

10 tips to feel at home in Barcelona

IDEAS AND SUGGESTIONS



Moving to a new city is a fantastic experience.

How can you get the most out of it?

Here are 10 simple, practical tips that can help you.

You will find basic information on transport, culture, sport, health, administrative procedures, housing, language, integration, education and work.

We hope you enjoy the city as much as we do.

Welcome to Barcelona!



For further information:

barcelona.cat/internationalwelcome



Barcelona public information:

Telephone: 010 (within the city) /
+34 931 537 010 (outside the city),
barcelona.cat



Catalonia public information:

Telephone: 012 (within Catalonia) /
+34 932 142 124 (outside Catalonia),
gencat.cat

Getting about

Easy transport: from here to there!

Tour the city on foot or take a plane to explore the world. Barcelona airport is one of the best connected in Europe and is a mere 20 minutes from the city centre. Given Barcelona's human-scale size and good climate, you'll likely prefer to get about on foot or by bike. Otherwise, you can use the metro, tram, bus or train networks for a speedy journey to any part of the city and its outskirts.

57 direct intercontinental flights and 154 air routes to European cities

(Barcelona Airport, Summer 2024)

240 kilometers of bike lanes

(Barcelona City Council, 2024)

TIP N° 1.

Buy yourself an integrated travel pass from tmb.cat for easy use of the city's various means of public transport (now with [T-mobilitat](https://t-mobilitat.cat) you can charge it directly on your mobile phone) or do your daily travelling by bike using the Bicing service bicing.barcelona. It offers you conventional and electric bicycles!



Admire



Wonders of nature and culture

Barcelona is a beautiful, splendid city that glitters in the sun. You can contemplate Gaudí's marvels and the city's Gothic architecture, drop by its beaches or explore the Collserola nature park. Enjoy the city's vibrant cultural and culinary scene: art galleries, festivals, concerts, theatres and dance shows. You can try out the delicious fresh food from the city's municipal markets or sample the haute cuisine of its acclaimed Michelin-star restaurants.

Nine monuments UNESCO World Heritage Sites and 87 museums and exhibition venues

(UNESCO and Barcelona City Council, 2024)

4.7 km of urban beaches and 8,000 hectares of nature parks, with 2,800 hours of sunshine a year

(Barcelona City Council, 2024)

TIP N° 2.

Check out the *City's points of interest website* app at webapp.barcelona.cat/pics/ for information on Barcelona's must-see sites and visit the City Council's web page to find out all about the city's cultural activities, museums and plenty more, at agenda500.barcelona.cat/en/.

If you like museums, save with the articketbcn.org pass.

Get in shape

Run, jump, swim!

Barcelona has been a hub for sport ever since the 1992 Olympic Games, playing host to a large number of sports events throughout the year. Home to the famous FC Barcelona, the city has incredible infrastructure and facilities for athletes, professionals and amateurs alike. Each neighbourhood has its own municipal sports centre along with numerous private clubs offering swimming pools, gyms and facilities for a wide range of sports. And a whole host of possibilities for outdoor sport!

66.7% of city residents exercise regularly

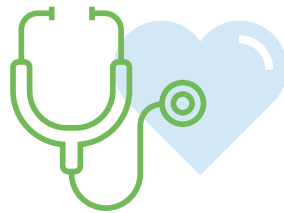
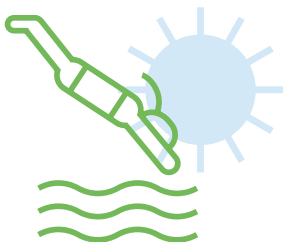
(Barcelona City Council, 2022)

5,114 public and private sports venues

(Barcelona City Council, 2023)

TIP N° 3.

Go out on a run or stroll by the sea, hike mountain trails or join your nearest municipal sports centre barcelona.cat/esports. It will change your life!



Heal

Outstanding medical staff

Even if you fall ill, you're in luck: Spain has one of the best public health systems in the world, offering universal care for its residents. If you need basic assistance, you can go to one of the city's CAPs (*Centre d'Atenció Primària*), public primary healthcare centres, which can be found throughout the city. Barcelona also has high-quality private healthcare services. When you move here, remember to register with the Social Security system or take out a private insurance policy for medical cover.

Spain has the highest life expectancy in the European Union and the 4th highest in the world

(OECD, 2024)

Barcelona has 12 public hospitals, 46 private hospitals and 53 CAPs

(Barcelona City Council, 2024)

TIP N° 4.

Find out all about the details of the Social Security's services from web.gencat.cat/en/temes/salut/ and barcelona.cat/salut, and note that the emergency phone number is 112 (just in case!).

Register

A bit of patience and lots of smiling!

If you live Barcelona, you will need to register as a resident (empadronament) if you wish to enjoy resident rights such as medical care and schooling. The procedure is free and can be carried out online or face to face. It takes some time, but the administrative staff are friendly. Consider it an opportunity to immerse yourself in local culture!

