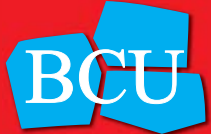


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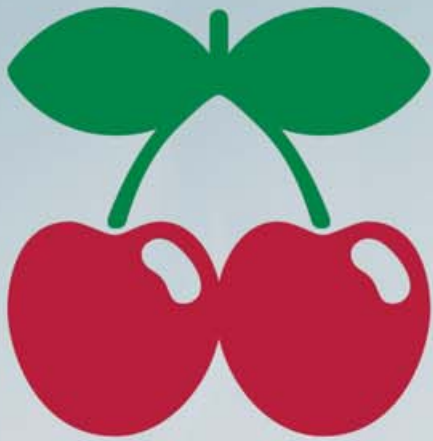
Barcelona
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Inside

Barcelona street
fashion. Top party
nights. The city's best
G&Ts. Cutting-edge
Catalan cuisine.
Festivals for all



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Contents

What you'll find inside



Food trucks Feature, p12



Primavera Sound Music, p84



This year's exhibitions Art, p95



Pizza Food, p104

Features

12. Cool BCN

Fashion, design, food, markets, hotel rooftops... There's just so much that makes this city one of the coolest places on Earth. Here we whittle it down to just six pages

18. 16 great things to do

If you need help deciding where to go and what to see while here, check out our selection of Barcelona essentials

20. BCN tech

Discover the people and places at the forefront of Catalonia's booming technology and research sector

24. Catalonia looks to the future

How knowledge is driving the region

25. Urban museum

A slice of Barcelona's street art

28. Art in L'Hospitalet

In this neighbouring city, culture thrives

32. Street fashion

What Barcelona wears

36. Sea and mountain

A local gastronomic speciality

42. Eating out on C/Mandri

Where tradition and innovation meet

Regulars

46. Shopping & Style

49. BCU University info

70. Things to Do

80. Cinema

82. Theatre & Dance

84. Music & Nightlife

92. LGBTI

94. Art

96. Books

100. Food & Drink

112. Getaways

114. Interview

Talk to us!

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@timeoutbcn

Here & now

Edited by Ricard Martín and Josep Lambies
timeout.com/barcelona

Live this time to the full

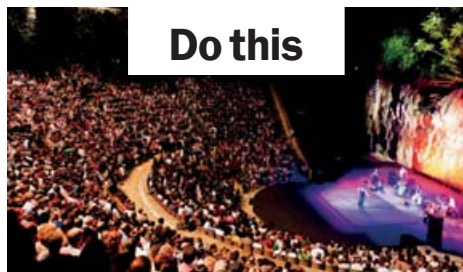
SEEKING INSPIRATION for this column, I happened to hear Baz Luhrmann's musical take on journalist Mary Schmich's 1997 piece for *The Chicago Tribune*, an imaginary graduation speech that starts 'Wear sunscreen'. You're not graduating just yet, but as you set out on a great adventure, I offer you a Barcelona-focused interpretation of some of Schmich's advice. 'Do one thing every day that scares you': try a few phrases in Catalan, eat in a café where you don't understand anything on the menu, jump on the first bus that comes to your stop and get off where everything is unfamiliar. 'Enjoy your body, use it every way you can': in this city, sport is everywhere. 'Work hard to bridge the gaps in geography and lifestyle': you'll meet people from all over the world, as well as locals. Talk to them, discover new places through their stories, and explain where you come from. 'Travel': you're just a short train or plane ride from the rest of Catalonia, Spain, southern Europe and north Africa. And, of course, wear sunscreen. ■ *Hannah Pennell*



THE ESSENTIALS

Three things you have to do this year

Do this



Take one cosmopolitan city, mix with fair to scorching weather and you have the ideal setting for **outdoor festivals**. From music to film, food and more, Barcelona has events of all sizes to sate existing tastes and find new loves.

Eat this



'Little rolls of goodness' is our alternative name for **croquetas**, regulars on the menus of many tapas bars. Made of béchamel mixed with meat, fish or vegetables that's rolled in breadcrumbs then fried, they're great, flavourful comfort food.

See this



Doubtless your research into Barcelona threw up numerous must-see **modernista buildings**. As well as the classics, you should visit those newly opened to the public: Casa Vicens, Casa de les Punxes (above) and Palau Baró de Quadras.



#BeAnartist

Originals Collection. Como RDWH Photography by Biel Capllonch



[#2 - The Anartist creates without logic or intent]

etnia  BARCELONA

BCN Calendar

The events you
mustn't miss



SEP 2017 / JUN 2018

SEPTEMBER

21

Lady Gaga

Concert

The Joanne World Tour struts into Barcelona.

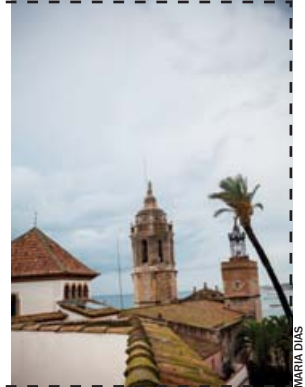
OCTOBER

05

Sitges Film Festival

Film

Terror and fantasy flicks from around the world.



MARIA DIAS

OCTOBER

25

Picasso in Barcelona

Art

The artist and the city at the Museu Picasso.

NOVEMBER

23

Sàlmon Festival

Dance

Innovative performances at the Mercat de les Flors.

DECEMBER

13

Fira de Santa Llúcia

Christmas

The perfect place to buy decorations and gifts.

DON'T MISS!

Elton John. One of the greatest showmen of our times is touring with his extensive back catalogue. **DEC 03**

Loop Festival. Video art takes centre stage at this event that celebrates all aspects of the genre. **MAY 23**

DECEMBER

31

New Year's Eve

Party

Time to celebrate and say 'hola' to 2018.

JANUARY

07

Winter sales start

Shopping

If you're a bargain-hunter, prepare for action.

FEBRUARY

08

Carnival

Tradition

Time to party before the lean weeks of Lent.



MARCH

11

Zurich BCN Marathon

Sport

Trainers at the ready! Get set to run 42km.

APRIL

23

Sant Jordi

Tradition

Catalonia's most romantic day of the year.



MARIA DIAS

MAY

31

Primavera Sound

Music

Three days of great music at Parc del Fòrum.

JUNE

06

Fire!!

LGBTI

International gay and lesbian film festival.

JUNE

14

Sónar

Music festival

BCN's epic electronic event returns once more.

I DESERVE TO BE HERE

We give locals
the chance
to share their
story

Augustó Barceló

Psychomotor therapist, 34 years old
www.centricbcn.es

You used to be a teacher.

Yes, I have a degree in teaching and physical education as well as two postgrads in educational and therapeutic psychomotor development. I'd always worked as a teacher but then I decided to leave my job in a local school to make Centric (Balmes, 13) a reality; it's a pedagogical and psychomotor therapy centre.

What led you to this personal project?

The idea was to help both the families and children be happier. Rather than using traditional therapies, we provide an alternative through play and discovery. It's a space of free expression and there are only three limits, which are all positive: look after yourself, look after the materials and look after the other people. And after that, play!

What kinds of children come?

We have an expression workshop,

an after-school activity open to all kinds of children. We also do psychomotor therapy in smaller groups with special needs children, those with attention deficit issues, who are hyperactive or inhibited, or have crossed laterality or development problems; with them, we do more specific work.

How would you assess the experience?

It's very enriching, both for us and the children. That's why I want people to know about it. Because in Catalonia psychomotor therapy is not well-known and it's necessary to spread the word.

■ *Begoña García Carteron*

'The idea is to help both the families and the children be happier'

WORD ON THE STREET

The most ridiculous
things we've
overhead in
Barcelona this year

Two teenagers
on the street
**'Have you ever eaten
sushi?'**
**'Isn't that a breed
of dog?'**

Two people in a bar
**'Being a fishmonger
is like selling at Zara,
just selling fish.'**
'You're totally right.'

A man talking on
the telephone
**'We arranged to meet
today, but as you can
see, I'm not there.'**

A man unlocks a car
from the year 2000 and
his daughter asks
**'Why does the car
open with keys?'**

A patient to his nurse
**'Don't give me coffee,
I'm vegetarian.'**

A girl of about five to
her father
**'The robot-dog has
no batteries. My life's
a disaster.'**

Two women arguing
**'I forget but I
don't forgive!'**

CITY SURVIVAL GUIDE



What you need to know

The bureaucratic steps to setting up life in Barcelona, the transport options, how to validate a degree, and where to learn Catalan or Spanish.

What do I need to open a bank account?

You need a letter of acceptance from your host university or research centre, or any document that proves you're studying or doing research at a centre in Catalonia, as well as a passport and a foreigner's ID number (NIE). If you're a national of an EU member state, apply for the NIE at the police station located at Rambla Guipúscoa, 74. You'll need a prior appointment, which you can make at: <https://sede.administracionespublicas.gob.es> (some info is in English, but certain sections are in Spanish only). If you're not from an EU member country, go to the police station at Pg. de Sant Joan, 189. To make an appointment, email: infoext.barcelona@seap.minhap.es

Do I need to register with the local authorities?

Registration (*empadronament*) with the city council enables you to become a resident of Barcelona. Everyone, with or without a Spanish residence permit, has to register at a Citizen Service Centre (Oficina d'Atenció Ciutadà). The OAC addresses are listed on www.barcelona.cat, where you can also make the necessary prior appointment.

How can I access the public health system?

If you come from an EU or EEA member

state or Switzerland, you need either a valid European Health Card (issued in your home country) or private medical insurance for the duration of your stay. Non-EU citizens will require private medical insurance that covers their time here. Public primary medical care is provided at neighbourhood CAP centres: see www.catsalut.cat or call 902 111 444 for details.

A guide to day-to-day living in BCN



Which card should I use to travel by public transport?

The most popular travel cards

(for metro, bus, tram, and FGC and local Renfe trains) are:

- **T-10:** A multi-person travel card allowing 10 journeys on all operators in the Integrated Fare System (IFS).
 - **T-Mes:** A holder-specific travel card allowing unlimited journeys on all operators in the IFS; it lasts a calendar month and must be used with a valid ID.
 - **T-Jove:** Under-25s can use this personalised card to make unlimited journeys over 90 days.
 - **T-50/30:** An individual travel card valid for 50 journeys over 30 consecutive days from the first validation.
- For more details, see www.tmb.es.

Where can I do language classes?

► **Catalan Consorci per a la Normalització Lingüística (CpNL):**

SAFETY TIPS

BEFORE STARTING OUT on your big Barcelona adventure, you may want to gather practical information just in case you run into problems. For example, get the phone number of your country's embassy or consulate, and any numbers you might need to cancel credit cards or handle medical emergencies. During your stay, there are many measures you can take to keep yourself safe:

1 ▶ When making reservations or renting accommodation it's best to use the services of institutions and organisations dedicated to that purpose, as recommended by Barcelona Centre Universitari (www.bcu.cat/en).

2 ▶ If you use public transport, keep an eye on your belongings, especially your phone and money. In any crowded place, strap your bag and/or camera across your front, rather than your back. Use a secure closure, such as a lock, zip, etc., ensuring that it's always properly closed.

3 ▶ On the beach, respect the coloured flags indicating whether it's safe to swim. If you head there alone and plan to go in the water, it's best to leave valuables at home.

4 ▶ If travelling by car, note that everyone in the vehicle needs to wear a seat belt, and it's best not to stop for strangers. Try to park in well-lit locations.

5 ▶ Avoid showing your cash in public, and only carry a small amount. In restaurants and bars, ask for the prices first to avoid surprises when paying.

