

10 tips to feel at home in  
**Barcelona**

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ADVICE AND SUGGESTIONS

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Ajuntament de  
**Barcelona**



Arriving in a new city is a fantastic experience. How to make the most of it? Here are 10 simple tips that can help you. They cover transportation, culture, sport, healthcare, administrative processes, accommodation, language, social integration, education and work. We hope that you will enjoy the city as much as we do.

Welcome to Barcelona!



For more information have a look at the complete guide: **Welcome to Barcelona - Practical relocation guide**  
[barcelona.cat/welcome-guide](http://barcelona.cat/welcome-guide)



**Barcelona citizen information:**  
Telephone: 010 (in the city),  
+34 931 537 010 (out of the city)  
[barcelona.cat](http://barcelona.cat)



**Catalonia citizen information:**  
Telephone: 012 (in Catalonia),  
+34 902 400 012 (out of Catalonia)  
[web.gencat.cat/en](http://web.gencat.cat/en)

# Move around

## Easy Transportation, In and Out!

Ride a bike through the city or take a plane to discover the world. Connectivity and transportation in and out of Barcelona are excellent. The airport is only 20 minutes away from the city centre by taxi. The metro, tramway, bus and train networks can take you everywhere in the city and its surrounding areas quickly.

More than 40 intercontinental direct flights and over 200 flights to European cities

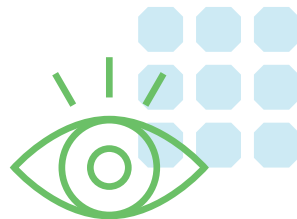
Airport of Barcelona, 2017

172 km of bike lanes in the city, expected to grow up to 308 km in 2019

Barcelona City Council, 2017

### TIP Nº 1

Use a bike for your daily trips with Bicing service ([bicing.cat](http://bicing.cat)), and buy a travel card or multi-journey ticket ([tmb.cat](http://tmb.cat))



# Admire

## Nature and Culture Wonders

Beauty is everywhere in Barcelona and the sun magnifies it. Discover the wonders of Gaudi, the infinite sea side, the marvellous parks and vibrant cultural and gastronomical scene of the city. Go to art galleries, festivals, music, theatre and dance performances, and taste delicious fresh food in charming municipal markets or try exquisite fine dining in Michelin-star restaurants.

9 UNESCO world heritage sites and 56 museums

UNESCO & Barcelona City Council, 2017

4.7 km of urban beaches with 2,867.5 hours of sun per year

Barcelona City Council 2017

### TIP Nº 2

Use the webapp *Punts d'interès de la Ciutat* (available in English) at [webapp.barcelona.cat/pics](http://webapp.barcelona.cat/pics) for information about places not to miss in Barcelona and visit the city council's page for cultural activities, museums and more at [agenda500.barcelona.cat/en](http://agenda500.barcelona.cat/en)

# Work out

Run, Jump, Swim!

Since the '92 Olympics, Barcelona is a sports hub with incredible infrastructure and environment for athletes, whether professional or not! Home of the famous Football Club Barcelona and host to many sports events all year long, Barcelona districts have their own public sports and fitness centres (*CEM - Centre Esportiu Municipal*) and many private clubs with swimming pools, fitness equipment and facilities for a variety of sports.

71.6% of the city's population regularly exercises

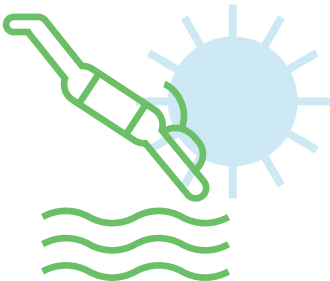
Barcelona City Council 2017

52% walk or cycle for trips within the city

Metropolitan Transportation Authority, 2016

## TIP Nº 3

Go for a run or a walk by the sea every morning or find the public sports facility nearest to your location at [barcelona.cat/esports](http://barcelona.cat/esports), it will change your life!



# Heal

Top Notch Docs

You're lucky even if you are sick :) Spain has one of the best public health systems in the world which provides universal care to all its citizens. The first point of contact for citizens wishing to access public and free healthcare is the primary care centres (*CAP - Centre d'Atenció Primària*). High quality private healthcare services are also available in Barcelona. When you arrive, do not forget to register with the social security system or take out private insurance to be covered.

Spain has the highest life expectancy in Europe, second in the world

OECD 2015

12 public and 46 private hospitals and 53 CAP in Barcelona

Barcelona City Council 2017

## TIP Nº 4

Learn about the details of public social security services on [web.gencat.cat/en/temes/salut](http://web.gencat.cat/en/temes/salut) and [barcelona.cat/salut](http://barcelona.cat/salut) and remember the emergency number 112 (just in case!).

# Register

A bit of patience and lots of smiles!

If you live in Barcelona, you must register as a city resident (*empadronament*) to entitle certain citizen rights, such as medical care or schooling. It is free and you can even do it online or onsite with personalized assistance. It can take time but administrative staff is friendly. See it as the opportunity to be immersed in a new culture!

