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BARCELONA





A brief history of Barcelona

The origins of the name of Barcelona are not certain, but there are various theories as to its roots.

One is that the tribe of the Layetanos was conquered by Cornelio Escipión and that the area subsequently became a Roman colony named Iulia Augusta Paterna Faventia Barcino, from which the name of Barcelona was derived. The Carthaginian general Hamilcar Barca is another possible source, following his arrival in Hispania.

The origins of the city date back to the first century B.C., when the Romans established a small colony called Barcino around Mount Taber. The remains of two Roman walls are a testimony to this period.

From the 4th to the 13th century, Barcelona went through a major expansion which consolidated the core of the city founded by the Romans. Towards the end of the 13th century a second wall was built around the Cathedral of Santa María del Mar, an icon of medieval Barcelona. In the area of La Ribera, which surrounds the Cathedral of Santa María del Mar, an area of craftsmen's workshops flourished.

The unstoppable growth of the city was boosted by the early stages of industrialisation and by the trade generated with the former colonies of Cuba, the Dominican Republic and Costa Rica, which transformed the Old Regime. However, the real revolution arrived when the old walls were pulled down in order to expand the city in line with Cerdà's plans, which saw the construction of the area of L'Eixample.

This was the era of the first railway, which joined Barcelona and Mataró (1850), and this symbol of industrial prosperity would soon be reflected in the city's architecture, as industrialists had art nouveau houses built for themselves. One of the most notable architects of the time was the Catalan Antoni Gaudí, who designed



emblematic buildings such as Casa Milà (also known as the *Pedrera*), Casa Batlló and the Sagrada Família Cathedral.

At the beginning of the 20th century Barcelona was a modern city and a social and cultural melting pot. However, with the outbreak of the Spanish Civil War in 1936 and the subsequent dictatorship under Franco, the city saw some of its darkest days. In spite of this, economic development continued, especially from the 1950s onwards.

With the arrival of democracy and then the hosting of the 1992 Olympics, the city became an international reference. It was at this time that the city opened out to the sea and underwent a large-scale urban transformation, which continues today with events such as the Forum of Cultures in 2004 and other important urban development projects.





Barcelona city

Barcelona is dynamic and outgoing, inviting you to stroll through its streets and boulevards and to enjoy everything the city has to offer. The city has its own unique lifestyle and at the same time maintains its Mediterranean character.

It is the capital of the region of Catalonia and has a population of 1,620,943 inhabitants (City council of Barcelona 2012).

It is the second most populous city in Spain, after Madrid, and the eleventh most populous in the EU. The Barcelona metropolitan area has a population of 5,029,181 inhabitants (Idescat), which makes it the sixth most populous metropolitan area of the EU.

The city lies on the shore of the Mediterranean Sea, 160 km south of the Pyrenees and the French border, on a plain which is flanked by the sea to the east, by the Sierra de Collserola range of hills to the west, and by the rivers Llobregat and Besòs to the south and north respectively.

Having been the capital of the county of Barcelona, it is also known as the Ciudad Condal (County Capital).

Due to its importance in terms of culture, commerce and tourism,

Barcelona is now a global city. It has the most important port in the Mediterranean for cruise liners, both as a destination and point of departure. The city also stands out for the large number of people and goods which pass through it, and it is a key communications node between Spain and the rest of Europe.



Arrival

By plane, at the **Airport** of El Prat del Llobregat (also known as "Barcelona-El Prat") is 12 km to the south of the city and has two terminals: T1 hosting national and international airlines, T2 for low cost airlines. The airport is used by 30 million passengers a year www.aena.es.



By car, Barcelona is connected with France by the AP7 motorway and from Madrid by the AP2. From there, you can reach Barcelona by taking one of the traffic belts, called "Rondas" or the Gran Via avenue through Barcelona directly to the "Plaza España".



By train, you can use the High Speed Train, which commenced in 1992, was linked up to Barcelona in 2008, connecting the Madrid Atocha Station with Barcelona Sants in 2 hours and 30 minutes. In a few years, the network is scheduled to reach the French border; now you need to make a change in a station in the north of Catalonia (different place depending on the time chosen). Then you arrive at Sants station, directly in town. www.renfe.es.

Barcelona is the twelfth most-visited city in the world and the fourth in Europe, after Paris, Rome and London.



Public Transport Airport



Aerobus - www.aerobusbcn.com

A private company runs shuttle buses from the Airport to the centre of Barcelona (Plaza Catalunya). The journey takes about 30 minutes between the city and either one of both terminals (T1 and T2). The bus stops at strategic points in the city (Plaza Catalunya, Gran Vía / Urgell and Plaza España).

Timetable: Every day of the year, service from 5h30/6h10 until 00h30/1h05 (depending on the stop).

Frequency: Depending on the time and traffic density, 5 / 10 minutes.

Fare 2013: 5.75€ single and 9.95€ return.



Number 46 Bus - www.tmb.cat

The Barcelona Metropolitan Transport network (TMB) also runs buses during the day from Plaza España to both airport terminals, stopping first at T2 and then T1.

Timetable: Every day of the year, from 5h00 / 00h15 (depending on the stop).

Fare 2013: Single 2€; T10 multi journey ticket may be used on this service.

The route is longer than the Aerobus but is cheaper.



Number 17 night Bus
www.tmb.cat

The night bus leaves from Barcelona (where Ronda Universitat meets Plaça Catalunya) from 23h00 onwards, whilst from the Airport to the city buses run from 21h50 onwards.

Timetable: From 21h50 at the Airport until 04h50.

Frequency: Approximately every 20 minutes.

Fare 2013: 5.75€ single and 9.95€ return.



Useful Information



Train - www.tmb.cat

The RENFE (Spanish rail network) service from the Airport to the city centre and vice versa. The train stops at Clot, Passeig de Gràcia and Sants (also known as Sants Estació). The journey time is around 25 minutes. The Airport station is about a 5 minute walk from the main entrance of Terminal 2. There is a shuttle bus to Terminal 1 which goes directly from the Airport train station.