6 ▶ You may come across people who will try to divert your attention with various excuses (saying you have stains on your clothes, selling flowers, asking for your signature, etc.). Do your best to avoid them, as they could be pickpockets.

For more info, visit www.bcu.cat



MARIA DIAS

Call 112

If you're the victim of a crime, ask for help from a police officer or call 112, which works for all emergency services, including ambulances and the fire brigade. It's free, works 24/7 and you can even call using your mobile in places where you can't get a signal with your provider (via another company). Operators can help in 50 languages. There's also 'My 112', a useful, free app you can download; if you access the service, your phone will then use geolocation to identify where you are.

For details, contact info@bcu.cat.



www.cpnl.cat
 Intercat: www.intercat.cat
 Parla.cat: www.parla.cat
 ▶ **Spanish** UAB Idiomes:
www.uab.cat/servei-llengues/
 Merit School UPC:
www.meritschool.com/upc/
 UPF Idiomes: www.upf.edu/pei/

Where I can get my foreign degree approved/validated?

Go to the Higher Inspectorate of Education at Bergara, 12, ground floor. T. 93 520 96 03.

How can I get free WiFi access?

Barcelona WiFi is a service from the local council that provides internet connection through WiFi hotspots in municipal amenities and public access points.
www.bcn.cat/barcelonawifi/en/

FREE BCN

Enjoy the city without spending a cent

GUIDED VISITS

Cemetery tours

Barcelona's cemeteries are not just final resting-places; they also house iconic sculptures and extraordinary sepulchres, artworks in their own right. And as well as daytime tours, the brave can enjoy occasional, spooky night-time visits.

→ Sundays, in Catalan and Spanish. More info: www.cbsa.cat.

TRADITIONS

L'ou com balla

Every Corpus Christi (around 65 days after Easter), various fountains in the city are ornately decorated with flowers and foliage, while an egg (*ou*) is placed on top of the water where it merrily dances (*balla*) away. It's a memorable sight that epitomises Barcelona's historical beauty.

→ Various sites. See www.bcn.cat for details.

HISTORY

Temple of Augustus

Discover these remarkable columns,

DON'T MISS



some nine metres high, which remain from the Roman colony of Barcino that once stood here.

→ **Paradis, 10. M: Jaume I (L4).** www.museuhistoria.bcn.cat

ATTRACTIONS

Montjuïc Magic Fountain

Still in possession of its original plumbing, this colourful landmark works its wonders with 3,600 pieces of tubing and more than 4,500 light bulbs. At the evening shows, the multiple fountains swell and dance to anything from the '1812 Overture' to Freddie Mercury and Montserrat Caballé's 'Barcelona'.

→ **Av. Maria Cristina. M: Espanya (L1, L3).** www.bcn.cat

OUTDOORS

Portal de Santa Madrona

Every first, third and fourth Sunday, the Maritime Museum opens what is the last surviving gate from the city's medieval walls and that gives onto a hidden garden.

→ **Av. Drassanes, 1. M: Drassanes (L3).** **11am-2pm.** www.mmb.cat

TimeOut
BARCELONA

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ONLY IN BARCELONA

By Clemmy Manzo



LA PLATA

Not much has changed at this pint-sized tapas bar since it opened its doors in 1945. Tucked away in a corner of the Barri Gòtic, owner Anna Marjanet serves up the same four tapas her parents did 70 years ago. Clearly it's a case of quality over quantity, as locals jostle for space with some of the world's biggest stars (among them U2's Bono, actor Daniel Brühl and top chef Ferran Adrià) for a taste of La Plata's famous fried sardines, washed down with a glass of vermouth.

→ Mercè, 28. www.barlaplata.com

LUNCH AT THE MARKET

It's hard to beat a morning at Barcelona's must-visit markets, where piles of golden cheeses, hanging hams and stacks of shiny tomatoes vie for attention. So we suggest you stay for lunch too. Among the kaleidoscope of colours are some of the city's best *taperias*, where you can feast on the very produce that you've just been admiring. They're usually traditional affairs where locals on their lunch break bark out their daily order while hungry tourists studiously pour over the menu. Among our favourites are La Boqueria's El Quim and Santa Caterina's Bar Joan.

RECIPE POSTCARDS

Put the sombrero down. And don't even think about that flamenco dress. For a way cooler – and cheaper – souvenir, stock up instead on vintage-style recipe postcards and posters by Catalan design studio Yema. Inspired by adverts from the '30s, they use retro typography and illustrations to depict typical Spanish and Catalan dishes such as *crema Catalana*, *paella*, *pa amb tomàquet*, *patatas bravas* and *pescaito frito*. On the back are the authentic recipes to match, so you can re-create a culinary Barcelona experience back home. Find them at gift shops across the city.

→ www.yema.info

EL NACIONAL

Down a quiet passageway off Passeig de Gràcia is a sure-fire contender for Barcelona's most striking space. Inside the refurbished 19th-century building, it's all high-ceilinged splendour with a big dollop of Art Deco. In the centre is a stunning wooden *barra*, the perfect place for a glass of cava while you ponder which eating area to head for. Choose from

BE SCARED OF KISSING

You'll doubtless see locals greeting each other with a peck on each cheek. It might seem a tad forward, but it's a custom that quickly becomes strangely appealing.

EAT ON THE STREET

It's not exactly frowned upon here. It's just not done. And really, there's no need. If you're feeling peckish, just pop into one of Barcelona's hundreds of cafés, bars and restaurants.

DRESS HEAD TO FOOT IN FAST FASHION

We like Zara, Mango, etc. as much as the next man, woman or child. But with so many clothing emporiums here, don't limit yourself to the obvious ones.

STAY IN ONE AREA

Did you know that Barcelona has more than 70 neighbourhoods? Didn't think so. Wander off the beaten track and you'll be well rewarded with new sights and experiences.

BE EARLY

Life tends to adhere to a later timetable in Barcelona. Breakfast at 10.30am, lunch from 2pm, no supper before 9.30pm. And don't even think about going out at night before 11pm.

DRINK TOO MUCH

Now, we don't want to sound like your mum, and we know alcohol is likely to be cheaper here than at home. But do as the Catalans do and savour your drinks. It'll be more fun for everybody.

DON'T!

DO!

GO WALKING

Public transport in Barcelona is excellent, and there are any number of rental vehicles to help you get around. But you'll see more of the city, and feel more like a local, if you use your own two legs.

LOOK AFTER YOUR STUFF

While things have improved here recently, pickpockets are still on the prowl. City-dwellers are used to keeping valuables close, a habit that is much cooler than having to file a report at the cop shop.

EAT SEASONAL FRUIT & VEG

You'll find heaps of local products that fill Catalan larders and stomachs at different times of the year, like wild mushrooms in autumn, cherries in June and the onion-like *calçots* in winter.

GO BILINGUAL

Try out a play in Catalan. See a film in Spanish. No, you might not get everything that's going on, but you will get a taste of this key part of city life where people flip from one language to another.

LOOK AWAY FROM YOUR MOBILE

Selfie sticks are not the most popular gadget among locals, and while we all know how useful mobiles can be, Barcelona is full of beauty. Don't miss it.

HEAD TO THE BEACH

While you can go swimming in the warmer months, there's much more going on there, not least seafloor strolls, al fresco dining and any number of outdoor sports.

ABC OF COOL

ARTIST'S BOOKS

Terranova is one of the latest projects from audiovisual creator Luís Cerveró; it seeks out new writing talents and city artists. (terranova.com)

ILLUSTRATION

Illustration in Barcelona is riding high. Find proof of it in the pages of the 2015 dual language book *Mundo Ilustrado/ Illustrated World* (Ed. Gustavo Gili; €14.90).



Food trucks
Palo Alto monthly market

oysters at the fish restaurant, juicy steaks at the brasserie, Spanish tapas at the taperia, or perhaps deli-style snacks at the stall. Whichever you go with, you're in very safe – and creative – hands here.

→ Passeig de Gràcia, 24 bis. www.elnacionalbcn.com

PALO ALTO MARKET

Taking place in an industrial warehouse in Poblenou's Vila Olímpica, this monthly hipster hang-out showcases local fashion labels such as Colmillo de Morsa, Mas34 and Mis Tesoros Vintage, as well as independent homeware designers and quirky art exhibits, accompanied by a live music soundtrack. Dotted around are gourmet street food trucks serving up everything from spicy tacos to smoked pork baguettes. It's more than a market – it's a mini village of Catalan cool. Bring your trilby hat and shades – or better still, buy them there.

→ www.paloaltomarket.com

WOODEN SUNGLASSES

Wooden-framed sunnies are in fashion, and it seems everyone in Barcelona got the memo. The trend that has taken the city by storm in the last few years is showing no sign of waning, with a few local eyewear designers specialising solely in wooden collections. Among them are the handcrafted selections by Palens and Palo, while Ribot's funky designs are named after

Barcelona's neighbourhoods. Touch wood there's plenty of sunshine this year!

→ Palens: www.palens.com

→ Palo: www.palowood.com

→ Ribot: www.ribot-barcelona.com

QUIMET I QUIMET

A stand-up-only bodega bar serving tinned shellfish (*conservas*) may seem like a peculiar choice, but century-old Quimet i Quimet in Poblesec is a Barcelona institution, exuding a classic charm that transports you back to the city's pre-Segway-tour days. It's minuscule and museum-like, every inch of every wall lined with wine bottles for sale and collectible relics. And if tinned mussels aren't your thing, worry not: there's an extensive range of delicious *montaditos* (tapas on bread) to choose from to go with your choice of tittle.

→ Poeta Cabanyes, 25.

www.facebook.com/quimetiquimet

NAGUISA

Founded in 2012 by an architect and an industrial designer, this Catalan shoe firm has breathed a new lease of life into the classic *espadrille* (*espadrinya* in Catalan), launching innovative designs that propel the comfortable shoe into high fashion status. The stylishly creative collections are made with top-quality materials and combine different textures and

HOTELS WITH A VIEW

Get a different take on the city from its rooftops

You've got up-close and personal with the Picassos, gawked at the Gaudís, and admired the Mirós. Now it's time for a new Barcelona perspective, from up above. Many hotel bars and restaurants offer unbeatable views of famous landmarks, minus the queues. Among the best is the slick rooftop of Hotel Majestic on Passeig de Gràcia. Masterful cocktails come with a poolside panorama of Casa Batlló and the spikes of the Sagrada Família. At the quieter end of the Barri Gòtic is the romantic Hotel Duquesa de Cardona, housed in a beautiful 19th-century building. One part of the sixth-floor terrace is open all day to non-guests, who can admire views of the palm-fringed marina on one side and the church of La Mercè on the other. For sea views, Eclipse Bar South at the sail-shaped W Hotel is your best bet. Like the rest of the building, this covered bar on the 26th floor is known for its innovative design details. Drinks aren't cheap, but they're worth it for the sweeping vistas. Towards Sants station, Hotel Torre Catalunya's top-floor restaurant affords 360-degree views of the twinkling city lights below. For an entirely different viewpoint, head out of the centre to the elegant Gran Hotel La Florida, where you can combine a fine-dining experience with hilltop views of the whole of Barcelona.

→ Hotel Majestic: Passeig de Gràcia, 68. www.hotelmajestic.es

→ Hotel Duquesa de Cardona: Passeig de Colom, 12. www.hduquesadecardona.com

→ W Hotel: Plaça de la Rosa dels Vents, 1. www.w-barcelona.es

→ Hotel Torre Catalunya: Av. de Roma, 2-4. www.torreatalunya.expohotels.com

→ Gran Hotel La Florida: Ctra de Vallvidrera al Tibidabo, 83-93. www.hotellafloida.com

FOR KIDS

Do art galleries for kids exist? Yes! The problem (perhaps) is that adults also love the pieces on sale at Plom Gallery (Sèneca, 31).



