may be parked in those areas located outside metro and train stations that are usually reserved for bicycles.



The PARKS of BARCELONA

this is how the city breathes - www.barcelona.cat

Green means life. Parks and gardens are the lungs of the city, meeting places where you can have a good time and relax. Barcelona has an extensive network, featuring all kinds of parks and gardens: urban, thematic, historical and woodland areas. The best way to discover them is to go there and immerse yourself in their surprising beauty. But where should you start?



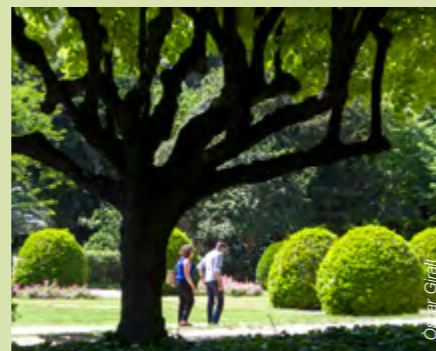
JARDINS DE MOSSÈN COSTA I LLOBERA

One of Europe's most important gardens specialising in cacti and succulents. A unique collection with some of the most exotic species, native to desert, sub-desert, tropical and high mountain environments, as well as a wide variety of trees native to the Mediterranean. On the slopes of Montjuïc, with views of the sea, this is an idyllic environment that also has sculptures and viewpoints. Remember, although it has a pergola to protect you from the sun, the Gardens do not offer much shade. Admission is free of charge and there are various entrances. If you want to round off the experience with a challenge, remember that the Port Cable Car connects Montjuïc (Avinguda Miramar) with the neighbourhood of Barceloneta, and the station is very near the Gardens. It only takes eight minutes in the legendary red cabins, while enjoying some exceptional panoramic views. A single ticket costs €12.50 while the return ticket is €20.00. **Ctra. Miramar, 38.**



PARC DE COLLSEROLA

The Serra de Collserola Natural Park is the veritable lung of Barcelona and the other eight surrounding municipalities. 11,100 hectares of parkland with a wide variety of plant and animal species, where you can enjoy nature and breathe fresh air. It has fifteen viewpoints and the highest point is Tibidabo (512m), which is home to the Tibidabo Amusement Park. In Collserola, you can go for a stroll, hike along short or long routes of varying duration and difficulty and go cycling. The Park has a network of over 250km of bicycle routes, which are all detailed on the Cyclist Map. If you want to go cycling, you must remember that the speed limit is 20kph, while holding races and downhill mountain biking are prohibited. Take care, because you may come across wild boars, the largest wild mammals in the Park. Remember, if you see one, don't approach it; they may react aggressively. Don't feed them, so that they don't get used to it. parcnaturalcollserola.cat



JARDINS DEL PALAU DE PEDRALBES

One of the city's most extensive and aristocratic gardens. It dates back to a fire at the end of the 19th century, in what used to be the residency of the Spanish royal family when they visited Barcelona. The Mayor at that time, Joan Antoni Güell, ensured that the new Royal Residency would be a property belonging to the Güell family, where the Palau Reial was located, which now houses the Ceramic and Decorative Arts Museums. Behind the wrought-iron entrance gate, there is an oval pond with gridded paths on either side, inviting you to discover the park, where there are pine, cypress, orange and cedar trees, combined with sculptures and one of Gaudi's lesser-known works, the Hercules Fountain. A stroll in this park is a gift. During the last eleven summers, the Gardens have hosted the Jardins de Pedralbes Festival (festivalpedralbes.com) and since Christmas 2021 it has also hosted an immersive projection and light show. **Avinguda Diagonal, 686.**

HISTORICAL BOTANICAL GARDENS

These gardens were officially opened in July 1941, although they date back to the 1929 Universal Exposition. The French landscape architect Jean Claude Nicolas Forestier was originally commissioned to design the gardens that would surround the exposition. Some years later, the botanist Pius Font i Quer was charged with the construction of the Botanical Gardens. They are located on the shady side of Montjuïc, behind the Catalan National Art Museum. Nearly two and a half hectares that form a gardening treasure trove. Its lower part is up to four degrees cooler than the rest, making it possible to include Euro-Siberian species. There is also a sensory garden, a vegetable garden that only cultivates endangered species, the tallest trees in the city and primitive plants. And if when you've finished looking around you still want more, you are a 10-minute walk away from the (new) Botanical Gardens, created in 1999. **Av. dels Montanyans, 26.**



LABERINT D'HORTA

This is the city's oldest conserved garden, with a rich biodiversity. It dates back to the 18th century, when Antoni Desvalls commissioned this garden-museum, which started out as a Neoclassical garden but ended up as a Romantic site. Love is the main protagonist of the Neoclassical part, with a Neoclassical pavilion that dominates the three terraces, one above the other. There are small temples featuring mythological figures, steps, monumental fountains, ponds and waterfalls, as well as a labyrinth of cypress hedges, which gives the park its name. In the Romantic part, where the central theme is death, the vegetation is wilder and less regulated. There is a Romantic canal that was once navigable and a false cemetery that has the remains of columns and headstones. The Labyrinth was owned by the family until 1970, when it was acquired by the City Council and turned into a public park. Admission costs €2.23, although you can enter free of charge on Wednesdays and Sundays. **Passeig dels Castanys, 1.**



PARC DE LA CIUTADELLA

It was built for the 1888 Universal Exposition on the site of the old military citadel. It is the biggest park in the city and the first one to be designed as a public park. It has everything: century-old trees, gardens, woodland, over 100 species of birds, a pond, a large monumental waterfall, a bandstand, a large number of sculptures, the Three Dragons Castle, the Umbracle, the Hivernacle, the Zoo, the Catalan Parliament, etc. An oasis where you can go for a stroll, read, have a picnic, go boating, do some Tai Chi and Chi Kung, go to concerts, or dance swing on the first and third Sundays of every month. And if you come across a life-sized mammoth, don't be alarmed; it's made of stone. It's the first and only replica of extinct animals that the Natural Sciences Board wanted to install in the park in 1907. **Passeig de Picasso, 21.**



The TRAIN

from BARCELONA

Barcelona is one of the most attractive cities in Europe, but it isn't the only one so take the chance to discover the infinite number of treasures that you'll find nearby. Do you already have travel plans? Have you thought about how you will travel? Transport represents 40% of all carbon dioxide emissions, so the type of transport you choose can make a difference. Trains are the most sustainable mode of transport. If you want to reduce your carbon footprint, ride the rails to the cities we are suggesting.



MADRID 2h30

The capital of Spain has everything you can imagine. True, they are not on the coast, although in summer they make good use of their artificial beach on the Manzanares river (Madrid Río). Leaving the marine aspect aside, they have over 100 parks, including El Retiro, El Capricho, the Sabatini Gardens, the Royal Botanical Gardens and the Casa de Campo. Madrid is teeming with culture: theatres, exhibitions, the International Contemporary Art Fair (ARCO) and the Paseo del Arte, which contains the El Prado Museum, the Thyssen-Bornemisza and the Reina Sofia, all within a distance of 1 km, without forgetting the Matadero cultural and leisure centre and La Casa Encendida. If you are in the capital, don't



miss El Rastro, the open-air Sunday market where you can find practically anything; the multicultural neighbourhood of Lavapiés and the gay neighbourhood of Chueca. And above all, don't leave without tasting *churros* and *porras* with chocolate, or the classic calamari sandwich.



SEVILLE 5h34

On the high-speed train (AVE), you can get to the centre of Seville without having to change train. The Andalusian capital nourishes you through its cuisine, but particularly through its sights and the aromas it exudes, of incense and orange trees. If you have already been there, you are sure to remember the streets full of orange trees; there are 40,000 of them! And in spring, the perfume of their blossom pervades everything. And a few days before Easter, or Holy Week, declared a festival of International Tourist Interest, the churches are full of incense and it is traditional to carry Baroque works of art through the streets. Start discovering the city by visiting the Cathedral, its most emblematic monument and the largest Gothic cathedral in the

world, along with its bell tower, la Giralda; the Tower of Gold, the Reales Alcázares, Plaza de España, María Luisa Park, La Cartuja and La Maestranza. After that, you can roam around the neighbourhoods of Triana and La Macarena and stroll along the banks of the Guadalquivir.



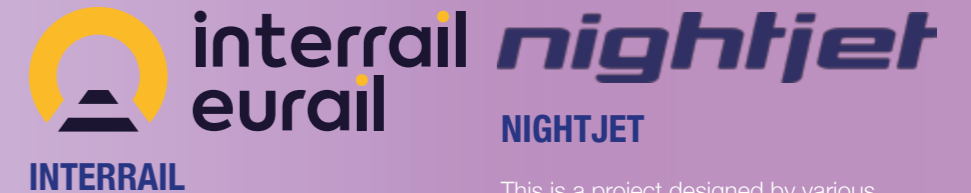
PARIS 6h30

Barcelona and Paris are less than 800km apart. With a ticket that costs as little as €25, you can cross France to the City of Light at 300kph. You will need more than three days to fully explore the *cit  de l'amour*, but you can at least cover the basics; the Eiffel Tower, Notre Dame, the Champs- lys es, the Arc de Triomphe, Sainte-Chapelle, and the Montmartre neighbourhood with its Basilique du Sacre-Coeur, next to streets full of artists who want to paint your portrait and shops where you can buy the best souvenirs. And don't forget the museums! Remember, there is life beyond the Mona Lisa in the Louvre Museum. We know being a tourist is tiring. When you can't take another step, get an overview of the city by going on a cruise along the Seine.



LONDON 6h30 + 2h16

If you want to carry on enjoying some of the European capitals and their surrounding areas, London is your best bet. Once you are in Paris, you are only a little more than a 2-hour train ride away from a capital city that is constantly reinventing itself. Musicals, theatre, museums, art, festivals, shops, markets, parks, pubs, international cuisine, monuments like the Tower of London and Westminster Abbey, which are World Heritage sites, Big Ben and Buckingham Palace, and much more than you can imagine, in one of the most multicultural and cosmopolitan cities in the world. For years it has been top of the ranking for the most visited city in Europe, with over 20 million tourists a year. You would need half a lifetime to enjoy everything it has to offer, so visit whenever you can and take it all in.



Imagine travelling around nearly all of Europe by train. Interrail offers you an incredible experience: the chance to discover over 40,000 destinations. This train ticket is a pass that enables you to travel on nearly all European trains. All you have to do is show your pass, via your mobile phone, and you have access to 40 railway companies in 33 countries. Whatever your age, whether you want to travel alone or in company, with everything organised or improvised, Interrail lets you design a tailor-made adventure. For €51 you can thoroughly explore one country, with the One Country Pass, and from €185 and Interrail Global, you can enjoy more than one country. www.interrail.eu

This is a project designed by various railway companies, connecting thirty European cities via night trains. The first connections – Munich and Vienna; Zurich, Cologne and Amsterdam – were launched at the end of 2021, and since then the network has grown, with the addition of Vienna and Berlin, and Brussels and Paris. It is planned to continue expanding the network, eventually connecting Barcelona with Zurich. These are night-time journeys where you can rest -in a bed or bunk, and with breakfast included- so you arrive at your next destination as fresh as a daisy. There are routes that even allow you to take your car, motorbike or bicycle on the train. www.nightjet.com



UNIVERSITY sport



Catalan universities promote the pursuit of sport, in the knowledge that it contributes to physical and emotional well-being, whether done individually or in a group. All universities have Sports Services that promote physical activity among university members and the general public. In practice this means you can do several individual or supervised activities, in sports teams or as individuals, and take part in competitions and in leisure activities, at affordable prices. To enjoy all these advantages you simply need to sign up for a sports card.

And if you're a high-level university athlete you will receive support from a special programme that will help you to balance your sports activity with your academic work, so you can achieve maximum performance in both. Athletes that join this programme are assigned a tutor who will help them to plan and adapt their academic calendar to their sports. The duration of the programme is the academic year.



CATALAN UNIVERSITY SPORT (ECU)

The ECU is made up of representatives from all Catalan universities and receives financial support from the General Secretariat for Sport and the Catalan Ministry of Research and Universities. It is responsible for organising the University Championships of Catalonia, with 12 Catalan universities taking part. Competitors are required to be enrolled on official studies at the university and to have the level expected for the competition. If you are interested in having your competition and training hours formally recognised, find out from the Sports Service at your university about the recognised credits you are offered for taking part. www.esportuniversitari.cat



UNIRUN 3 MARCH 2024 / BARCELONA AND SANT ADRIÀ DE BESÒS

This university athletics race, inspired by the Oxford-Cambridge varsity race, has been held every year since 2015. The 5km competition is open to the whole community and associated individuals

– past, present and future students, teaching and research staff, providers, external supporters and family members, from 12 Catalan universities. The result is more than 5,000 runners along the Barcelona and Sant Adrià de Besòs coast, who as well as signing up individually, are associated with one of the Catalan universities. unirun.cat



disciplines. To join in you will need to put a team together; if you don't have one, there is a pool of players where you're sure to find players for a team. You can take part if you are a student, member of teaching or research staff (PDI) or member of administrative or service staff (PAS) at the university community of Catalonia. www.lliguesuniversitaries.cat



UNITENNIS ALL YEAR ROUND / CATALONIA

Backed by Catalonia's tennis clubs, the ECU and Catalan Tennis Federation organise UNITENNIS, competitions designed for the whole university community – students, alumni, lecturers and administrative and service staff – from Catalan universities, whether you're federation members or amateurs. The aim behind this Catalan Tennis Circuit consisting of six rounds (men's and women's) at various facilities within Catalonia, is to promote university tennis. fctennis.cat/area-esportiva/unitennis

UNIVERSITY LEAGUES

If you like doing sport and creating community this should be of interest to you! University leagues are the most important amateur sports competition in the university community. Every year students from seven Barcelona universities get together in various sports

FOR EVERYONE

If you're among those who'd rather keep their leisure time separate from where they study or work and you'd like to do sport, no worries, because Barcelona has a wide network of sports and municipal institutions, as well as an extensive and diverse programme of physical and sports activities. You have a range of amenities you can use freely and at no cost, almost always in public spaces (squares, parks or beaches) in municipal facilities – there are over 1,000 – which offer organised activities you can access by paying one-off admission fees or through a subscription. Always with the aim of making the pursuit of sport affordable and remaining a sports city model. If you are over the age of 40, don't miss out on the Activa't programme, which promotes physical and healthy exercise in several of Barcelona's parks and gardens. You can choose between oriental gymnastics (Tai-Chi and Chi Kung) or motor and memory exercises. The activities are free of charge and held in each of the city's districts. ajuntament.barcelona.cat/esports



SPORTS EXPERIENCES

Whether doing or watching sport's your thing, there are some sports competitions that are true spectacles. Don't miss out on them:

CHRISTMAS CUP 25 DECEMBER / BARCELONA

Held annually since 1907, more than 350 swimmers will be getting together at 11am on Christmas day to swim 200 metres to Barcelona Port. www.cnb.cat

BARCELONA INDOOR TRIAL FEBRUARY / BARCELONA

The Palau Sant Jordi plays host to this event where you will tremble as you watch the great figures from the world trial overcoming hurdles and obstacles. trialindoorbarcelona.com

COMTE DE GODÓ TROPHY APRIL / BARCELONA

A real emblem of the city, where Grand Slam champions and the big names in Spanish tennis compete on clay courts. www.barcelonaopenbancsabadell.com



Why did I end up **coming?**



JELENA RADJENOVIC (Belgrade, Serbia, 1980)
Research professor at ICREA (Catalan Institution for Research and Advanced Studies) and researcher at the Catalan Institute for Water Research (ICRA-CERCA).

She left Australia to land in Girona in 2009. The move was prompted by the birth of her daughter: she wanted to live closer to the family. Having earned a Marie Curie scholarship, she decided to apply for work at ICRA because it is a relatively new institution: "I was looking for a place where I could spread my wings", she explains, "a place that did not nurture outdated traditional hierarchies". It was the right choice, she reckons: the institute fosters a great working environment and its scientific personnel is very driven. Girona is a city that she finds very easy to live in. It is pleasant and safe, there are parks everywhere, and it is located close to both beaches and mountains. The combination of all these elements translates into quality of life. "I'm not sure I'd be willing to live again in a big city. When you have two daughters 9 and 6 years old, having everything at a 15-minute distance is quite the luxury".

Radjenovic earned the National Research Award for Young Talent (2022) for her work in Electron4water, the European project she is overseeing at ICRA, the institute where she is developing new technologies for water treatment.

ANNE-CLAIRE BINTER
(Nantes, France, 1991)

Post-doctoral researcher at ISGlobal (Barcelona Institute for Global Health).

After earning her PhD in epidemiology, she arrived to Barcelona for a post-doctoral residency two weeks before the first major COVID-19 lockdown took place. The city struck her like a good option because of the overall good living standards, its closeness to France, the weather, the fact that both sea and mountains were nearby... and the availability of job opportunities, for she was also thinking of her partner, who would come with her. The prestige of the research center was crucial when it came to make a decision: "ISGlobal is a world-renowned institution", she states proudly. Her research revolves around how air and noise pollution alter urban environments, and how the existence of green spaces (or lack thereof) has an impact on the neurodevelopment of children and teenagers (that is, between 4 years of age and puberty).

During the summer of 2020, when it became possible for people to gather again, she experienced social hardships, because she didn't know anybody. It was around that time that she finally discovered the city: she affectionally recalls her visits to the most well-known landmarks and monuments, which back then were devoid of crowds. Alongside the progressive return to normality came new friendships, and she is now able to enjoy the city fully. She likes how natural it is for people to spend time outside their homes, how diverse the available cultural events and sport options are, how easy it is to meet up with friends in cafes and restaurants, how comfortable it is to cycle around the city, and how close nature is to the city.



FÁTIMA ITZEL LÓPEZ FERNÁNDEZ
(Puebla, Mexico, 1976)
Head of Technology Transfer and Industry Partnerships at the Computer Vision Center (CVC).

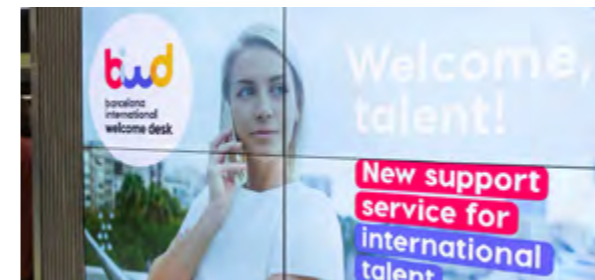
She arrived in Barcelona in 2006 to pursue her post-doctoral research in computational imaging at Pompeu Fabra University (UPF); since her arrival, she has witnessed the growth of the international community in Barcelona and the positive impact it has in terms of cultural diversity. In 2013 she returned to Mexico for a work opportunity, where her children were born. They all came back to Barcelona in 2018. She admits she always wanted to return: she wanted to pursue her professional career here, and she felt it would be better for the kids to grow up in an environment like that of Barcelona, a city she loves. "I enjoy the way of life here, it's very appealing", she explains in a nutshell. "There's always things to do after work".