Timetable: Service from 05h28 until 23h38 (depending on stop).

Frequency: Approximately every thirty minutes.

Fare 2013: 3.00€ single.



Taxi

Taxis are an affordable alternative to public transport. There are taxi ranks at both the T1 and T2 terminals.



Approximate fares (weekdays, from 7h00 to 21h00):

Airport to Plaza España: 20€ /
Airport to Plaza Catalunya: 25€
(included 1 suitcase per person).

The total fare will be the amount indicated by the meter. Most Barcelona taxis have facilities for payment by credit card.
Tel: (0034) 93 225 0000,
Tel: (0034) 93 433 1020.



Airport private transport

We work with private transport companies which you can hire for airport transfers. For further information, consult your **ShBarcelona** agent.



Public Transport within Barcelona City

Barcelona and its metropolitan area offer a vast array of public transport and tourist transport options.



Metro - www.tmb.cat



Barcelona has six Metro (underground) lines, which are identified by their color:



L1 (red), L2 (purple), L3 (green), L4 (yellow), L5 (blue), L11 (light green). These cover most parts of the city. Two new lines (lines 9 and 10) are currently under construction. If you are going to make more than 3 journeys, then it is worth buying a **T10 multi-journey** ticket.

Fare 2013: 2 € per trip, if you plan to take the subway more than 3 times, buy a 10 trips Card (T10) for € 9.98 or the day card (unlimited trip) for € 7.25 valid if you travel more 7 times in the day. These cards are also valid for the bus network.

Timetable: Monday to Thursday, Sundays and bank holidays: from 5h00 to 24h00 / Fridays: from 5h00 to 2h00/ Saturdays and on the eve of the local public holidays of 1/1, 24/6, 15/8 and 24/9: all-night service.



Ferrocarrils de la Generalitat (FGC) - www.tmb.cat

The urban and metropolitan rail network is operated by the Catalan government (la Generalitat). This service is called FGC and it complements the Barcelona Metro service. FGC is a public rail service. There are 3 urban lines within the city of Barcelona (L6, L7 and L8) as well as other lines (S1, S2, S5 and S55) which link the city with the Autonomous University of Barcelona

in Bellaterra and with outlying towns such as La Floresta, Sant Cugat, Rubí, Sabadell and Terrassa, amongst others.



Bus - www.tmb.cat

The Barcelona bus network comprises 109 lines which cover the entire city, with its characteristic fleet of red buses.



El Tranvía o Tram -

www.trambcn.com

Trams, which disappeared from the city in 1971, were brought back into operation in 2004.

This modern and comfortable mode of transport complements the Metro and is an accessible, ecological, fast and comfortable way to move around the city.



Leisure Transport



The Tourist Bus

www.barcelonabusturistic.cat

This is a comfortable way to quickly discover the essential sights of the city. The bus has two routes in winter and a third route in the warmer months.

Fare 2013: 26 € per adult for 24h and special offer at 34 € for 48



Useful Information

hours (the ticket is valid for all lines throughout the day).



Montjuïc Funicular Railway

This links the Paral·lel Metro station (Line 2 and Line 3) with the Olympic zone and Montjuïc Park.



Tramvia Blau (Blue Tram)

The Blue Tram runs for 1.3 km from "Avenida del Tibidabo" up to the Tibidabo Funicular Train. There are seven trams in the fleet, including the Jardinera (Flower Box) and a tram dating back to the year 1901.



Bicing - www.bicing.cat



Barcelona City Council provides a bicycle rental scheme for citizens, with pick-up and drop-off points throughout the city.

You can apply for a user card via the Bicing website. Once you have completed your application, you will receive your card and all the necessary information at your home address.



Motorcycle Rental

If you are interested in hiring a motorbike during your stay, we work with a motorcycle rental firm whose staff will be only too happy to cater for your needs. For further information, consult your agent.



Car park

It is often difficult and expensive to find a parking spot in Barcelona. Be aware that the bus and subway network serve the city excellently, but if you do not have any other choice, here are the rules for parking your own car in Barcelona.



Public car Park

The safest solution is to park your car in a private or municipal parking lot. But, it will cost you between 16 and 35 € each 24 hour period.



Parking your car on the street

To encourage residents, the city has developed a color code painted on the ground.

- Green area Car park "area residents": exclusive use to residents from Monday to Friday from 8am to 8pm (note 24hour basis is also possible in some places, where it is announced as such).

- Green area Car park "area preferent": all vehicles are allowed to park up to no more than 2 hours between 8am and 8pm from Monday to Friday.

On Saturdays and Sundays the blue and green areas are free to all vehicles as well as during night-time from 8pm to 8am.

- Blue Area Car Park "area blava" means all vehicles are allowed up to 2, 3 or 4 hour parking from 8am to 8pm from Monday to Friday.

- White area Car Park: Free and open to all vehicles, outside the city center. You will find some streets that have this white area between Bogatell and Llacuna subway stations (In Pamplona Street, for example).

Rent a private car park spot

You can rent a private parking spot by the month. To find information you have to go directly into the parking lot; prices range between 80 and 150 € per month.

Our advice

- A foreign license plate on your car is quickly spotted and appreciated by the municipal tow truck (and also by the thieves) do not park your car just anywhere, be careful.

- Always pay at the parking meter when you park your car, otherwise within just 30 minutes your car can be towed away by the tow truck. Cars holding a foreign license plate are taken away immediately.

- The cost of the fine if your car is towed away is roughly 200 €. If this happens you will be notified by means of a yellow triangle sticker left on the ground where a telephone number to retrieve your car will be listed (the sticker is written in 4 languages including English).



Discover Barcelona Neighbourhoods



Barcelona Neighbourhoods

In order for new arrivals to get a basic understanding of the city, there follows a brief guide to Barcelona's districts and neighbourhoods:

Welcome Barcelona!





Ciutat Vella



Ciutat Vella (the Old Town) is the city's first district and is its historic centre.