HOME-GROWN TRAINERS

Sneaker fever shows no sign of abating. For proof check out veteran Catalan *vamba* labels like Mates (Gayarre, 25) and Munich (Rec, 22).

colours. Many add wood or cork to the typical jute (rope) heels, while most of the fabric is leather. We especially love the ones with a metallic finish.

→ Find them at Ivori, Mirallers, 7 or go online to shop at: www.naguisa.com.

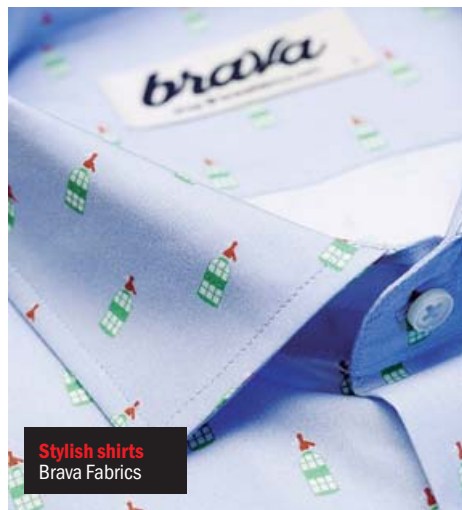
BRAVA FABRICS

What's not to love about this fair-trade fashion label? Made exclusively in Barcelona from certified cotton, their shirts come in fun, bold prints such as slices of watermelon, paper boats, rubber ducks and, one of our particular favourites, food trucks. There's a range of women's blouses, dresses and T-shirts, as well as bow ties, shorts and underwear. What's more, their strict eco-friendly ethos means that no plastic is used in packaging or posting – instead you'll get your purchases beautifully wrapped in burlap with recycled paper tags.

→ Roc Boronat, 6. www.bravafabrics.com

PALOMA WOOL

The brainchild of 20-something Paloma Lanna, this fresh clothes label has grown into a huge hit since it launched in 2014. Lanna shirks the faddish elements of fashion, choosing instead to produce timeless, high-quality pieces made from linen and cotton. The sweatshirts feature prints of her personal analogue photographs, while other designs are inspired by artists such as Matisse and Picasso; they're limited-edition pieces that in a way could be said to be works of art in themselves. And all made



Stylish shirts
Brava Fabrics



CRISTINA REICHE

HAVE A VERMOUTH

When what's cool has a long history behind it

Like a phoenix rising from the ashes of its dowdy reputation, vermouth has in recent times become the city's most fashionable drink. Made from white wine macerated with aromatics, and served on the rocks or fizzed up with siphon soda, it's usually enjoyed with friends before a long lunch or an aperitif before dinner. A small plate of plump green olives or pickled anchovies are almost obligatory accompaniments. While the tradition was once practically confined to the over-60s, now you're just as likely to see youths in skinny jeans nursing tumblers of the stuff. The drink's newfound popularity has resulted in a resurgence of traditional bodegas as well as a wave of contemporary *vermuterías*. Vermouth's renaissance

among younger generations may be down to its appealingly retro image, or perhaps there's just a growing appreciation of such traditions in a time of increasing globalisation. Whatever it is, one thing's for sure: any authentic Barcelona experience is incomplete without getting stuck into vermouth o'clock. Sit down for an artisan experience among the oak barrels of Casa Mariol (Rosselló, 442). This little bodega near the Sagrada Família has gained international fame for its own brand of vermouth, made with 150 herbs and spices, and a white wine base originating from macabeo grapes. This is the place to buy a bottle to take home. At the foot of Montjuïc, trendy Seco Taverna Km0 (Pg. del Montjuïc, 74) brings a big measure of vermouth cool to fashionable Poble-sec. On the other side of the spectrum are the old-school Bodega Cal Pep in Sants (Canalejas, 12) and Gràcia's Bodega Quimet (Vic, 23) – both beloved veterans in the vermouth ritual.

SIGNATURE CERAMICS

If you're a ceramics fan, don't miss the dream-like pieces by Lusesita (Pallars, 84) and the illustrated work of Sonia Pulido (in Oslo at Torrent de l'Olla, 164).

LOCAL HATS

From the fusion of skate and surf cultures comes Laser Bcn. A must if baseball hats and sweaters are a key part of your wardrobe (Doctor Dou, 2).

MODERN JEWELS

Craft and design combine in the contemporary jewellery of Alba Casares ([facebook.com/albacasaresbarcelona](https://www.facebook.com/albacasaresbarcelona)) and Berta Sumpsi (bertasumpsi.com).

Cool BCN

proudly in Barcelona, as the young designer herself puts it.

→ www.palomawool.com

JAMBOREE

Going strong since the '60s, this tiny, cave-like basement club on Plaça Reial captivates audiences young and old with a diverse musical programme 365 nights a year. From big band to bebop, Jamboree covers all styles of jazz, inviting local and international artists onto its celebrated stage. Legendary musicians who've performed there include the likes of Chet Baker, Lou Bennett, Kenny Clarke and Ornette Coleman. What's more, Monday night's WTF! jam sessions are a Barcelona classic, just like the club itself.

→ Plaça Reial, 17. www.masimas.com/jamboree

NUMON

Núria, the designer behind the Numon brand, describes her one-of-a-kind creations as 'accessories with history'. She's like the fairy godmother of fabrics, lovingly transforming disused vintage rugs, curtains and bedcovers into everyday bags of all shapes and sizes from her workshop in the rural outskirts of Barcelona. Other funky Numon accessories you'll find include sunglass cases, iPad covers and purses.

→ Buy her creations at Olokuti Gràcia, Astúries, 36.

www.numon.org



Go shopping
OMG BCN

CYCLING

We always knew it, but now it's official: Barcelona ranks among the world's best cities to cycle in, according to a recent report by urban planning experts Copenhagenize Design Co. Over 100km of cycle lanes stretch across the city, making it easy for you to take in the sights on two wheels while simultaneously burning off those patatas bravas. Bicing – Barcelona's municipal cycle-share system – is available to residents, while there are rental services on practically every corner.

→ www.bicing.cat

→ www.bornbikebarcelona.com

→ barcelonabiking.com

→ www.tallerbicycle.net

PINC BY ANA TICHY

Ana Tichy has conquered the hearts of fashionistas as far afield as Tokyo with her versatile pieces made with natural, organic fabrics. Feminine, urban and eclectic, her collections are intended to be dressed up or down for everyday wear. She's best known for the colourful prints she designs herself from her small workshop in Gràcia. Featuring irresistibly fun jungle-themed prints for women and men, her latest collection secures her position as one of our favourite Catalan designers.

→ Encarnació, 39. www.anatichy.com

OMG BCN

The concept of this Born boutique is that every item should make you gasp 'OMG!'. Mission accomplished. Dynamic owners Iu and Estela have created a magical treasure trove of all things made in Barcelona. Here's the place to discover emerging local designers, whether you're in the market for giant pouf-like sofas or necklaces from Cubos y Raíces that combine geometry and nature. The shop also regularly hosts workshops ranging from pottery to origami.

→ Pl. de la Llana, 7. www.omgbcn.com

TOMATOES

In a place where a key national dish involves rubbing cut tomatoes on bread (*pa amb tomàquet*, see page 45), it's to be expected that the glossy red fruit so popular in Mediterranean cooking is a common sight in Barcelona's markets. According to a 2011 report by the Fundació Miquel Agustí, there are 13 traditional varieties of Catalan tomato, including *cor de bou*

SANT ANTONI MANIA

The area that proves anywhere can become cool

Sant Antoni was once a nondescript neighbourhood, but it earned its place in the cool hall of fame around six years ago, when a handful of pocket-sized bars opened up on and around C/Parlament. News of the neighbourhood's cutting-edge cool factor spread like wildfire.

Soon, an influx of the modern mixed seamlessly with the classic, cementing Sant Antoni's reputation as the neighbourhood of the moment – and it shows no sign of letting up.

Lined with bars, cafés and restaurants, Parlament is still the centre of the action. Bar Calders forms part of Barcelona's new vermouth revolution, while Federal Café is where MacBook-toting freelancers come for their daily dose of organic café. Two blocks down, on Viladomat, Casa Lucio serves up typical Catalan cheeses, grilled fish and omelettes with truffles. For a retro experience, head to the nearby and aptly named Bar Nostàlgic. On C/Aldana, a smattering of compact cocktail bars includes '50s-style Jonny Aldana.

The patch bordering Av. Paral·lel is the gastronomic domain of Barcelona's favourite culinary duo, the Adrià brothers. Among their five restaurants in the area is the Michelin-starred Tickets. Reservations have to be made months in advance, but if you can't get a table, at least you know there are plenty of enticing alternatives nearby.

→ Bar Calders: Parlament, 25.

→ Federal Café: Parlament 39.

→ Casa Lucio: Viladomat, 59.

→ Bar Nostàlgic: Viladomat, 38.

→ Tickets: Av. Paral·lel, 164

→ Jonny Aldana: Aldana, 9

VINTAGE

For vintage Scandi furniture, try Noak Room (Roc Boronat, 69). At nearby Eterna, you'll find souvenirs from BCN's industrial past (Roc Boronat, 68).

MOTHER & DAUGHTER

Lydia Delgado and Miranda Makaroff create fun, colourful fashion collections. Find the work of this family enterprise in Gràcia (Sèneca, 28).

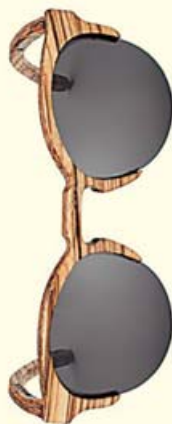
GRAPHIC DESIGN

Barcelona is an incubator for renowned graphic designers. We love Toormix's posters (toormix.com) and Brosmind's drawings (brosmind.com).



1

- 01. Pinc by Ana Tichy creates feminine, urban clothing
- 02. All the coolest eyes in BCN are protected by wooden shades, like this Palens model
- 03. Accessories with history are what you'll find at Numon, where they use recycled materials



2



3

(beefheart), pear tomatoes from Girona and ones to be hung in the kitchen, such as the *tomàtiga de ramellet*. The last is the type recommended for pa amb tomàquet, and even if they're picked in summer, they can last right through winter. So keep your eyes open for this dangling delicacy, and don't miss the chance to try bread rubbed with tomato, one of the city's favourite snacks.

FREE TAPAS

Although its precise origins are unknown, the Spanish tradition of offering a small bite to eat to accompany a drink order in a bar has been around for several centuries. Unfortunately, unlike in other cities such as Madrid and Granada, the

habit hasn't caught on as much in Barcelona. However, that's not to say that the custom doesn't exist at all – you just have to know where to look. Gata Mala in Gràcia, for example, is small and crowded but worth the battle for the treats they serve up with each beer ordered (Rabassa, 37). At Cal Chusco, in the seafront area of Barceloneta, order a beverage and you might be served ham, cheese, croquettes or whatever chef Isabel comes up with that day (Almirall Aixada, 5). Elbows ready. Mouth open. Prepare to feast.

HOTEL OHLA

With Barcelona's tourist industry booming, hotels continue to go up all around town. While a

few tend towards the anonymous, box-like style, there are others that go the extra mile, indeed way beyond the extra mile, when it comes to making an effort to do something befitting this fine city. The hotels Ohla are a case in point, especially the Ohla Barcelona. This five-star design boutique hotel has one of the most memorable façades in the city centre, with eyes on stalks decorating its neo-classical structure. Inside this building that was constructed in the '20s, you'll find top-class tapas, an amazing rooftop pool and a stylish cocktail bar. If you want something slightly less central, the Ohla Eixample opened its doors in 2016. Along with a modern industrial design, it incorporates new technology and creative architecture.