She recalls how, when she was a kid, summers meant going to the beach; she continues to relate the sea to a vacation mindset. "I am able to totally disconnect from work during the weekends, it's such a wonderful feeling of leisure". Those are not the only reasons behind her decision to return, though: it is a good place to live overall, it's a safe city, there are many parks, it is kid-friendly, everything is relatively close to home, and there is a sense of belonging to the neighborhood you live in.

TALENT



If you've recently moved to Barcelona, or are planning to do so, come over to the Barcelona International Welcome Desk, the international talent assistance service created to facilitate your arrival and help you get settled in the city and to enable you to develop your personal and professional potential to the full.



The service is offered both face to face and online to investors, entrepreneurs, researchers, highly qualified professionals and university students. Given that 29% of Barcelona's population was born abroad, this personalised-assistance service is designed to facilitate arrivals and the first steps in the city for newcomer talent.

When you need to know about residence and work permits, identity documents, access to housing, healthcare and education, mobility and public transport, taxes and tax issues, steps for setting up or investing in a business, and other practical issues for residing in the city... no need to fret! An expert team will give you personalised assistance and help you with all the procedures.

The service is free and all you need do is book an appointment, filling in a form stating your needs. Once your form has been received, you'll be contacted to confirm your personalised assistance, which can be online by video-conference or face to face at a Barcelona International Welcome Desk office. Online appointments even allow you to prepare your arrival in advance, while you are still in your country of residence.

www.barcelona.cat/welcomedesk

Barcelona International Welcome Desk

WHAT DO THEY OFFER YOU?

- Information on practical issues for living in Barcelona.
- Practical formalities to be done on arrival: some procedures are mandatory, such as your registration as a new city resident or your pet's registration with the city's pet census, while others are optional, such as applying for an electronic signature certificate or a card for accessing Barcelona's public libraries.
- Expert advice on immigration, taxation, and employment issues.
- A welcome pack with materials for getting the most out of your new life in the city.

The Barcelona International Welcome Desk is a Barcelona City Council initiative run in collaboration with the Spanish Government's Delegation to Catalonia, Barcelona Global, 22@Network, ACCIÓ and Mobile World Capital.



Catalonia has increased its performance on innovation, but **THERE IS ROOM FOR FURTHER IMPROVEMENT**

Specific leverages are required to strengthen the connection between corporations and public R&D, thus ensuring a more successful tech transfer.



Xavier Testar
Rector's delegate for
Innovation and Transfer.
Universitat de
Barcelona.

Consequently, universities and research centers should benefit from specific grants that would push their research projects results towards its application, focusing on the developmental aspect of R&D, facilitating them to move up in the TRL (Technology Readiness Level) scale and thus becoming more appealing to firms. When it comes to companies, the support should be addressed to facilitate the integration of new knowledge and technology to their production processes, which in turn would reduce risks related to innovation.

The Government of Catalonia's eagerness to promote the implementation of the "Catalan Agreement on the Knowledge Society" (2020) paves the way to a closer relationship between R&D and firms. Likewise, the Catalan Law on Science, passed in December 2022, mentions explicitly the need to promote knowledge transfer.

All Catalan universities – and particularly the University of Barcelona, leading the university and research network of Catalonia – are committed to keep working on a productive system that continuously increases its capacity for innovation through the promotion of knowledge transfer.

In fact, the UB has been a pioneer in knowledge transfer through the Bosch i Gimpera Foundation, which turns 40 this year and has given rise to the creation of more than 50 spin-offs. As well as StartUB! in training and support programs for their students entrepreneurship.

Thus, the promotion of knowledge transfer requires close contact with the entrepreneurial ecosystem of Barcelona and Catalonia, one of the 5 most important start-up hubs in Europe, with more than 2,000 start-ups. Among those, the Deep Techs, those based on new knowledge, largely arising from public R&D, are becoming more and more relevant, so their creation is acquiring a growing role as a vehicle for transferring technology to society.

Lastly, let us not forget that they also contribute, alongside the universities and research centers of Catalonia, to attract and retain innovative and entrepreneurial talent.

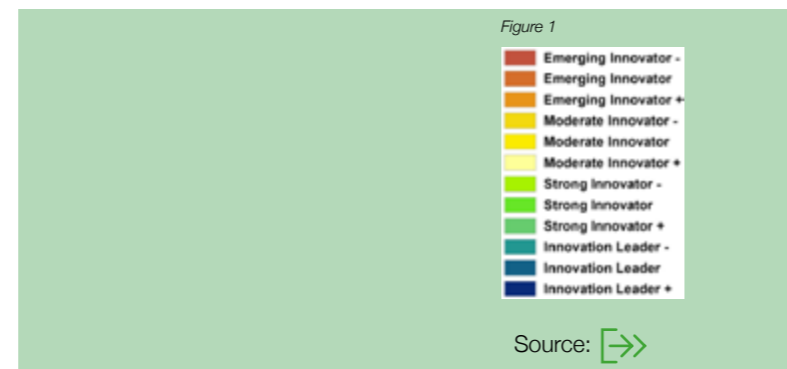
The Regional Innovation Scoreboard 2023, a biannual report issued by the European Commission, places the region of Catalonia in the category of "Strong Innovator-". This is the 7th category of the ranking of all European regions, which range from "Emerging Innovator-" (1st or lowest level) to "Innovation Leader+" (12th or highest level) (See Figure 1). Moreover, the report places Catalonia in the 81st position of the ranking, which is constituted by 239 regions from 26 European countries. It has thus moved up 27 positions since the previous Scoreboard, published in 2021.

The placement of each region is determined by a polynomial made of 21 indicators. The combined comprehensive picture painted by the indicators shows that the main strengths of Catalonia continue to be the availability of highly trained human resources, also in ICTs, the production of new knowledge, the quality of the scientific publications and also in patent applications. However, the region scored less positively in indicators related to innovation, particularly in the % of innovative SMEs.

However, for the innovative SMEs the "sales of new-to-market or new-to-enterprise as percentage of their turnover" indicator places Catalonia in the 15th position out of all 239 regions, alongside the most innovative regions. This means that innovative SMEs manage to obtain a substantial turnover from the sales of their innovative products or services.

Therefore, given that more than 98% of Catalan companies are SMEs, it would seem rather crucial to raise the percentage of those engaged in innovation. To this end, it is important to promote collaborations among them, support their involvement in sectorial clusters, and boost their interactions with the Catalan R&D system, particularly universities and research centers.

In fact, to foster knowledge transfer between the institutions generating new knowledge and firms is a key factor to improve the innovation potential of Catalan SMEs.



INTERNATIONALISATION OF THE **KNOWLEDGE** NETWORK

The Inter-University Council of Catalonia (CIC), established in 1977, is the institution in charge of coordinating the Catalan university network. Among its goals are the management and enforcement of equal opportunities in university enrollment, the standardization of criteria informing university programs, and the support for the internationalization of universities.

Most Catalan universities belong to European consortiums. Thanks to these alliances, they have access to student and staff mobility opportunities, they are able to share knowledge and good practices with institutions abroad, and they can improve the quality and further the joint development of educational programs and cooperative research projects.

With the aims of drawing in foreign students and strengthening this international push, in 2023 both the CIC and the Catalan university network partook in two higher education international fairs with their booth *Study in Catalonia*: the Asia-Pacific Association for International Education (APAIE)'s Conference and Exhibition in Bangkok and the Association of International Educators (NASFA)'s 75th Annual International Conference and Expo in Washington, DC.

This year they are also attending the European Association for International Education (EAIE)'s Annual Conference, which is being held in Rotterdam (Netherlands) from 26th to 29th September. 6,200 professionals from 61 countries are expected to attend alongside representatives from 963 organizations, while 240 exhibition booths will be featured in the exhibition floor. The program, organized under the theme *Connecting Currents* (referencing the city's geographical enclave and the diversity of people reaching it), features activities, panels, workshops, keynote addresses and networking events, as well as live plenary session broadcasts.

European University Alliance

Within the framework of Spain's Presidency of the Council of the European Union, the Ministry of Universities is holding in Barcelona, on the 14th and 15th of September, the Forum of Universities for the Future of Europe. Its main goal is to open up debates on the challenges faced by European universities, the course of their development, and their contributions to society. Around 400

people are expected to attend, including representatives of university alliances and members of the European Commission.

Simultaneously, the ACUP (Catalan Association of Public Universities) and the GUNi (Global University Network for Innovation) are holding, also in Barcelona and on September 13th, two seminars: *European University Alliances: strengthening the knowledge society* and *Building new university leaderships to transform Europe*. The first, to be held in the morning, will tackle the alliances among European universities, including those involving Catalan public universities, and will explore the potential benefits brought by European consortiums in the generation of progress, wellbeing and competitiveness within Catalonia. In the afternoon seminary, the GUNi-sponsored HE Leadership & Management Hub will be publicly unveiled. It is envisioned to become a permanent platform for the debate and contemplation among, and professional training of, directors and managers of higher education institutions all around the world.

Students in the catalan university network (2019-2020)

- **34,648** International Students
- **15,553** bachelor's degree students
- **12,561** master's degree students
- **6,534** PhD students
- **11,435** Incoming mobility students
- **5,075** Erasmus+ students
- **6,360** students in other programs

STUDY IN CATALONIA

Are you thinking of studying in Catalonia?

Here you'll find all the necessary information on higher education, geared towards international students. From basic information such as the general characteristics of the admission process, the languages used in the classrooms, or tuition fees, to explanations as to how may a foreign student carry out the paperwork required to apply to a Catalan university, what documents need to be accredited and submitted, how to find the right accommodation tailored to your requirements, or other information that might be useful during your stay in Catalonia.




Barcelona Centre Universitari

Twenty-six years ago, the universities of Barcelona and its metropolitan area, together with the City Council and the Catalan Government, created the **Barcelona Centre Universitari (BCU)**, an official service for the reception and support of the university and scientific community.

At the BCU we offer you a wide range of accommodation so you can choose the one you like best and feel at home <https://bcu.cat/en/accommodation/>. Our flats and rooms must meet safety and quality standards. We make sure that the rental process is easy and nimble and we help you by attending you at our office as well as by phone and online.

Over the years we have helped thousands of people - students and researchers - who have come to learn in our universities and to develop their projects in Barcelona's and its metropolitan area research centres.

As we have been doing since 1997, we can help you with housing issues and also provide you with practical information. In addition, we inform you about the cultural offerings of Barcelona through our Agenda <https://bcu.cat/en/blog/>.

If you come with your family and need to send your children to school, we will inform you about the types of schools in Barcelona and guide you through the pre-registration process and other necessary procedures.

We strive to make your stay a wonderful memory that lasts forever. We want you to enjoy the quality of life that this cosmopolitan and modern Mediterranean city offers you, so that you feel comfortable. At the BCU we work to help to make Barcelona an international hub of talent attraction. This is why we also collaborate with the Barcelona International Welcome Desk, the municipal support service for international talent.

One of the outstanding actions of the BCU is the edition of this magazine, created to inform the international community about the university system and research topics that are being developed in Barcelona.


Given that according to the ranking of the International Congress and Convention Association (ICCA) Barcelona consolidates the fourth position in the world as a conference organizer (133) and the first in number of delegates (135,000), we at the BCU also support organizers. We do it through the Conferences <https://bcu.cat/en/conferences/> section of our website, where we list universities venues and others that can host events, ordered by capacity, with the description and contact details.

To finish and as additional information to help students from Catalan universities who are going to spend time at foreign universities, we included the From BCN <https://bcu.cat/from-barcelona/> section on our website, with practical information on accommodation, consulates and leisure in other cities around the world.



C/ Torrent de l'Olla, 219
08012 Barcelona
Tel.: (+34) 932 389 049
info@bcu.cat
IG: @studyinginbarcelona

 **Metro: Lesseps (L3)**

 **22, 24, 27, 87, 116, V17, H6, D40, N0, N4**

 **El Putxet, Pàdua, Sant Gervasi, Plaça Molina, Gràcia**



What do we offer?

BCU Housing, is the official accommodation service of Barcelona Centre Universitari. Visit www.bcuhousing.cat to find our complete listing in Barcelona and its metropolitan area, ranging from rooms in shared flats, apartments, homestays, and rooms in student residences.



Filter by:

- City
- Neighbourhood
- Check-in and Check-out dates
- Type of accommodation

Check out all our available options, make sure you have selected your dates, we provide you with pictures, a description of the accommodation facilities, location, payment structure, and our terms and conditions.

Ready to make your reservation? Sign up and book online through secure payment. Now you have your home in Barcelona!

If you prefer, you can come to our office for personal assistance: We will help you out by evaluating your needs and budget. We provide you with detailed information regarding our accommodation. If you need extra help to make a decision you can book a visit with our team.

All our Housing options meet quality, safety, and hygiene standards. They are fully furnished and equipped.

Requirements:

You need to be enrolled at a Catalan university or research facility to make a reservation with us.

We ask for:

- A valid ID (national identity card or passport)
- Letter of acceptance or tuition from your university in Catalonia or Ph.D., researcher contract.



bcuhousing.cat
info@bcuhousing.cat
 IG: @bcuhousing

Monday-Thursday: 9am-5pm
 Friday: 9:30am-3pm

(+34) 932 389 072



BCU Housing's Tips for before...

...MAKING A CHOICE

Location:

Make sure that you choose an option that is well connected by public transport and/ or near your university or research centre.

Type:

Think about your needs before you decide what type of accommodation suits you best. A lot to think about to make the right decision, pick wisely.

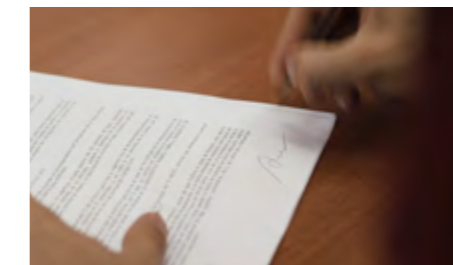
Booking process:

The owner has 72h to confirm or reject your reservation, make sure you write a good description of yourself! This will increase your chances to be accepted.

...SIGNING A LEASE

1. Read the Leasing agreement. We will provide you with a copy in English as well.

2. Make sure you read our terms and conditions, you'll find them on the website.

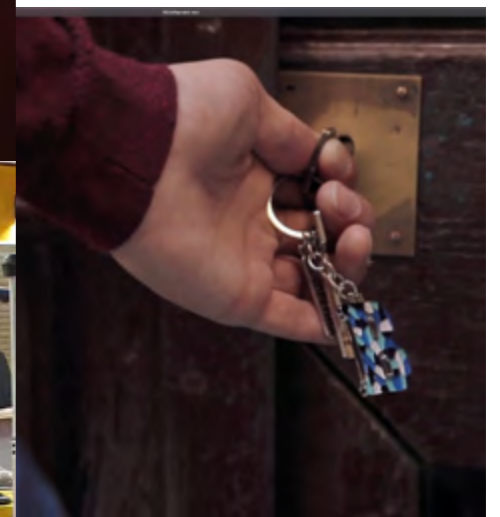


...MAKING A DECISION

Find your home away from home:

Go to our website, call us, email us, or come to our office, we will solve all the questions you might have before, during, and after the process.

We are here to make your experience abroad easier.



www.bcuhousing.cat

Barcelona, the **digital** talent capital

Mobile World Capital Barcelona, created initially to host the Mobile World Congress (MWC), is a public-private organization that activates the strategic potential of technological and digital innovation for society. Its vision is to capitalize on current and future opportunities derived from the transformation and evolution of the economic, scientific, educational, and social environment, fostering the generation of knowledge and the development of solutions and initiatives to address the challenges faced by the interconnected and global citizenry.

Its mission is to promote the mobile and digital transformation of society with the aim of improving people's lives globally, and it is organized into four areas of work:

- **Innovation:** focuses on optimizing and viability of ideas for the development of connection programs between investors, large corporations, startups, and university research centers, scientists, and experimentation laboratories.
- **Technology:** promotes development to drive and promote the technological-digital transformation of the industry and other productive sectors.
- **Talent:** aims to position Barcelona as a capital of digital talent through the reorientation of professional profiles towards the digital sector and the attraction and retention of international talent to our ecosystem.
- **Knowledge:** consists of a series of events and promotion initiatives, shared knowledge generation, and dissemination aimed at the community in general, generating local, national, and international impact.



International talent:

Fighting the digital talent gap has become the main lever to ensure Barcelona's competitiveness as a technology hub. Such a challenge can only be addressed by working in partnership with all agents who are part of the solution.

One of the major areas of action is the attraction and retention of international talent. To this end, in partnership with the Barcelona City Council, it promotes activities to connect international students who are currently studying in Barcelona with companies seeking digital professionals.

Throughout the year, they organize different activities aimed at these students. In October, an event is organized to welcome the community of new students who have landed in the city of Barcelona and provide an overview of the city's main technological companies and entities. In May, a day is organized to invite international students to visit the headquarters of the city's main technology companies through tours and meetings with recruiters.

Jump2digital:

It is the main event aimed at digital talent in Barcelona that aims to raise awareness of digital professions and connect new digital talent with the sector through a day designed to facilitate knowledge dissemination and connection between professionals, companies, and educational centers.

It is a free event under registration and open to new digital talent, in which companies and educational centers also participate, and where multiple activities are carried out such as talks with top speakers, coding workshops, mentoring, speed dating between talent and recruiters, hackathon, experiences with technology, music, food corners, etc.

Next edition will be on November 17, 2023, at Fira de Barcelona trade fair in Montjuic located in Plaza España.

Every year, Mobile World Capital Barcelona analyzes the state of digital talent in Barcelona through the Digital Talent Overview 2023 report.

About Digital Talent in Barcelona

In the period 2018-2022, Barcelona has generated 33,200 new ICT jobs (+49%). After adding 7,404 digital professionals in 2021, Barcelona reached 100,920 ICT jobs in 2022, a growth of 8% compared to 2021 and 49% compared to 2018. If the digital marketing specialist profile is considered, the current figure is 108,685 jobs.

increase in the last year have been in artificial intelligence (+312%) and 3D printing (+70%). In terms of ICT professionals, Blockchain (+109%), Artificial Intelligence (+87%) and IoT (+79%) have seen the greatest growth in the volume of talent.

university degrees and ICT vocational training, 5,230 students graduated in 2022, 26% more than the previous year. In 2022, 2,350 students in Catalonia graduated with ICT degrees (1,869 in 2021), 39% more than in the 2017-2018 academic year. The UPC (768) and the UOC (465) have the most graduates.

One in four job offers in Barcelona is now digital.
In 2022, 32,276 digital job offers were published. This figure is double the demand for jobs in 2018 (15,856) and represents a 35% growth compared to 2021. While in 2018, one in ten job offers were digital (11%), by 2022, they will be one in four (26%).