It comprises four large neighbourhoods:

El Gòtic, the oldest part of the city, (the church of Santa Maria del Pi is an essential visit).

El Raval, probably the city's most cosmopolitan area.

La Ribera, with its well-known area of "Born", the Santa Maria del Mar cathedral and the Picasso Museum and **Barceloneta**, an extensive beach area on the seafront.

The best of the neighbourhood of El Gòtic and the Ramblas

The Ramblas - This well-known pedestrian boulevard starts from Plaça Catalunya and ends at the sea,

next to the Columbus Monument. Lined with lively flower stalls and full of colourful characters, a stroll along the Ramblas is a unique experience.

The Liceu Opera House

www.liceubarcelona.cat

Located on the Ramblas and built in 1847, the Liceu is one of the great European opera houses. It was completely rebuilt after a fire in 1994.

The Cathedral - Located between the Ramblas and Vía Laietana, this temple was built between 1298 and 1460. Entry is free and during the Christmas season it hosts the Christmas market of Santa Llúcia.

La Boqueria Market - Located in the middle section of the Ramblas, this is the most typical and representative market of the bustling city.

The Best of the Raval

The name is of Arab origin and for a long time this area was known as the *Barrio Chino* (Chinese Neighbourhood).

Barcelona Contemporary Culture Centre (CCCB) - www.cccb.org

This centre hosts exhibitions, live music and alternative cinema festivals.



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Barcelona Museum of Contemporary Art (MACBA)

www.macba.es

A unique building with white façades (Richard Meier) which hosts interesting exhibitions.

Maritime Museum - (Drassanes)

www.mmb.cat

The old Royal Shipyards pay homage to Barcelona's rich maritime history. The walls surrounding the museum are also worth visiting.

Güell Palace

www.palauquell.cat

Designed by Antoni Gaudí, this is one of the few art nouveau buildings that can be visited in the Old Town. It is located at Nou de la Rambla 3/5.

The Best of La Ribera (El Born)

This was one of the most prosperous districts of the city between the thirteenth and fifteenth centuries. During this period merchants settled in beautiful palaces and trade with various countries and regions of the Mediterranean flourished. Today it is the liveliest and busiest neighbourhood of Barcelona, and a stroll along Passeig del Born is highly recommended.

Palau de la Música Catalana (Palace of Music) - www.palaumusica.org

Designed by Lluís Domènech i Muntaner in art nouveau style, this is one of the city's most emblematic buildings. Its magnificent façade and interior polychromy astound visitors. Attending a concert is highly recommended.

Picasso Museum

www.museupicasso.bcn.es



This is one of the most-visited museums in Barcelona and contains over 3800 works by the renowned painter. Located on the street of Carrer Montcada, 13/15.

Ciutadella Park

An extensive park for relaxing and strolling and home to Barcelona Zoo. In the past it contained a prison as well as forming part of the Barcelona Fortress. Later, in 1898, it was the site of the Universal Exposition.



Santa Maria del Mar Cathedral

At the gates of the Passeig del Born, this is the most significant piece of Catalan Gothic architecture. Admiring its marvellous architecture whilst attending a concert is a recommended experience. (Classical and baroque music).

Santa Caterina Market - This market was inaugurated in 1848, when the city was still walled. It has recently been thoroughly modernised, with a colourful roof designed by Toni Comella.

The best of Port Vell and Barceloneta

This area is the gateway to the city's beaches and is very popular due to its fish and seafood restaurants.

Maremagnum

www.maremagnum.es

A wavy footbridge links the old and new quays and allows visitors to explore and boats to enter and leave the marina. The new quay includes the Aquarium, the IMAX cinema (giant 3D screen) and the Maremagnum shopping centre, with its bars, shops, restaurants and nightclubs (it is open every Sunday of the year).



Barceloneta Beaches

Sant Sebastià

The oldest and most traditional beach, in the Old Town district, to the south of Barceloneta. This is where the city's most renowned sports clubs are found.

Barceloneta



Approximately 1100 m long, this, along with Sant Sebastià, is one of the largest and most traditional of the city's beaches and is popular amongst the young. Also in this area is the History of Catalonia Museum and the cable-car which travels over the port and up to Montjuïc.



Discover Barcelona Neighbourhoods



Gràcia

This district comprises six neighbourhoods: Gràcia, El Coll, Vallcarca, La Salut, Penitents and Camp d'en Grassot.

Renowned for its wide variety of restaurants, cinemas, theatres and art galleries, Gràcia stands out due to its active social life and rich fabric of civic, cultural, artistic and sporting institutions, which are strongly supported by the residents of the district.

The main cultural and tourist attraction of the district is, without doubt, **Güell Park**, the widely admired work of Antoni Gaudí which was declared a UNESCO World Heritage Site in 1984.

This was built on land owned by Eusebi Güell, Gaudí's patron, and was ceded to the city in 1900 with the intention of recreating an English garden.

This is an essential visit whilst in the city, and the easiest way to reach the park is to take the Metro to Lesseps (L3), though there are several buses as well: 24 - 31 - 32 - 74.

The bustle of Gràcia's narrow streets - full of bars, shops and restaurants, with their lively terraces - make this district one of the most popular in the city.

The district also stands out as the home of alternative, cutting-edge cultural centres, such as:

Verdi Cinema - www.cines-verdi.com

Alternative in original version.

Lliure Theatre - www.teatrelliure.com

Founded over 30 years ago.

Neu Theatre - www.teatreneu.com

One of the most popular theatres.

As a municipality that was originally independent of Barcelona, Gràcia maintains its own identity, even though it has been part of Barcelona for over 100 years.



L'Eixample

This area was designed at the end of the 19th century and its central area became the new home of the bourgeoisie, where the art nouveau style flourished.

This new architectural concept was led by, amongst others, Antoni Gaudí, Lluís Domènech i Montaner and Josep Puig i Cadafalch.

In l'Eixample Esquerra (the left side of l'Eixample) we find the busy "GayEixample" one of Europe's main gay neighbourhoods.