→ Ohla Barcelona: Via Laietana, 49.

→ Ohla Eixample: Corsèga, 289.

www.ohlahotel.com

CATALAN WINE

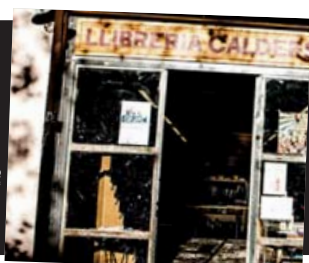
Catalonia's most famous alcoholic drink is undoubtedly cava, the bubbly white that had to change its name from champagne when that French area was awarded one of those pesky protected designations of origin. But while it's a delicious tippie, there are other local vintages worth trying. For whites, ask about Penedès varieties (this is the region where most cava is made), while for red there's Priorat (the money's-no-object choice), Montsant (a worthy alternative to Priorat), and Conca de Barbera. A 2015 article in *Time Out Barcelona's* Catalan edition reported that more than half of restaurant-goers here don't order Catalan wine. Don't be a statistic – go local.

A SANDWICH CALLED BIKINI

For most of us, the word conjures up images of svelte, sun-kissed bodies. But for Barcelona residents, *bikini* equates to a ham and cheese sandwich, buttered on the outside before being toasted. It's said the name comes from the legendary Bikini nightclub in Les Corts (www.bikinibcn.com). Their twist on a croque-monsieur became so popular that bars across the city started to follow suit. Goopy in the middle, crunchy on the outside and exceptionally satisfying, the humble bikini has become a regional treasure. Try a contemporary take on the old favourite at Tarranà, while more traditional versions are served at Granja La Catalana.

→ Tarranà: Viladomat, 23

→ Granja La Catalana: Ronda de Sant Pere, 28.



MARIA DIAS

BOOKS

You'll be hard-pressed not to find a book you really want to buy at La Caldres (Ptge. de Pere Calders, 9), one of the city's newer temples to the written word.

DESIGN PIECES

A spot to find a variety of design products is AOO (Sèneca, 8). We particularly like the items designed by the shop's driving force, Marc Morro.

16 great things to do in BCN

Barcelona is full of amazing sights but where do you start? Here's our guide to the city's essentials

1 Do a vermouth crawl!

Everything tastes better accompanied by a good *vermut*, especially with a bite to eat. Try the house vermouth at classics Bar Calders, La Pepita and Bar Electricitat.

2 Discover the city on foot

Barcelona is the perfect size for strolling around. Stunning buildings and parks abound, but there's also a Barcelona off the beaten track: head for hidden squares like El Sortidor, explore the charms of Sant Andreu, or visit the village-like Sarrià.

3 Get to know the city's history

Barcelona is full of diverse cultures and heritages – along many streets you'll find signs of its history. Plaça del Rei, El Born Cultural Centre and the Maritime Museum are just some of the must-sees.

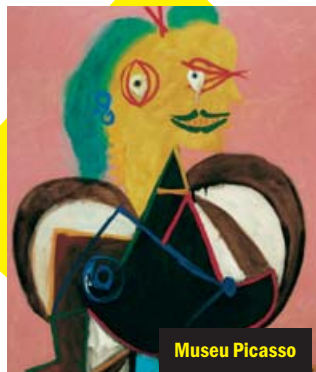
4 See the city of Picasso's youth

Start at C/Mercè, 3, where the Picasso family once lived (the building unfortunately no longer stands). Then head to Els

4 Gats, where the artist and his peers gathered to dine and discuss their trade. Lastly, visit the Museu Picasso, a beautiful medieval building housing works from Pablo's formative years.

5 Climb up the magical Montjuïc

This 'mountain' is perfect for a leafy walk with great views, although it takes a bit of legwork to climb. With buildings from the 1992 Olympic Games, as well as the Botanic Gardens and a castle, the effort is worth it. Back at the bottom, the Mies van der Rohe Pavillion and CaixaForum are definitely places to check out.



6 Walk on the arty side

Museums are on almost every corner in Barcelona, but one jewel not to miss is the MNAC, with Catalan art from the Romanesque period to the mid-20th century. On a smaller scale, the Palau Robert is free, has great exhibitions, and the building itself is worth a gander.

7 The Raval

Once called the 'Barrio Chino', this neighbourhood has inspired many a writer. Today, it's a place where local businesses thrive in the form of unique shops and restaurants while still maintaining some of its seedy underworld glamour. Street culture is booming here, alongside key sites like the MACBA, CCCB and Filmoteca.

8 Hit a high note in concert

Barcelona has excellent live music venues, such as Apolo and Razzmatazz, and great concert halls. The Liceu opera house is a survivor in splendour, with gold leaf, plush carpets and ornate carvings, while L'Auditori is a sleek space with capacity for 2,400.

9 Visit the gay heart of the city

Barcelona's gay capital has long been the Eixample, nicknamed

Gaixample for the sheer number of stores and clubs that cater to this clientele. Start the night with a cocktail in Plata Bar; if dancing till dawn is your goal, Metro is a great choice, as is Arena, where both boys and girls are welcome.

10 The Mediterranean

Barcelona has just over four kilometres of beaches where you can spread out your towel, stab your umbrella into the sand, smear yourself with sun cream and find a very safe place for your rucksack. What's more, just a short drive or train journey away, you can take in numerous other coastal towns blessed with gorgeous beaches.

11 Perfect your path to heaven

Visit some of the city's magnificent churches like Sant Pau del Camp, a rare example of Romanesque architecture, with a stunning façade and amazing cloister. The graceful basilica of Santa Maria del Mar may be the best surviving example of Catalan Gothic.



CRISTINA RECHE

MARIA DIAS



Port Vell

Barcelona has just over four kilometres of beaches where you can spread out your towel

12 Discover your sweet tooth

For posh chocolates in fancy packaging, head to Escribà or Bubó, where every bonbon is a work of art. For an authentic Barcelona experience, stop by one of the cafés on C/Petritxol for a thick, rich hot chocolate favoured by locals (whipped cream on top optional).

13 Barcelona's Old Port

With yachts, shops and cafés, Port Vell is popular with locals for a weekend walk in the sun. In the same area, you'll also find the Aquarium, the Catalan History Museum and the Columbus statue, which offers panoramic views across the city and sea.

14 Much more than a club

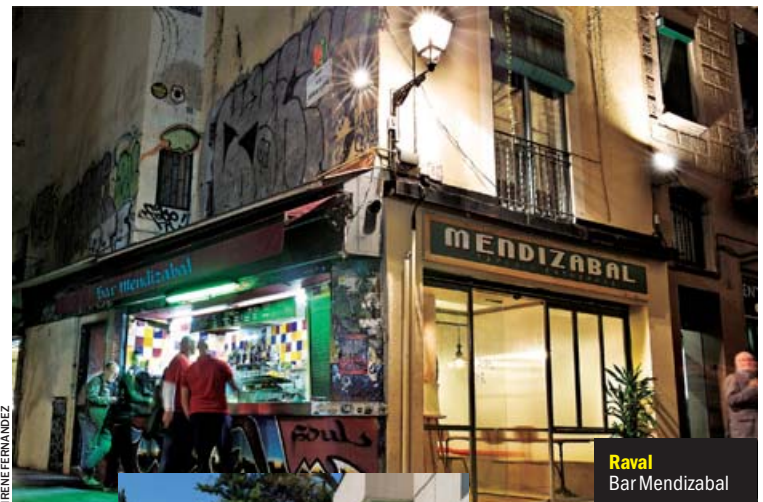
For many visitors, a stay in Barcelona is not complete without heading to the iconic Camp Nou. Even if football isn't really your thing, you could check out a basketball game or take a turn or two around its ice rink, which is open all year.

15 Get out!

The best place to take a break here is at one of the many outdoor bars and cafés. Santa Marta is a hip Barceloneta hangout with a huge terrace, while another option is La Font del Gat, a historical spot close to the Fundació Miró. In the summer, the rooftop terraces of hotels like the Grand Hotel Central or the Pulitzer are the places to be and be seen.

16 Enjoy a really good party

Once you've got to know Barcelona by day, let it all hang out in the best clubs in town for an unforgettable night. Sidecar is where indie rockers have been getting their fix for 30 years, while Magic is the quintessential Barcelona rock club. If funk and hip hop are more your thing, your best bet is Marula.



IRENE FERNÁNDEZ

Raval Bar Mendizabal



MARIA DIAS

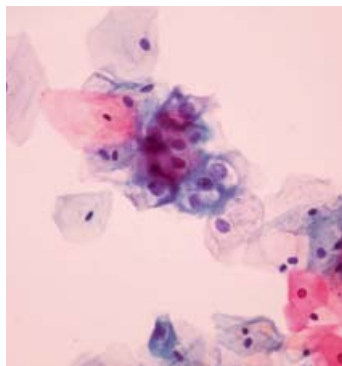
Fundació Miró

Think big

By
**Hannah
Pennell**

**Innovation and research
are forging our future.
We look at the key
projects and people
in Catalonia seeking
answers to the questions
of today and tomorrow.**

In 2010, the Catalan regional government created the CERCA Institute of Catalan Research Centres, an umbrella organisation incorporating over 40 different private centres that aims to encourage flexibility, efficiency and the recruitment of top scientists. Here are details of seven key research projects currently underway in Catalonia.



01. Distributed internet – 5G telephony

An internet of intelligence requires new architectures and services that can interconnect people, objects and nature in more efficient and dynamic ways than the current internet. There's also a need for new systems and protocols that can transform information into new knowledge, and the creation of intelligent environments for its management. Users can then be empowered to design, reconfigure and manage the networks based on their own interests and needs. A team at i2CAT, The Internet Research Centre, led by Dr Eduard Escalona, is exploring new ways to manage future internet networks, enabling new functionalities and business models by means of integrating technologies like Software Defined Networking and Network Function Virtualization, as well as developing pioneering internet architectures based on new paradigms beyond TCP/IP. www.i2cat.net

02. Liquid biopsies

At the Vall d'Hebron Hospital Oncology Institute, researchers



led by Professor Joan Seoane have developed liquid biopsies of cerebrospinal fluid (CSF) as a way to monitor brain tumours. Using this method, the CSF, which is present in high quantities in circulating central nervous system tumour DNA, is extracted by lumbar puncture, meaning less discomfort and risk for patients than traditional procedures to extract brain tissue samples. The liquid biopsy can be used for the prognosis, treatment, identification and tracking of brain genome alterations over time. This technique also suggests the option of more precise, individualised treatment for each patient. www.vhio.net

03. Environmental 'memories' passed on

In April 2017, scientists at the Centre for Genomic Regulation (CRG) published findings that the impact of environmental change can be passed on in the genes of tiny nematode worms for at least 14 generations – the most that has ever been seen in animals. Working in conjunction with the Josep Carreras Leukemia Research Institute and The Institute for Health Science Research Germans Trias i Pujol, and led by Dr Ben Lehner, group leader of the EMBL-CRG Systems Biology Unit, the researchers noticed that the impact of environmental change can be passed on in the genes for many more generations than previously seen; they made the observation while studying *C. elegans* worms carrying a transgene array – a long string of repeated copies of a gene for a fluorescent protein that had been added into the worm genome using techniques of genetic engineering. www.crg.eu

Leading researchers

Meet some key members of Catalonia's scientific community



NÚRIA MONTSERRAT
Junior group leader at the Institute for Bioengineering of Catalonia, specialising in organ regeneration and stem cells.



ALBERT TARANCÓN
Head of the Nanoionics and Fuels Cell Group at the Catalonia Institute for Energy Research, with focus on hydrogen technology.