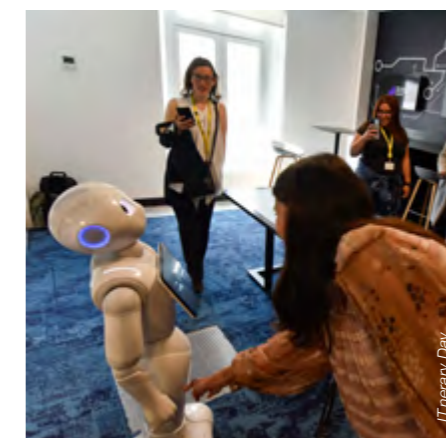
In the last five years, the number of women in ICTs has doubled.
If in 2018, there were around 15,000 women in digital professions, by 2022, there were more than 29,000. This acceleration has increased women's weight in the digital professionals' group from 22% to 28.7%.

Digital Marketing (46%) and UX/UI (43%) are the professions with the highest female presence.

Web Development, App Development, CRM/ERP and Cloud Consultants, the most in-demand specialisations.
Professionals in Web Development (39,660), UX/UI (20,755) and CRM/ERP Consultants (11,070) account for 71% of ICT employment. Web Development was the most offered position in 2022, with 11,219 vacancies.

Among the most popular digital professions, companies experience greater difficulty recruiting cybersecurity specialists (2.97 professionals per job vacancy) and Cloud (7.63 professionals per vacancy).

Nearly half of the digital talent entering the market in 2022 came from outside Catalonia.
Barcelona has attracted nearly 14,000 digital professionals since 2018, 3,300 of which last year. Overall, the weight of digital professionals from other territories was 32.4% in 2022. The specialisations with the highest



Demand for Artificial Intelligence specialists has tripled in the last year.
The job vacancies showing the greatest



proportion of talent from other regions are cybersecurity (43.8%), app development (42.3%) and web development (33.8%).

London, with 11.56%, and Madrid, with 10.97%, are the cities that export the most talent to Barcelona.

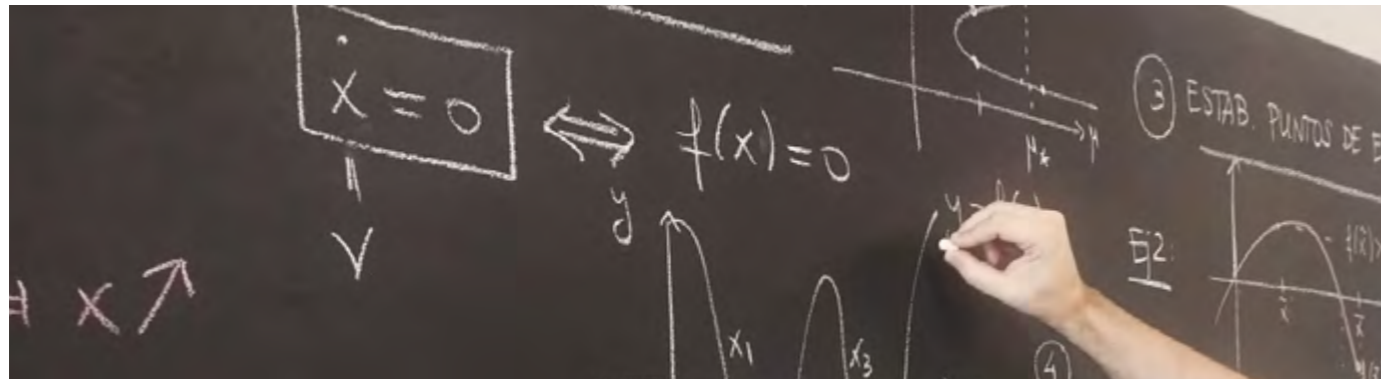
ICT vocations are growing: between



ICT Vocational Training in the Barcelona metropolitan area generated 2,880 graduates in 2022, significantly more than the 2,285 of the previous year. The specialisations that generated the most graduates were microcomputer systems and networks (1,237), system administration (528) and cross-platform application development (524).

The average salary of a digital professional in Barcelona in 2022 46,940, 39% more than in 2018 (€33,783) and +12.6% compared to 2021.
Cybersecurity (€56,000), API (€53,800) and Artificial Intelligence (€51,600) are the highest-paid profiles. Digital Marketing is the profession whose salary is furthest from the average, with an average gross salary of €32,500.

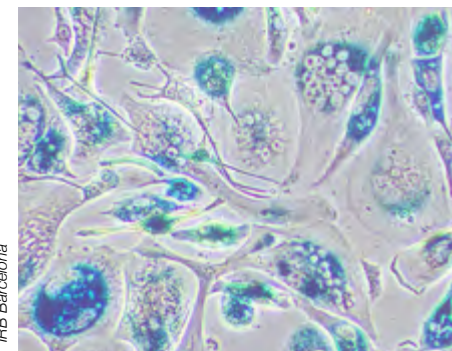
SUCCESS STORIES



SENESCENT CELLS CAPABLE OF ACTIVATING THE IMMUNE SYSTEM

Inés Marín has recently come back from the USA to further her career as a researcher with a post-doctoral residency at Genentech, a firm belonging to the Roche holding. During her PhD research, which she conducted in the lab of ICREA researcher Manuel Serrano at the Institute for Research in Biomedicine (IRB Barcelona), she endeavored to understand how cells entering cellular senescence (a type of response to damaging stimuli) interact with the immune system. She mentions that scientists knew there was some sort of communication between both; less clear, however, was the nature of the generated response, or what would be the effects of

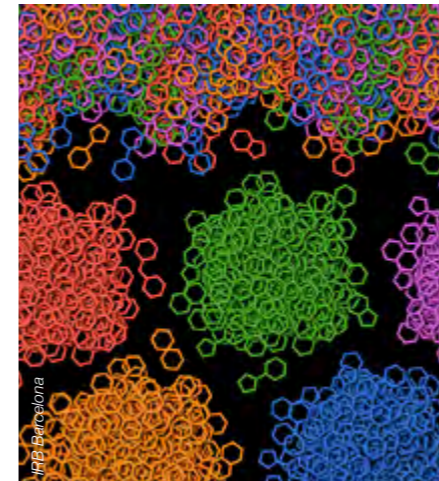
inducing cellular senescence on tumoral cells as opposed to other responses to damaging stimuli, such as cell death. For many years the scientific establishment has strived to improve the efficiency of the immune system by presenting it with tumor cells that have perished. The research, which was published in the medical journal *Cancer Discovery*, concludes that senescent tumoral cells are more capable than dead tumoral cells or non-tumoral senescent cells of activating the immune system (hence improving the efficacy of the anti-tumor immune response). The researchers vaccinated healthy mice with senescent cancer cells and then induced tumor generation on them; astonishingly, they discovered that the quantity of animals that ended up developing cancer was notably low.



USING MATH TO RESTORE AND PROTECT BIODIVERSITY

There are currently over 17,000 marine protected areas (MPAs) all around the world, covering approximately 9% of the oceans. However, only 23% of those areas are subject to clear-cut administrative plans; and only 1% are actively monitored and reported upon. For many years there has been – mostly theoretical – research on which qualities should marine areas

manifest in order to function effectively. The main question is how to determine the right degrees of protection so as to ensure that marine reserves are not endangered nor suffer too much stress that could jeopardize their maintenance. Josep Sardanyés, a biologist and researcher at the Mathematic Research Centre (CRM), specializes in the study of complex systems using the theories of nonlinear dynamic systems. These systems cannot be comprehended by analyzing their parts separating; due to their non-linearity, the interactions taking place within them are not additive. To put it simply, the whole is more than the sum of its parts. Sardanyés belongs to a European consortium the aims of which are to improve the scope of MPAs by resorting to mathematical and computational modelling in order to the devise lines of action for the restoration and protection of biodiversity. Thanks to mathematical modelling, the extent of changes taking place in ecosystems – which are usually sudden and discontinuous – can be better predicted and understood. Models can predict ecosystems' responses to parameter alterations such as increases in strain due to fishing or disruptions produced by tourism, and thus be significantly helpful in determining the degree of protection required in an MPA and thus ensuring the continuity and survival of a species in a given area.



ARTIFICIAL INTELLIGENCE CREATES PERSONALIZED DRUGS

Some years ago, we witnessed the rise of precision medicine, which takes into account the molecular profile of each patient and the properties of all available drugs in order to determine which one suits him or her best. And now scientists are working to devise a truly personalized medicine, which would involve the creation of molecules befitting the specific profiles of each person. The foundations of what might become a reality 20 years from now are being laid out at this very moment. Patrick Aloy, an ICREA researcher at the Institute for Research in Biomedicine (IRB Barcelona), is working to devise drugs considering the particularities of each patient. Scientists like him gather all sorts of information – genetic profiles, cell mutations and patients' response to medicines – to create an AI algorithm capable of guiding them through the development of drugs. They are adamant that when it's time to test it *in vitro* and *in vivo*, they'll come across fewer problems. They resort to data science techniques, artificial intelligence, systemic biology, chemistry and pharmacology. The intricacies of chemistry are taught to the computer, which then makes use of generative modeling to produce new molecules endowed with specific characteristics. The research group translates the biological data they acquired from cell lines or cancer patients into a language the computer understands, so that the new drugs generated by it already feature the sought-after properties. One of the projects they are working on consists in the production of drugs for the treatment of pancreatic cancer that eradicate specific types of cancer mutations while leaving the rest of cells unscathed.

THE FIRST ARTIFICIAL PLACENTA WORKING PROTOTYPE

After two and a half years of intense work, the CaixaResearch Artificial Placenta project has unveiled a working prototype of an artificial placenta that is able to keep fetuses alive and in good condition for 12 days. The main goal of this device is to increase the survival probabilities of babies born after 6 months of pregnancy or less, as well as to reduce the complications they may suffer. This is achieved by reproducing and extending the physiological conditions of the mother's womb so as to facilitate the correct development of their organs. The artificial placenta is comprised of different elements, all of which have distinct separate functions yet relate to each other and work together as an integrated system.

The next two and a half years will be devoted to achieving a more robust and safer prototype that extends the survival of the prematurely born fetus up to three/ four weeks in good condition and without complications and normal development of essential organs such as brain or heart. "We're convinced we can do it", assures Elisenda Eixarch, the project's senior scientific coordinator. "Our system works, all the pieces are in place; we only need to do some minor adjustments to overcome the existing shortcomings and hence reach longer survival rates". For now, they've tested it on sheep, a type of animal whose size, cardiovascular system and lung development are similar to those of premature humans. After they have achieved their survival rate goals, they will consider carrying out their first clinical study, provided they are greenlit by the relevant regulatory institutions and workgroups tackling the ethical and legal aspects of the matter.



UNDERSTANDING THE DEVELOPMENT OF ALZHEIMER'S THROUGH THE MEANS OF BIOMARKERS

Over the last five years Alzheimer's research has witnessed a revolution thanks to a series of scientific breakthroughs that bring us closer to the production of drugs capable of slowing down its development, as well as the use of new biomarkers indicating the emergence of the disease. These biomarkers are cheaper and less invasive than the means of detection and tracking that have been used traditionally, such as medical imaging or the extraction of cerebrospinal fluid. The Barcelonaβeta Brain Research Center (BBRC), research center of the Pasqual Maragall Foundation, is developing new ways to detect Alzheimer's through a simple blood test. That is how, sometime in the future, they'll be able to predict and monitor its appearance in its earliest phases.

This type of testing is being introduced to many Alzheimer's research centers, but what sets apart the BBRC's fluid biomarkers platform is the sheer volume of samples they work with. "We have blood samples of healthy people dating from 10 years ago", explains Dr. Marta del Campo, the researcher in charge of the project. "Through the study of samples in this preclinical stage we will be able to track how the pathology associated to Alzheimer's develops – some of the markers will be altered while others won't." We know that 10% of the elderly develop this disease, and that its related physio-pathological changes start taking place 20 years before actual symptoms appear. Therefore, the possibility of studying these samples is extremely valuable, since a percentage of them will develop the disease. It is crucial to start treatments against it during the preclinical stage, because when symptoms surface it is usually impossible to reverse the neural degeneration. The study of the disease's preclinical phase, then, is essential to stop its development before it's too late.



UNIVERSITAT DE BARCELONA



Global top **10** in the THE Impact Ranking 2021 for SDG4 (Quality Education)

More than **700** UB-specific master's degrees and postgraduate programmes

More than **170** university master's degrees, giving the UB one of the largest course offerings at this level in the Spanish university system

28 university master's degrees with the AQU Seal of Excellence, 12 Erasmus Mundus masters and 65 inter-university master's degrees

92% performance ratio (credits passed to credits enrolled) across university master's degrees

National leader in the foremost international rankings

184th worldwide (76th in Europe) QS World University Rankings

86th worldwide (27th in Europe) Best Global Universities Rankings

46 doctoral programmes, all available in English

More than **650** doctoral theses read 2021-2022

8.09 average student satisfaction score for master's degree teaching staff

The only Spanish member of the League of European Research Universities (LERU)

2,171 agreements with universities and other institutions around the world

A variety of accommodation options:

- I UB hall of residence
- 5 affiliated halls of residence
- I university residence
- II private residences with bilateral agreements

250 consolidated research groups and more than 1,029 active research projects

36% of university master's degree students from outside Spain

16 libraries with the EFQM European Seal of Excellence; more than 300,000 document loans each year

90% employment rate among master's degree graduates (AQU Catalunya)

University of Barcelona, a leading research university

The University of Barcelona provides a singular environment for quality, innovative cross-disciplinary research and for the transfer of research results to society.

The UB has in-depth, multidisciplinary experience accumulated over the decades in several research areas, a background that places the University in a prominent position on the international research scene.

The University of Barcelona works on four cross-cutting missions: train future professionals, carry out high-level research, transfer knowledge to society, and ensure that knowledge contributes to the well-being and progress of society.

More than 6,000 teachers and researchers succeed in different branches of knowledge: experimental, mathematical and engineering sciences, life and health sciences, social sciences and humanities, and the arts.

Their research is carried out across sixteen faculties, some three-hundred recognised research groups by the Government of Catalonia and the UB and affiliated research institutes and centres, some of which are certified Severo Ochoa and María de Maeztu Units of Excellence.

We are the leading producer of scientific output in Spain. Our research generates significant social and economic impact on a local, national and international scale. This ecosystem of resources and facilities is crucial to attracting research talent. The training of our future research professionals culminates in the submission of some eight hundred doctoral



theses each year, ensuring that the highest levels of research are maintained.

In 2021 we secured more than one hundred and ninety million euros for research and are currently overseeing some one thousand active research projects. Under the last European research programme, Horizon 2020, we increased funding by 45% with respect to the previous edition.

We are committed to open science, to working in a more collaborative and transparent way that makes our research accessible to all.

The UB is a pioneer in this area, having introduced an open-access mandate in 2011. Today, some 60% of its research output is published in open access. This new model also encompasses social engagement in university-led scientific advances through participation in civic science projects.

Moreover, the UB is a proud member of LERU (League of European Research Universities), a group that comprises the best 23 research-intensive universities in Europe. The active participation of the UB in LERU and other alliances greatly contributes to our international dimension, serves to strengthen our institutional policies on research, and bolsters our social, economic, and academic impact.



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 Friday, 9 a.m. to 2 p.m.
www.ub.edu/sae/contacte/bustia.htm

Office of Mobility and International Programs (OMPI)
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www.ub.edu/uri/



Responsible, Top Quality Scientific Production at the **UAB**

In 2023 alone, UAB researchers have achieved outstanding results in different disciplines.

The **Universitat Autònoma de Barcelona** (UAB) is a leading public university with a strong international vocation, highly committed to promoting mobility, collaboration and the capture of talent.

The UAB offers top level academic programmes in all areas of knowledge, with almost 100 Bachelor's degrees, some 400 University and UAB-specific Master's degrees and Graduate diplomas (continuing education) and almost 70 PhD programmes. Academic teaching at the UAB is characterised by its multidisciplinary and is closely linked to many research activities. The UAB pioneers the implementation of several action plans focused on increasing sustainability and environment-friendly measures on campus.

Founded in 1968, the UAB is one of the top academic institutions in Spain and the European Union. It is one of the leading universities in many world rankings such as the QS World University Rankings (QS WUR), the Times Higher Education World University Rankings (THE WUR), the Academic Ranking of World Universities (ARWU) and the UI GreenMetric World University Ranking.

The UAB campus measures 263 hectares - of which 60% is covered in forests and green areas - and is just a stone's throw away from Barcelona. It offers all types of services: specialised libraries open 24 hours a day, computer halls and laboratories, a language school, healthcare centre, sports hall, theatre, cinema, restaurants and shops, as well as a hotel and residence halls with space for almost 2,100 students. Approximately 50,000 people can be found on campus daily, with some 10,000 international students from 90 countries worldwide. Every year, the UAB reaches new mobility agreements with universities from around the world.

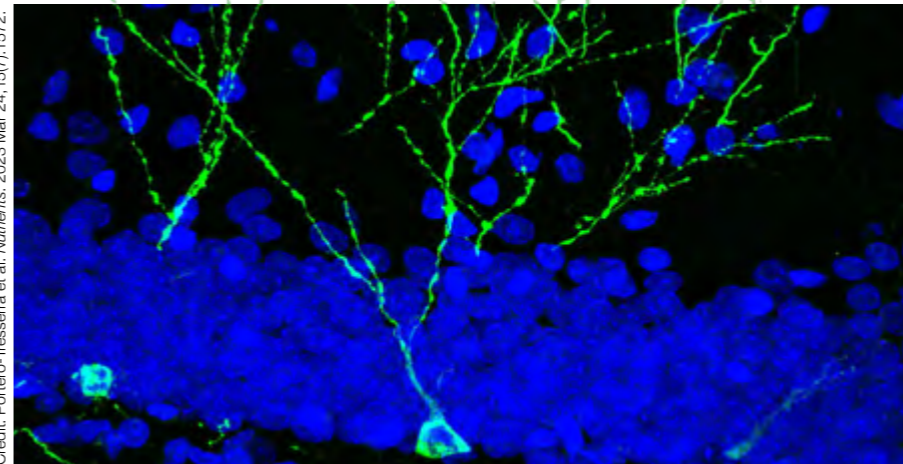
In 2016, the **UAB Barcelona Summer School** was created. It offers a wide array of subjects in several fields and takes place from the end of June to the beginning of August. Most of the courses are taught in English, with an option to learn and improve your Spanish as a Foreign Language. Depending on the regulations of each home university, especially if there is a mobility agreement with the UAB, students will be able to transfer the credits earned during their stay to their current degree.



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Hippocampal neurons.
Credit: Portero-Tesserra et al. *Nutrients*. 2023, Mar 24; 15(7):11572.



Neuroscientists at the UAB for the first time managed to modify predictive processes of the brain using non-invasive electrical stimulation, thereby demonstrating that a person's behaviour can be artificially modified. They also demonstrated that a low-calorie diet reduces changes in the brain related to memory loss in older people.

Archaeologists from the University were able to detect the consumption of different drugs among inhabitants of pre-historic populations living on the island of Menorca 3,000 years ago, the first direct evidence of this practice in Europe.