The city's foreign-national population increased by 10.4% from 2023 to 2024

(Barcelona City Council, 2024)

There are 13 citizen help and information offices (OAC) found throughout the city

(Barcelona City Council, 2024)

TIP Nº 5.

Do it online at ajuntament.barcelona.cat/tramits (in Catalan and Spanish only) or book an appointment in advance from ajuntament.barcelona.cat/cita for the OAC located in Plaça de Sant Miquel, which offers assistance seven different languages.



Settle

Neighbourhood diversity

Living in the centre or in the metropolitan area? There are so many options! You have ten districts to choose from, depending on your lifestyle: the old quarter, the seafront, the Collserola mountain range, peaceful residential areas or fashionable neighbourhoods. Outside Barcelona you'll also find interesting places to live in, well connected, with peaceful housing developments, green areas and a unique charm.

Distribution of foreign-national population by district: Ciutat Vella 14,15%, L'Eixample 18,53%, Sants-Montjuïc 11,93%, Les Corts 3,45%, Sarrià-Sant Gervasi 6,20%, Gràcia 7%, Horta-Guinardó 8,43%, Nou Barris 9,61%, Sant Andreu 6,47% and Sant Martí 14,24

(Barcelona City Council, 2024)

Average rent price: €16.73 / m² / month

(Barcelona City Council, 2024)

TIP Nº 6.

Discover Barcelona's neighbourhoods at barcelona.cat/en/vivir-en-bcn and visit them. habitatge.barcelona will offer you advice on renting or buying a dwelling.

Speak

Hola! Adeu!

Barcelona has two official languages: Catalan and Spanish. Learn one or both! What better way to understand local culture and successfully integrate into city life? Practise your new language in a supermarket, gym, bar or shop. You'll be amazed at how easy it is to speak and how friendly people are!

71.6% of Barcelona's population can speak Catalan and 99.7% Spanish

(Government of Catalonia, 2022)

53.9% of Barcelona's population understands English and 32.3% French

(Government of Catalonia, 2018)

TIP Nº 7.

Sign up for free or subsidised Catalan courses at cpnl.cat/bcn.cursos or learn online from parla.cat. You can also register with one of the city's many language academies. Of the six official language schools (EOI), these are the two main ones: eoibd.cat and eoibcnvh.cat.



Meet



Globalise yourself... locally!

Rub shoulders with international and local communities. You will learn a lot from those already living over here. It's essential you share your experiences with the local population, with people from your country and with people from around the world. Barcelona is an open and diverse city and its newcomers, wherever they hail from, find their place to live here and their own social network to help them integrate into Catalan society with equal rights.

33.6% of Barcelona's population is born abroad, a total of 527,459 people

(Barcelona City Council, 2024)

180 nationalities and over 300 languages are represented in Barcelona

(Barcelona City Council, 2024)

TIP Nº 8.

Don't miss out on Barcelona International Community Day barcelona.cat/internationalcommunityday, an annual meeting for international talent. Discover the Barcelona Global association barcelonaglobal.org, made up of companies and professionals that will help you network in the city.

Learn

A school for everyone

Everyone can study in Barcelona, children and adults alike! There are lots of primary schools, secondary schools, business schools and universities. Children have plenty of options. State schools offer quality teaching and are a good option for speedy integration. There are also several international schools using curricula from countries such as the US, the UK, France, Germany, Italy, Switzerland and more. As for higher education, there are over 500 master's degree programmes at universities and equivalent academic institutions, both public and private.

42 international schools in the Barcelona metropolitan area

(Barcelona City Council, 2024)

Two of Europe's top 10 business schools

(Financial Times ranking, 2023)

TIP Nº 9.

Follow the advice found in the barcelona.cat/choosing-a-school practical guide for learning about the educational system and finding the best school for your children, and give your professional career a boost at one of the city's internationally renowned business schools.



Work

Starting up in Barcelona!

Barcelona awaits you! Whether as a source of inspiration and creativity, a research and technological development hub, a social-economy laboratory or a centre for starting up new businesses. Find the help you need from Barcelona Activa, which will support you throughout your company's investment and creation process and in the development of your own professional project in Barcelona.

20,896 new companies incorporated in 2023 and over 9,600 foreign-national companies established in Catalonia

(ACCIÓ, 2024)

2,318 technology startups in the Barcelona metropolitan region

(Tech Barcelona, 2023)

TIP Nº 10.

Come to Barcelona Activa's Business Support Office (OAE), the local development agency, and visit its websites at barcelona.cat/empreses and barcelona.cat/treball.

You will find much more advice and detailed information on everything you need to know about moving to Barcelona at:

barcelona.cat/internationalwelcome

We offer a comprehensive guide to procedures and practical questions, as well as an activity calendar and news of interest, to help you settle into the city.

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best life in
Barcelona!**