Also in this district we find many of the city's most important buildings, such as:



La Casa Batllò - www.casabatllo.es

This building was reformed by Gaudí and is one of Barcelona's architectonic jewels. Of particular note is its façade, covered in a mosaic of colourful tiles, as well



its wave-form balconies and windows and the interior spiral staircase which takes visitors to the first floor. Also of interest are the fascinating twisting chimneys on the roof-terrace.

Casa Amatller - www.amatller.org

This was designed by Puig i Cadafalch. It is reminiscent of Dutch houses due to its stepped roof. Its typical Gothic frames are very expressive.

La Pedrera / Casa Milà

www.lapedreraeducacio.org



Gaudí was commissioned to design this building by the Milà family. There are some surprising forms in grey stone on the façade along with forged iron balconies. The interior contains flats and offices. The top floor, the attic and the rooftop, which can be visited, are occupied by the Gaudí Space, where we find, amongst other delights, unusual chimneys in the form of medieval knights.

Antoni Tàpies Foundation

www.fundaciotapies.org

An art nouveau building with an iron structure and brick façade. Here you can admire the artist's own work and collections of major twentieth-century artists.

The Sagrada Família

www.sagradafamilia.cat

The Basilica and Expiatory Church of the Holy Family is a monumental cathedral which started out on 19 March 1882 as a project of the diocesan architect Francisco de Paula del Villar (1828-1901). At the end of 1883, Gaudí was commissioned to continue the work, which he did until his death in 1926.

Antoni Gaudí was aware that he would not finish this ambitious and colossal project. Consequently he organised the project and its building into a series of stages which could be completed without



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his direct participation. It has thus been possible for other architects to continue the project whilst remaining true to Gaudí's vision.

The cathedral is one of the city's most universal symbols of identity and is visited by millions of people every year. It is also an object of study for many people interested in its religious and architectonic qualities.

From its very inception the temple has been expiatory, which means its construction is funded exclusively from donations. Following the visit of the Pope in November 2010, the temple is now a basilica and can be used for worship.



Les Corts



Located in the south-west of the city, this district is one of the entry points to the city and is bisected by the road of Avenida de la Diagonal.

To the south of the districts of Sarrià and Sant Gervasi, it comprises the neighbourhoods of Les Corts, Maternitat and Pedralbes, which is a desirable residential neighbourhood.

Les Corts is a quiet residential neighbourhood which is home to Barcelona Football Club and its magnificent Camp Nou stadium. www.fcbarcelona.com

The stadium was inaugurated on 24 September 1957 (the day of Saint Mercè, the patron saint of the city).

The club left its previous stadium, also in Les Corts, in order to move to its new home with space for the thousands of supporters who wanted to watch the games of the first "Triumphant Barcelona", which included players such as [Kubala](#), Evaristo and Suárez.

The Camp Nou (which translates as "new ground") is, and has been since its inauguration, the largest and most majestic stadium in Europe (99,354 capacity). On 12 January 1998 it was awarded "elite category" status by UEFA, making it the first Spanish stadium to receive this honour.

In Pedralbes we find the university zone where Avenida Diagonal crosses the neighbourhood at the city limits.



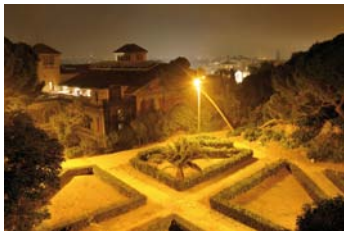
Of special interest in Pedralbes are the Museum-Monastery zone, the Royal Palace and the Science Museum.

Sarrià - Sant Gervasi

With its narrow and welcoming streets, squares flanked by traditional houses with gardens and gorgeous flats, this is one of the most desirable and sought-after neighbourhoods in the city. It runs down from the lower slopes of Tibidabo, the highest hill in the Collserola range and a good spot to enjoy some fresh air and disconnect from the city.

In the centre of Sarrià (formerly an independent municipality and place of summer residence) is the square of Plaça de Sarrià and the Calle Mayor (High Street), which is lined with shops, restaurants and bars. Next to Sarrià is the neighbourhood of Sant Gervasi, which is bordered by Gràcia, Avinguda Diagonal and the Ronda de General Mitre ring-road.

Sants - Montjuïc



This district is bordered by the sea, l'Eixample and Ciutat Vella.

This district includes representative and popular neighbourhoods such as Poble-Sec and Sants. In the outer regions of the district we find the remains of the old city wall. Montjuïc is one of the city's main green areas and includes some magnificent sporting and leisure facilities, with the Palau Sant Jordi and Olympic Stadium both worth a visit.

Points of Interest in the District:

MNAC - National Art Museum of Catalonia - www.mnac.cat

The Palau Nacional (National Palace) - a symbolic building from the International Exhibition of 1929 - is the home of the National Art Museum of Catalonia. Located on the hill of Montjuïc, it is a wonderful location from which to enjoy unique



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views over the city. It includes all art forms (sculpture, paintings, object art, drawings, engravings, posters, a photographic collection and a coin collection) and provides an overall view of Catalan art, from the beginnings of the Romanesque period through to the middle of the twentieth century.

Joan Miró Foundation - www.fundaciomiro-bcn.org



The foundation houses the most complete collection of the works of Joan Miró, comprising paintings, sculptures, ceramics, textiles, engravings and drawings from all the artist's periods.

Montjuïc Fountains

The Magic Fountain of Montjuïc is the main element of the range of synchronised light and water spectacles which illuminate the route from the National Palace to [Plaza de España](#).

Built as part of the 1929 International Exhibition by the architect Carles Buïgas, the installations include cascades and pools, and, in the lower part, lines of luminous columns on both sides of the avenue, which have today been replaced by luminous water jets which are easier to maintain. In the 1980s music was incorporated into the show and prior to the 1992 Olympic Games the installations were completely restored.

More Points of Interest

Mies Van Der Rohe Pavillion
www.miesbcn.com

Poble Espanyol
www.poble-espanyol.com

Montjuïc Castle and surroundings
www.castillomontjuic.com

CaixaForum exhibition space
www.obrasocial.lacaixa.es/

The city's main railway station, Sants Station, from where the high-speed train (AVE) leaves.