UAB researchers also began a project to develop new precision antibiotics which get rid of infections without causing side effects or harming beneficial bacteria. They also designed nanoparticles that neutralise the

covid virus. And they developed algorithms and computational tools that have contributed to obtaining the first draft of the human pangenome, which will improve the understanding of connections between genes and diseases.

The UAB also entered the pan-European AI network of excellence, the European Laboratory for Learning and Intelligent Systems (ELLIS), which is composed of the top researchers in this field.

In environmental research, the UAB presented the European Parliament with specific science-based actions to fight against pollution in the Mediterranean Sea. And a team of chemical engineers launched the first urban bus that runs on biomethane obtained from wastewater. This will reduce the bus's carbon footprint by more than 85%.

The UAB also stands out in research conducted in the area of the humanities. The oldest library document written entirely in Catalan was determined to be the *El Llibre dels jutges*, located in the town of La Seu d'Urgell, and an unknown play by Lope de Vega was discovered with the help of artificial intelligence.

And the UAB's social responsibility reaches all possible areas, but makes a particular mark on the social sciences. UAB researchers have just begun a project to detect the support, care and mourning needs of women experiencing early pregnancy loss. A total of 25% of all pregnancies end in miscarriage and this can have a great effect not only on the women, but also on the professionals caring for them and on those accompanying her.



Liber iudicum 1060-1080 © Arxius del Bisbat d'Urgell.

The UAB is renowned for its quality and innovative research character. It is at the top of the list of Spanish universities participating in the European Union's research and innovation programme and is the university with the highest amount of European patent applications.



UNIVERSITAT POLITÈCNICA DE CATALUNYA BARCELONATECH

The University for Engineering, Architecture, Sciences and Technology

<p>65 bachelor's degrees</p> <p>84 master's degrees 40 taught in English</p> <p>45 doctoral programmes</p> <p>275 lifelong learning courses</p> <p>18 schools on 7 campuses</p>	<p>767 higher education institutions with 1,640 student exchange agreements</p> <p>2,756 students on international mobility programmes</p> <p>34 international double-degree agreements with 26 universities</p>	<p>31,919 students</p> <p>5,283 students on internship</p>	<p>93% of UPC graduates are in employment</p> <p>90% of UPC graduates find employment within 6 months</p>
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www.facebook.com/universitatUPC
 Instagram: @la_UPC

BACHELOR'S DEGREE COURSES

www.upc.edu/en/bachelors/

MASTER'S DEGREES

www.upc.edu/en/masters/

DOCTORAL PROGRAMMES

doctorat.upc.edu/en/

LIFELONG LEARNING PROGRAMMES

www.talent.upc.edu

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Unite! University Network for Innovation, Technology and Engineering.
 The UPC is part of Unite!, the alliance of leading European universities.

UPC, education and research WITHOUT BORDERS

As a public university that is well positioned in the main international university rankings, the UPC has close ties to the production sector and the territory. Quality graduate employment is one of the features that sets it apart.



The Doctoral School works to ensure the academic quality of the doctoral programmes to attract the best national and international candidates and to offer a solid research and professional career programme, thus promoting international mobility.

UPC ON THE WORLD STAGE

In recent years, the UPC has forged alliances around the world and today it plays an active part in an extensive and rich network of international strategic partnerships. These institutional ecosystems facilitate the community's mobility, the development of international teaching and research projects and the attraction of talent and opportunities. In this global context, international cooperation to respond to shared problems drives its activity, an activity without borders that has the world as its stage.

The **Universitat Politècnica de Catalunya - BarcelonaTech (UPC)** is a public institution of research and higher education in the fields of engineering, architecture, sciences and technology, and one of the leading technical universities in Europe. Every year, more than 6,000 bachelor's and master's students, more than 230 doctoral students graduate and 3,600 graduates in lifelong learning. The UPC has a high graduate employment rate: 93% of its graduates are in work and 90% find a job in under six months. The UPC has a wide spread presence in Catalonia, with nine campuses located in Barcelona and nearby towns: Castelldefels, Manresa, Sant Adrià de Besòs, Sant Cugat del Vallès, Terrassa, and Vilanova i la Geltrú.

international alliances with other institutions of excellence.

The UPC generates knowledge and transfers it to the production sector to increase businesses' capacity for innovation and competitiveness. In addition to this kind of collaboration, which is often international in scope, the UPC also specifically attends to the needs of small and medium-sized enterprises that want to innovate, by becoming their main technological partner.

TAKING A DOCTORAL DEGREE AT THE UPC: EXTENDING THE FRONTIERS OF KNOWLEDGE

The UPC offers 45 doctoral programmes in architecture, urbanism and building construction, sciences, civil and environmental engineering, ICT engineering and industrial engineering. Currently, more than 2,107 students are being trained to become future PhD holders and there are around 100 industrial doctorates that involve carrying out research in collaboration with a company.

All of this has a strong international component: more than half of the students at the UPC's Doctoral School come from other countries, from the rest of Europe, Latin America, Asia – and a third are given the international mention in their degree, which implies, alongside other requirements, that they have spent time at a foreign university and have written part of their thesis in a foreign language.



The UPC is one of the European universities that are part of Unite!, the University Network for Innovation, Technology and Engineering. This alliance of European technological universities works with the support of the European Commission to promote the construction of the future European Higher Education Area. Unite! wants to become a model European university of innovation, technology and engineering and to offer excellent education and research that focus on today's major social challenges.



UPF's research and transfer shine in Europe



UPF is a **public, international and research-intensive university**. Founded in 1990, it has quickly earned a place for itself among the best universities in Europe.

The University, which has **three campuses located in the heart of Barcelona**, specializes in the following fields: Medicine and life sciences, Economics and business, Political and social sciences, Law, Humanities, Translation and language sciences, Communication, and Engineering and ICT.

HIGH-QUALITY TEACHING AND OUTSTANDING RESEARCH

UPF is committed to offering **high-quality, comprehensive, student-centred learning**. The success of this model is proved by different indicators such as the high satisfaction rate among UPF graduates.

UPF is also a research intensive university. Accordingly, it ranks among the top 20 European universities with the largest number of competitive projects funded by the European Research Council and it is the most productive university in Spain according to several national rankings (BBVA Foundation or the CyD Foundation).

INTERNATIONAL VOCATION

UPF and Barcelona share a cosmopolitan character and open-minded view of

the world. Actually, the University's international profile starts with its faculty; most of them have extensive international experience or are directly recruited abroad. This policy has helped to make UPF a **multilingual university** with three working languages (Catalan, Spanish and English) for both teaching and research. As a result, **all doctoral programmes and a wide range of master's programmes can be fully or partially taken in English**, as can an everincreasing percentage of undergraduate-level coursework.

The University also offers the Barcelona International Summer School (BISS), which is a flagship programme to advance the curriculum of both domestic and international undergraduate students during the summer term in Barcelona.

The research culture at UPF, inspired by the principles of responsible research and innovation, stresses the **transfer of results and their social impact**. Through **cross-cutting, collaborative and open research**, we aim to provide solutions to the major global challenges, contributing to the well-being of the planet and humanity.



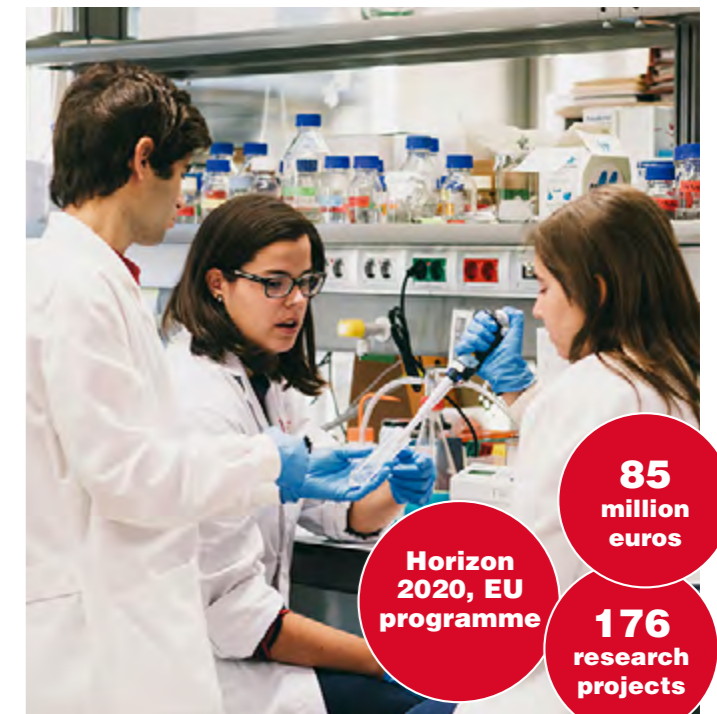
This model is possible thanks to the **quality of the University's teaching and research staff**, as evidenced by the excellent research indicators that the University has amassed, both in terms of the income harnessed, especially in Europe, and in terms of scientific output indicators.

The achievements of Pompeu Fabra University in competitive research calls promoted by the European Union are highly positive. UPF has always been characterized by being a reference institution, both nationally and internationally, in these types of programmes that promote cutting-edge research.

And the global data from the latest **EU programme, Horizon 2020**, endorse this. The University **obtained more than 85 million euros to carry out 176 research projects**. Thus, it is among the top Spanish and European institutions for harnessing research resources.

It is **vital to transfer the quality research carried out at UPF to society** to contribute to improving the competitiveness of our environment and the well-being of its people. With this goal, the University has defined four strategic pillars to achieve it:

- Valorize research transfer
- Foster entrepreneurship
- Connect public and private sector players with the University
- Promote the dissemination of knowledge among society



UPF's main transfer indicators show a considerable evolution in recent years. The number of priority patents has increased greatly, going from three per year to our current average of ten, and the upward trend in the creation of companies linked to the University, with **12 spinoffs and 34 startups currently active**.

In addition, the University promotes its own initiatives to enhance its research and knowledge. One example of this is UPF INNOValora, the programme to identify and fund research results with the potential to become market solutions. It also helps in the training of its community in the areas of transfer and entrepreneurship. And a clear example of this is Start-UPFlama, a programme to support the creation of innovative companies mainly targeting UPF students and alumni.

RANKINGS	FACTS & FIGURES	QUALITY INDICATORS	<p>Barcelona International Summer School</p> <p>www.upf.edu/web/barcelonasummerschool</p>
<p>16th highest ranked university in the world among those under 50 years of age (Times Higher Education ranking, 2023)</p> <p>4th in Europe (U-Multirank 2022, promoted by the EU)</p> <p>1st in Spain since 2013 (U-Ranking, 2022)</p>	<p>13,005 students</p> <p>32 degree programmes offered in English (undergraduate, master's and doctorate)</p> <p>25% of teaching staff is international</p>	<p>2,200 incoming students from 52 countries</p> <p>45% of master's and doctoral students are international</p> <p>90% of graduates would choose UPF again</p>	

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URL's priority: Transfer to the society

One of URL's priority objectives is to promote research and innovation in order to respond to today's major societal challenges, including the 17 Sustainable Development Goals. At the same time, committed to the R&D needs of companies and society in general, URL promotes activities for transferring results.

From the point of view of social challenges and therefore, from a research-oriented perspective, the URL has selected 5 focus areas of activity, which are the result of the intersection of social demand and the URL lines of research. These are:

1. Social innovation and social change
2. Management and social responsibility
3. Education: innovation, competences and values
4. Health and biosciences
5. Energy and sustainability



According to its federal nature, the URL develops a global strategy, expanding it in each federated institution according to the field of knowledge it deals with. Currently, research is organised into 51 research groups linked to all URL centres. In these groups, our university develops national and international research projects, linked to practically all Sustainable Development Goals (SDGs).

the international mobility of its teaching and research staff, and the participation in projects within the framework of strategic alliances with leading universities, such as Aristos Campus Mundus, the Strategic Alliance of Catholic Research Universities or the European university project ENGAGE. EU.

As an example of the latest milestones achieved, we highlight a project trying to find an orthogonal brain gate for brain drug delivery, funded by the *European Research*

Council or the participation of URL research staff in the *LHCb* Collaboration at *CERN*. Moreover, URL researchers carry out research projects in the areas of science, technology, social sciences and humanities, such as some funded by the European Commission to combat sedentary behaviour and inactivity among the elderly, in the field of biological photochemistry or on the role of religion in European cultural identity, as well as other projects that analyse the management of different entities, their role and their social impact.

With the aim of increasing its presence and visibility worldwide, the URL has promoted



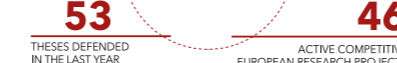
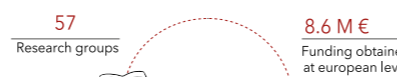
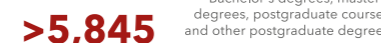
The URL in numbers



Degrees: Year 2023-24



URL - specific degrees: Year 2023-24



*Information from the 2021-22 annual report

A federation of university institutions

Ramon Llull University (URL), located in Barcelona, is a private, non-for-profit university. It is inspired by humanist and Christian values and promotes a public service that aims to provide a high-quality, personalised education to respond to the needs of our society. It also has a clear commitment to the internationalization of its activity, to promote excellence in academic and research training.

Ramon Llull University comprises nine higher education and research institutions with a long tradition and a prestigious reputation in Catalonia (IQS, Blanquerna, La Salle, Esade, Pere Tarrés Faculty of Social Education and Social Work, Ebro Observatory University Institute, Vidal i Barraquer U.I. of Mental Health, Borja Institute of Bioethics and ESDi Higher School of Design, an associated school).

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UVIC

UNIVERSITAT DE VIC
UNIVERSITAT CENTRAL DE CATALUNYA

Open to the world and focusing on all-round training, the University of Vic - Central University of Catalonia (UVic-UCC) offers degree courses in the fields of Science, Education, Business, Health, Biosciences, Engineering, Humanities, Design and Communication. In its city-university environment UVic-UCC attaches great importance to the teacher-student relationship, integrated training and employment prospects.

At the University of Vic - Central University of Catalonia we defend values associated with the unity of all knowledge and training based on science, research and technological innovation to enhance progress and quality of life. By choosing to study or do research in Vic you will have an experience of quality and university life in a town on a human scale.

The International Campus is an umbrella for international UVic-UCC activities, teacher mobility and exchange schemes, postgraduate courses, research, continuing education and international cooperation projects.

Thirty-one research groups, five research and knowledge transfer centres and

thirteen chairs carry forward UVic-UCC research activity.

Study Abroad - Programmes in Barcelona and Vic

The courses below are for university students who wish to spend a few weeks at the UVic-UCC in Barcelona to broaden their studies in the areas of business, innovation and design. This innovative training does not come under any of the standard mobility programmes and international cooperation schemes. UVic-UCC offers three different types of programmes.

1. Academic year / Semester programme

This programme is aimed at international students who wish to spend one or two semesters in Barcelona and in Vic. UVic-UCC offers Spanish courses that can be combined with other elective courses in English in the fields of Business, Design & Innovation or Engineering.

2. Tailored courses

UVic-UCC offers tailored courses for groups of international students and teachers in the fields of Arts & Humanities,

Social Sciences, Science, Experimental Sciences, Technology, Engineering, and Health Sciences. The programmes can be exclusively academic or combined with cultural visits and sightseeing.

3. International Summer Term

There are full-time programmes with practical seminars, field activities and a range of off-campus activities held in Barcelona during summer time:

- Spanish Language and Culture in Barcelona
- Marketing and Business 4.0
- Mediterranean Ecosystems: Biodiversity, Threats and Conservation Actions

For further information:
www.uvic.cat/en/international/study-abroad



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UVic-UCC

Research and Knowledge Transfer

UVic-UCC nurtures a strong commitment to research and knowledge transfer through its Research Groups and Centres, together with its Doctoral College, with an international vision, and commitment to regional development.



Research

Search and knowledge transfer at University of Vic - Central University of Catalonia (UVic-UCC) has a distinctive international vocation, which is compatible with its commitment to the cultural, social and economic growth of Catalonia.

Research and innovation at UVic-UCC covers ten strategic areas of knowledge: Biosciences, Engineering, Communication, Design, Business Studies, Education, Sports, Languages and

Translation, Psychology, and Health.

Research is structured in 25 officially recognised research groups, 15 Research and knowledge transfer chairs, and 5 research centres, focusing on health and social care, gender, environmental studies, sport and physical activity, and education.

UVic-UCC has experience in European projects. It currently leads 4 H2020/Horizon Europe projects on environmental sciences, and it participates in 22 Horizon Europe projects in

Research

Research production year 2021-22

6,542,388.47€
Competitive research reached (mostly European)

1,522,468.68€
Knowledge transfer agreements

506
Papers in Web of Science and/or Scopus

213
Activities in congress and scientific divulgation

41
Theses defended



diverse fields. It leads 5 Erasmus + projects and is a partner in 11 Erasmus + projects. It also leads or participates in other European projects like COST actions, LIFE+ or INTERREG.

UVic-UCC is included in the international Times Higher Education World University Ranking. In its 2023 edition, it is the fourth-ranked Catalan

university and the seventh in Spain. UVic-UCC is ranked in the 501-600 range among a total of 1,799 universities in 99 different countries. UVic-UCC ranks 131st in the world in the Times Higher Education Young University Ranking, which focuses on 790 universities that are under 50 years old. This means that it ranks third in Catalonia and in Spain.

The Doctoral Education

The Doctoral College oversees the academic activities related to doctoral studies, ensuring academic quality, promoting excellence in thesis projects, and fostering collaboration with external research institutions to broaden the national and international reach of our doctoral programs.

We offer 10 PhD programs in a diverse range of scientific fields:

- Bioinformatics
- Comprehensive Care and Health Services
- Design and Communication

- Educational Innovation and Intervention
- Experimental Sciences and Technology
- Gender Studies: Culture, Society, and Politics
- Law, Economics, and Business
- Medicine and Biomedical Sciences
- Sport and Human Movement Sciences
- Translation, Gender, and Cultural Studies

Our doctoral education is oriented towards contributing to a better world by equipping students with the skills and knowledge needed to become respected and independent scientists. We prioritize the acquisition of ethical, scientific, technical, and interdisciplinary skills, training researchers who can drive social progress.



