

UVIC

UNIVERSITAT DE VIC
UNIVERSITAT CENTRAL DE CATALUNYA

UHub. University Community Services



Hola!

Bonjour!

¡Hola!

Hello!

Ciao!

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Introduction

UHub University Community Services is the place to find all the information and extracurricular activities to meet new people, get involved in the university community and enjoy it to the fullest. You'll find sports, cultural and leisure activities at the University and in the city, university societies and associations, shared transport, volunteering and international cooperation. We'll also

help you find accommodation or a job that fits around your studies.

We collaborate with the Equality Unit and the Student Support Programme.



Credit recognition



RAC credits are obtained by participating in university activities outside of your studies and will allow you to validate some university degree credits. They'll enrich your learning for sure!

RAC credits

uhub@uvic.cat

+34 938 815 511



You can apply for credit recognition for the following activities:

Sports

- Participating in the University Championships of Catalonia and Spain
- Participating in the University Leagues of Barcelona

General

- Participating in the activities of UVic societies.

Student representation

- If you're a member of the Student Council
- If you're a class representative

Solidarity and Cooperation

- Participating in volunteer courses
- Volunteer visits to a social organization
- Participating in co-living programmes
- Supporting students with functional diversity

Accommodation



Arriving in Vic and don't know where to live? At UHub we'll give you a hand to find the accommodation that best suits you: a housing exchange to find available apartments and rooms, halls of residence, a hostel, hotels, tourist apartments and UVic programs, such as Co-Living Programmes.

The International Campus Support Point (ICSP) is part of the UVic-UCC International Relations Office and also supports the international students at our university.

FLATS AND ROOMS: HOUSING EXCHANGE

If you are part of the UVic-UCC university community, you have access to an internal housing exchange, located on the Virtual Campus.

> **UHub> Housing and transport**

HALLS OF RESIDENCE

Vic has three comfortable and well-equipped halls of residence.

Accommodation

allotjament@uvic.cat

+34 938 815 511



El Seminari Accommodation

Located just 5 minutes from the University and 2 minutes from the centre of Vic. Board basis: full board.

RUVIC

Located next to the University campus, a few meters from the train and bus stations and very close to Vic city centre. Board basis: room only, with the use of a communal kitchen.

Sant Miquel dels Sants

Student halls of residence located in the heart of the city, next to the main square. Board basis: full board.

CO-LIVING PROGRAMMES

Share a flat with young people with functional diversity.

You'll have the opportunity to meet, understand, accept and respect people with diverse abilities. Discounted monthly rent. In addition, you can obtain academic recognition of RAC credits.

The aim of the programme is for young people with functional diversity to be able to acquire the habits they need to live independently and take responsibility for their decisions, so that in the future they can choose where and with whom they want to live.

Intergenerational co-living programme

You can also choose this option of renting a room/ accommodation with older people who are self-sufficient, for a token price.



Transport



Notices on the Virtual Campus

On the Virtual Campus you can find or publish a notice to share a car with other students from the same area as you, and therefore make the same journey in a single vehicle.

Fes Edit

This web platform also facilitates contact with people who want to make the same journey as you, whether they are drivers or passengers.

Transport

uhub@uvic.cat

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Fes Edit



Community services



University Smart Card (TUI)

The TUI is your university card in the shape of an app that identifies you as a member of the University Community.

It also lets you access lots of services to help you with your studies, and gives you discounts and advantages in commercial establishments and institutions all over Catalonia.

Lockers

You can use the lockers to store belongings, suitcases or whatever you need, free of charge.

Request the key from UHub and remember to return it at the end of the year.

Orange Zone

Pick up the permit from UHub and you'll be able to park in the Miramarges Orange Zone at a lower price. For only €1 you can park for 7 hours.