SERGI FIGUEROLA
Chief Technology and Innovation Officer at i2CAT since 2013, his research includes new internet architectures.

04. Virtual reality treatment for ADHD

The Psychiatry Service of the Vall d'Hebron University Hospital, headed by Dr Josep-Antoni Ramos Quiroga, is the first in Spain to launch a pilot test to analyse the usefulness of virtual reality in the treatment of Attention Deficit Hyperactivity Disorder (ADHD). The project, carried out in collaboration with the Catalan company Psious, follows the line taken by the Vall d'Hebron Research Institute (VHIR) in the analysis of new approaches to this disorder. The initiative received a Mobile Word Capital Barcelona award for technological innovation in September 2016. The test uses mindfulness techniques for the first time, while virtual reality allows professionals to use

This method of liquid biopsy means less discomfort and risk for patients than traditional procedures

ultra-realistic environments to aid patients' concentration, the aim being to treat ADHA without the use of drugs. www.vhir.org

05. Discovering new species

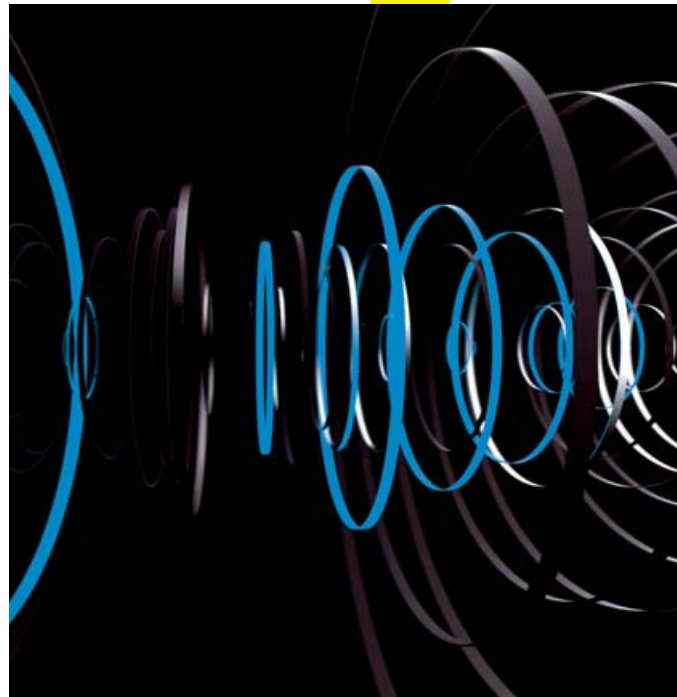
At the Institut Català de Paleontologia Miquel Crusafont, research teams are investigating the existence of previously unknown species. For example, in 2015, a team led by the institute's new director, Dr David M. Alba, published details in *Science* magazine of a new genus and species, *Pliobates cataloniae*, based on a skeleton recovered from the landfill of Can Mata (in Els Hostalets de Pierola in Catalonia). The fossil remains belong to an adult female individual christened 'Laià' by her discoverers. Laià weighed 4-5 kg, consumed soft fruit items, and moved through the forest

The adult Laia lived 11.6 million years ago, weighed around 4-5 kg and consumed soft fruit items

canopy by climbing through and hanging from branches. Pliobates lived 11.6 million years ago and precedes the divergence between hominids (great apes and humans) and hylobatids (gibbons), which has important implications for reconstructing the last common ancestor of both groups.
www.icp.cat

06. Interactions between light and matter

The Quantum Nano-Optoelectronic group at ICFO, led by Professor Frank Koppens, studies interactions between light and matter at extreme limits. Several unique and novel techniques are exploited to confine light to nanometre-length scales and study physical processes at ultra-fast timescales. Central to these studies are a variety of novel materials that are only one atom thick – graphene and 2D materials – which show fascinating properties that are only just being discovered. The group also develops new concepts for photo-detection, imaging systems, optical modulation, nano-scale light processing and switching, as well as flexible and wearable health and fitness devices. The aim is to build prototypes of these disruptive technologies, in collaboration with industry. The group works closely with the Graphene Flagship programme, the EU's largest research initiative, with funding of €1 billion for ten years.
www.icfo.eu



07. Nanosatellites

Space-based observations have transformed our understanding of Earth, its environment, the solar system and the universe. Moreover, space exploration has played a key role in the provision of innovative technologies for an extensive knowledge of the Earth in the globalisation era. Today, such technologies have a significant impact on telecommunications, climate monitoring and forecast, geolocalisation, and defence. In this context, small satellites and, in particular, nanosatellites (1-10 kg), are gaining momentum as a disruptive solution for accessing space in a rapid and more affordable manner. Having first launched a nanosatellite in 2016, a group at the Institute of Space Science of Catalonia (IEEC) under Professor Adriano Camps (of IEEC-UPC) plans to launch several such small satellites between 2017 and 2020 covering the interests of different public research centres and universities, and private companies for industrial applications. www.ieec.cat

Leading researchers

Meet some key members of Catalonia's scientific community



IÑAKI PERMANYER
Research fellow at the Centre for Demographic Studies specialising in subjects such as social stratification.



ANA CAÑO-DELGADO
Professor at the Centre for Research in Agricultural Genomics, her investigations are focused on plant biotechnology.



LETICIA TARRUELL
Junior group leader at The Institute of Photonic Sciences with a research programme on ultracold quantum gases.

Q&A

we talk to...



LLUÍS ROVIRA
Director, CERCA

LLUÍS ROVIRA has a PhD in biology, but soon after he finished his doctorate he moved towards the management of scientific institutions, and today he's the director of CERCA, a foundation that brings together more than 40 research centres across Catalonia.

Why is CERCA necessary?

It's very necessary in Catalonia for various reasons. First the CERCA programme finances research centres with €100 million every year. What's more, it evaluates these centres every four to five years... and we select the directors of the centres.

Why is the scientific sector so important now to Catalonia?

The country aims to somewhat change its economic model... to a knowledge-based one, and research is the fuel for that.

How do you see the future of the sector?

I'm an optimist, I think it can go very well. We've overcome big obstacles in the last 20 years... and now we're entering a new phase, where we are not only generating high-level scientific knowledge, we are starting to sell technology like they do in institutes like MIT in the US. Catalonia is a small country but I think we'll have a Nobel Prize in the next 10 or 15 years. ■

Catalonia will have a Nobel Prize in the next 10 or 15 years



LLUÍS TORNER
Director, ICFO

FRANCESC SUBIRADA DG, Generalitat Research dept

BARCELONA NATIVE AND

chemical engineer Francesc Subirada became Director-General of the Catalan government's Universities and Research Secretariat in 2016.

How many people currently work in research in Catalonia?

At the moment there are 25,500 researchers. The percentage of foreigners is pretty high, especially in the more established stages of research careers.

How has the profile of research changed here recently?

Perhaps the most significant change in Catalonia is that our institutions have become much more competitive. In terms of cutting-edge research, we are now second in terms of awards from the European Research Council per million inhabitants.

Which research areas are the most important in Catalonia?

They comply exactly with what the EU regards as key enabling technologies, eg, nanotechnology, biomedicine and material sciences. ■



LLUÍS TORNER completed his PhD at UPC in Barcelona, and his current research area is nonlinear optics. He's the founding director of The Institute of Photonic Sciences (ICFO).

What ICFO is and how does it work?

ICFO is a cutting-edge research centre, where we seek discoveries with a global impact. Our multidisciplinary research focuses on areas like nanoscience, new materials and sensors.

What's your relationship with other global entities?

We collaborate and compete with the most advanced centres in Europe and the USA. ICFOians are continually going to conferences and working on collaborative projects abroad.

How do you see the future of investigation here?

Various centres in the metropolitan area offer a combination rarely found in other parts of Europe. As well as the appeal of Barcelona, organisations like ICFO provide exceptional training opportunities for young researchers. ■

Knowledge, the engine of Catalonia

The strength and innovation of the Catalan university system means the region is well set to play a key role in inventing the future.

By Montse Daban

Catalonia is one of the places in southern Europe where quality higher education is most widely available to its population and, by extension, to society at large. The devolution to Catalonia of certain university and research competencies from the central Spanish government happened about 30 years ago, and since then the Catalan government (Generalitat) has created an entire university system, with its own personality and model. Now, almost half of the 250,000 students in the higher education system are enrolled in universities among the top 100 centres in Europe. In 1986, less than 350,000 Catalans had a higher education degree; today, it's more than 1.2 million. Between 2003 and 2015, the number of people employed in R&D as part of the working population rose by 50 percent, while the scientific production of Catalonia went from 0.1 percent to 1.3 percent of worldwide production between 1981 and 2014. When it comes to internationalisation, as a whole, Catalan universities teach 168 master degrees where more than 50 percent of students are from another country.

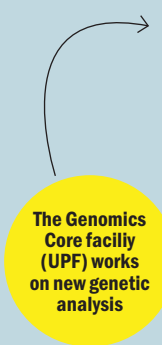
To have achieved all this, a basic agreement has remained in place about the key policies on which the model is built, regardless of which political party may be governing at any given time. Now the challenge is to maintain and build on this success. To that end, the Generalitat is planning to adopt a National Pact for Universities with the aim of making the system a main driver for progress in the region. In such a model, students become a significant

source of human capital, agents for the transformation of society. 'We cannot predict the future, but we have the opportunity to invent it, based on sound science and technology foresight.' This comes from the book *Inventing the Future* (1963) by Dennis Gabor, who later received a Nobel Prize for his work in holography.

Catalonia is currently working on many large global projects aimed at inventing the future, such as the European Commission's FET Flagships: visionary, science-driven,

large-scale research initiatives that address significant scientific and technological challenges. FET Flagships run for about 10 years, and have a total budget of around €1 billion. They bring together many research institutions, including academia, large industry and SMEs. Graphene (see page 22) and Human Brain are two FET Flagships that involve Catalan R&D organisations, including 12 public universities, 42 research centres, three large infrastructures (Alba Synchrotron, Barcelona Supercomputing Center, and the National Center for Genomic Analysis) and about 300 academia-based spin-offs.

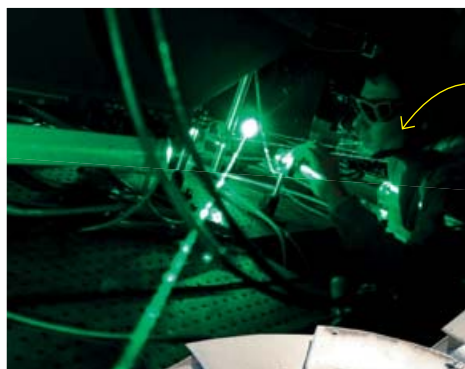
In 2014 Barcelona was designated the first 'European City of Science and Innovation' by the EU, and in 2013 the *MIT Technology Review* wrote that two of the world's top three physics and astronomy institutions are located near the city: the Institute of Photonic Sciences, and the Catalan Institution for Research and Advanced Studies. Catalonia may not be a world power in demographic terms, with just 7.5 million inhabitants. But it is undoubtedly a power in terms of talent and creativity. ■



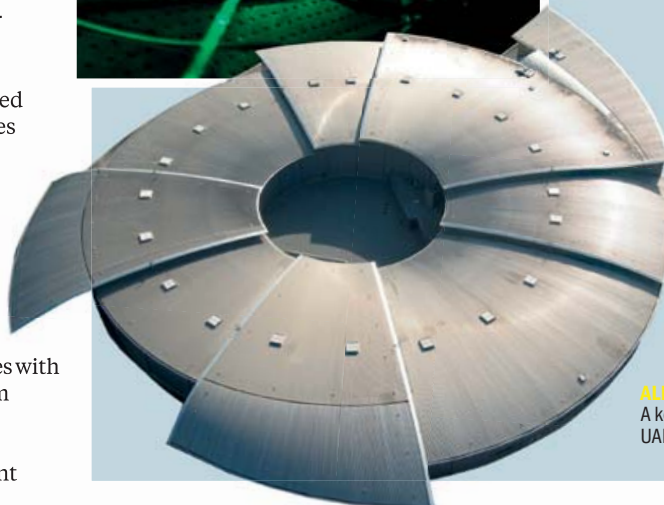
The Genomics Core facility (UPF) works on new genetic analysis



BSC. Barcelona Supercomputing Center.