The shopping street of Carrer de Sants is interesting and lively.



Horta-Guinardó

This district is located in the north-west of the city, between the districts of Gràcia and Nou Barris.

It is characterised by its green areas, such as Güell Park and the Laberint Park, the latter being the city's oldest gardens.

The district is also noted for its sports facilities, such as the Horta Velodrome, and areas which maintain buildings inspired by the noucentista style of the early twentieth century.

The district is residential and has all kinds of services, and the lifestyle here is relaxed and family based.



Sant Martí

This district includes neighbourhoods such as La Villa Olímpica, Poblenou and El Clot. Sant Martí is being transformed by various urban development projects, such as the extension of the street of La Diagonal as far as the Forum Zone, the redevelopment of the Plaça de les Glòries and the creation of the 22@ Technology District,

which aims to be a reference point for the Barcelona of the future, mixing economic (companies and offices), educational (university campuses) and residential activities (redevelopment of streets and residential construction).

CCIB - Barcelona International Convention Centre

www.ccib.es

The CCIB is integrated into the new maritime façade of Diagonal Mar on the Barcelona coastline.

The showpiece is the Auditori, a blue, triangular building with a surface area of 2,500 m² and a total of 3,140 seats. This is connected to the Convention Centre by an underground walkway.

Beaches - All the beaches in the district were created on 1992, thereby taking advantage of the redevelopment of the coastline as part of the Olympic Games. The Bogatell beach is the most well known. Mar Bella is a nudist beach, Nova Mar Bella Beach is the longest, and Llevant Beach, which was created following the removal of the Prim Breakwater in 2006, is the newest.



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Torre Agbar - La nueva arquitectura, esta vez del arquitecto Jean Nouvel, nos continúa ofreciendo joyas como la Torre Agbar, que marca la puerta de entrada al Districte Tecnològic de Barcelona 22@.



Agbar Tower - New architectural projects continue to provide the city with gems such as the Agbar Tower, which was designed by Jean Nouvel and which marks the entry point to the 22@ Technology District.

Gas Natural Building - This twenty-storey glass building has become part of the city's new skyline.

In the Olympic Port there are restaurants, bars, nightclubs, shops and a casino, and visitors can enjoy the seafaring atmosphere created by yachts and other boats.



Sant Andreu

This district is the north-western entry point into the city. It is undergoing a major transformation with urban development projects, such as the arrival of the high-speed train (AVE).

Sant Andreu has conserved its characteristic old town. It has always been a dynamic area due to its industrial and commercial activity, as well as its sociocultural fabric. Areas formerly occupied by large textile factories have been transformed into modern and spacious shopping areas, such as La Maquinista.



Barcelona residents maintain their customs and they thus promote and care for their history, conserving buildings and streets, and keeping their traditions alive all year round.

Celebrations such as The Mercè, the city's patron saint, are an example of this. Additionally, every neighbourhood has its own local festivals; the most noteworthy of these occur in Sants and Gràcia, where year after year traditions are kept up with parades of giants, human castles and folk music.

CAT Language

Various languages are spoken in Catalonia, with Catalan and Spanish being the main ones.

In accordance with the region's Autonomous Statute, both languages are official languages. In addition, Catalan is considered to be the native language of Catalonia.

Most Catalans are bilingual and speak both of the main languages, though most regard one or the other as their mother tongue.

According to statistics from 2008, 99.7% of Catalans can speak Spanish and 78.3% can speak Catalan. Whether Catalan or Spanish is

spoken depends on the social ambit in which one finds oneself.

CAT Traditions



Human Castles

Different clubs of *castellers* compete with each other to build the best human castle (*castell*). This activity, which has its roots in the Tarragona area, has spread all over Catalonia and has recently enjoyed increased interest due to the televising of *casteller* competitions and the creation of new clubs. In 2010 UNESCO awarded *castells* the



status of Intangible Cultural Heritage of Humanity.

The Sardana

This is the popular Catalan dance *par excellence*. Other traditional dances include the *ball de bastons*, the *moixiganga* and the *jota* from the region of the River Ebro, which is very similar to the more widely known *jota aragonesa*.

The Catalan Rumba

This musical genre developed among the Catalan gipsy community in Barcelona in the mid 1950s. It takes rhythms from flamenco rumba with influences from Cuban music and rock & roll. It grew out of the Catalan gipsy communities in the neighbourhoods of Gràcia, Raval and Hostafrancs.

CAT Politics

Barcelona, the capital of Catalonia, is the second most populous city in Spain. The Spanish State forms part of the European Union and is divided up into regions known as autonomous communities. The roots of Catalan self-governance go back to the Middle Ages and Catalonia existed long before Spain.

The Ayuntamiento de Barcelona (City Council) is the institution

which represents, governs and manages the city's interests.

Additionally, Barcelona has a legal instrument which reinforces and guarantees the city's autonomy - the Municipal Charter of Barcelona - which has been approved by both the Catalan and Spanish parliaments.

CAT Gastronomy

Barcelona's Mediterranean character is reflected in the traditional tolerance in human relations, in the lively atmosphere of local markets and in the rich Catalan gastronomy.



Catalan cuisine provides a rich range of typical dishes, with fish stews such as *suquets* and *zarzuela*, as well as dishes such as *escudella* and *caçotada*. *Pa amb tomàquet* - bread smeared with



olive oil and tomato - is typical in Catalonia and accompanies many meat and cold-meat dishes, as well as being used for sandwiches (*entrepans*). *Allioli* (from the Catalan "all-i-oli", meaning "garlic and oil"), and *romesco* are the most characteristic sauces within Catalan cuisine.

Of particular note are the varieties of sausage produced in the county of Osona, especially the *fuet* from Vic.

