

1	DAILY LIFE	Housing & accommodation info	<ul style="list-style-type: none"> • Accommodation office: https://www.urv.cat/en/campus-life/services/accommodation-office/ • International centre: https://www.urv.cat/en/about/structure/management-bodies/activity-support/international-center/ <p>Getting furniture second hand:</p> <ul style="list-style-type: none"> • Wallapop: https://es.wallapop.com • Vinted: https://www.vinted.es • Milanuncios: https://www.milanuncios.com • https://www.segundamano.mx/
		Food and home	<p>Grocery and food stores:</p> <ul style="list-style-type: none"> • Mercadona: https://www.mercadona.es/ • Spar: https://spar.es/ • Lidl: https://www.lidl.es • Aldi: http://www.aldi.es/ • Carrefour: https://www.carrefour.es • Caprabo: https://www.caprabo.com • Condis: http://www.condis.es/
		Affordable places to eat out and order	<p>Both dietary and cultural specific catering can be found through search filters in famous restaurant review and ordering in apps. Popular delivery apps in Spain are the such as:</p> <ul style="list-style-type: none"> • Deliveroo https://deliveroo.es/ • Just Eat https://www.just-eat.es • Uber Eats https://www.ubereats.com/es-en • Glove https://glovoapp.com/es/ <p>Catering to home-culture food:</p> <ul style="list-style-type: none"> • El tenedor https://www.eltenedor.es • Trip Advisor https://www.tripadvisor.com/ • Happy cow (for Vegan food) https://www.happycow.net/europe/spain/
		Money and banking	<ul style="list-style-type: none"> • Opening an account: https://www.studying-in-spain.com/how-to-open-a-bank-account-in-spain/ • Hardship and emergency funds: https://habitatge.barcelona/en/services-grants • Guide to benefits and services for families: https://dretsocials.gencat.cat/ca/ambits_tematicos/families/prestacions_i_ajuts_a_families/guia_de_prestacions_i_serveis_a_les_families/index.html#googtrans(ca en)

		<p><u>Study scholarships:</u></p> <ul style="list-style-type: none"> • Foreigners from Spanish embassies: http://www.exteriores.gob.es/Embajadas/QUITO/es/Embajada/AgredaduriaCultural/Actividades%20culturalesyeducativas/Paginas/Becas.aspx and http://www.exteriores.gob.es/Embajadas/PARIS/es/Embajada/InfoCultura/Paginas/Becas.aspx • For Spanish and/or foreign citizens from the Ministry of Science and innovation: https://www.ciencia.gob.es/portal/site/MICINN/menuitem.29bfd64be21cddc5f09dfd1001432ea0/?vgnnextoid=fae4b9746e160210VgnVCM1000001034e20aRCRD • Non-Official websites that offer scholarship information: https://worldscholarshipforum.com/es/España-becas-para-estudiantes-internacionales-2018-2019-se-aplican-en-l%C3%ADnea/ <p><u>Organisations that fund migrant study:</u></p> <ul style="list-style-type: none"> • Catalan University programs for adults: https://ajuntament.barcelona.cat/educacio/es/serveis-i-centres-universitaris • Adult formation centre of the Federation of Labor Unions CCOO: https://www.ccoo.cat/escolaadults/
	Family support & childcare	<ul style="list-style-type: none"> • https://treballiaferssocials.gencat.cat/ca/inici/index.html • https://www.tarragona.cat/serveis-a-la-persona/serveis-socials • https://ajuntament.barcelona.cat/serveissocials/ca/canal/institut-municipal-de-serveis-socials
	Travel to campus	<ul style="list-style-type: none"> • https://www.fgc.cat/ • http://rodalies.gencat.cat/ca/inici • https://www.urv.cat/ca/universitat/directori/transport/ • https://www.tmb.cat/ca/home • https://ajuntament.barcelona.cat/bicicleta/en/services/cycle-routes/the-bicycle-lane-network • https://taxi.amb.cat/en/usuari/com-agafar-un-taxi • https://free-now.com/es/ • https://www.renfe.com/es/en • https://www.tram.cat/en
	Hospitals & pharmacies	<ul style="list-style-type: none"> • Hospitals: https://www.msrebs.gob.es/en/ciudadanos/prestaciones/centrosServiciosSNS/hospitales/home.htm • Pharmacies: https://farmaciasguardia.portalfarma.com/web_guardias/publico/mapa.asp?c=800
	Local area	<p>(Information here is either national or for the city of Barcelona)</p> <ul style="list-style-type: none"> • List of important telephone numbers: http://www.exteriores.gob.es/Embajadas/VARSOVIA/es/VivirEn/Paginas/Teléfonos-de-interés.aspx • Emergency services as these can differ country-to-country: http://sancebriandecampos.es/files/2011/05/Teléfonos-nacionales.pdf • Council: https://ajuntament.barcelona.cat/en/ • University switchboard: https://www.urv.cat/en/about/directory/