Newsletter UVicLife News Newsletter

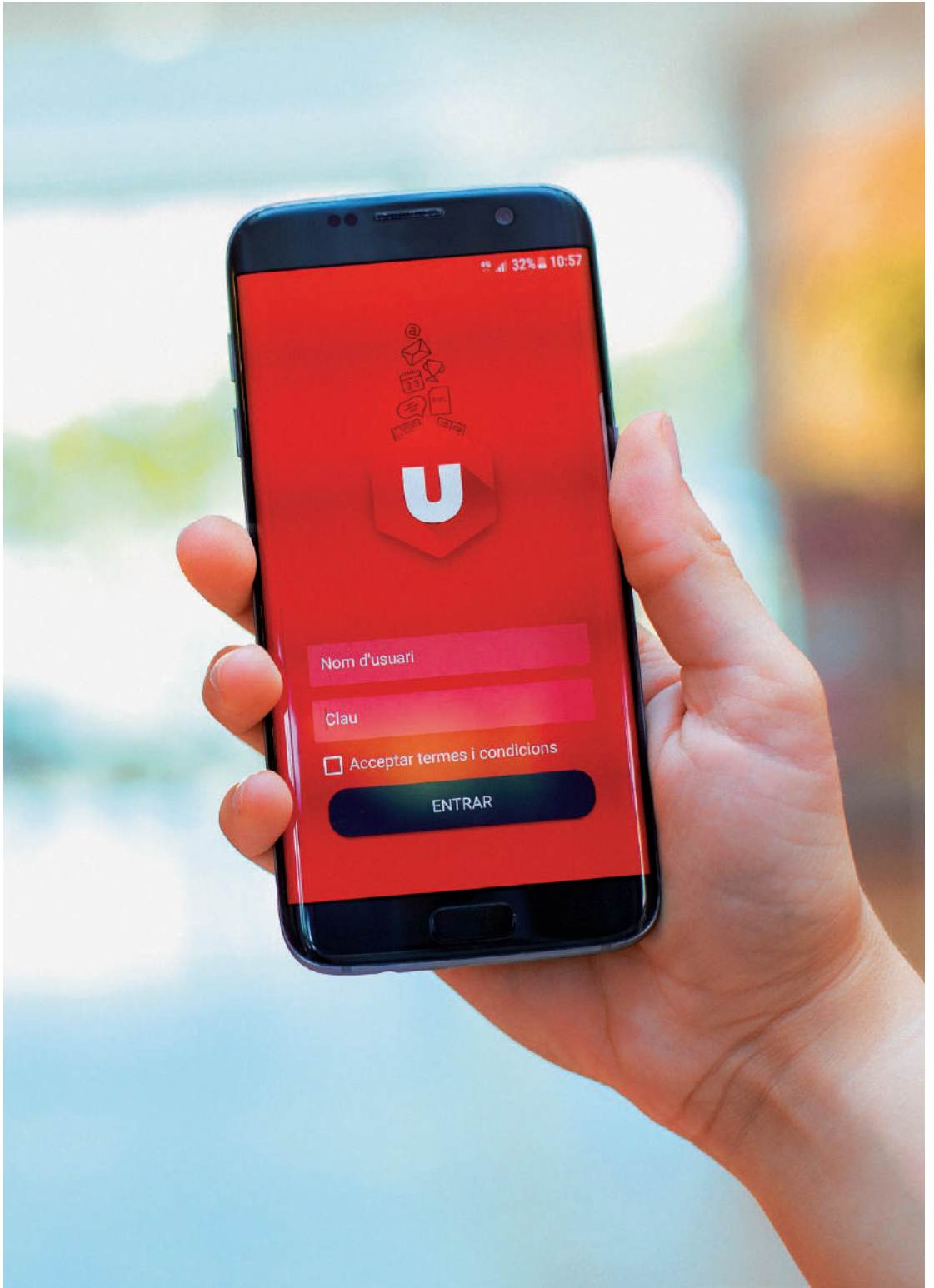
You'll receive an email newsletter that will keep you up to date with the latest news and activities from the university.

Community. Various services of interest

uhub@uvic.cat

+34 938 815 511





UVals, discounts and promotions



UVals is an initiative that includes all the discounts and benefits that you can take advantage of just by being part of the university community.

UVals, discounts and promotions

uvals@uvic.cat
[+34 938 815 511](tel:+34938815511)

Show your TUI or UVic card at the business or service for your discount. Also for online shopping!



UVic Campus Market

Come to the Campus Market! This is an annual fair held at UVic with businesses, shops and companies that collaborate with UVals to offer you exclusive benefits and discounts!



Sports Service



The UVic Sports Service is at the centre of the university's sports activity: do individual sports on or sign up for individual and team competitions, leisure and healthy activities, complementary to your studies.