Catalonia is also renowned for its great winemaking tradition. The areas with denomination of origin, such as Penedés, Alella, Priorat or Segre produce a wide range of wines and cavas. The Penedès area is noteworthy, with the leading producers and exporters of the most highly regarded wines and cavas being family firms such as Torres, Freixenet, Codorníu, Segura Viudas, and Gramona, amongst others.

Catalonia has a wide range of restaurants with typical dishes from all regions of Spain, as well as international cuisine. Whilst Barcelona is the city with the largest number and widest variety of restaurants, the most famous and highly regarded restaurants, with Michelin stars, are:

"Sant Pau" owned by Carme Ruscalleda in Sant Pol de Mar.

"Can Fabes" located in Sant Celoni.

"El Cellar de Can Roca" located in Girona.

CAT Weather

Catalonia enjoys a Mediterranean climate. However, there is a notable difference between the coast, which has a milder climate, and the more continental inland areas, which are cold in winter and hot in summer. The areas near the Pyrenees have a mountain climate, with minimum temperatures below zero and heavy snow in winter, annual rainfall of over 1000 mm and agreeable summers.





Culture

Barcelona is constantly on the go. Alternative art galleries, urban sports, festivals, concerts, fairs and exhibitions of all types fill the calendar with events that put culture within easy reach of city folk, with the latest trends in art, urban development, mobility and gastronomy constantly available.

Websites

The following websites offer discounts and cut-price tickets:

www.atrapalo.es and www.tresc.cat

Discount cards

Barcelona Card

- www.barcelonaturisme.com -

Discounts on tickets for museums, shows, restaurants, transport and shops.

With the Barcelona Card you can also travel free on the RENFE train from the city centre to the airport.



Sports

DIR Gyms - Modern and well-equipped gyms in the best areas of the city for those who wish to look after themselves by exercising in comfort.

Club Natació Barcelona and Club Natació Atlètic-Barceloneta -

These swimming clubs are located at the tip of Barceloneta and benefit from their access to the city's best beaches. The former, which is private, was founded in 1907 and was originally exclusively for men. The latter is municipally run and is more affordable.

FC Barcelona - During Franco's dictatorship, Barcelona Football Club "to a large extent" represented the culture and values of Catalonia, and it is thus referred to as being *more than just a club*. Indeed, supporting the club is often a family tradition and could almost be considered a religion.

Real Club Espanyol - This is the other big football club in the city. It is more representative of more traditionally Spanish culture and values and, maybe for this reason, is less well supported and influential than FC Barcelona.



Reial Club Tennis Barcelona -

This club was founded in 1899 in Ganduxer. In 1953, the year that the Godó Tournament was established, the club moved to its current home in Pedralbes, where it has gone on to become an emblem of the city.

Montmeló Racing Circuit

- Formula 1 and Grand Prix -

Inaugurated in 1991, the circuit holds 131,000 spectators and hosts various competitions, most notably the Spanish Formula 1 Grand Prix and the Catalan Motorcycle Grand Prix, which is part of the World Motorcycle Championship. www.circuitcat.com

Ski Stations - The city is close to the mountains and is thus within easy reach of ski stations in la Cerdanya, which straddles France and Catalonia. The proximity of resorts such as La Molina, La Masella and Les Angles, as well as stations in Andorra, allows skiers to make the most of winter.

City Runs - The city runs, which attract large amounts of participants, are a popular way to appreciate the city whilst doing sport. The most important events are the *Cursa de Barcelona*, with almost 15,000 participants, the *Cursa Dels Bombers*, *Cursa del*

Corte Inglés, and the *Cursa de la Dona* (for women).

Climbing in Montjuïc - Climbers can enjoy climbing walls on the hill of Montjuïc, which are located just before rugby ground of La Fuixarda.



Leisure Activities

Daytrips

MONTSERRAT, Monastery of Santa Maria de Montserrat.



This symbol of Catalonia and pilgrimage destination is an essential visit for any visitor to the region. The beautiful Benedictine monastery is 720 metres above sea-level, on the slopes of the mountain of Montserrat, in the county of Bages.

In addition to the sanctuary's pastoral activities, there is also a wide and varied range of cultural, leisure and nature activities on offer. We



particularly recommend attending a performance of the hymn “*Virulai*” by one of the oldest and most renowned children’s choirs in Europe.

Sitges



This typical and playful seaside town lies 35 km south of Barcelona, situated between the sea and the mountains. There are 18 km of coastline round Sitges, which alternates between the cliffs of Garraf and beautiful and charming beaches.

It is well served by road, motorway and rail. El Prat International Airport is only 15 km away.

The town is known for its wide beaches, charming port, the palace of el Palau and the Maricel Museum. Amongst the town’s main events is the International Horror Film Festival, Corpus Christi, when the streets are decorated with flowers, and the famous Carnival, which fills the town with colour.

Costa Brava

The Costa Brava coastline runs for over 200 km. Around 1930 a few select tourists discovered its fascinating charms, and it is from this moment onwards that this stretch of coast became known as the Costa Brava and started to attract more tourists, who mixed with the fishermen and farmers of the region.

Some of the coastal towns are: Blanes, Lloret de Mar, Tossa de Mar, Sant Feliu de Guixols, Platja d’Aro, Palamós, Begur, Pals, Calella de Palafrugell, Roses, Port Bou, Estartit, La Escala, Cadaqués and Llançà.

Known for their links with Dalí are the towns of Cadaqués (home of Dalí’s house in Portlligat, which is a museum now), the town of Figueres (where the Dalí Museum is located) and the Castle of Púbol in the municipality of La Pera.

Some of the inland towns near the Costa Brava which are famed for their landscapes or summer festivals are, amongst others, Peratallada, Perelada and La Bisbal de l’Empordà.

Catalan Courses

El Barcelona City Council runs Catalan courses for all levels. For more information, visit: www.cpnl.cat/



Civic Centre

In every neighbourhood there is a civic centre, where residents can take all kinds of courses, such as dancing, photography, pilates and cookery.

Flamenco shows

Flamenco is also present in the city, and there are venues that have meals plus a show, such as the Patio Andaluz and Tablao del Carmen (Poble Espanyol).