			<p><u>Refugee aid office:</u></p> <p><u>National:</u></p> <ul style="list-style-type: none"> Refugee Reception Centres (CARs) http://extranjeros.inclusion.gob.es/ficheros/proteccion_asilo/car/Carta_de_Servicios_2018_2021_en.pdf, http://extranjeros.inclusion.gob.es/es/ProteccionAsilo/car/index.html The Spanish Commission fro Refugee Aid: https://www.cear.es UN Higher Commission for Refugees ACNUR: https://www.acnur.org/es-es/acnur-en-espana.html <p><u>Barcelona:</u></p> <ul style="list-style-type: none"> Refugee and immigrant services SAIR: https://ajuntament.barcelona.cat/novaciutadania/en/care-service-immigrants-emigrants-and-refugees-saier <p><u>Tourism:</u></p> <ul style="list-style-type: none"> Barcelona City guide: https://guia.barcelona.cat/en/ Barcelona Cultural events: https://www.barcelona.cat/barcelonacultura/en Barcelona TimeOut: https://www.timeout.com/barcelona Cultural inclusivity: https://www.apropacultura.cat/en/migrant-persons-or-refugees Interactive map: https://www.introducingbarcelona.com/map Various maps: https://www.barcelona.com/barcelona_city_guide/all_about/maps_barcelona Weather: https://weather-and-climate.com/average-monthly-Rainfall-Temperature-Sunshine-in-Spain
2	HEALTH & WELL-BEING	Online psychological support that helps them manage recent transition.	<ul style="list-style-type: none"> URV student counselling services: https://www.urv.cat/en/campus-life/services/counselling/
		Health and dental check-ups for students	<ul style="list-style-type: none"> <u>Public health services for all residents of Catalunya:</u> https://catsalut.gencat.cat/ca/inici/index.html
		Counselling and/or	<ul style="list-style-type: none"> https://www.amigosbarcelona.com/amics-barcelona https://www.timeout.cat/barcelona/ca/que-fer/7-maneres-de-coneixer-gent-a-barcelona

		befriending services	<ul style="list-style-type: none"> • https://www.gentcomtu.com/
		Places to worship and pray	https://guia.barcelona.cat/en/llicitat?pg=search&nr=10&cerca=*&tr=620&sort=namesort,asc&af=code_prop&c=00620*&code0=0062001016
		Services/charities that support migrants with PTSD/Depression	<ul style="list-style-type: none"> • Athena Network: https://josebaachotegui.com/en/psychological-care • SAPPIR services: https://www.spcsalut.org/sm-refugiats • Exil center: http://www.centroexil.org/programas/15-nuestros_programas
		Work-shadowing for migrants who used to have a profession & want to regain professional pride	<ul style="list-style-type: none"> • Labour market entry & professional orientation at URV: https://www.urv.cat/en/information-for/alumni/professional-career/ • AMIC association support for validating academic qualifications and labor market entry http://www.associacioamic.cat/es/homeesp/#
		Advice on sleep and relaxation	<ul style="list-style-type: none"> • https://ajuntament.barcelona.cat/ccivics/bonpastor/l/7/2420/tallers-salut-i-benestar- • https://www.udl.cat/ca/organs/vicerectors/vinf/salut/
		Coping with life and study in shared accommodation	<ul style="list-style-type: none"> • Tips on accommodation sharing: https://www.studenthq.co.uk/blog/ultimate-guide-for-shared-student-housing • Tips on stress management: https://www.idp.com/nepal/living-abroad/tips-to-deal-with-stress-for-international-students/
3	SETTLING IN	Friend-finder to meet others in a	<ul style="list-style-type: none"> • Bumble BFF: https://bumble.com/bff • Meet up: https://www.meetup.com • Internations: https://www.internations.org