Find out about our university degree programmes, double degree programmes, university master's degrees, postgraduate degrees and our Doctoral School programmes in:

- Business Administration and Management
- Architecture
- Communication
- Law
- Education
- Humanities
- Nursing
- Physiotherapy
- Medicine
- Dentistry
- Cultural Management
- Family
- Biomedical Science
- Psychology
- Bioengineering

Destinations abroad for UIC Barcelona students:

- Polytechnic Uni. of Turin (Italy)
- University of Belgrano (Buenos Aires, Argentina)
- Boston University (USA)
- EAC Paris (France)
- UCLA (Los Angeles, USA)
- Birkbeck University of London (UK)
- University of Berkeley (USA)

Special services for international students:

- Guidance and advice provided from the start
- Help with paperwork for foreigners
- Help with academic documentation and paperwork
- Help to find accommodation
- Welcome programme

31.6%

International students

108

Nationalities

International grants for excellence



381

Exchange agreements with universities around the world

30

International double degrees in conjunction with the USA, the UK, France, Italy and Argentina, among others

Universitat Internacional de Catalunya

Barcelona Campus

C/ Immaculada, 22
08017 Barcelona
Tel.: (+34) 932 541 800
info@uic.es

Sant Cugat Campus

C/ Josep Trueta, s/n
Hospital Universitari General de Catalunya Building
08195 Sant Cugat del Vallès
Tel.: (+34) 935 042 000
info@uic.es

Researchers at UIC Barcelona create **the first** sustainable solid cosmetic

The product, made with residues of nature such as algae, prawns and sand, dissolves in contact with water and its effect is identical to that of a cream. The packaging can also be used as a cosmetic.



We only have to look at the waste generated in one home every day to see that plastic is present in everything around us. For this reason, more and more people committed to **protecting the environment** are committed to recycling and reducing plastic consumption. But the reality is that, sometimes there are few sustainable alternatives in some sectors.

With the intention of contributing to the protecting the planet, researchers from the **Bioengineering Institute of Technology (BIT)** have created the first single-use solid cosmetic whose packaging is also applied to the skin, thus contributing to the **elimination of plastics** in the cosmetic sector. With the **elements of nature as the foundation**, the product is made from natural residues such as algae, prawns and sand, and dissolves in contact with water. The effect on the skin is identical to that of a cream.

As explained by those responsible for the research, Román Pérez, director of BIT and director of the bachelor's degree in Bioengineering at UIC Barcelona, and Begoña Bosch, researcher at BIT, decided to investigate in the cosmetics sector because "it

generates a lot of plastic; there are many products, and they are used daily." All the ingredients in this product come from nature, and the waste that could be generated is completely melts away so that they can be washed down the drain because they are not harmful to the environment.

The product they have developed is like a small sponge that completely melts away in contact with water. This single-dose sponge can be placed inside a container that, in turn, could be used as an exfoliant, for example. The researchers stressed that, in the future, the packaging could go inside a carton formed by oval structures that, in addition, could be used as a facial mask. In this way, the entire product would be used, and no waste would be generated.

This project is part of the research carried out at the UIC Barcelona Bioengineering Institute of Technology, an organisation focused on developing biomaterials among others, with the aim of **creating innovative solutions with a direct application in society** for companies from different sectors.



Universitat Abat Oliba CEU

Abat Oliba CEU University, located in Barcelona, is one of three privately run, social-initiative universities that make up the CEU educational group, established by the Catholic Association of Propagandists. Officially recognised as a university in 2003, it has more than forty years' experience in the provision of higher education. Its current structure comprises three faculties (Law and Business; Communication, Education and Humanities; and Health and Life Sciences/Psychology) in which undergraduate and graduate studies are taught. The University's most distinguishing features are the satisfaction of its students and the high employability rate of its graduates, as demonstrated in studies by independent bodies. Furthermore, as part of its commitment to internationalise studies, the University also **offers several degrees that are taught in two languages.**

Keenly aware of the importance of the professional prospects of its students, the University has developed a teaching methodology based on classes in small groups, workshops and practical seminars, and individualised tutoring programmes. The University also offers a range of programmes for skills development and international mobility, such as internships abroad, among others, meaning students receive the best education to prepare them for the world of work, be it at home or abroad.

The alumni employment rate is 95.33%. (AQU 2020 jobs market insertion survey).

Abat Oliba CEU University is committed to academic and professional excellence, as well as to providing its students a well-rounded, comprehensive education.

REASONS TO STUDY AT UAO CEU

EXPERIENCE

Abat Oliba CEU University is one of three universities in the CEU group, the largest private institution in Spain:

- 90 years' experience training professionals
- More than 210,000 students have studied at UAO CEU

EMPLOYMENT

- 95.3% of students find work upon completion of their studies
- Social and Legal Sciences Area: 95.9%, more than 6 points above the average of Catalan universities (89.8%)
- Psychology Area: 93.3%, the highest of the Catalan universities and more than 10 points above the average (82.9%)

Survey carried out by AQU (the Catalan University Quality Agency) in 2020.

INTERNATIONAL VOCATION

Its students acquire the linguistic and cultural knowledge they need to work anywhere in the world.

- 13 bilingual programmes taught in English.



- Specialisation programs in the U.S. and Germany
- Visits to national and international companies and production centres through a programme of placements
- More than 135 agreements to carry out part of your studies or internships at the best universities in more than 35 countries throughout Europe, America and Asia.

PROGRESSIVE INTERNATIONAL DEVELOPMENT

New international experience that encourages students from all degree programmes to internationalise their studies from the first year to the fourth, with international collaborative activities, academic exchanges of both teachers and students, participation in international research projects and proposals for short-or long-term stays in foreign universities.

HOSPITALITY UAO CEU

If you are an international student, **Abat Oliba CEU University** makes it easy for you to obtain the documentation you need to formalise your enrolment (UNED credentials or recognition of degrees obtained abroad) and helps you with all the necessary bureaucratic procedures (registering for your Spanish ID Number, health card, etc.). Contact the University's **Information and Guidance Service** to find out more at futurosalumnos@uao.es



TALENT & WORK

We train people and boost career prospects through a highly effective system of internships and employment programmes, one that understands and integrates the needs of companies and which promotes the very best of each student to develop their skills and help them achieve their professional goals. Includes:

- **Professional Careers Orientation Service**
- **Work Placement and Employment Service**
- **Entrepreneurship Department**
- **Links to Companies**

SCHOLARSHIPS AND STUDY GRANTS

The CEU is the private educational institution that grants the most scholarships and financial aid to its students.

New FACILITIES

A new five thousand square metres, six-storey building that will house modern classrooms and areas for study and group work, as well as areas for specific educational needs.

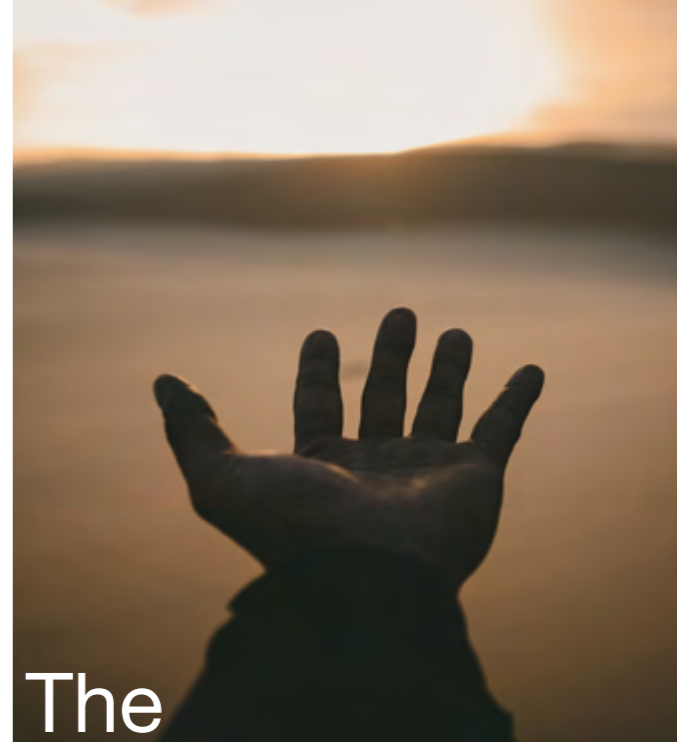


The construction of this facility also involves extending the University's landscaped areas, making the Campus a more conducive place for university life. Modernity, convenience, accessibility and sustainability are the pillars of this extension.



Information Service

C/ Bellesguard, 30 - 08022 Barcelona
Tel.: (+34) 932 537 200
WhatsApp: (+34) 911 062 473
futurosalumnos@uao.es
www.uaoceu.es



The Psychological Therapeutic Care Unit

The Psychological Therapeutic Care Unit is a health centre of Abat Oliba CEU University, based at Hospital Universitari Sagrat Cor, and is focussed on healthcare, teaching and research. The Unit offers assessment and treatment for various disorders and difficulties, with reduced fees for members from our university community (students, teaching and research staff and administrative and service staff), as well as for students from schools in the Abat Oliba Foundation.

SERVICES:

1- Care:

Assessment and treatment of children and adolescents and adults:

- Affective Disorders
- Anxiety Disorders
- Personality Disorders
- Behavioural Disorders
- Neurodevelopmental Disorders

It also offers family therapy, forensic psychology and psychiatric support.

2- Teaching:

Clinical supervision of professionals, individually or as groups.
Official Master's Degree in General Health Psychology

International Office

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VITA STUDENT

40 years TRANSFERRING research to society

This year marks the 40th anniversary of the Bosch i Gimpera Foundation (FBG) as the knowledge and technology transfer office of the University of Barcelona (UB).



Bosch i Gimpera
UNIVERSITAT DE BARCELONA



For almost half a century, our institution has worked to transfer to society the research results generated at the UB through contract research, the creation of spin-offs, and the commercialisation of technologies, materials, and licences.

The FBG was founded in 1983 as an instrument for relations between the University and society, and since 1996 it serves as the Office for the Transfer of Innovation Results (OTRI). During these years, the work of the FBG has made it possible for a large number of projects arising from research carried out at the University of Barcelona to have an impact on society.

Research has been one of the essential elements of the Foundation. Our institution has always been aware that research must contribute to solving the challenges facing society and that it is vital for research to have a positive impact on citizens,

the economy, culture, the environment, public policy, health, and quality of life.

Promoting innovation has always been another of the FBG's priorities, and this objective has also been achieved through spin-offs, companies emerging from the results of UB research. Since 2000, UB projects have led to the creation of innovative companies, such as, most recently, spin-offs like ColorSensing, Qilimanjaro, Oniria Therapeutics, Virmedex and many others.

The Bosch i Gimpera Foundation, together with the University of Barcelona, will organise a series of events throughout 2023 and 2024 to commemorate the 40th anniversary of the creation of the institution. We would like to take this opportunity to thank all the people who have worked with us over the years. We invite you to celebrate with us a future full of research, innovation, and knowledge transfer.



UNIVERSITAT DE
BARCELONA

fcri Discover THE SCIENCE in Catalonia!

Take part in the activities of the Catalan Foundation for Research and Innovation. Experience the science that is done in our country.



OCTOBER 2023

Explore the "Route Joan Oró: The Origin of Life" and discover the evolution of life on Earth, starting from its inception to the present.

Route Joan Oró: The origin of life:
https://www.surtderecercapecatalunya.cat/ruta-joan_oro_origen-de-la-vida/



NOVEMBER 2023

Join the 28th Catalan Science Week for a huge range of activities across cities. Don't miss the Science Club Monologue contest for an entertaining and humorous evening. Be a part of it!

Science Week 2023:
<https://setmanaciencia.fundaciorecerca.cat/frontend/home.asp>



DECEMBER 2023

The Coffees with Research, a collaborative meeting point, fosters public-private cooperation, connecting researchers, universities, research groups, and innovative SMEs.

See you there! Coffees with Science:
<https://www.fundaciorecerca.cat/en/innovation/coffee-with-science>



JANUARY 2024

Young People, Science and Ethics showcases student engagement in critical thinking and ethics on topics including climate change, biomedicine, nanotechnology, robotics, privacy, and more.

More information:
<https://www.fundaciorecerca.cat/en/scientific-vocations/young-people-science-and-ethics>



FEBRUARY 2024

#100tifiques aims to highlight the role of women in science & technology. With #100tifiques we foster collaboration among female scientists from academia and industry. Will you join us?

More information:
<https://100tifiques.cat>



MARCH 2024

Experience science at EspaiCiència, Saló de l'Ensenyament in Barcelona. Engage in over 30 interactive workshops, 4 Kahoots, on-site competitions, and more!

EspaiCiència 2023:
<https://espaiciencia.fundaciorecerca.cat/>



APRIL 2024

Celebrate Sant Jordi's Day in Catalonia on 23 April with books and roses. Science popularisation books can be as unique gifts. Check out our recommended books for this special occasion.

10 books on popular science in Catalan:
<https://www.recercaenaccio.cat/sala-de-premsa/noticies/sant-jordi-2023-10-libres-de-divulgacio-cientifica-en-catala/>



MAY 2024

Explore podcasts, audiovisuals, TikToks, and more in Catalan, with science content for all ages. FCRI's Joan Oró Grants foster talent and innovation in promoting scientific culture.

Joan Oro Grants:
<https://ajutsfcri.fundaciorecerca.cat/>



JUNE 2024

Don't miss the Catalan National Research Awards organised by the Government of Catalonia and FCRI. Follow them live!

Catalan National Research Awards:
<https://premisnacionalsreerca.fundaciorecerca.cat/frontend/>

fcri Fundació Catalana per a la Recerca i la Innovació

Since 1986, we have been developing, connecting and disseminating the knowledge of tomorrow. The Catalan Foundation for Research and Innovation (FCRI) disseminates research and innovation in society to promote scientific culture, scientific and technological vocations, public-private relations and entrepreneurship in the field. Follow us!

Barcelona, capital of Planetary Wellbeing



Francesc Subirada i Curcó

Director of the UPF initiative for the Knowledge Citadel.

We live in turbulent and uncertain times. In the words of UN Secretary-General António Guterres, "Our world is ruined by war, battered by climate chaos, scarred by hate and shamed by poverty, hunger and inequality."

To try to reverse the desperate situation in which we find ourselves, a strong involvement of governments, institutions, companies and citizens is necessary. Universities in particular, and knowledge generation centres in general, also have our responsibility and it is urgent that we take action.

At UPF we are very aware of this and in 2017 we launched a strategic, transversal and interdisciplinary initiative in the field of **Planetary Wellbeing**, understood as a comprehensive objective for humanity that is based on the evidence that human wellbeing depends strongly on the balance of environmental and natural environment of the planet, and the stability, equity and legitimacy of the political, economic, legal and cultural institutions of society.

In other words, Planetary Wellbeing is based on the fact that the person, society and nature are strongly interconnected, and that studying this interconnection requires interdisciplinarity and a deep understanding of its complexity. It requires a new approach to science, a new science of Planetary Wellbeing, which must promote human knowledge that allows decisive and coordinated actions to face challenges at a global level that cause a positive, real and tangible impact. And given how pressing these planetary challenges are, such science must be driven by a sense of urgency.

The UPF has proposed to focus its energies on helping to respond to this situation, assuming its responsibility as a centre of excellence in international research and teaching and posing challenges in the various areas of research and teaching of the University: from health, biology, politics and economics to the humanities, engineering, law or communication.

As part of this strategic initiative, UPF wants to dedicate a space in the new research and innovation complex that is being developed around the Ciutadella Campus to deepen the interdisciplinary strategy focused on Planetary Wellbeing with the definition and implementation of an "Institute of Research and Innovation for Planetary Wellbeing" in this space. This new institute will be inter-institutional in nature, bringing together highly competitive capabilities in biology,

biomedicine, environment, economics, political science, law, humanities and technology, and applying them to missions related to Planetary Wellbeing.

We know that national and international universities and knowledge centres share our point of view, and that is why we try to activate collaborations to be able to offer concrete proposals for solutions to governments, institutions, companies and citizens.



We are facing a critical situation. But at the same time we have a great opportunity to demonstrate the capabilities that we have as societies, working collaboratively, to solve the pressing problems that shadow our future, the future of all. From the world of universities in general, and from Barcelona in particular, we hope to be able to contribute to finding these solutions.



INCHING CLOSER TO A THERAPEUTIC BREAKTHROUGH IN FRAGILE X SYNDROME



Fragile X syndrome is the main cause behind hereditary intellectual disability. Currently, it cannot be treated through any specific or definitive method; the only options are general educational therapy and drug administration to tackle particular symptoms. Connecta Therapeutics (connectatherapeutics.com) is a corporate spin-off of the Prous Institute for Biomedical Research (PRIB). Headquartered in the Barcelona Science Park, it was established in 2019 with the overt purpose of subjecting to clinical trials a new drug, CTH120. Concocted by means of AI computational tools, it aims at finding compounds that can be able to modulate neuroplasticity. This would amount to an improvement of cognitive capacity and a mitigation of afflictions endured by people with fragile X syndrome. Since 2020, Connecta Therapeutics raised €5 million in funding. “If its efficacy is confirmed, it will be a very significant therapeutic breakthrough in how it will improve the life of these patients and their families”, asserts Jordi Fàbrega, CEO and co-founder of Connecta Therapeutics. Even though *in vivo* experiments have shown that CTH120 can have a positive effect after one single take, the firm is working to devise a program of permanent daily intake of the drug.

KNOWLEDGE TRANSFER

ALGORITHMS TO CONDUCT MULTIPLE SEQUENCE ANALYSIS

Sequera Labs (seqera.io) is a company born out of the essential research undertaken at the laboratory of Cedric Notredame, the doctor in bioinformatics in charge of the Bioinformatics and Genomics Program at Barcelona’s Centre for Genomic Regulation (CRG). His research involves the development of new algorithms capable of comparing multiple biological sequences. The ultimate aim is

to conduct comparisons hinging in any relevant or recognizable biological signs found in biological sequences. “As head of the lab, I supported the researchers in my team in what knowledge transfer is concerned”, recalls Notredame. “I saw it as an opportunity to help them become established in the field”. CRG’s endorsement and the center’s technological transfer department have smoothed their work throughout this process, providing them with professional guidance from the get-go. Analyzing the immense amount of data available today is no easy task; for this reason, Nextflow is crucial. It is a scientific workflow system aiding users to speed up research by formalizing genomic analyses as pipelines that integrate all information. The system was particularly useful during the COVID-19 pandemic, since it facilitated the monitoring of medical analyses.

SOLUTIONS AGAINST WATER SCARCITY



The adverse effects of climate change cause up to 60% of agricultural losses globally, and it is estimated that in the first semester of 2023, losses due to drought have amounted to 2.3% of the country’s GDP. This translates into a great economic loss that threatens food security and hinders the possible development of crops capable of surviving with less water by adjusting their production to the new climactic conditions. Planet Biotech (planet-biotech.com) is a corporate spin-off in the field of agricultural biotechnology created at the Centre for Research in Agricultural Genomics (CRAG), focused on coming up with crops resistant to the adversities of climate change.

Ana I. Caño-Delgado, founder and scientific director of Planet Biotech, explains that it is thanks to the knowledge produced throughout the last 20 years in the scientific field of plant molecular biology that they’ve figured out the mechanisms plants use to adapt their growth and survival to the conditions of drought and high temperatures. Eventually they’ve been able to identify the key factors involved in this process. Starting from there, they have devised a methodology that makes it possible to locate plant molecules which, by acting as a drug of sorts, help it face and resist different types of strain: “Thanks to the transfer projects supported by the Catalan government and Caixa Validade, we’ve identified a series of drugs that act in a specific manner in some crops, reducing 30% of the water consumed by greenhouse tomatoes.” They’re currently strengthening the platform established to identify and analyze these drugs, and introducing computational elements as well as robots in order to augment the sifting of drugs. Their next step is to commercialize these products. They’re already working with food producers in Almeria through an incubation program sponsored by Cajamar Innova, and they anticipate that by 2026 they’ll be ready to launch the first series of products intended to reduce the water consumption of greenhouse vegetables.