Wine tasting

There are plenty of opportunities to taste and buy fine wines. An interesting and fun activity is to visit the wineries of Cavas Codorniu, Bodegas Torres or Cava Freixenet, all of which are in Sant Sadurni d'Anoia.

Shopping at la Roca

This shopping centre is designed as a village and has outlet stores of famous brands, as well as bars and restaurants www.larocavillage.com.

Tibidabo theme park

This theme park is over 100 years old and is situated on the hill of Tibidabo. The park can be reached by tram and funicular railway, or by bus. www.tibidabo.es.



ShBarcelona we have drawn up a list of handy hints which we hope will be of use during your stay in Barcelona.

Mobile Telephone / Internet

We have favorable agreements with telephone and Internet companies who will be only too happy to help you out with any services you wish to subscribe to.

To subscribe to telephone and Internet services you will need to provide your national ID document, NIE or Passport, Spanish address and an account number with a bank registered in Spain.

Financial Services

Banks are open from 8h00 in the morning until 14h00. Savings banks have the same opening hours but also open on Thursday afternoons. In any bank or savings bank you can open a current account in order to manage your everyday operations.

You will need to provide the following documentation in order to open an account: national ID document, NIE or Passport, Spanish address and your lease contract (or lease reservation).



Safety

As with any big cosmopolitan and international city, thieves do operate in the city, mainly in the tourist areas. We recommend that you always keep a close eye on your belongings, especially at the airport, train and Metro stations, beaches, bars, restaurants and busy areas in general.

To avoid a nasty shock, take out an insurance policy through our insurance company as soon as you arrive in Barcelona. This is very easy and **ShBarcelona** will process this for you immediately.



What should I do if I am robbed in Barcelona?

Firstly, and most importantly, you must fill out a crime report. You will need to go to your local police station to do this (forms are available in Spanish and English).

If your documents have been stolen, this form will allow you to travel and to reclaim your belongings.



VERY IMPORTANT: If the keys to your apartment have been stolen, inform your

ShBarcelona consultant urgently. You will feel safer if you take out an insurance policy through us.



What is empadronamiento?

This is the act of registering on the municipal registry, which will give you official recognition as a resident of the municipality. It will also allow you to apply for a resident's permit and work permit, and give you the right to apply for a health service card. The application must be made at your local Oficina de Atención Ciudadana (Citizen Help Centre). You will have to fill out a form and provide the original copy and a photocopy of your passport and your lease contract (minimum 6 months contract is needed).

What is the NIE?

This is a Spanish Residency Number for foreign residents. In order to apply for this, you must fill out a form which can be obtained from the Immigration Office (Oficina de extranjeros). You will need the original and a photocopy of your home-country national identity document or passport, a color passport photo with a white background and the documents which accredit the reasons for your application (enrolment document

from your university or business school, work contract etc.).

You must then hand in the documentation at the Immigration Office.

This procedure will take between 1 and 5 weeks and must be carried out in person.

The Immigration Office is located at Rambla de Guipúscoa 74.

Health Service Card

As a foreigner, you and your family have the same rights to health care as any Spaniard, as long you are registered on the municipal register.

Once you are registered on the municipal register, you can apply for your Health Service Card at your local Primary Care Centre (Centro de Asistencia Primaria, commonly called a CAP). With your Health Service Card you will be attended to in hospitals and/or by emergency services. <https://www10.gencat.cat/pls/catsalut/cawpk500.inici>.



Stay connected on our social Networks

Now, do not miss our latest news, promotions, tips and advice from **ShBarcelona** to integrate successfully and enjoy all the benefits of Barcelona! Check regularly deals on our website (under "Discover Barcelona"), stay in touch and join us now on our social networks:



Discover our new apartments; enjoy promotional offers, hints and tips from ours team and customers' videos. www.facebook.com/ShBcn



Become one of our "followers" and stay connected on our thread of news to the whole of our business and hot deals. @shbarcelona



On our blog you will find suggestions for activities (such as prices, location and reviews) on Barcelona. We decipher anything that can be useful so as to make your stay in Barcelona the most pleasant possible. www.shbarcelona.fr/blog/fr/.



You can watch our apartments' videos, hints and tips from our team and clients. www.youtube.com/shbarcelona.



If you prefer you can follow us through news feeds on RSS, subscribe to our blog via by copying and pasting the content that is displayed after clicking on the orange icon. Enjoy!!! www.shbarcelona.fr/blog/fr/.

Useful Telephone Numbers



Emergency locksmith	933 238 507
Information about Barcelona (from the city)	010
Information about Barcelona (from outside the city)	807 117 700
Emergency services	112
Ambulance service	061
Fire service	080
Municipal Police	092
Mossos d'Esquadra (Catalan Police Force)	088
National Police	091
Civil Guard	062
Renfe	902 240 202
Catalan Rail Service	932 051 515
Airport Information Desk	902 404 704
Barcelona Sants Station	902 432 343
Provincial Traffic Headquarters	932 986 500
Catalonia Motorway Information	902 200 320
Catalonia Road Service	938 890 460



ShBarcelona Office	934 521 347
ShBarcelona Emergency Number	645 955 396

The **EMERGENCY** number is for weekends and public holidays and is for **"emergency use only"**.

On weekdays you can contact your **ShBarcelona** consultant.

Office hours:

Monday to Friday - from 10h am to 7h pm

Saturdays - from 10h am to 1h30 pm (Only Casanova 99 office)

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1

January

31 December/ 1 January - A night of celebration, normally with family. It is a tradition to eat a grape for every one of the twelve chimes of the bells at midnight and to make a wish. After eating, people go out to bars and nightclubs. (N)

6 January - This is the day for children. The Three Kings of the East disembark at Port Vell and parade through the city giving away sweets. (N)

2

February

Carnival (*Carnestoltes*) - This involves processions and fancy dress. These are particularly lively and popular in Sitges, with parades organised by the local community of Garraf.