PHYSICAL ACTIVITY

Sports Card

Just by making one very affordable payment for the whole year, the sports card lets you use sports facilities to train on your own or do other activities: swimming, athletics, tennis, paddle tennis and beach volleyball. It's digital and you can access it through your TUI.

Group sessions

If you prefer group sessions, we recommend signing up for our classes at the university: Pilates, yoga, Zumba, HIIT (High Intensity Interval Training)...

UVic Sport Games

We hold a recreational sports day to enjoy sport to its fullest! You can sign up for team sports competitions with your friends, group sessions and other activities. Start getting a group together!

Sports Service

mon.uvic.cat/uviclif/espports (in Catalan)
www.uvic.cat/en/sports
[@espportsuvc](https://twitter.com/espportsuvc)
servei.espports@uvic.cat
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* In official university competitions students have the option of recognising RAC credits

Discover the area

To get to know the Osona region better, we recommend discovering routes and excursions with the help of your mobile phone. You can go to the Creu de Gurb, the Hermitage of San Sebastià or the Monastery of Sant Pere de Casserres, among many other places of interest.

UNIVERSITY COMPETITIONS

Internal competitions

Paddle tennis, rugby, and beach volleyball competitions.

Catalan University Championships

- **Team sports:** basketball, football, indoor football, rugby, handball and volleyball.
- **Individual sports:** bouldering, half marathon, cross-country running, skiing and surfboarding, swimming, golf, UniRun (Catalan universities race), judo, chess, marathon, karate, paddle tennis, taekwondo, badminton, mountain biking, athletics, tennis, beach volleyball, open water sports and triathlon.

More information at www.esportuniversitari.cat (in Catalan)

University Spain Championships

Official university competitions at a national level. More information at: www.csd.gob.es/en

ASSISTANCE PROGRAMMES FOR ATHLETES

Tutoresport programme

Students who are high-level athletes will receive personalised support to help combine their studies with their sports activities.





Scholarships for athletes

If you are a professional athlete with a local club, you can apply for specific scholarships.

More information at: www.uvic.cat/beques (in Catalan)

Sports discounts

You can also use UVals to get discounts at sports and leisure businesses. To do so, you'll need to show your TUI.



Societies



Doing more things apart from studying sounds good, right? At UVic, you can join the different societies and do activities, pitch in with the preparations for the university festival, share your artistic talents... You'll new meet people and expand your horizons!

Theatre group

You'll start with a few weeks of training and end up preparing and putting on a stage show at the end of the year.

Student Representatives Board

Would you like to be part of the highest body of student representation to improve the quality of studies and ensure your rights and duties? You'll represent the students of UVic-UCC in the Xarxa Vives d'Universitats and in the Interuniversity Council of Catalonia and you'll also organize the Festa Major of UVic, together with other groups.

Choir

If you like singing or want to explore your vocal skills, join the Choir and share this passion with the rest of the team.

Emboirats

If you are more into human towers, the Emboirats are non-stop fun!

UVic societies

uhub@uvic.cat

+34 938 815 511



* Most of these activities also allow you to obtain RAC credits.

Debate League

Or maybe public speaking is more your forte! The Debate League is a competition in which you'll represent UVic-UCC against other member universities of the Xarxa Vives. You'll practice reasoning, debating and persuasive speaking.

Inclusive Orchestra

Your level doesn't matter in the Orchestra, and we work according to your possibilities. Practice and play your instrument in a diverse and inclusive group!

Mentor Programme

The Mentor Programme is an international experience without leaving Vic. You'll welcome international students to our university and show them the city and our culture, the language... You'll make friends from all over the world!

Garrins metà·lics

The UVic-UCC robotics team is looking for students in Mechatronics Engineering and other degrees to grow their group, which competes in national, state and international competitions.

Garrins i Garrines

Rugby is a way of life and training through movement. If you are looking for an inclusive sport with a place for everyone and a high educational and training level, this is your group!

Utron Racing

This group of students is designing and building a single-seater race car to participate in Formula Student Spain and other European competitions. Do you want to be part of it?