Foreigner population increased by 7.8% between 2016 and 2017

Barcelona City Council, 2017

13 Citizen Help and Information Offices (OAC) located throughout the city

Barcelona City Council, 2017

## TIP Nº 5

Do it online at [ajuntament.barcelona.cat/tramits](http://ajuntament.barcelona.cat/tramits) (only in Catalan and Spanish) or ask for an appointment at [ajuntament.barcelona.cat/cita](http://ajuntament.barcelona.cat/cita) for the OAC located in Plaça Sant Miquel, where you can be attended in 7 different languages.



# Settle

## Diverse Neighbourhoods

Live in the city centre or the metropolitan area? Many options are available! In the ten districts of the city, you can choose based on your lifestyle: historic centre, sea front, Collserola hills, quiet and exclusive residential areas or trendy neighbourhoods. Outside of Barcelona you will also find interesting places to live, many of them are well connected, have quiet residential areas, green spaces and a unique appeal.

Repatriation of foreign population by district: Ciutat Vella 16.0%, Eixample 18.7%, Sants-Montjuïc 12.4%, Les Corts 3.4%, Sarrià-Sant Gervasi 6.3%, Gràcia 6.9%, Horta-Guinardó 7.4%, Nou Barris 9.2%, Sant Andreu 6.2% and Sant Martí 13.5%

Barcelona City Council, 2017

13.4 €/m<sup>2</sup>/month average rental price

Barcelona City Council 2017

## TIP Nº 6

Explore Barcelona neighbourhoods on [lameva.barcelona.cat/en/living-in-bcn](http://lameva.barcelona.cat/en/living-in-bcn) and visit them too. Have a look at [habitatge.barcelona](http://habitatge.barcelona) for advice for renting or buying accommodation.

# Speak

Hola! Adéu!

There are two official languages in Barcelona: Catalan and Spanish. Learn one or even both! What's the best way to understand the local culture and to integrate in the city life? Practice speaking all day long at the supermarket, gym, bar or in shops, you will be surprised how easy it is to speak and how nice people will be with you! Many other languages are spoken in Barcelona and the younger generation is speaking more English every day.

80.4% of population speak Catalan and 99.7% Spanish

Generalitat de Catalunya, 2013

38.4% of population understand English and 23.9% French

Generalitat de Catalunya, 2013

## TIP N° 7

Take free Catalan courses at [cpnl.cat/bcn.acolliment](http://cpnl.cat/bcn.acolliment) or do it online at [parla.cat](http://parla.cat). You can also join one of the many language schools in the city. Of the six Official Language Schools (Escola Oficial d'Idiomes), these are the two main ones: [eoibd.cat](http://eoibd.cat) and [eoibcnvh.cat](http://eoibcnvh.cat).



# Meet

Globalize yourself...locally!

Mingle with the international and local communities. You will learn a lot from those already living here. Experience sharing is fundamental from locals, people of your own country or people from all over the world. Barcelona is an open city where citizens can freely show their personal identity. Newcomers with different backgrounds will find in Barcelona a place to live safely and a social network that will help them integrate into Catalan society with equal rights.

17.8% of population in Barcelona are foreigners

Barcelona City Council, 2017

Barcelona is home of 173 nationalities

Barcelona City Council, 2017

## TIP N° 8

Do not miss the two main events of the year to welcome Internationals: Hola Barcelona! Cocktail (September) [barcelonaglobal.com](http://barcelonaglobal.com) and Barcelona International Community Day (October) [barcelona.cat/internationalcommunityday](http://barcelona.cat/internationalcommunityday).

# Learn

## A School for Everyone

Everyone can study in Barcelona, children or adults alike! There are plenty of schools, business schools and universities. For children options are multiple. For a quick integration, high quality public schools are available, or you can choose international curriculums in mostly private schools (American, British, French, German, Italian, Swiss, etc.). World class universities and higher education institutions, both public and private, offer advanced degrees (477 masters proposed).

Over 40 international schools in  
Barcelona's metropolitan area

Barcelona City Council, 2017

2 Business Schools in the  
Top 10 European Business Schools

Financial Times Ranking, 2017

### TIP Nº 9

To look for public schools, go to [web.gencat.cat/en/temes/educacio](http://web.gencat.cat/en/temes/educacio). Contact the Barcelona International Schools Association [bisa.info](http://bisa.info) and register as soon as possible. Demand is high!



# Work

## Starting up in Barcelona!

As a creative and inspiring city, hub of research and technologies, a laboratory for social economy, and a centre of entrepreneurs, Barcelona is waiting for you! Barcelona Activa can help you during all the steps of investing, setting up your business or creating your own professional project in Barcelona.

8,755 new firm incorporations in 2017  
and over 7,000 foreign companies  
established in Catalonia

INE 2017 & Generalitat de Catalunya 2016

1,000 tech startups in Barcelona

Startup Genome 2017

### TIP Nº 10

Visit the Business Support Office of Barcelona Activa, the local economic development agency, and its websites [barcelona.cat/empresa](http://barcelona.cat/empresa) and [barcelona.cat/treball](http://barcelona.cat/treball).