Festival of Santa Eulàlia - This normally coincides with carnival. Numerous cultural events are organised, with the human castles of the *castellers* being the most traditional (these have been listed

(N) National public holiday throughout Spain

(C) Public holiday in Catalonia

(B) Public holiday in Barcelona

as Intangible Cultural Heritage of Humanity by UNESCO).

34

March/April

Easter - On Good Friday the Blessed Virgin Mary makes her way up the Ramblas to Plaza Catalunya, accompanied by various religious groups and to the sound of marching bands.

23 April - Saint Jordi's Day - Saint Jordi is the patron saint of Catalonia. The custom is for men to give roses to women and for women to give books to men. Multitudes of people stroll along the Ramblas, Rambla Catalunya and Plaça Sant Jaume, which are full of life and colour. (This is not a public holiday).

5

May

1 May - International Workers' Day. (N)

Primavera Sound

www.primaverasound.com

This event is held at the end of May and involves three days of top DJs "mixing" in the Forum area.

June

Sónar - www.sonar.es - This electronic music festival is famous throughout Europe and features performances all around the city. Neither the venues nor the dates are fixed. Both day and night tickets are available.

Grec Festival - This takes place throughout summer and offers a programme of music, theatre and dance. The amphitheatre which is the main venue for the festival is where the event takes its name from.

23 June - The Eve of Sant

Joan - On the night before *Sant Joan* (Saint John's Day) there are popular celebrations with dancing, music, bonfires and fireworks. There is a great atmosphere on all of Barcelona's beaches for this celebration.

(N) National public holiday throughout Spain

(C) Public holiday in Catalonia

(B) Public holiday in Barcelona

August

15 August - Holiday of the Assumption of the Virgin Mary. (N)

Festival of Gràcia - This is one of the most popular festivals in the city. For several days the streets are decorated.

Festival of Sants - This popular festival with its *Semana Grande* (Great Week) takes place around 24 August.

September

11 September - National Day of Catalonia (La Diada) - This is the day of the Catalan nation and it commemorates the surrender of Catalan troops to the Spanish troops of Felipe V. There are celebrations and concerts throughout Catalonia. (C)

24 September - Festival of La Mercè - La Mercè is the patron saint of Barcelona. This celebration includes four days of free concerts, various

cultural activities, rounded off by spectacular fireworks on Montjuïc. (B)

29 September - Festival of Barceloneta - Music, dancing and fun next to the beach.

10 October

12 October - Day of the Spanish Nation. (N)

11 November

1 November - All Saints Day. (N)

International Jazz Festival - This takes place during the months of November and December at well-known Barcelona venues.
www.the-proyect.net

12 December

6 December - Day of the Spanish Constitution. (N)

8 December - Festival of the Blessed Virgin. (N)

24 December - (not a public holiday)

Christmas Eve is one of the most treasured nights by children, as they can enjoy the uniquely Catalan tradition of the Caga Tió, which is a trunk of wood with scatological connotations that produces presents and sweets from its rear as children beat it with a stick.

25 December - Christmas Day. (N)

26 December - San Esteve's Day. (C)

(N) National public holiday throughout Spain

(C) Public holiday in Catalonia

(B) Public holiday in Barcelona

Algunes paraules i expressions en català col·loquial

Some colloquial Catalan words and expressions

Bon dia

Good morning

Bona tarda

Good evening

Bona nit

Good night

Hola!

Hello

Adéu

Goodbye

Fins després, A reveure

See you later

Com anem?

How are you?

Molt bé, gràcies. I vostè?

Fine thanks, and you?

Si us plau

Please

Gràcies / mercès

Thank you

Moltes gràcies

Thank you very much

Em dic...

My name is...

Molt de gust

Pleased to meet you

Què maco!

How nice!

Soc aquí de vacances / per feina

I'm here on holiday/ business

Ho sento, no l'entenc. Parla vostè... anglès, francès, italià?

I'm sorry, I don't understand. Do you speak English/ French/ Italian?

Avui

Today

Demà

Tomorrow

Al matí, al migdia, a la tarda, al vespre, a la nit

In the morning, at midday, in the afternoon, in the evening, at night

Una mica més tard

A bit later

L'any que ve

Next year

Em pot donar una informació, si us plau?

Could you give me some information, please?

Em pot dir com arribar a la Sagrada Família?

Could you tell me how to get to the Sagrada Família?

Tinc una mica de pressa

I'm in a bit of a rush

Voldriem una taula per a quatre persones

We would like a table for four

Posi'm un d'aquests, si us plau

I'll have one of those, please

Aigua amb gas, aigua sense gas, vi blanc, vi negre, cervesa

Sparkling water, still water, white wine, red wine, beer

Freda / fred

Cold (feminine/ masculine object)

Got, ampolla, gerra, plat, tassa

Glass, bottle, jug, plate, cup

Carn, pollastre, peix, marisc, arròs, verdures, llegum, fruita, dolços, pastissos, galetes

Meat, chicken, fish, shellfish, rice, vegetables, pulse vegetables, fruit, sweet food, cakes, biscuits

Bullit, a la planxa, fregit, al vapor, al forn

Boiled, grilled, fried, steamed, roast

Bon profit!

Enjoy your meal!

Un tallat, si us plau

An espresso with milk, please

Un cafè amb llet

A white coffee

Una miqueta

A bit

És massa

That's too much

Millor, pitjor

Better, worse

El compte, si us plau

The bill, please

On puc trobar... un taxi, la parada de metro més propera, una farmàcia?

Where can I find ... a taxi, an underground station, a chemist's?

¿Poden netejar l'apartament, si us plau?

Could I have my apartment cleaned, please?

Dormitori, saló, menjador, lavabo, cuina

Bedroom, living room, dining room, toilet, kitchen

Metro, taxi, autobus, bicicleta, moto

Metro, taxi, bus, bicycle, motorbike

Un, dos, tres, quatre, cinc, sis, set, vuit, nou i deu

One, two, three, four, five, six, seven, eight, nine and ten

Dilluns, dimarts, dimecres, dijous, divendres, dissabte i diumenge

Monday, Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday



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