UAB Catalan Institute of Nanoscience & Nanotechnology.



ALBA Synchrotron A key facility of UAB.

Urban museum

You don't need to visit the MACBA to see 21st-century art. Just open your eyes – there's art all around you.

By **Ricard Mas** Photos **Maria Dias**



Monuments are out of fashion. Outsize human figures, sometimes on horseback, cast in bronze to commemorate heroes of the fatherland or the fallen in countless wars. This is the era of Facebook, in which public life has been replaced by shares, likes and self-satisfied selfies. Statues like the monument to 19th-century dramatist Frederic Soler Pitarra, on La Rambla, look like anachronistic relics of a bygone era, somewhere between totem poles and over-iced cakes. The age of monuments came to an end with the attack on the World Trade Center. Nowadays, the most important memorials are built with empty space, like Frederic Amat's 'SOLC. A Salvador Espriu' (2014), a concrete-lined trench at the top of Passeig de Gràcia, shaped like an imprint of the giant obelisk behind it to commemorate Catalan poet Salvador Espriu. The 20th century was the century of utopias, of two world wars, genocide, the atomic bomb and the Cold War. The 21st has scarcely been more peaceful, but has seen the evolution of concepts like 'the welfare state' and 'public interest', and the consolidation of the 'liquid values' and 'soft power' of postmodernity. And this can be seen in the monuments – sorry, public artworks – of Barcelona, mostly funded by official institutions. Will it be long before we see public artworks funded via Kickstarter? Will there always be griping when the authorities unveil a new artwork, because people would rather see the money spent on something more useful? What's the point of art anyway? In your own home, you choose the decorations, but on the street... Is that why there are so many monuments with a minimalist aesthetic? Could we draw up a list of the least fashionable subjects for public art in Barcelona? And another with subjects that are on the up? For example, military, religious and political leaders are on the way out. Writers (preferably poets), causes like Aids and oppressed minorities, civil society, and interactive installations get more popular by the day. All this and more can be seen on the city council's website. In the 'by theme,' section, the 'Art Públic' link takes you to an exhaustive catalogue of public artworks, fully translated: a total of 2,815 works spanning 800 years of the history of the city's monuments, with photographs, historical essays and details of each work. ■



Comic Mural

DANIEL TORRES, 2011

Comics for grown-ups first arrived in Barcelona during the '70s. One of the main currents in the new genre was the *ligne claire* or 'clear line' style of drawing, pioneered in Belgium in works such as Hergé's *Tintin*. The Norma Editorial publishing house immediately threw itself behind the *ligne claire*, publishing comic artists including Mariscal, Mique Beltrán, Micharmut, Sento and Daniel Torres. And it was Torres who was commissioned to decorate the exterior of the Norma Editorial warehouse in Poblenou, with a beautiful and nostalgic homage to an era.

C/Fluvià (Poblenou).

THE ANTS

JOAN SALVAT-PAPASSEIT & JOSÉ MANUEL PINILLO (CREATION), 2004

→ Mural, 7 x 7 m

Where Passeig del Born crosses C/Rec, let your eyes wander up to light on a calligram by Joan Salvat-Papasseit, Catalan literature's best-loved avant-garde poet. It comes from his 1921 book *L'irradiador del port i les gavines* (*The Port Beacon and the Seagulls*), and reads: '*Camí del sol / per les rutes amigues / les formigues*' ('On the way to the sun / along friendly routes / go the ants'). Its transfer to this monumental scale was the idea of José Manuel Pinillo, and formed part of the Mapapoètic project, held to mark BCN's 2004 Universal Forum of Cultures. What a pity there aren't more tributes to poets like this one.

AIDS MURAL

KEITH HARING, 1989 (2014)

→ Mural, 2 x 30 m

On February 27, 1989, the US artist Keith Haring painted a 30-metre-long mural in Plaça Salvador Seguí. It read: '*Todos juntos podemos parar el sida*' ('Together we can stop Aids'). Below, a series of human figures were chased by a snake,



whose tail they cut off and on which they put a condom. Haring died a year later, himself a victim of Aids. In 1992, as part of a renovation project, the mural was destroyed, but not before an exact survey had been made, and paint samples taken. In 2014, the mural was reconstructed in the MACBA's back courtyard, on a wall that separates the museum from C/ Ferlandina.

TO THE CASTELLERS

ANTONI LLENA, 2012

→ Steel tubes, 25 m tall

This towering monument to the Catalan tradition of human tower building, *castells*, took up more space in the newspapers than it does in its final location behind City Hall. Commissioned from the artist in 2004, it was planned to go up near Santa Caterina market. A series of setbacks almost consigned the piece to limbo, but it was finally installed with modifications like a reduced height and without a metal sheet at the top. At its foot is a verse by poet Paul Celan: 'Sóc més jo si tu ets més tu' ('I am more me if you are more you'), a tribute to the *castellers'* spirit. Locals have overcome their initial opposition, and now people scribble drawings in chalk around the work, almost as if they were heeding Celan's words.

THE WORLD IS BORN IN EVERY KISS

JOAN FONTCUBERTA, 2014

→ Ceramic photograph, 3.80 x 8 m

There is nothing more eternal and at

ART TALK

→ THE ROAMING CAT

Fernando Botero's cat must be the best-travelled sculpture in town. Seven metres long and weighing over two tonnes, it was first installed in Ciutadella park, in 1989. In 1992 it was moved to the Olympic ring and, a few months later, to a site near the medieval shipyards. In 2003 the feline took up residence in its current home on Rambla del Raval.

→ A CRUEL CUT

When the figure of a youth on the Font del Geni Català, on Pla del Palau, was unveiled in 1856, he was completely naked. A few days later, the city's bishop ordered his genitals be removed, and the hole covered. In 1980 it was revealed, but only the testicles remained. During the '90s he was endowed with a resin tube, and in 2008, his parts were fully reinstated.

→ INCOGNITO

The city's best-hidden sculptures are the 1928 statues of the Virgin Mary in Plaça Catalunya by Enric Monjo and Eusebi Arnau. In the anti-Catholic atmosphere of the Civil War, they escaped notice and were places of discreet public prayer.

the same time more ephemeral than a kiss. Or to put it another way, nothing more eternal than thousands of digital photographs reproduced in ceramics and arranged in a mural to form a single giant kiss. This was the idea dreamt up by Joan Fontcuberta, publicised in the newspaper *El Periódico*, and made a reality with photos emailed in by readers. And all encapsulated by the motto of the 1714 tercentenary celebrations, 'Viure lliure' ('Live free') – participants had to submit images reflecting what freedom means to them. It's history as the history of ordinary people, and you can see it in Plaça Isidre Nonell, close to the Cathedral.

BRUUMRUUM!

DAVID TORRENTS AND MAURICI GINER, 2013

→ Light installation

'Light installation' is a provisional label for an artistic creation that hovers between the monumental and the playful. How to describe it? In front of the D-HUB, where Avinguda Meridiana meets Plaça de les Glòries Catalanes, there's an open space that lights up when darkness falls. But it doesn't light up randomly. There are speaking

tubes built into the ground, which passers-by can speak, sing or shout into. Responding to these sounds, a program designed by Rebeca Sánchez generates synaesthetic effects via a complex set of colour combinations, produced by lines of LEDs in the ground. The colours move in waves, forming ever-changing patterns of rippling light. Musicians have adopted the installation, and come to translate their playing into a visual spectacle.

MEETING POINT

JORDI BENITO, 2009

→ Engraved on granite

Meeting points are an attempt to create a point of reference in non-places. This meeting point, however, also serves to commemorate the words of the grammarian Pompeu Fabra – '*Amb un acte de paraula podem expressar més d'un pensament*' ('With an act of speech we can express more than one thought') – chosen by the poet Antoni Marí, converted into a logical formula by the scientist Jorge Wagensberg, then turned into an artwork by Jordi Benito, who died before the work was inaugurated. You can find it in the entryway of the Provença FGC station.

The art of



'Warhol'
Mural by Uriginal
at a local police
car pound

**Ana Mas
Projects**
Based in a 1970s
industrial building

THE NOISE THETRA
CES AND MARKSAR
ETHER RESULTS O
FAN ACTIVITY THA
T DID NOT NECESSA
RILY EXPECT TO PR
ODUCETHEM



'Techno'
Wall painted by
Kenor, found
close to the
Torrassa metro

L'H

The cultural district of L'Hospitalet is on the rise thanks to the contribution of street art as a catalyst for creativity.

By **Eugènia Sendra**

IS IT POSSIBLE to give life back to the old factories and disused industrial spaces in L'Hospitalet de Llobregat? This dilemma for Barcelona's next-door neighbour and Catalonia's second largest city arose in 2013 during a consultation process to map out its future. In response, a concept started to take shape: what is known today as the cultural district, a hub of creativity, innovation and culture that stretches from the barrios of El Centre and Sant Josep to other parts of the city. 'We soon realised it was a district with an open perimeter where any entity connected to culture could find its place,' says David Quirós, councillor for culture.

Word spread like wildfire and thanks also to tax incentives from City Hall for industries committed to culture, there's an increasing number of creatives based there.

And what genres does this initiative

embrace, an initiative that bears similarities to Brooklyn and Berlin? All sorts from visual arts to music and theatre via design and R&D. The most visible are the murals decorating various rundown corners of the city. One of the most established projects is that supported by Contorno Urbano: every month they invite an artist to paint the same space, the wall of the Torrassa bridge; people like Rasmus Nilausen, Amaya Arrazola, Elbi Elem and

Laura Llanelli have all left their mark. Graffiti and street art as a cultural and social integration tool can also be seen on the Isabel la Católica bridge, and on two walls painted by local artists at the time of a gathering for European creative districts. The totally figurative wall by Original takes us back to the world of Warhol and the Factory, and abstract electronic music inspired the futuristic effort by Kenor. ■

'It's an open district where any cultural entity can find its place'

Stendhal Books
Creators of paper delights





Can Trinxet

ESCOLA D'ART SERRA I ABELLA I ABELLA

Centre Cultural Tecla Sala



1 Can Trinxet

At the start of the 20th century, this was a key textile factory that manufactured velvet for tram seats. Closed for many years, this is one of the places that the council has proposed for renovation. Until that happens this industrial space in Santa Eulàlia hosts different events such as the exhibition of Gina Giménez (Gallery Weekend 2016) or the 2017 show about Warhol's Factory.

→ Carretera de Santa Eulàlia, 182-212.

2 Edifici Freixas

Artists, designers and also small-scale manufacturing share a home in this industrial building that in the '70s was a Philips television workshop and factory. The Freixas Building is instantly recognisable for its yellow façade, and also for one of the entities now inhabiting it: La Nave collective, with space for working with ceramics and paint; the nerve centre for the industrial design studio Melmelada; and Entresòl Primera, an artist's collective that Miquel Garcia, Mercè Hernández, Damià Vives and Gemma Draper are all part of.

→ Glòria, 5.

