



manresa
campus
universitari

getting around

The distances in Manresa are ideal for you to get around on foot or by bicycle.

Travelling by public transport is also a very good option. The city has a reliable urban public transport service, complemented by interurban transport and taxi services.

The urban bus consists of 8 lines and 102 stops, distributed throughout the different neighbourhoods of the city. More information about the urban bus at: manresabus.com

Discover how long it takes on foot between the different parts of the city:



experiencing manresa

Manresa offers an extensive cultural programme. The rich calendar of popular festivals and events and the city's monumental and historical heritage are true symbols of Manresa's identity.

Furthermore, Manresa has numerous and renovated facilities, which provide a wide range of activities related to theatre, music, or dance. The city's nightlife will give you plenty of opportunities to try out different venues which cater to all tastes!

Check out the cultural programme at:
manresacultura.cat



getting to know manresa

Manresa has a lot to offer you!

With more than a thousand years of history, Manresa is a city with a rich historical heritage dating back to medieval times and spanning through modernism and industrialisation, including the Baroque era. **The Basilica of La Seu, the Carrer del Balç, and the Cova of Sant Ignasi are some of the most notable monuments in the city.** You can explore these monuments and try out experiences that cater to your interests, be they cultural, gastronomic, or spiritual.

Manresa is also the arrival city of the Ignatian Way, a route that starts from the Basque Country and ends in Catalonia. You can discover this route in different stages either on foot or by bike. Additionally, if you're looking for some fresh air, you can explore the Green Ring that encircles the city. This area is surrounded by forests and vineyards and offers a fascinating experience

Are you interested in learning more?
Have a look at manresaturisme.cat/ang



working

Looking for a job? Do you have a business idea?

The "Manresa Treball Jove" application will accompany you both in the process of looking for work and in the creation of your business project.

If you want to know more about the job market of the region, improve your CV, discover strategies to succeed in your job interview or if you have an idea and want to turn it into a viable company, don't hesitate to contact:

(+34) 93 877 13 60 / (+34) 676 66 41 42 (WhatsApp)
pages@oficinajove.cat

*Free service.

Manresa, a city of opportunities!

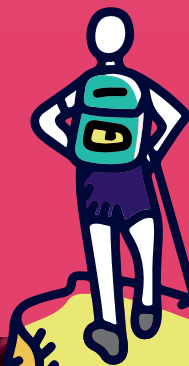


getting active

Sport is part of the DNA of Manresa, having produced many great international athletes across a wide range of disciplines. The city has also been home to several teams that have competed at the highest level of their respective sports. **One of the most notable examples is Básquet Manresa, which was founded in 1931 and currently competes in the highest category of Spanish basketball, the ACB league.**

Today, Manresa is a city that is well-equipped for physical activity, with numerous sports grounds and outdoor spaces that are perfect for exercise.

Find out more about the sports facilities at:



getting settled in

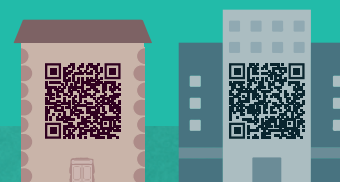
Do you want to live in the city centre or on the outskirts? In Manresa, you can choose from over 20 neighbourhoods that cater to different lifestyles. Whether you prefer the historic centre, a natural setting, or a quiet residential area, there's something for everyone. When compared with other cities in Catalonia, living in Manresa is considerably cheaper.

If you are looking for a flat or a room to rent and you do not know where to start, you can receive free advice at: manresajove.cat

• Info:

Historic centre: centrehistoricmanresa.cat

Manresa neighbourhoods: Universityhalls **halls of residence:**



shopping in Manresa

In the emblematic streets of Manresa, you can find a thriving and attractive range of shops and a wide choice of gastronomic options, making it an ideal city to live in. Manresa is a place that has everything you need to spend a pleasant afternoon and find everything you're looking for, all while enjoying a more peaceful environment than in larger cities.

More than 100 establishments in Manresa offer students a range of discounts. You only have to show your university card.

If you are under 31 years old, you can also request the **Carnet Jove de Manresa**, with more advantages at no additional cost.

Join the club at: carnetjove.cat

• Info: at the **Oficina Jove del Bages**, or by email at: carnetjove@ajmanresa.cat



looking after yourself

As you might well imagine, health is a very serious matter in Manresa.

The city boasts the Sant Joan de Déu Hospital, which has become a benchmark medical centre due to its modern and hi-tech equipment, the Sant Josep Clinic, which offers medical insurance and private healthcare, and 4 public primary care health centres (CAP), distributed in the different neighbourhoods.

Take a look at all the available healthcare options at:

In addition, the Oficina Jove del Bages offers an emotional healthcare service where you can find personalised, confidential, and free advice. **More information at:** manresajove.cat or by **WhatsApp** at the number **670 228 158**



learning a new language

Are you new to Catalonia? Do you want to learn Catalan?

In Manresa you can find a wide range of Catalan courses organised by the Administration, the different universities and various civic institutions. You'll never be lost for words!

Learning Catalan will allow you to settle in much more quickly and feel that you form part of the community.

Take a look at the available resources:

www.manresa.cat/web/menu/4369-cursos-de-catala

www.upc.edu/sit/ca/cursos-i-certificats/apren-catala

www.umanresa.cat/ca/curs-idiomes/catala



getting registered

If you are planning on living in Manresa for more than six months, even if it is in rented accommodation, you can register as a resident (registration in the Resident Register) in order to obtain citizen rights, such as medical care.

This procedure is free and must be done in person with a prior appointment at the Manresa City Council's Citizen Service Office (Plaça Major, 1).

You can make an appointment by phoning (+34) 93 878 23 01 (this is recommended because you will be given personalised information about the documentation you need to provide), **or by WhatsApp at the number (+34) 644 069 801** (start the conversation by sending "hola") **or by following the link: manresa.cat/citaprevia**



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Manresa is your university city



UPC Manresa - EPSEM
www.epsem.upc.edu



UManresa-FUB1
www.umanresa.cat



UManresa-FUB2
www.umanresa.cat



UManresa-FUB3
www.umanresa.cat



Biblioteca del Campus Universitari de Manresa (BCUM)
biblioteca.upc.edu/bcum



UManresa-FUB4
www.umanresa.cat



CU+
www.clinicauniversitaria.cat



Residència Universitària
www.unihabit.com



Althaia, Xarxa Assistencial Universitària de Manresa (Fundació Althaia)
www.althaia.cat



Servei d'Universitats de l'Ajuntament de Manresa

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