GUT MICROBIOTA: A KEY ELEMENT TO THE DIAGNOSIS OF DIGESTIVE DISEASES

There’s around 1 kg of bacteria in our intestines. They coexist forming a balance and creating an ecosystem known as gut microbiota. These bacteria perform key functions in our organism. When there is an imbalance – namely, when a digestive disease occurs – the bacteria act as sensors, signaling the disruption. That is why we can identify which bacteria have been altered by monitoring the gut microbiota, which in turn makes it possible to detect digestive diseases early and come up with a personalized treatment.

GoodGut (goodgut.eu), acquired by HIPRA in 2021, focuses on the development of diagnostic tests and products for the treatment of digestive diseases. This biotechnology firm was created in 2014 as a spin-off of Girona University (UdG) and Doctor Josep Trueta’s Biomedical Research Institute in Girona (IDIBGI) in order to translate the scientific knowledge they acquired into innovative solutions that may leave a resounding mark in society.

“Using tests to analyze gut microbiota we’re able to identify the specific bacterial imprints of various digestive diseases such as intestinal dysbiosis, irritable bowel syndrome, or colorectal cancer”, clarifies its director and co-founder, Mariona Serra. They have commercialized several diagnostic tests, and they’ll continue working on lines of research centered around digestive diseases. Their goal is to cement gut microbiota as a paradigm in clinical standards by which to decisively improve the lives of those encumbered by digestive problems.



REDISCOVERING HERITAGE SITES IN HIGH ALTITUDES



Marta Flórez is a researcher and doctor in Classic Archaeology, who tackles, as transfer technician, the tasks of knowledge and scientific dissemination at the Landscape Archaeology Research Group (GIAP) of the Catalan Institute of Classical Archaeology (ICAC). She co-leads the knowledge transfer project at the Valley of Núria, funded by the Spanish Foundation for Science and Technology (FECYT), and contributes to the excavations taking place in Cerdanya’s Roman site, the highest in altitude in Catalonia. In the following years, GIAP-ICAC wants to conduct a project of knowledge transfer and heritage-raising in the region. She explains that in the field of archaeology, “transferring” means generating knowledge connected to a given cultural heritage, the mediation of which is directly linked to the development of the region, the improvement of cultural and touristic options through the provision of resources, and even the generation of added value to primary industries. Essentially, they produce knowledge on the history of the landscape, and thus transform it into a human site in which certain environmental and cultural values stand out.

Science is traditionally relegated to academics, but here it is deployed in another context. The knowledge transfer of this project involves turning an area of archaeological ruins into a heritage site by emplacing markers and information panels to create a historic route. Those visiting the area may then discover these elements, bathing in the cultural past of the landscape they are setting their feet in. The project enriches and empowers the region, boosting cultural understanding; more often than not, the antique agricultural-pastoral heritage documented by the archeologists in such high altitudes is not well known among the local population. Mountainous spaces afflicted by crisis in terms of human sustainability, perhaps even suffering severe depopulation, can thus become more appealing and gain more resources. Bringing scientific, cultural and heritage knowledge to these environments is a way to enhance them and contribute, in a way, to their territorial rebalance.

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Catalonia is a land of entrepreneurs and in 2022, 19,101 companies were created there (Idescat 2022). In terms of deeptech startups, it is the 2nd European region in fundraising, raising €39.7 million in the last call of the

European Innovation Council Accelerator for 2022. And Barcelona, its capital, remains as the 3rd favorite city in Europe to locate a startup (2022 Startup Heatmap Europe Report).

ENTREPRENEURSHIP

COMPÀS FUNDACIÓ RECERCA

Take note, Compàs Emprèn (compas.fundaciorecerca.cat) is the tool you need if you are a student or university graduate looking for support to start a business or if you are a public or private agent that wants to stimulate and publicise your initiatives aimed at entrepreneurs. This repository, created by the Catalan Foundation for Research and Innovation (FCRI), is designed to promote entrepreneurship and facilitate access to the different initiatives and programmes that support entrepreneurship. A meeting point between science and business, the ultimate tool compiling information for you and making your work easier. You can do an initial search by choosing the type of call you are most interested in (open competition, grant, award, mentoring, loan or investment), the geographic scope of the organising entity (Catalonia, Spain, European Union or the rest of the world), select one or more organising entities from the database, and key words that help you with the thematic area or the sector you are interested in.

La#XarxaEmprèn

Do you have a business idea and are thinking of setting up your own business? Xarxa Emprèn (xarxaempren.gencat.cat) provides mentoring and support services to people who want to set up a company in Catalonia, as well as other services to promote and encourage entrepreneurship in order to strengthen the entrepreneurial ecosystem. This network involves over 125 public and private entities as well as 300 experts to cover the whole of Catalonia. All you have to do is choose the one best suited to you and request their advice.



ACCIÓ Generalitat de Catalunya
Catalonia Trade & Investment

If you have a business and need help to grow you can contact ACCIÓ (accio.gencat.cat), the Catalan Government's agency for business competitiveness. Belonging to the Ministry of Business and Labour, it is the public facing organisation working to contribute to the transformation of Catalan companies. It collaborates with public and private institutions and has 7 regional offices in Catalonia and a network of 40 offices worldwide, from where it promotes the connection of Catalan enterprise in the world and advises on setting up in new markets and discovering global business opportunities, as well as helping in the process of internationalization of innovation thanks its specialized team's local support and knowledge.

This public agency is driven by three main goals: to increase the productivity of Catalan companies, to accompany them in their transformation and global positioning challenges, and, finally, to strengthen the attractiveness of Catalonia as a destination for high-value foreign investment through Catalonia Trade & Investment. These goals are designed to have a positive impact on economic growth and job creation.

In order to strengthen the competitiveness of the Catalan business fabric, ACCIÓ also advises companies in their search for funding, helps them grow through training programmes and guides them on issues concerning clusters, among other programmes and support services.

Startups are also a priority for this public agency, not only for their disruptive projects affecting the entire Catalan business fabric, but also because they are a source of innovation for larger enterprises. Catalonia is a consolidated startup hub. With the aim of strengthening this position, raising startups and projects with high growth potential and increasing the ecosystem's international connections, in 2021 support for entrepreneurial projects was intensified through ACCIÓ's Startup Capital grants, supporting 25 projects which involved €3.6 M of investment mobilised through these grants. This line supports startups in the creation stage, i.e. the most crucial stage of their growth, and brings them closer to the first customers and private funding rounds.

Deep TECH

Catalonia is home to almost 300 start-ups which may be classified as deep tech – companies centered around scientific knowledge and cutting-edge technological leaps such as biotechnology, artificial intelligence or frontier materials. Barcelona is the most important hub in Southern Europe if we take into consideration the amount of funding raised by emerging deep tech firms: they have amassed 457 million euro in the last five years. It's a dynamic ecosystem the essence of which is to provide solutions to social problems and global challenges.

The Agency for Business Competitiveness (ACCIÓ) has studied the major tendencies in this sector, and their findings on the deep tech start-up ecosystem in Catalonia can be consulted in the analysis they published recently



YSOTOPE THERANOSTICS

Ysotope Theranostics ([ysotope.com](https://www.ysotope.com)) is a deep tech spin-off company working on the production of personalized drugs for the improvement of currently available immunotherapy treatments. To do so they resort to developing diagnostic tools for neuroblastoma – the most common pediatric tumor – thanks to which they can identify patients prone to related diseases and monitor the tumor's progress *in vivo*. As of now biopsy is the most widespread method to achieve detection, but it is not without its shortcomings: the data it provides concerns only one part of the tumor, it is invasive, and the information is rendered only in 2D. By contrast, Ysotope

Theranostics modifies an antibody by incorporating to it a radioactive isotope, making it possible to conduct an *in vivo* detection of the biological target and to visualize the tumor fully and in 3D, without the need to perform biopsies on the patient. It is akin to carrying out a virtual biopsy of the tumor. "There's still a long way to go, the company is barely

one year old and we'll need 10 to 12 years to develop a working prototype that can be used for the evaluation in clinical care", admits Raul Herance, the firm's technical director, who is also the head of molecular imaging at the Vall d'Hebron Research Institute and main coordinator of the eCORE of personalized medicine at Vall d'Hebron Hospital.



NUAGE TX

Nuage Therapeutics ([nuagetx.com](https://www.nuagetx.com)) is a relatively young firm; it was founded in July 2021 by researchers Xavier Salvatella, Mateusz Biesaga and Denes Hnisz. It is a corporate spin-off where synergies are sought between biophysics and cellular biology, birthed in the Institute for Research in Biomedicine (IRB) and ICREA with the financial support of Asabys. Their technological platform is centered in the discovery of new drugs, therapeutic molecules against intrinsically disordered proteins, which play a

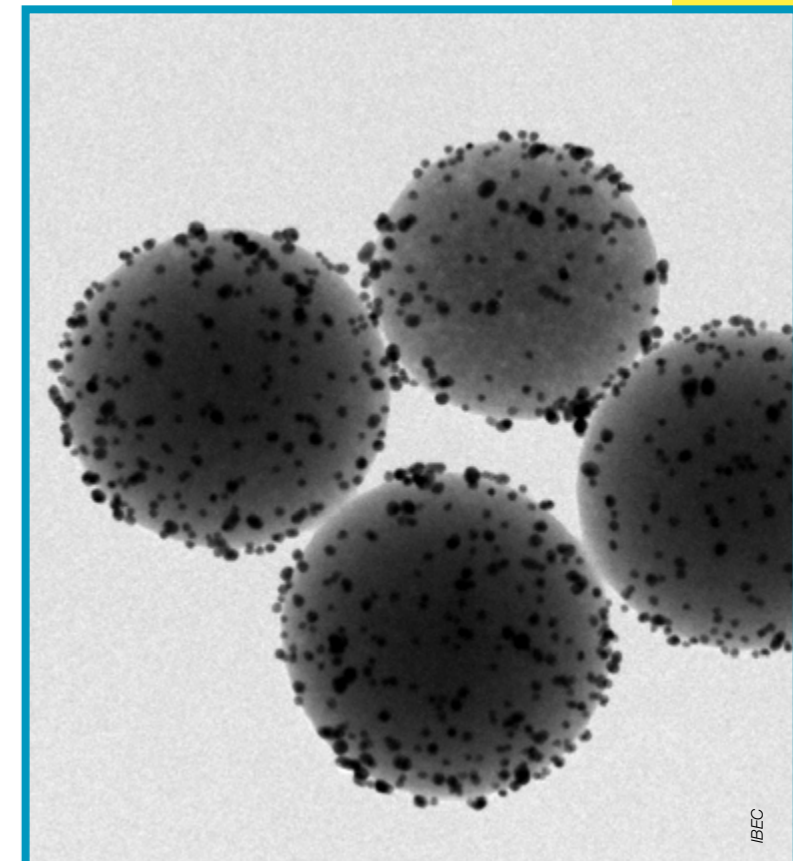
role in several diseases such as prostate cancer. Up until recently, it was not known how to approach them pharmacologically, now Nuage platform is already working to produce therapeutic alternatives for patients who, until now, had no other options. The products, for now still at a preclinical stage, are being tested in cellular models and animals, and the company plans on testing them on humans three years from now on.

What is fundamental for research to find its way to the marketplace?

"Research must be of high quality, disruptive and innovative", asserts Judit Anido, CEO and founder of the company. "Without those elements, no scientific business project can succeed". The working environment at Nuage Therapeutics is diverse and refreshing; there's a substantial amount international talent (50% of the staff is comprised of foreigners), and more than half of the board of directors are women.

NANOBOTS TX

The scientists working in the labs of Samuel Sánchez, Founder and Scientific Director of Nanobots TX, have been pioneers in the creation and application of nanorobotics to medicine. They've developed a disruptive technology: they insert drugs inside moving nano-vehicles that can efficiently reach the tumor. For now, they've tested it on animals: they inject millions of nanorobots into mice sick with bladder cancer, and the robots move collectively inside the bladder carrying the drug as if they formed a whirlwind. "We want to transport drugs into tumors in an efficient and guided manner", explains the professor. "More than 95% of the nanorobots manage to reach the tumor and penetrate it". What this new method shows is that with a single injection of millions of nanorobots 93% the tumor is reduced. Quite the upgrade compared to the 6-14 doses of chemotherapy required to treat bladder cancer. Each sphere-shaped nanorobot is around 300 nanometers in diameter – 1,000 times smaller than the diameter of a human hair. The drugs are inserted in their pores – measuring between 2 and 3 nanometers – or, alternatively, glued to the nanorobot's surface. The robots are set in motion by the chemical reaction produced by the urine in the bladder. They carry themselves without letting go until they have penetrated the cell, and then leave the body alongside the urine. Even though they're focused in this specific research, Sánchez is adamant in that the technology can be used for other purposes, which is why the platform Nanobots Therapeutics ([nanobotstx.com](https://www.nanobotstx.com)) was established as an IBEC corporate spin-off.



INBRAIN NEUROELECTRONICS

The goal of INBRAIN Neuroelectronics ([inbrain-neuroelectronics.com](https://www.inbrain-neuroelectronics.com)), a spin-off of the Catalan Institute of Nanoscience and Nanotechnology (ICN2), is to develop a new generation of brain implants – devices acting as interfaces and used to treat neurological diseases such as Parkinson's or epilepsy in cases in which patients do not respond positively to pharmacologic treatments. The late 90s saw the introduction of neuromodulation, a therapy that manages to mitigate the effects of neuronal diseases through the implantation of small electrodes in the brain, even though it doesn't always work properly and it may cause side effects. "At INBRAIN we introduce graphene into flexible electronics", explains Jose Antonio Garrido, ICREA professor and vicedirector of the ICN2, as well as the founder and scientific director of INBRAIN. "We resort to the properties of the graphene to create a new generation of brain implants: smaller, less invasive, capable of measuring the brain's electric activity and stimulating more efficiently particular areas in the brain, thus avoiding side effects". Other than working on neuronal interfaces, they focus on the production of electronic technology and advanced semiconductors, resorting to machine learning to understand which brain signals need to be interpreted and consequently decide on the therapy that should be implemented. After having conducted preclinical studies to guarantee their technology is safe and biocompatible, they plan on initiating trials on humans by the end of 2023.



Barcelona Health Hub pushes innovation in Digital Health

It's impossible to miss: digital health is changing the healthcare sector rapidly. Digital health is the set of all those tools and services that use technology to improve the way healthcare is managed. With the worldwide rising demand of healthcare and the lack of physicians and nurses, it's time to take action. Digital health can help to make healthcare more accessible, efficient and patient-centered.



Eva Rosell is the general manager of Barcelona Health Hub (BHH), a non-profit organization that aims to advance innovation in digital health. The BHH Headquarters are based in the iconic Sant Pau Art Nouveau Site in the heart of Barcelona.



Eva, can you tell us how Barcelona Health Hub exactly works?

Nobody can drive change alone, so this is why Barcelona Health Hub fosters interaction and cooperation between all those actors that work in healthcare: think about startups, public and private healthcare institutions, universities, large corporations and investors. They are all connected in the BHH ecosystem, in order to accelerate digital transformation in the healthcare sector. BHH was born in 2018, and it is already recognized as an international reference center in digital health, attracting innovation and talent. It's a great place where digital health solutions can grow from research to reality.

Can you give us a few examples of those digital health solutions?

Of course! There are so many great solutions already available. One of those solutions is **Dana**, a digital health solution designed for women transitioning into motherhood. The Dana app, which can be downloaded from any app store, aims to enhance the mental health and overall well-being of women during pregnancy and early motherhood. It's a certified digital therapeutics software for medical interventions improving early detection, diagnosis and monitoring of mental health disorders during motherhood. It's highly innovative because it utilizes digital therapeutics software, a new technology that is gaining recognition as an effective and accessible treatment option for mental health disorders.

Another great solution is **Emocional**. This Spanish startup uses deep tech technology to track the emotional health of employees. It also facilitates decision making tools to avoid risks related to mental illness. It's a software to monitor the emotional well-being of employees

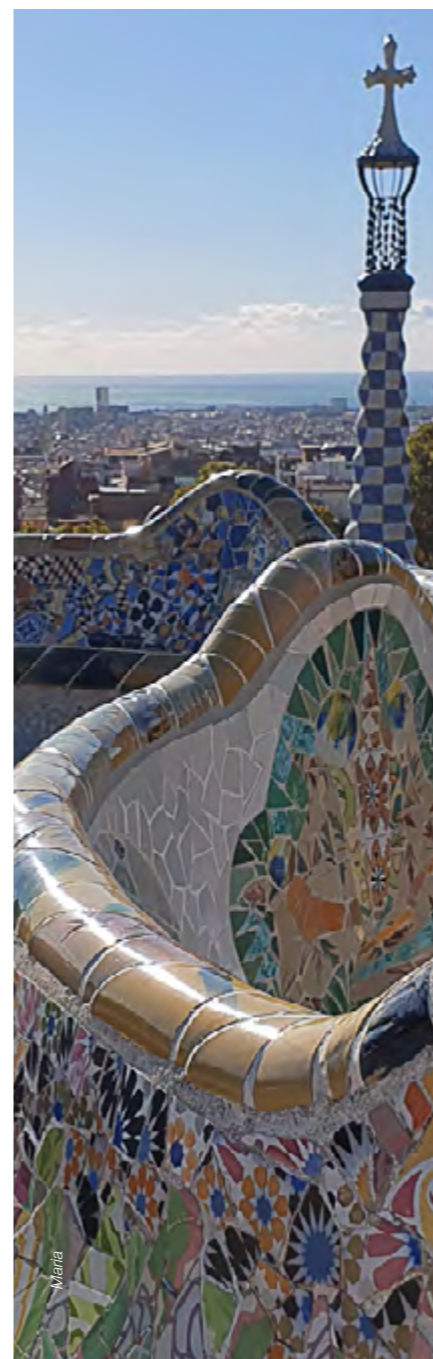
and proactively identify potential issues such as burnout, absenteeism, and high staff turnover. This solution aims to prevent such risks and ensure a healthy work environment.

Everybody is talking about Artificial Intelligence these days. Is AI also used in healthcare?

Yes, it is! For example, have a look at **Mediktor**, the most accurate AI-based medical assistant for triage and pre-diagnosis. It uses artificial intelligence to guide patients to the right level of care, providing both patients and professionals with the right health decision support. It leverages the power of AI to provide patients with personalized and accurate medical advice, making healthcare more accessible and efficient than ever before. It is also revolutionizing the healthcare industry by enabling healthcare providers to quickly and easily integrate cutting-edge triage and pre-diagnosis technology into their workflows.