3 Cirque du Soleil

The renowned Quebec entertainment factory arrives in L'Hospitalet in spring 2018 to present *Totem*. But it seems likely that the circus company will stick around until 2030, making the city one of its main southern European hubs and a venue where they'll regularly present new shows.

→ Travessia Industrial, 50.

5 Nogueras Blanchard and Ana Mas Projects

These two neighbouring galleries both fled the big smoke of Barcelona in 2015. They continue to attract loyal fans with special Saturday viewings and art festivals, such as Gallery Weekend. At the September 2017 event, Nogueras Blanchard presents a series commissioned by noteworthy artists – Richard Wentworth kicks things off – and Ana Mas has invited sculptor Alberto Peral to work at the gallery.

→ Isaac Peral, 7.

4 Centre Cultural Tecla Sala

This is the city's main cultural base. It's both a library and an art centre, where you can discover what's hot in visual arts and contemporary thinking. In the back part of the one-time factory site is the Arranz Bravo foundation, where they show work by the Barcelona painter and are dedicated to promoting up-and-coming young artists.

→ Av. Josep Tarradellas, 44.

6 Stendhal Books

In a light building that used to house chemical industries, the painter Carles Gabarró now has his studio. It's also the HQ of Stendhal Books. Elisabet Parés and Álvaro Garcia publish books of poetry, illustration, photography and essays that they say they would like to receive as gifts. Paper delights made in L'H.

→ Cobalt, 13.



MANUDA COSTA

Edifici Freixas

Terry C. // 11:03 AM

Yo, I'm not coming to the beach

Dave O. // 11:04 AM

? 🚣 ⚓ 🏊 🤝 🍷

Terry C. // 11:04 AM

I'm sick... dunno what it is 🤒

Dave O. // 11:05 AM

Dude, call a dr! 🏥

Dave O. // 11:06 AM

I called 900 84 44 84 last time I was sick. They're English-speaking 🇬🇧 doctors who do home visits 24/7

Terry C. // 11:08 AM

Cool. I'll try that thx 👍

Terry C. // 11:35 AM

It's just the flu. Gotta rest up for a few days + antibiotics.
C u next week 🏊 🏊

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From the street

By **Hannah Pennell** Photos **Maria Dias**

Here's a snapshot (or four)
of the kinds of things that
Barcelona residents like
to wear.

BARCELONA IS A stylish city. Home to internationally renowned fashion companies, it lends its name to a gorgeous Mies van der Rohe chair and has an urban aesthetic that delights many. But what of its people? How do they dress? Can they match their home town in the style stakes? This is a place that has independent clothing retailers almost as numerous as bars, a thriving design sector and a largely non-judgemental attitude to what others wear, all of which makes for a varied spectrum of looks on local streets. Some want to make an instant declaration with their attire. Barça fans regularly and proudly wear their *azulgrana* (blue and burgundy) shirts. Anyone in a bright yellow T-shirt is likely to favour Catalan independence – these garments have been sold in recent years to wear on September 11, Catalonia Day. Then there are more subtle expressions of self – many favour special footwear or a stand-out piece of jewellery set against a more restrained outfit. These are people who care about what they wear, but are unlikely to go for the big statement look. It's often easy to tell who isn't local, because their clothes don't blend quite so seamlessly into this city in which they find themselves. The fine folk on the following pages are but a tiny sample of the population's sartorial sense. ■





Estefania, 35



Carrer de la Volta d'en Colomines



WORKS

Stylist assistant and shop worker.



WEARS

Top and jumper from Zara, Mango jeans, Nike trainers. The scarf was a gift from Norway. She likes retrieving lost items and the memory of artisans.



Juan Antonio



Carrer del Comerç



WORKS

Real estate agent.



WEARS

Persol glasses, jacket by El Ganso, an Armani shirt, Geox trainers. The bike is from Italian company MBM. He says he's a fan of Italian brands.

Street fashion



Felipe, 29

Parc de les Tres Xemeneies

WORKS

Journalist and translator for 'lamono' magazine.

WEARS

H&M t-shirt, Globe trousers, Vans trainers, 'lamono' hat and Bucherer watch. He posts his drawings on Instagram (@doyjaimfelipe).

Coco, 26

Museu del Disseny

WORKS

In charge of marketing for Wiredcraft.

WEARS

Italian jeans, jacket from China, scarf from Beatriz Furest and espadrilles by Toni Pons. Comparing BCN with Shanghai, she says quality design is better priced here.



LET'S
DESIGN
THE
FUTURE



JUAN CRIOLLO

Exalumno del IED Barcelona

→ Founder of Bandwidth, an application to help local musicians meet needs like creating a band, finding a member or artists to collaborate with.



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thisisbandwidth.com

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- Business Design

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CONTINUING STUDY PROGRAMS

SUMMER COURSES

This is harmony

When Catalan chef Ferran Adrià published his first book, *El Sabor del Mediterraneo* (1993), he found that it was the *mar i muntanya* ('sea and mountain') dishes that contained 'the signs of revolutionary and experimental identity' of his cooking. The quote comes from gourmet Jaume Fàbrega, who confirmed that these recipes have a uniqueness not shared with any other European cuisine. Today, chefs are still inspired by unexpected dishes that visitors to the region look at with astonishment before daring to try. If you don't sample them, it's your loss.

By **Josep Sucarrats** Photos **Iván Moreno**



SWORD RAZORS WITH FRIED MUSHROOMS

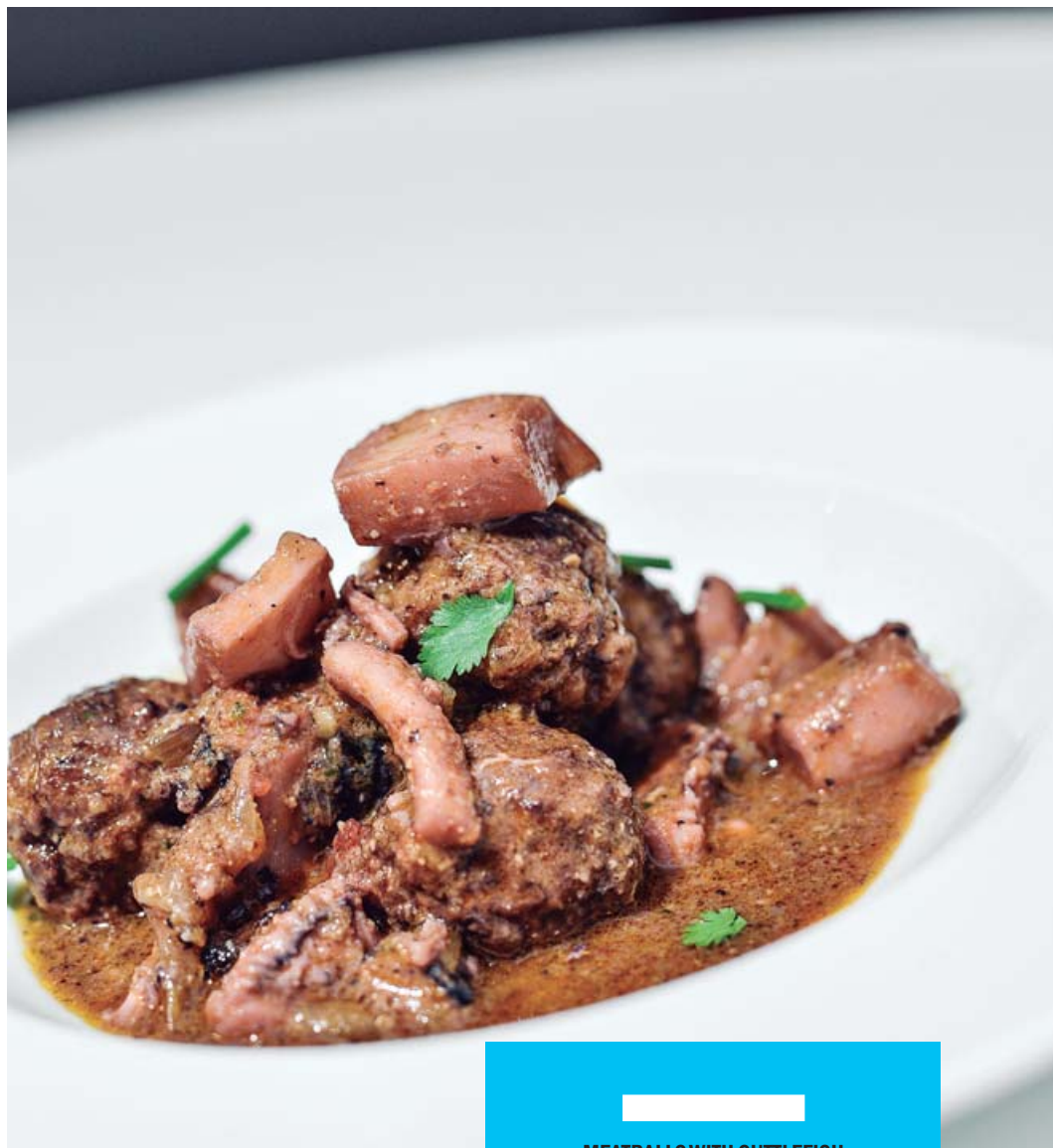
Sergi de Meià

Sergi de Meià leads an ongoing masterclass, continuing the reinvention of Catalan cooking. For this piece, we wanted to include his extravagant dish featuring sea and land snails with smoked seaweed and chorizo. But the snails weren't in season. Instead he has *canyuts* ('sword razors') – which is what they call small razor clams in the Delta de l'Ebre region of Catalonia – with tomatoes and fried wild mushrooms. It's a sea and mountain dish in which the foresty taste of the fungi replaces the forcefulness of meat. 'And the iodised flavour of the sword razors is compensated for by the sweetness and acidity of the tomatoes,' adds De Meià.

Aribau, 106 (Eixample). T. 93 125 57 10.

→ www.restaurantsergidemeia.cat

Sea and mountain



CHICKEN WITH KING PRAWNS

Freixa Tradició

Chicken with king prawns (*pollastre amb llagostins*) is a direct relative of chicken with lobster, which Catalan writer Josep Pla included among his three local dishes that 'turn people's heads' (the others were black rice with shellfish and *niu* stew from Palafrugell). In times past, lobster was a poor person's grub; it went bad quickly and fishermen used it only because otherwise it would be thrown out. Nowadays, it's extremely expensive. But there's no need to yearn for this dish thanks to chef Josep Maria Freixa, who uses king prawns instead of lobster. The battle of flavours ends up, in his pot, creating a perfectly balanced meal.

→ Sant Elies, 22 (Sant Gervasi - Galvany)
T. 93 209 75 59. www.freixatradicio.com

MEATBALLS WITH CUTTLEFISH

Allium

Finding the snail logo of the Slow Food movement on the door of a restaurant surrounded by tapas bars and pizzerias that are best avoided is a real comfort.

Just as comforting are the meatballs with cuttlefish (*mandonguilles amb sípia*) they serve there. This is my favourite

Catalan dish. It has everything: the singular mix of meat and fish we've sought for this article and a *picada* (the base of almonds, bread and liquid often used in Catalan cooking) that creates a rich sauce. The meatballs by Allium's chef, Jordi Casas, melt in your mouth as does the accompanying cuttlefish. When possible, Casas uses organic produce and he's a true lover of classic Catalan cuisine. An unusual combination to find in the Barri Gòtic.