Volunteering Office



The Volunteering Office enables you to carry out activities that will help you develop as a person and become more active and socially responsible. UVic is ethically and socially committed to the local area and encourages you to do the same by participating in solidarity, equality and social justice initiatives.

Volunteering and
Cooperation Office

voluntariat@uvic.cat
+34 938 815 511



Volunteering offers

UVic has agreements with various social organisations where you can volunteer. For every 25 hours you spend volunteering, you can apply for recognition of one RAC credit.

You'll be able to volunteer in various fields: communication, culture, functional diversity, education, gender, health, society, sustainability... You'll learn through the service-learning methodology, which integrates the learning of content, skills, abilities, attitudes, and values whilst serving the community.

Courses

Did you know that in order to volunteer you need to take the "Volunteering and Service Learning" course? You can do this course at the Volunteering Office, as well as courses on health, the environment or sustainability, among others.

Solidarity activities

At UVic we carry out solidarity activities to encourage the community to participate in important causes, such as Blood Donation or the TV3 Marató.

Osona Volunteering Coordinator

UVic, together with more than 50 organisations in the region, has created the Osona Volunteering Coordinator, which is an essential partner in designing future solidarity and volunteering initiatives around the region, in conjunction with the organisations that make up the Coordinator. UVic is a participating member through the Volunteering Office.



Cultural Activities Unit



Are you a fan of culture? Our university will offer you a lot of artistic, fun and festive proposals to fill your free time with interesting activities. You can also suggest new ones!

Exhibitions

UVic has 3 spaces to host exhibitions located at the headquarters of Miramarges, the Torre dels Frares and the Casa de Convalescència, with a programme that runs from September to July.

Ateneu Programme

This is a space to promote intellectual activity through the promotion of open, wider and constructive dialogues.

There is a study room open from Monday to Sunday located at the Casino de Vic, Carrer de Jacint Verdaguer, 5.

Reading

Activities related to reading are organised around Saint George's Day, in collaboration with the Library and Eumo Editorial.

Cultural Activities Unit

Twitter: @uvic_cultura

ogc@uvic.cat

+34 938 815 511



Cultural centres in the city:

Espai ETC, ACVic Centre for Contemporary Arts, Museum of Leather Artistry, Theatre Institute, Episcopal Museum of Vic, Roman Temple, Casino of Vic, Atlàntida, Centre for Performing Arts of Osona and Pilarín Bayés Library.

Cinema

Members of the university community can watch films in original language, subtitled in Catalan or Spanish, at Cineclub Vic for €1 every Tuesday.

The Cultural Activities Unit also collaborates with the Oriental Film Nights Festival and the Torelló Mountain Film Festival.



Student Support Programme



The Student Support Programme will help you deal with learning difficulties or mental health issues you may be experiencing. This program includes: the Well-being Advisory Service, the Disability Advisory Service and the Clinical Psychology Unit. In addition, UVic also has an Equality Unit.

Well-being Advisory Service

You can contact them if you think you are having difficulties or problems adapting to the University, either inside or outside the classroom. This is a place to talk, where you can meet with the tutor alone or with other students. You'll be able to talk about your concerns, worries and difficulties, learn how to manage stress in the run up to exams, or learn how to de-dramatise situations that may seem complex or difficult to solve.

Disability Advisory Service

We offer specific support for disabilities, functional

Well-being Advisory Service
atencio.psicopedagogica@uvic.cat



Disability Advisory Service
atencio.psicopedagogica@uvic.cat



Clinical Psychology Unit
atencio.psicopedagogica@uvic.cat



Equality Unit

[@u_igualtat](https://twitter.com/u_igualtat)
unitat.igualtat@uvic.cat



diversity or learning disorders.

We'll conduct an individualised assessment process to identify your support needs. If you don't need support, we'll provide personalised monitoring.

Clinical Psychology Unit

The Clinical Psychology Unit fosters mental health and offers psychological care from professional clinical psychologists.

You can go there for various situations and difficulties: depression, anxiety (fears, phobias, panic, obsessions...), problems associated with stress, adaptive problems or emotional problems that interfere with your personal, social and academic life.

Equality Unit

The Equality Unit will support you in any matter related to gender equality. It manages the university's Purple Points, which resolve conflicts and raise awareness from a gender perspective. The Equality Unit fosters outreach and offers advice on gender discrimination.



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