These are just a small sample of the many innovative solutions that can be found in the digital health ecosystem of Barcelona Health Hub. There are many more to explore: sensors that can monitor the elderly living alone, innovative medication delivery systems for chronic patients, virtual reality tools to help reduce anxiety before medical procedures, and many more.

Barcelona Health Hub is working tirelessly to accelerate this digital change in the healthcare sector with its members. They all have one thing in common: they aim to provide digital solutions for today's healthcare problems. Together we can make healthcare more sustainable, scalable and inclusive!



SETTLING IN

Setting up home in a new city means embarking on a new phase with everything to do. Starting anew, both on a professional and a personal level, or as a student, is an opportunity to meet new people and form new friendships. Barcelona has so many cultural, leisure and entertainment options that you're bound to make friends who share your interests.



LANGUAGES

In Catalonia, we are lucky to have two official languages, Catalan, which is the native language of the region, and Spanish. Would you like to learn Catalan and expand your circle of friends? You have numerous options available to you: the Consortium for Language Normalisation (cpnl.cat) offers courses at all levels and has the Language Volunteer programme with people who habitually speak Catalan; you can also check the resources that the Catalan Government offers you (recercauniversitats.gencat.cat). If you prefer to do a language exchange, you can use the study rooms at Barcelona Libraries (ajuntament.barcelona.cat/biblioteques) or take part in reading groups of works written in English, German, Italian or French.



GET YOUR SKATES ON

Can you imagine gliding round the city on wheels? Every Friday and Saturday evening (10pm), the Barcelona Skaters Association (patinarbcn.org) organises official guided routes for groups on skates. Don't know how to skate? Don't worry, they also offer beginner's skating classes, free of charge. The perfect excuse to make friends, see the sights and do some sport.



CHOIRS

If you like singing, then you're in luck! There are all kinds of choirs: university, non-university, professional, amateur and more. A perfect place to enjoy your hobby and get to know people who share your love of singing. The Barcelona Municipal Conservatory (ajuntament.barcelona.cat/conservatori) has a choir that is open to everyone, the *Canta Conservatori*. If you're more into Gospel, there are a number of different choirs. One of the best known is the Coral Gospel Barcelona (coralgospelbarcelona.com).



VOLUNTEERING

Can you think of a better way to get to know people and the place where you're living? Voluntaris.cat (voluntaris.cat) is the portal where you'll find all the news and resources on social volunteering. There you'll discover all the voluntary work opportunities available with various organisations throughout Catalonia, based on your preferences, availability and motivations.



Welcoming **RESEARCHERS** from other countries



Dr. Josep Samitier Martí
President of the Catalan Association of Research Centres (ACER) and director of the Bioengineering Institute of Catalonia (IBEC).

Scientific research is based on the talent of the people who do it. Our system of knowledge must therefore make it easy to attract that talent while enabling their integration into our country, in order to make the system robust. Currently, in Catalonia, the personnel hired for R&D activities, expressed as a full-time equivalent (FTE) is 20,977 women and 30,854 men, of which 11,619 women and 18,772 men are researchers. If we look by sector, the number of public researchers is 17,095, while there are 13,296 in the private sector. The ratio of FTE researchers in the active population is 0.8%, which is below the European EU28 average (2013-2020), at 0.872% or the EU19 figure, which is 0.898%, while the figure for Spain as a whole is 0.619%.

A comparison with other European and International R&D systems shows that Catalonia has a lower number of human resources than it should, given its economic and demographic size. R&D personnel represent 0.8% of the active population, a figure that is lower than that for other

European countries such as Belgium 1.158%, Denmark 1.60%, Holland 1.074%, Germany 1.03% and France 1.039%. This means that we have to ensure that young people are attracted to research in the various areas of science and to ensure that more talented people from other countries come to our research centres and universities. The ICREA programme has been and is an excellent tool for attracting men and women scientists from around the world, and we now have more and more foreign-national doctorate and post-doctorate researchers in our city's research centres.

Making our institutions and our society attractive and welcoming to people who come from different countries and cultures is a challenge for us all, as it will help us to promote and improve our scientific activity, and thus the well-being of our society. The collaboration of the city's research centres with the Barcelona Centre Universitari is very useful for making progress in welcoming researchers from other countries.



Barcelona is one of the most attractive cities for international talent. An academic ecosystem, technological institutions, businesses, and hubs create the ideal environment for young talent to develop and fully integrate into the city.

The **Impulsa Talentum Foundation** and the ecosystem we have generated aim to be a platform for young individuals, immersing them in this network of connections.

Therefore, **Impulsa Talentum** offers you: A specialized media outlet focusing on talent, innovation, creativity, and entrepreneurship. Here, you can contribute your opinion articles and analyses in the language of your choice. The platform also provides a showcase for everything happening in Barcelona, allowing you to become part of the environment, discover new projects, and connect with them.

A series of events, summits, conferences, and content organized by the Foundation, revolving around talent management, team loyalty, and impactful companies. Through venues such as ISE, MWC, and our own Congress, we work to disseminate best practices and trends. Subscribe to our newsletter on the website www.impulsatalentum.org.

The **Talent Awards**, an opportunity to showcase your projects and proposals across all fields of knowledge. The call for entries opens every year! Register for the awards at www.premistalent.cat.

Tools and services that will become part of our ecosystem in the coming months. Through these, you can present your research, discoveries, knowledge, and expertise, positioning yourselves as references and attracting companies, investors, and other entrepreneurs to join you in your growth.

Visit www.cataloniatalent.cat and join us.

Can we envision a world without Alzheimer's?



Dr. Arcadi Navarro is the director of the Pasqual Maragall Foundation and its BarcelonaBeta Brain Research Center (BBRC), non-profit private organizations the main purpose of which is to bring us closer to a world without Alzheimer's by resorting to research and by altering people's common perceptions of the disease. Dr. Navarro, a senior lecturer of Genetics and ICREA researcher at Pompeu Fabra University (UPF), is also the co-director of the European Genome-Phenome Archive (EGA), a collaborative partnership between the European Bioinformatics Institute and the Centre for Genomic Regulation (CRG).

In the early years of the 20th century, Alois Alzheimer discovered the up until then unknown symptoms and neuropathological traits of a disease that today afflicts over 900,000 people in Spain and an estimated 50 million worldwide. After more than a hundred years of research and scientific breakthroughs, Alzheimer's still cannot be successfully cured, so we must continue to devote resources to further our understanding of this pathology, its root causes and the way it develops, in order to devise the most appropriate treatment for it. It might appear as if science is only slowly moving forward, but it also does so steadily, for it always ends up providing the answers we need to confront all sorts of diseases. In that sense, we currently find ourselves in a pivotal moment when it comes to our approach to Alzheimer's. In fact, we might even call it a "paradigm shift".

This shift has been made possible by the combination of two incredibly significant factors: on one hand, new breakthroughs in the field of biomarker research, thanks to which we may now detect the disease in its preclinical stage by means of blood testing or neuroimaging; and, on the other, the production of new drugs capable of hampering cognitive deterioration and, consequently, the advance of the disease. There is one aspect worth highlighting: the research conducted in several cutting-edge centers based in Barcelona, led by the **BBRC**, has played a significant role in developments within both fields.

Barcelona is now internationally regarded as a focal point for research on Alzheimer's. Boasting a network of renowned scientific institutions, research centers and state-of-the-art hospitals, the Catalan capital has become an epicenter of knowledge and scientific partnerships, where multi-disciplinary teams comprised of scientists, medical doctors and health workers cooperate to better comprehend the mechanisms underlying Alzheimer's disease, to identify biomarkers and to develop new modalities of therapy, always in partnership with first-rate international centers.

The **BarcelonaBeta Brain Research Center (BBRC)**, research center of the **Pasqual Maragall Foundation**, has made great

steps towards the early detection of this pathology. These breakthroughs would not have been possible without the ALFA cohort, one of the most multitudinous Alzheimer's research platforms in the planet. Established in Barcelona in partnership with the "**La Caixa**" **Foundation**, it is constituted by 2,700 healthy individuals who have altruistically decided to partake in Alzheimer's research during the last ten years.

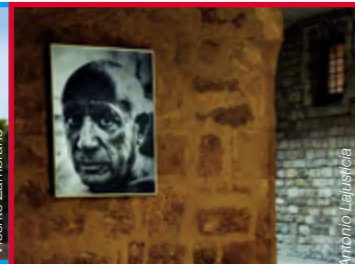
Thanks to all the participants in this important research infrastructure, at the **Pasqual Maragall Foundation** we conduct analyses on both modifiable and non-modifiable risk factors such as sleep or nourishing to try to uncover how do they relate to patients' vulnerability to Alzheimer's disease. Moreover, we have set in motion pioneering interdisciplinary studies, such as neurogenetics, which allow us to first single out biomarkers in the blood and then carry out longitudinal studies that bring us closer to accurately predicting alterations before clinical symptoms surface.

Our teams have made significant contributions to the development of disease-detecting criteria currently used all over the world for an early recognition and diagnosis of Alzheimer's. Furthermore, we lead the research on plasma biomarkers and advanced neuroimaging techniques, such as functional magnetic resonance imaging and positron emission tomography. These methods have paved the way for a more precise and homogenized analysis of data.

If, as mentioned before, we combine these breakthroughs with the recent series of medical treatments that might be capable of slowing down the development of the disease, we find ourselves entering a new era that will forever alter our approach to Alzheimer's. Thanks to the cutting-edge nature of the research being carried out in Barcelona among other cities, we are now closer than ever to diagnosing the disease in its initial stages and finding effective solutions before its first symptoms even surface. This ongoing scientific progress is truly a source of hope, inching us closer to what we are committed to as a Foundation and research center: **to reach a future in which Alzheimer is no longer among us.**

ART

Barcelona is home to around fifty museums and infinite works of art which you'll find as you walk around the city. Are you ready to take in all this beauty? Here is your first taste.



Museu Nacional d'Art de Catalunya - MNAC

Is one of the best collections of Romanesque art in the world a good reason to visit the Catalan National Art Museum? Of course. But want to know the best bit? It's not the only reason. Others include the historic building, built in 1929

for the Barcelona International Exposition; the breathtaking views of the city; the activities organised there; and, above all, the temporary exhibitions and permanent collection, which include everything from the Romanesque period to modern art, as well as Renaissance and Baroque pieces.

www.museunacional.cat



Centre de Cultura Contemporània de Barcelona - CCCB

The El Raval neighbourhood has been home to this multidisciplinary cultural centre for almost 30 years. As well as its temporary exhibitions, it hosts festivals, concerts, literary gatherings, debates, programmes of talks, workshops and film screenings. The building, which used to house the Casa de la Caritat, is a real architectural gem. Don't miss the views from the viewpoint or the chance to see the sea reflected on the building from the central courtyard, the Pati de les Dones.

www.cccb.org



CosmoCaixa

This is one of Europe's most pioneering museums. A Modernista building with over 30,000m² of floor space dedicated to scientific dissemination, with a host of interactive, entertaining, educational, fun proposals. As well as its temporary exhibitions, CosmoCaixa organises activities and offers a recreation of an Amazon rainforest and an impressive digital planetarium.

cosmoaixa.org



Palau Martorell

The headquarters of the Antigua Sociedad del Crédito Mercantil, located at 11 Ample Street, was built between 1886 and 1900, under the direction of the architect Joan Martorell i Montells. Today, the Palau Martorell is presented as an exhibition space that hosts major art exhibitions of international renown as Sorolla, Alphonse Mucha, Chagall, Monet, etc.

www.palaumartorell.com



Design Museum

This is the museum of object arts and design. Its collection contains more than 70,000 objects and it houses a documentation centre for consultation and specialist research. The museum also organises exhibitions, free guided tours around the permanent exhibitions, and activities for schools, families and the general public. The building itself, designed by MBM Architects, is nicknamed 'the Stapler'.

ajuntament.barcelona.cat/museudeldisseny/

Joan Miró Foundation

On Montjuïc mountain, you will find the Joan Miró Foundation, designed by architect Josep Lluís Sert, Miró's close friend. It is one of the most outstanding examples of Rationalist architecture in Barcelona, and brings together art, architecture and landscape. You will find one of the most comprehensive collections in existence of the artist's paintings, sketches, sculptures and works on paper.

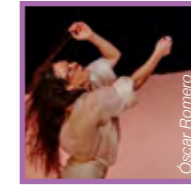
www.fmirobcn.org

Museu Picasso

This museum, created upon request from Picasso, shines a light on the artist's connection to Barcelona, where he trained. Five spacious buildings on Carrer Montcada show some of his most iconic pieces. Among the many activities organised there, don't miss *Barcelona Dibuixa*, the drawing festival for all of the city's residents.

www.museupicasso.bcn.cat

Arts Performing



TNC

This imposing building, reminiscent of a Greek temple, was designed by the architect Ricardo Bofill. It was officially opened in 1997, and has since been contributing to the country's cultural growth through the performing arts. If you take out a subscription for the whole season you can obtain a 45% discount. Can you afford to miss this opportunity? www.tnc.cat

TEATRE LLIURE

This is one of the country's most important creation and exhibition centres. It has two venues, one in Montjuïc and the other in the Gràcia neighbourhood, where it was founded in 1976, which it reopened in 2010 after several years of remodelling work. www.teatrelliure.com



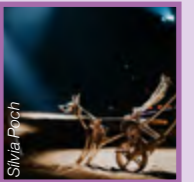
MERCAT DE LES FLORS

Known as the house of dance, this municipal theatre is located on Montjuïc mountain, in a building constructed for the International Exposition of 1929, and boasts an impeccable programme. Above all, not to be missed is the dome above the lobby, designed by the artist Miquel Barceló.

mercatflors.cat

TEATRE BIBLIOTECA DE CATALUNYA

The Teatre Biblioteca's gothic nave has been a performance venue since its conversion in 2006, for the La Perla 29 creation platform. A unique space where, besides performances of classic shows and works by new playwrights, shows are created for family audiences and the performing arts brought over to the world of education in La Perla petita. www.laperla29.cat

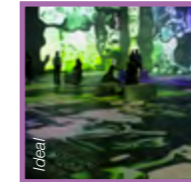


SALA FLYHARD

Here you will find the best small-format contemporary Catalan theatre. 2006 saw the creation of the Flyhard Productions theatre producer and 2010 the opening of its theatre hall in the Sants neighbourhood for producing and programming its own productions. It's a safe bet, every year some of the season's big hits premiere here. www.salaflyhard.com

EL MOLINO

This café-theatre is a legend in its own right in Av. Paral·lel, the city's cultural artery bringing together theatres and concert halls. It's so named because of its similarity to the *Moulin Rouge* in Paris. Its stage has been graced by the best vedettes as well as music-hall songs and tangos. It is now a hybrid cultural facility that stays true to its notoriously "rabble" spirit. elmolinobcn.com



IDEAL

Formerly the site of the Cine Ideal at the start of the 20th century, the location is now the Centre d'Arts Digitals de Barcelona, the first centre in southern Europe devoted to the production and exhibition of digital arts. Enjoy an immersive experience with audio-visual screenings, augmented reality, virtual reality and holography. idealbarcelona.com

FIRA TÀRREGA

Street arts have been the star attractions for over 40 years at the Fira de Teatre al Carrer de Tàrraga. It combines national and international theatre, movement and circus shows for the public while acting as a meeting point for performing arts professionals. www.firatarrega.cat



CIRC CRIC

Montseny Natural Park has been home to the Circ Cric's regular creation headquarters since 1995, a rehearsal and production space where circus shows are also planned, circus activities are organised for schools and the International Clown Festival is held. circcric.com

CINEMA

CINEMAS

PHENOMENA EXPERIENCE

A traditional cinema with an enormous theatre and, to round it all off, the best cutting-edge technology. Some 450 seats are lined up in front of one of the biggest screens in the country, which shows the latest releases and classic films in their un-dubbed versions. All in all, you are in for an unforgettable experience as soon as you walk into the lobby and take in the unmistakable cinema atmosphere.

phenomena-experience.com

CINES VERDI

A classic cinema offering un-dubbed films in the heart of the Gràcia neighbourhood. There is 'just' Verdi and then there is Verdi Park, on the other side of the street. In total, they offer nine screens showing the best independent film releases, as well as special programming like Culture Tuesdays, with documentaries on subjects such as painting; Essential Thursdays, where you can relive must-see films from every era; and Opera Mornings, during which you can get close to the most prestigious stages in the world from the comfort of your cinema seat.

www.cines-verdi.com

ZUMZEIG

A cooperative made up of more than 300 people is behind this non-profit cultural activism project. Zumzeig shows independent films in their un-dubbed versions, as well as other cultural, social and solidarity-oriented activities. Want to become a member? It only costs €50 per year and it includes a load of benefits.

www.zumzeigcine.coop

FILMOTECA DE CATALUNYA

It was 10 years ago now that Filmoteca opened its doors on Plaça Salvador Seguí, just off Rambla del Raval. It has two theatres with 1,400 screenings per year, two exhibition spaces and the Film Library of Catalonia. The Filmoteca puts on all sorts of seasons, both for the general public and to make the cinema more accessible for little ones and schools.

www.filmoteca.cat



Laura Sureda

FESTIVALS

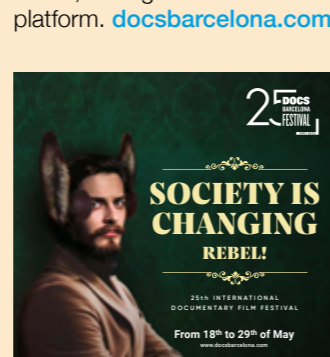
IN-EDIT

The In-Edit Music Documentary Film Festival was born almost 20 years ago in Barcelona, and has now spread to other parts of Spain (Madrid and Hondarribia) as well as various international locations. Music and documentaries make the perfect pair, as demonstrated by the 35,000 people who attend In-Edit in the Catalan capital, making it Barcelona's most popular film festival in terms of audience size.

es.in-edit.org

DOCS BARCELONA

The Barcelona International Documentary Film Festival has been around for a quarter of a century now. It specialises in the documentary genre and is made of both competitive and non-competitive international sections and master classes. DocsBarcelona is the perfect opportunity to discover masterpieces during in-person screenings at cinemas and online, through the Filmin platform.



Hugo Pardo

FIRE!

To coincide with Pride month, the Barcelona LGBTI Film Festival has been taking place in June for more than 25 years now. This is the first festival of its kind in Spain and looks at affective and sexual diversity through a hand-picked selection of feature films, documentaries and short films. As well as the official selection, you can rediscover some of the best films from previous editions of the festival on Filmin.

mostrafire.com

SALA MONTJUÏC

Sala Montjuïc is summer. It is an outdoor cinema with the best films of all time, live music and a picnic. The adventure begins when you head up to Montjuïc Castle and its gardens, in the Santa Eulàlia Moat, where you will find chairs and loungers you can rent and grass where you can lay out the blanket you have brought to sit on. You can bring your own dinner or buy it there at the outlets offering freshly made food. Don't forget a jacket, because it can get chilly at night!

www.salamontjuic.org

Are you a fan of classical music? Perhaps you're keener on electronic music? Small-scale festivals or mega events? If you like music, the type or the format doesn't matter, because in Barcelona, and even a little further, you are sure to find what you're looking for.

