

Exchange Report  
ESADE University  
Sant Cugat, Barcelona, Spain



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Spring 2022

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## Part 1 – Monthly Activity Log

### January

I arrived in Barcelona early January and had some time to double check my surroundings before officially beginning the semester. This was a good decision as it let me ease into using the local transport and mapping out everyday travel. Intensive 2-week courses started mid-January and then ended before the start of the spring semester by the end of January. In addition, during January my brother visited me from Madrid.



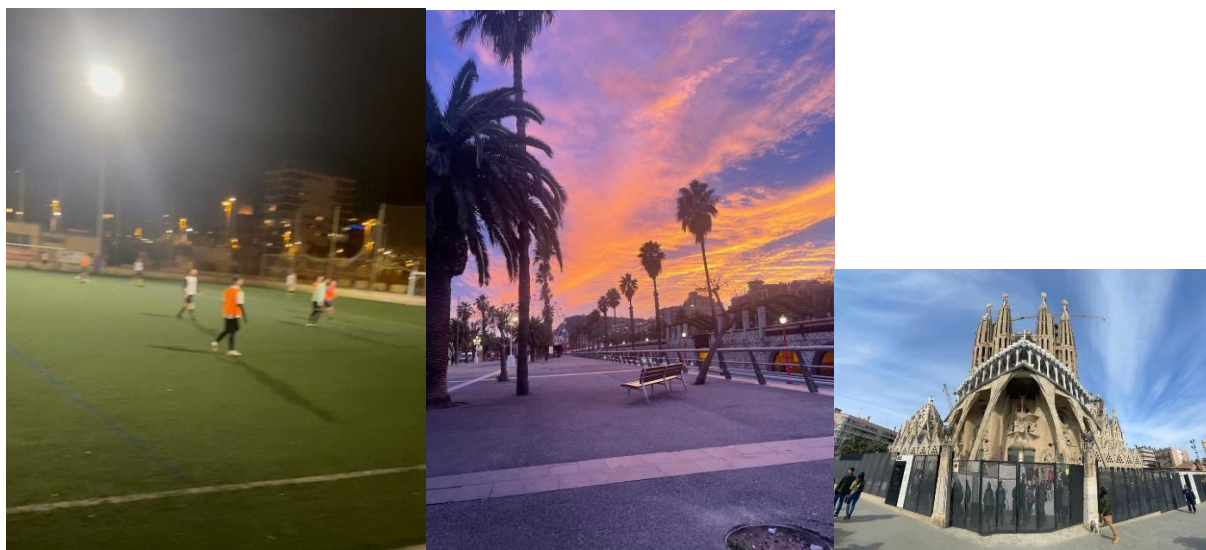
### February

The Spring Semester had completely started, and I had already moved into the student residence. I recommend that if you are interested in staying at the student residence you send and email to them as they are very kind and reply to any information you may be interested in finding out. The residence is very nice with single rooms and bathrooms. Essentially, they are mini apartments. In addition, there are lots of amenities that can be used such as ping pong tables, pool tables and other common areas. Also started doing some local sight seeing.



## March

I did most of my touring around Barcelona during March. I visited all the various monuments and other culturally significant sites. In addition, one of my friends introduced me to this app called Celebreak which helps people organize pick up football games. I had lots of fun during both activities. If you are a big fan of football and want to keep fit I recommend giving celebreak a try especially with a small group of friends.



## April

During April I traveled to both Italy and England visiting both friends and family. I had great fun. During my visits however I was also revising as by the end of the month I had my final exams. Since I as an exchange student you can only take part in elective courses which have a shorter schedule, I had finished all my exams by the end of this month. However, don't expect to get your grades immediately as some teachers wait for all the courses they teach to end before releasing grades. Checking once or twice a week should be enough.



London, Madrid, Florence and Milan



May

I had already finished all my courses and left.

## Part 2 – General Exchange Information

### Visa Procedures

N/A

### Orientation Activities & International Services & Activities

Most school organized orientation activities were conducted online due to covid. Additional activities were offered through the student association at an additional cost. Outside school activities included bar crawls and galas.

### Accommodations

There are lots of options from student accommodation offered in collaboration with the university, external private student accommodations, and private renting. The Companies operating the student housing are always willing to answer any questions you may have.

### Course Registration

Course registration works on a lottery basis. Essentially you are given a number of points and then have to assign those points to your desired classes. The more points you place on a course the higher the probability that you receive that subject. There are clear stated limits and minimums on how many classes must be elected. Through this method you can easily make sure you enter some classes but may also end up having some courses which you find less interesting.

### Teaching & Assessment Methods

Teacher at ESADE are qualified with them often having many year of professional experience as well as academic experience. Class sizes are generally medium small since exchange students can only take electives.

### Sports & Recreation Facilities

External gym available on campus. Recommend checking out celebreak if you like football since it's cheap and can be even more fun if participating with friends.

### Finance & Banking

Depends on how much you travel. Generally, Barcelona is relatively cheap compared to other international cities as London. In addition, affordable travel options can be found with good planning. Try ask local ESADE students for tips as they often can help out.

### Social Clubs & Networking

There are many student societies in ESADE. Make sure to email them/contact them via Instagram to ask for more information. Some like the basketball team only have recruitment once a year.

### Food

Have plenty of choices through on campus cafeteria serving western cuisine, nearby cafes/restaurants offering a greater selection of cuisines. Anything you want you can find just depends how willing you are

to pay for it/travel for it. Most of the Asian cuisine can be found in Barcelona city rather than in Sant Cugat.

### Transportation

Used the railway to get from Barcelona city to the ESADE Sant Cugat campus. In addition, when in Barcelona used primarily the metro with sometimes using trams. Just be conscious if you go out late at night that the Metro and Railway close so you may have to find a taxi to go home.

### Climate

During the winter months it gets relatively cold thus its recommended to bring some warmer clothing or pieces that can be layered above. However, during the spring/summer months the city becomes warmer with the occasional breeze cooling you down. For these months HK clothing should be fine.

### Communication

I would recommend getting a prepaid sim card as it is easy to buy, easy to manage and cheap.

### Health and Safety

If you are interested in staying fit then there is a convenient gym located on the Sant Cugat Campus that offers 5 months packages. Feel free to inquire if this interests you. COVID measures are much more relaxed in Spain however, while I was there masks were still required in Train stations and some indoor spaces. Just be mindful of any regulatory changes.

### Cautionary measures

Overall, when going out especially at night be conscious about your belongings and stick to groups. Although, nothing happened to me personally, Spanish cities are notorious for their pickpockets so its good to be aware. In addition, most places accept card in Barcelona so I would recommend traveling light on cash and making most of your purchases with credit/debit card instead. In addition, be aware of any regulations regarding visas and COVID is you chose to travel outside Europe.

## Part 3 – Items to bring

- Warm clothing set
- Summer clothing set
- Shoes (sneakers, slides, fancy)
- Fancy set of clothes
- Phone
- Travel Documents
- Laptop and other electronics
- Study equipment
- Fanny pack
- Money
- Copy of insurance

## Part 4 – Useful Links

[www.resa.es](http://www.resa.es) – Student residence website useful if you decide to stay at the on campus residence, also can double up as a hotel option when traveling to other cities in Spain as they have a short stay option.

Otherwise make sure to join the orientation sessions as the ESADE student exchange leaders set up various WhatsApp group chats for incoming exchange students where you can meet new people and receive event notifications.

<https://erasmusbarcelona.com/trips/> - Possible events that may interest you

Trainline app – for traveling via bus and train