		similar situation to talk and share experiences & interests (off-campus and/or virtually)	<ul style="list-style-type: none"> • Neighbourhood meeting application: Tienes Sal https://tienes-sal.es
		Advice on what to do if feeling like you don't belong and culture shock	<ul style="list-style-type: none"> • URV advice on Culture Shock: https://www.urv.cat/media/upload/arxiu/atencio-psicologica/Cultureshock-1.pdf
		Cultural norms	<ul style="list-style-type: none"> • Cultural norms: https://www.international.gc.ca/global-affairs-affaires-mondiales/services/cfsi-icse/cultural-insights-apercu-culturelles/spain-espagne.aspx?lang=eng • Dating: https://www.expatica.com/es/living/love/dating-in-spain-103063/ • Behaviours: https://berkeleycenter.georgetown.edu/posts/the-direct-etiquette-of-spain • Greetings: https://www.protocolo.org/familiar/visitas/ • Conversations: https://getawaytips.azcentral.com/nonverbal-communication-rules-in-spanish-cultures-12363547.html • Public behaviours: https://berkeleycenter.georgetown.edu/posts/the-economics-and-social-politics-of-spanish-pda • Society values: https://culturalatlas.sbs.com.au/spanish-culture/spanish-culture-core-concepts#spanish-culture-core-concepts • Traditions: http://costumscatalanes.blogspot.com/ • More traditions: https://im8hoursahead.com/cat/tradicions-catalanes-curioses/ • Public holidays: https://www.expatica.com/es/lifestyle/holidays/spain-holidays-107808/ • What to wear: https://www.tripadvisor.com.au/ShowTopic-g187427-i42-k1351702-Guide_to_Etiquette_in_Spain-Spain.html
4	MIGRANT STATUS	Visas, legal advice & embassy contacts	<ul style="list-style-type: none"> • Official Ministry of migration portal: http://extranjeros.inclusion.gob.es/es/InformacionInteres/index.html • Solidary Services Legal support: http://serveisolidari.org/ca/quefem/ACOLLIDA/ • Foreign Embassies and consulates in Spain: http://www.exteriores.gob.es

		Territory-specific permissions and status info.	<ul style="list-style-type: none"> • Municipal Council of Migration in Barcelona: https://ajuntament.barcelona.cat/consell-municipal-immigracio/en/members • Various expat group associations: https://ajuntament.barcelona.cat/
		Charities that support changes to status & expediting speedy paperwork for compliance	<ul style="list-style-type: none"> • Information and Settlement Service (PIA) https://ajuntament.barcelona.cat/novaciutadania
		Information re migrant rights to work & related permits	<ul style="list-style-type: none"> • Official aid for social work in Catalonia: https://www.tscat.cat/info/consultoria-professional-i-juridica • Legal consultation by the confederation of work unions https://www.ccoo.cat/aspnet/assessorament.aspx
5	LANGUAGE & STUDY SKILLS	Language development	<p><u>Free translation tools (oral and written)</u></p> <ul style="list-style-type: none"> • DeepL: https://www.deepl.com/en/translator • itranslate: https://itranslate.com • Google translate: https://translate.google.com <ul style="list-style-type: none"> • language exchange opportunities: http://www.intercat.cat/en/intercanvi-linguistic.jsp • Online language support: https://www.udemy.com/topic/spanish-language/free/ • Hear a pronunciation: https://www.spanishdict.com/translate/cute <p><u>Links to free online language courses:</u></p> <ul style="list-style-type: none"> • Coursera https://www.coursera.org/specializations/learn-spanish • Spanish Experiment https://www.thespanishexperiment.com/learn-spanish

- Lengalia 1 week courses <https://www.lengalia.com/en/learn-spanish-for-free/courses.html>
- BBC course Mi Vida Loca <http://www.bbc.co.uk/languages/spanish/mividaloca/>

Community language classes:

- Catalan Consortium of linguistic normalisation: <https://www.cpln.cat/cursos-de-catala/preus/>
- URV language courses: <http://www.llengues.urv.cat/en/courses/>
- Adult formation Centre in Barcelona <https://www.ccoo.cat/escolaadults/aspnet/horaris.aspx?>

Resources to supplement uni services

- URV online language resources: <http://www.llengues.urv.cat/en/courses/recursos-formatius/>
- URV useful language tools <http://www.llengues.urv.cat/en/language-tools/>
- URV Paper and thesis language aid: <http://www.llengues.urv.cat/en/language-uses/ajuts/>

Free non-uni study games and tools:

- <https://www.cpln.cat/jocs/>
- https://llengua.gencat.cat/ca/serveis/aprendre_catala/a-catalunya/acolliment_linguistic/materials_acolliment/
- <https://bloc.xarxa-omnia.org/rierabonet/recursos-per-aprendre-catala/>
- <https://www.sprachcafe.com/espanol/magazine-articulos/los-mejores-juegos-para-aprender-espanol-2020-03-15.html>
- Tutoring/educational services for migrant/international students: <http://www.solidaritat.ub.edu/refugees>
- Study group chat/support facilities e.g. Facebook etc: <https://www.educacionrespuntocero.com/recursos/herramientas-para-trabajar-en-grupo/>

Resources on effective time management, concentration, & learning:

- Skills you need: tips on Self motivation: <https://www.skillsyouneed.com/ps/self-motivation.html>
- On time management: <https://www.skillsyouneed.com/ps/minimise-distractions.html>
- Procrastination <https://www.skillsyouneed.com/ps/procrastination.html>

Motivational resources when doubting own ability or feeling under pressure:

- TedTalks on Motivation: <https://www.ted.com/talks?topics%5B%5D=motivation&sort=newes>
- Confidence <https://www.ted.com/talks?sort=relevance&q=confidence>