MUSIC

LICEU

The Gran Teatre del Liceu opened in La Rambla 175 years ago. It is the oldest theatre in the city, an authentic symbol of Barcelona, which conserved its original façade after the fire in 1994. On entering the lobby, you travel back in time, thanks to the neo-classical majesty surrounding you. Its programme includes concerts, theatre, recitals and, above all, opera. Are you under 35? If so, you can be a #Liceuunder35 and buy tickets for €30, fifteen days before the opening night.

www.liceubarcelona.cat

PALAU DE LA MÚSICA CATALANA

One of Barcelona's architectural treasures. The Modernista building was built at the start of the 20th century by Lluís Domènech i Montaner, as the venue for the Orfeó Català choir. Above all, you will be amazed by the concert hall, the only one to be declared a World Heritage site by UNESCO (1987). If you can, go on one of the guided tours they organise. It's well worth a visit. In regard to their programme, you could never see it all. Symphonic and choral music with their own programme, as well as series and festivals such as Guitar BCN, the Jazz Festival and the Barcelona Flamenco Festival.

www.palaumusica.cat



L'Auditori



crullabarcelona.com



Vicente Zambrano



festivaldespedralbes.com



Vicente Zambrano



es.vidafestival.com

L'AUDITORI

This is the latest music facility to open in the city. Officially opened in 1999, the building was designed by the architect Rafael Moneo. It is home to the Barcelona Symphony Orchestra and National Orchestra of Catalonia (OBC), the Barcelona Municipal Band and the Music Museum. It stages concerts by international orchestras, early and chamber music, newly created shows, festivals and family concerts. If you are young, take a look at the Tarifa Plana Jove: If you are under 35, you can see the entire programme for €85, and €50 if you are under 25.

www.auditori.cat

CRUÏLLA FESTIVAL

A festival that has everything; music, art and comedy, because Cruïlla makes the most of its two-day programme with stand-up routines from around forty comedians, artistic disciplines such as illustration, photography, dance, installations, street art and design, and above all lots of music. Every July, you have a date at the Fòrum Park with this festival, which is committed to the environment, implementing actions to make it more sustainable, such as minimising pollution on journeys, limiting crowd capacity and working with local suppliers and local produce.

www.cruillabarcelona.com

ALMA. FESTIVAL JARDINS DE PEDRALBES

Poble Espanyol is the venue for this summer festival, which attracts big names from the national and international music scene. It is a special and unique place which stands out for its location, history and attractiveness. Make the most of the evening and get there before the concert starts. You can enjoy the architecture, crafts, contemporary art and a variety of activities that can be carried out with the same festival ticket.

festivaldespedralbes.com

VIDA FESTIVAL

In 2014, Vida put Vilanova i la Geltrú on the map of unmissable music experiences with charm. Heir to the former Faraday Festival, it is a clear advocate of cultural decentralisation, showing that there is life beyond the big capital city. In a natural setting and without big crowds, national and international talent, established and emerging artists, can all be found at the Masia d'en Cabanyes. In addition to the main stage, there are also others, fairytale settings immersed in nature, full of experiences and an ideal place for younger children.

www.es.vidafestival.com

Party time

Barcelona nights are as lively as ever. Whether you want to have a chill drink or dance till dawn, the city has whatever kind of night out you're looking for. Are you ready?



SANT ANDREU

• VERSALLES

This modernist building, called Casa Vidal, has been a venue not to be missed since 1915. They have everything you need for the best get-together with friends or family: *gildes* (traditional skewers with pickles, olives, and other items), tapas, small dishes, and an excellent vermouth. They also offer traditional dishes, sandwiches, a daily menu and a weekend menu. In the basement you'll find Sala Versalles, a multi-use space that's a great place for all kinds of events. It hosts live music and other activities linked to the neighbourhood's pop culture. **C. Gran de Sant Andreu, 255.** elversalles.com

GRÀCIA

• HELIOGÀBAL

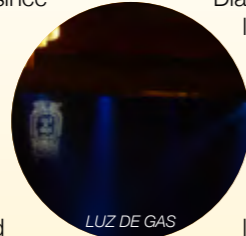
This tiny bar is perfect for enjoying a show mere inches away from the stage. They've been hosting music acts, poetry readings, and other forms of artistic expression for over 25 years. Known as the "temple of Gràcia", the quality of everything you'll see, feel, and drink there is guaranteed. The shows cost between €6 and €12. Who could want for more? **C. Ramón y Cajal, 80.** www.heliogabal.com



SARRIÀ-SANT GERVASI

• LUZ DE GAS

Located above Avinguda Diagonal (which separates the well-to-do Upper Diagonal neighbourhoods like Sarrià-Sant Gervasi from the lower areas), its regular clients are people over 40 looking to have a good time. It's a concert hall and night club, decorated like a classic theatre in the Rococo style.



C. Muntaner, 246. luzdegas.com

EIXAMPLE

• ARENA

In the Esquerra de l'Eixample neighbourhood, between the streets Balmes, Gran Via de les Corts Catalanes, Urgell, and Aragó, is the so-called "Gaixample", the area with the most venues frequented by the LGBTIQ+ community. You can just explore the area and let yourself be carried away by the fun. Some of the most emblematic bars and night clubs belong to Grup Arena, which has five venues. grupoarena.com

POBLE SEC

• SALA APOLO

This is one of the oldest dance clubs in all of Europe. It has three separate halls on the bustling Avinguda Paral·lel which host club sessions, concerts, shows, and other musical events like Primavera a la Ciutat, Guitar BCN, and the Black Music



Festival. It's a night club with tons of personality. You'll surely never forget its red balconies flanking the main floor and its hanging lamps. If you want to grab a bite to eat before Apolo, Carrer Blai, a pedestrian street full of bars and restaurants, is just a stone's throw away. **C. Nou de la Rambla, 113.** www.sala-apolo.com

RAVAL

• BAR MARSELLA

A classic. Two centuries of history in the heart of the Raval neighbourhood. Celebrities like Hemingway, Dalí, Picasso, and Gaudí have all paid a visit to this venue, just like all the countless anonymous individuals who didn't want to miss out on this piece of history. It still boasts the original decor and structure. Marsella is synonymous with absinthe, an outrageously alcoholic drink that they still serve here. **C. Sant Pau, 65.**

• CASSETTE BAR

Long and narrow and with ingenious decorations, this is one of the city's best bars and not to be missed. Perfectly pulled beers, incredible cocktails, and delicious homemade tapas. What's more, they throw in a free tapa dish with every drink! The friendly service you'll get from owners Fabio and Laura will make you feel right at home. **C. de l'Est, 11.** www.facebook.com/cassettebar.barcelona



• MOOG BARCELONA

Do you like to dance? Electronic music and synth beats? This is the place for you. Open every day of the week since 1996! Great names in electronic music have played their sets here, like Jeff Mills, Laurent Garnier, DJ. Hell, Richie Hawtin, and James Holden. If you venture upstairs to the Villarroca dance hall, you'll find pop, electropop, 70s, 80s, and 90s rock, and dance music... **C. Arc del Teatre, 3.** moogbarcelona.com

CIUTAT VELLA

• SIDECAR

It may be a small club, but it has hosted some big names in music. Located on one of the most charming squares in the city, since 1982. It's an outstanding venue, somewhere you're sure to find the best concerts and DJ sessions. Opens Thursday to Sunday from 5pm. **Pl. Reial, 7.** sidecar.es



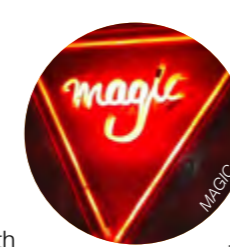
LA RIBERA

• EL BAR DE L'ANTIC TEATRE

You could almost move in here: you can start with breakfast, then have a sandwich for lunch, have something to drink in the evening, and then stretch out your stay with a soft drink, beer, or cocktail until midnight, almost every day. You will fall in love with its terrace! Not only that, but with every drink you have, you'll contribute to keeping a cultural project afloat, because the Bar de l'Antic Teatre is the main source of financing for this social and cultural centre. **C. Verdaguer i Callís, 12.** www.anticteatre.com

• MÍRAMELINDO

Among the countless venues on Passeig del Born, this is one of the biggest and most emblematic bars. Welcoming from the very moment you open that wooden door, it is undeniable that its colonial style, cocktails, and the music in the background invite you to stay and relax awhile, which is probably why it's not always easy to find a place there. **Pg. del Born, 15.** www.barmiramelindobcn.com



• EL MAGIC CLUB

"Rocking out since 1972" is their motto. They assure patrons that here you'll find something you won't find anywhere else. A stone's throw from Parc de la Ciutadella, it's the oldest rock n' roll club in Barcelona. Good rock and pop music, with live music, too. If you have a band and you want to play here, just send them an email with your proposal. **Pg. de Picasso, 40.** magic-club.net

POBLENOU

• L'OVELLA NEGRA

The Ovella Negra has more than one venue (there's another next to La Rambla), but this one is gigantic! It's a mega-tavern that still has the rustic decorations it originally had in 1965. It's a mythical venue with space for giant screens, table football, and, of course, lots and lots of beer. **C. Zamora, 78.** www.ovellanegramarina.com

• SALA RAZZMATAZZ

A benchmark in culture and entertainment. It was the first club in Spain that scheduled events seven days a week in five different rooms, each with their own personality: Fuego, La 1, Human, El Dirty, and Mandanga. You can't go wrong with Razz! They host the best local and international pop, rock, and electronic artists. Besides the permanent clubs, it also holds festivals and shows on a regular basis. **C. Almogàvers, 122.** www.salarazzmatazz.com



• SIDONIE. El Peor Bar del Mundo

Previously known as Pepe's Bar, its new name, meaning "the worst bar in the world", is a nod to the eighth album (*El peor grupo del mundo*) by Sidonie, one of the most well-established indie rock groups in the country. It's perfect for having a cold beer and a sandwich before going to Razz. A meeting place for artists and fans, epicentre of musical events. **C. Pamplona, 91.** www.instagram.com/elpeorbardelmundo



The best Gastronomy

As the writer Josep Pla said, “cooking is the landscape placed in a casserole dish”. That might be why our dishes include produce from the sea, the mountains and the vegetable garden. Our dishes give us away: we’re Mediterranean. We enjoy eating and sitting at the table, proud of our culinary wealth. Sound good to you? You’ll be licking your fingers!

MOST TYPICAL FARE

PA AMB TOMÀQUET

As simple as slicing a tomato in half, horizontally, and rubbing it on bread. Then it’s a pinch of salt and a drizzle of virgin olive oil. Remember to use the right variety, *tomàquets de penjar*, as they have more pulp.

ESQUEIXADA

A cold salad dish where cod takes centre stage. The dish uses uncooked cod, desalinated and broken into slithers, tomato, spring onions and black olives, dressed with virgin olive oil, salt and vinegar.

ESCALIVADA

Peppers, aubergines and onions roasted in the oven, or even better, in the embers of a wood fire. Once roasted, the outer skin is peeled off and the vegetables cut into strips. After that, dress them with oil and they’re ready.

BOTIFARRA

Not suitable for vegetarians. This fresh sausage is made with pig intestines stuffed with a mixture of different pork meats, although nowadays you can find all sorts of variations. The most classic combination is for this sausage to be accompanied by beans.

CANELONS

These are an essential part of Boxing Day and other important celebrations. Originally there were made using the meat left over from Christmas. The meat is rolled up in thin pasta dough, covered with bechamel and cooked in the oven.

TRINXAT

This is ideal when the weather is very cold. Originally the dish was a way of using up leftovers. Typical in the Cerdanya area and heavy on calories, *trinxat* is made with cabbage, potatoes, pork belly, garlic, olive oil and salt. And afterwards? An after-lunch nap.



FOR PICKING AND CHOOSING RECENTLY OPENED



JOK

This is one of the latest establishments to open in the Catalan capital. With its ethos of eating well and having a good time, this space aims to offer a new restaurant concept. Quality Catalan cuisine, with seasonal local produce, plus a cocktail menu featuring classic and modern creations made using their own spirits. All this, combined perfectly with live music, book presentations, talks, stand-up comedy and even live podcasts. At lunchtimes there’s a daily menu with two courses, dessert, water and coffee for €36. **C. Mallorca, 275.** www.jokbarcelona.com



CUINA SANT PAU

July 2022 saw the re-opening of Sant Pau, Carme Ruscalleda’s restaurant in Sant Pol de Mar, a charming little Mediterranean town 40 kilometres away from Barcelona. Her son, chef Raül Balam Ruscalleda, and his business partner, chef Murilo Rodrigues Alves, have turned the restaurant into the Cuina Sant Pau, serving traditional market-sourced cuisine. A new project, occasionally recreating dishes from the former Sant Pau, and a place we are sure to hear more about. **C. Nou, 10, Sant Pol de Mar.** www.cuina-santpau.cat

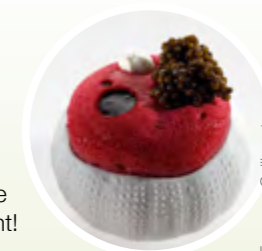
UNFORGETTABLE EXPERIENCES

EL CELLER DE CAN ROCA

The Roca brothers are an authentic institution, with Joan in charge of the kitchen, Josep in charge of the restaurant and Jordi in charge of sweets and desserts. They are regarded as among the Best of the Best, the recognition given by The World’s 50 Best Restaurants to those that have topped the list of the world’s top restaurants. At midnight on the first day of each month they open up a new period for table reservations. They also have the restaurant Normal (restaurantnormal.com) in Girona since 2021, and the Casa Cacao (casacacaogirona.com) where chocolate takes centre stage. **Can Sunyer, 48, Girona.** cellercanroca.com

DISFRUTAR

They say that creative excitement is at the heart of their gastronomy. Pure excitement! Mateu Casañas, Oriol Castro and Eduard Xatruch have been gifting us with avant-garde cuisine since 2014, with bags of personality, playing with shapes, textures and flavours. They offer two tasting menus: the classic, with iconic house dishes, and the festival menu, with the latest seasonal creations. Their genius has been recognised with two Michelin stars. **C. Villarroel, 163.** www.disfrutarbarcelona.com



Francisco Guillamet

FOR ALL BUDGETS



BAR GELIDA

This is one of those establishments that has always been there, a reliable place for a hearty breakfast with a traditional *porró* to drink wine from. Located in the neighbourhood of Nova Esquerra de l’Eixample, this establishment opened over 75 years ago and is always there with typical dishes such as a hoof and head casserole, veal, oven-cooked cheeks, meatballs, beef stew, cod and more... The only thing we could ever find fault with is that it gets noisy when it is packed with people. **C. Diputació, 133.**



BODEGA MONTFERRY

They have been in the Sants neighbourhood since 2013 and last summer they opened a new establishment. Looking at their Instagram account, where they post the sandwich of the day, is sure to make your mouth water! You’d want to eat them all! They make casseroles and omelettes but, above all, they are the sandwich kings, serving up some unimaginable combinations that fit to perfection. **Passatge Serra i Arola, 13.** www.instagram.com/bodegamontferry



MORRO FI

They started out as a blog, writing about the best bars and restaurants in Barcelona to enjoy vermouth and a light bite. One thing led to another and after nearly three years of simply being customers, they took to the other side of the bar and opened the vermouth bar Morro Fi, the first of four establishments they now run. With their own vermouth, which you can also buy online, packaged products, sandwiches, hot and cold dishes. **C. Consell de Cent, 171.** morrofi.cat



XIN XIN PARADISO

Ranking as the best bar in the world according to The World’s 50 Best Bars (2022), this cocktail bar in the neighbourhood of El Born will surprise you... if you can find the way in. The bar is behind what appears to be a fridge door and a small pastrami shop. This hints at their way of doing things. It’s not particularly pricey either, with the cheapest cocktail at €9 and the most expensive at €15. **C. Rere Palau, 4.** paradiso.cat

For those with a SWEET TOOTH

SWEET TRADITIONS

CREMA

Originally this custard-like cream was typically eaten around the time of the feast of Saint Joseph, in March, the time of year when hens laid more eggs. This is why it is also known as 'crema de Sant Josep'. It is now a typical dessert, eaten at any time of the year. What makes the difference is the caramelised sugar crust on the top.



BUNYOLS

It is common for religious traditions to be accompanied by typical foods. When you start to see *bunyols* in bakeries and patisseries you know that lent and Easter are just around the corner. These sweet fried dough bites are covered in sugar. They take different forms, with *bunyols de vent* practically hollow inside, while *bunyols de l'Empordà* have a hole in the middle.



LA MONA

On Easter Monday, a public holiday in Catalonia, the tradition is for godparents to give their godchildren a cake as a gift, known as *La Mona*.

In captivating cake shop window displays you will find a range of cakes, from the traditional circular cake with hard-boiled eggs in the middle to incredible creations made from chocolate.

PANELLETS

Along with chestnuts and sweet potatoes, these sweet bites are typical in the autumn, particularly around the festival of All Saints. *Panellets* are small in size, often round in shape. The most traditional ones are made with pine nuts, but there are others for all sorts of tastes.

TORTELL DE REIS

Did you get the broad bean or the king? These two surprises are hidden inside this cake, and depending on which one your slice contains you will either be crowned king or queen or have to pay for next year's cake. This circular cake can have candied fruit on top or be filled with marzipan, cream or truffle.

XUIXO

These can be found everywhere now, but the first ones appeared in Girona in the 1920s. This thin dough pastry is filled with vanilla cream, fried and covered in sugar. The last edition of the competition to find the world's best, *El Millor Xuixo del Món*, was won by the Patisserie Juhé in the town of l'Escala. Order yours in advance if you want to taste them, as they sell out fast!

PETS DE MONJA

While we Catalans have quite a scatological take on things, the original name for these typical biscuits was given to them by an Italian pastry chef living in the city in the 19th century. He called them *petto di monaca* (nun's breasts), as they resemble the shape of a breast. Over time, and to reduce the sexual connotation, they came to be known as *pet de monja* (nun's farts).

CARQUINYOLIS

These sweet dry biscuits often include almonds or other nuts and are common

around the Mediterranean. They may remind you of the *cantuccini* in Tuscany. *Carquinyolis* from the towns of Vic, Cardedeu, Caldes de Montbui and Espluga de Francolí all enjoy a certain fame.

HOFMANN

Signature cake shop, located in the neighbourhood of El Born since 2008 and offering a wide selection of sweet foods. This business was recognised as the best patisserie in Catalonia by the Barcelona and Girona Pastry Chefs Guild. hofmann-bcn.com

ROCAMBOLESC

Rocambolesc opened their first ice-cream parlour in Girona in 2012. They now have others in Barcelona, Madrid and Houston (USA). Ice-creams, tubs, ice lollies with incredible shapes and even bread rolls filled with ice-cream. Go inside, it's an adventure! rocambolesc.com



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