→ Call, 17 (Gòtic). T. 93 302 30 03.
www.alliumrestaurant.es

CATALAN PAELLA

Suquet de l'Almirall

Uff, the paellas of Quim Marqués have upset the neighbours! It's well-known in Catalonia that purists in Valencia accuse them of confusing 'paella' with 'rice with stuff'. But Marqués, a chef from the seaside barrio of Barceloneta, and the partner with him in the kitchen at Suquet de l'Almirall, Manel, keep doing their own thing. In 2014, to mark the restaurant's 25th anniversary, they thought up the *paella catalana* as an homage to the whole region. The result was a monumental sea and mountain dish: Blanes squid, Barceloneta crayfish, Maresme peas, Delta de l'Ebre rice, *gall negre* chicken from Penedès, Les Garrigues sausage and plums. Extensively delicious.

→ Pg. de Joan de Borbó, 65 (Barceloneta).
T. 93 221 62 33. www.suquetdelalmirall.com

BROTH MEATBALL WITH SQUID

La Falconera

Substitute the madeleine for a giant meatball (*pilota*) and Proust for the chef and former advertising creative Xavi Luque: the effect's the same. When, in 2016, Luque and his brother Miquel took over the Taverna Mediterrània to convert it into La Falconera, they created a new menu which featured family faves. Such as their mother's *pilota de caldo*. The recipe passed through the quick mind of Xavi Luque to become the base of a baroque sea and mountain dish: the meatball is bathed in scorpion fish stock, served with squid and mixed with a duck's egg. A rarity that, all together, works.

→ Enric Granados, 58 (Eixample). T. 608 80 49 23.

RED MULLET WITH PORK JOWL

Disfrutar

They open the fish down the middle, remove the bones, put a fine loin of Iberian ham on top, and accompany it with so-called aubergine gnocchi that explode in the mouth with a delicate bitterness. To make a dish like this, you need a lot of know-how or the resulting mess could be epic. But as Oriol Castro, Eduard Xatruch and Mateu Casañas were three mainstays during the most golden period at the multi-award-winning El Bulli restaurant, they can imagine an unusual *mar i muntanya* dish and make it work without making us suffer.

→ Villarroel, 163 (Eixample). T. 93 348 68 96.
www.disfrutarbarcelona.com

Culture of land and sea



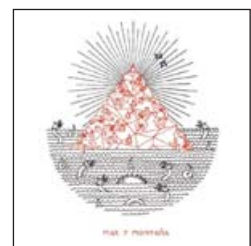
↑ The Magic Mountain / Death in Venice

Thomas Mann located these two literary landmarks in altitudes that differ by thousands of metres. *The Magic Mountain* takes place in the Sanatori Wald in Davos, Switzerland, while *Death in Venice* occurs in a Venetian hotel and adjoining beach.



↑ The Grand Budapest Hotel / Life Aquatic

Wes Anderson submerged a colourful crew with Bill Murray at the helm in *Life Aquatic* (2004). In *The Grand Budapest Hotel* (2014) he transferred his cast to a hotel in central Europe surrounded by sheer peaks and snowy landscapes.



↑ Mary montaña

La Fonoteca Barcelona and Shook Down gathered unreleased songs from 14 up-and-coming Barcelona bands, such as Válius, Ran Ran Ran and Elsa de Alfonso y Los Prestigio, for this album that includes tasty treats like a cover of 'These boots are made for walking' by Les Sueques.



CRAYFISH WITH BACON

Can Boneta

"It's normal that, with the Catalan *cuineta* that we do, we have a mar i muntanya dish every time we change the menu," says Joan Boneta, chef at Can Boneta. The diminutive word *cuineta* ('little cuisine') is said in a tone that's part affection, part humility from a man who came late to cooking (he was previously an architect) in an unpretentious restaurant. But those of us who have sat at a table there know his dishes deserve the recognition that we're giving to the crayfish and bacon (*escarmalans i cansalada*) with parmentier of wild mushrooms and sheep's cheese. A plate that, from the sea and the mountain, seems to shout, 'Barcelona, this is autumn!'

→ Balmes, 139 (Eixample). T. 93 218 31 93.
www.canboneta.com

RICE WITH 'CAPIPOTA' AND EEL La Mundana

Alain Guiard and Marc Martínez wanted a sea and mountain option for La Mundana, a restaurant in Sants neighbourhood that's cool with both locals and some folks abroad. However, they felt it was up to them to move away from the classic marriage of pork and shellfish. 'As we work a lot with smoked products, it occurred to us to think up a dish with eel,' says Guiard. The result is rice with pig's trotters (the *pota* in *capipota* means feet) and smoked eels, created as a *tapa* to share. The gelatine is the common thread in a recipe that made its debut in October 2016. And having seen its initial success, it seems set to stay for a long time.

→ Vallespir, 93 (Sants) T. 93 408 80 23.
www.lamundana.cat



COD WITH PEROL SAUSAGE

La Mar Salada

For the 2016 autumn-winter gastro season, chef Marc Singla challenged himself to create a subtler, lighter version of the classic, powerful mar i muntanya dishes he knew. And in his take, nothing is left out: cod (*bacallà*), perol sausage and chickpeas (*cigrons*).

What most surprised us about this version is the variety of textures: an almost liquid *botifarra* (sausage), ultra-smooth creamy chickpeas and pil-pil sauce crowning the cod. It's a display of culinary talent from the creator of this plate – a lover of mar i muntanya whose rice in this genre is worthy of a standing ovation – that few chefs can achieve.

→ Pg. de Joan de Borbó, 58-59 (Barceloneta)
T. 93 221 10 15. www.lamarsalada.cat

VEAL RAVIOLI, KING PRAWNS AND SHELLFISH SAUCE

2254 Restaurant

The Sicilian owner of 2254 (the number refers to how many kilometres he covered when he moved from Palermo to Barcelona) says that in Italy, 'mixing meat and fish is very typical, like in the area around Girona'. Indeed, the veal ravioli cooked at low temperatures with shellfish doesn't have the Catalan roots that we thought. 'Rather it's a connection between the cuisine of north Italy – ravioli filled with veal are very Piedmontese – and that of the south – shellfish cream is typically Sicilian.' Wherever they originated, it's a total sea and mountain effort.

→ Consell de Cent, 335 (Eixample).
T. 93 528 60 02. www.restaurante2254.es



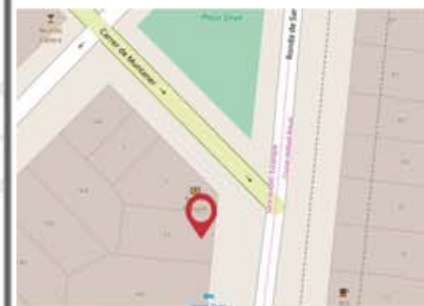
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UNIVERSITAT

Man, you can eat well on Mandri

Discover the gourmet joys of this uptown street.

By **Pau Roca**
Photos **Irene Fernández**



Lío de 4

Lifelong friends

→ Classic restaurants for eating your fill

In all honesty we can't say that Mandri is the prettiest street in Barcelona. And it's not exactly in a neighbourhood that has a lot going on. However, from the beginning of the 20th century, this street, which is just over 600 metres long, has become an important spot for nights out in the traditionally bourgeois barrio of Bonanova. 'Over time, locals found they didn't need to go to other parts of the city to eat well or have a drink', explains Jorge Perarnau, owner and chef of **Claudia** (Bigai, 3). This restaurant has been open for almost 30 years and is one of the most famous in the area. They serve around 100 meals a day, even though 'what most people order is the meat cooked on stone. It's delicious!' says Perarnau. Claudia isn't quite on Mandri, but it's one of the busiest in this zone that in the past few years has been transformed by the arrival of new restaurants. This development means that Mandri and its surrounds – including streets that cross it like Bigai and Bisbe Sivilla – are more colourful and active.

'Nowadays there are a lot of great restaurants in Mandri and nearby. Those of



BY METRO

Metro lines 9 and 10 will have a station in Mandri. But we don't know when. Originally it was to be 2007, then 2013; now they say it'll be in 2020.

us who were already here and the new ones have brought a lot of strength to the place in recent times.' That's the thinking of Joan Pujadó, the owner of **Bar Mandri** (Mandri, 60), which in November 2016 celebrated its 50th anniversary. It's said – and we can confirm it without hesitation – that they serve some of the best *patatas bravas* in the city. The battered artichoke also deserves a prize.

Along with Bar Mandri and Claudia there are any number of classic eateries we can mention, places where you still see wives dressed in furs and husbands in spotless suits munching down on the historical selection of mini burgers at **Montesquiu** (Mandri, 56) or the best fried fish in the area at **Pescadito de Mandri** (Mandri, 54); or at **Bar Bero** (Mandri, 35), with its excellent *bikinis* (toasted ham-and-cheese sandwiches) and *patatas bravas*, and tasty beer on tap; or at **Escocés** (Mandri, 23), a truly vintage bar that's been open since 1955 and still has the same age-old aesthetic and style when it comes to serving. And we mustn't forget **Shanghai** (Bisbe Sivilla, 48), one of the best Chinese restaurants in Barcelona, which is marvellously managed by the maestro José María Kao. ■



Bar Mandri



Chico

The street's newcomers

→ These places have updated and expanded their menus

The Kao family is a good example of how this area has been transformed and how the younger generations have turned around traditional businesses. Mr Kao has been in charge at Shanghai since 1976 while his daughters have opened, just next door, **Kao Dim Sum** (Bisbe Sivilla, 48), specialising in the delicious eponymous sacks. Developments like this explain how Mandri has become a gastro hub for all ages, tastes and budgets.

‘It’s important to relocate what Barcelona has to offer and be able to move to other neighbourhoods where, traditionally, there hasn’t been signature cooking at reasonable prices. Now there’s a lot more choice, more people come expressly to Mandri, not just locals.’ So says Carina Soler-Lio, one of the four owners of **Lío de 4** (Mandri, 22). This welcoming gastrobar opened in late 2015 and has made fresh, market-bought produce a feature on the street. Try their lip-smacking Menorcan omelette or the exquisite brioche

THE DOCTOR

The street’s name, so say the old-timers, is an homage to the inventor of Cerebrino Mandri, a headache medicine from the 20th century.



with oxtail, as well as the home-made desserts. The chef is José Miguel Manzanal, who has worked in such illustrious places as Cachitos, Dos Paliillos and Koy Shunka.

Along the same gastronomic lines is **Chico** (Mandri, 29), which for 70 years was a bakery. Today you can enjoy tapas and small dishes, of which the baked aubergine and octopus crackling are two of the star creations. In just over 18 months, this restaurant, which is managed by Gonzalo Ros and Joan Ferrer (who both came from the renowned Grup Tragaluz), has become one of the best in the area.

And these aren’t the only new establishments on Mandri: **Once Upon A Time** (Mandri, 32) is a small place with the best terrace on the street and a full set lunch menu (with options like courgette noodles and seafood rice). Close by is **Café Dore** (Mandri, 36), an ideal place for the drinks to get your night started. On neighbouring streets are **Tremenda** (Maó, 25), a small pizzeria with an orgasmic mushroom and truffle pizza served in portions by the weight; **Freiduria de Pauli** (Bisbe Sivilla, 46), where Galicians Mara and Paulino serve cockles as big as clams and as tasty as oysters; and **Masaya** (Bisbe Sivilla, 42), a Japanese restaurant that’s the perfect example of the Catalan saying ‘*bo, bonici barat*’ – ‘tasty, good and cheap’. ■

Hamburger heaven

From classic flavours to the most creative varieties, burgers are big news in the gastro world. If only they all tasted as good as these ones



La Santa del Born

If you're a meat lover, then this is the place for you. And if you're a fan of veggies, it's also perfect for you! At La Santa del Born you'll discover a different kind of place with its own character and personality, and a range of dishes created with the highest quality ingredients. Don't miss the Black Angus hamburger, and all their meats are worth sampling. They also have a great range of vegetarian burgers, which are simply delicious.

→ Carrer de la Pescateria, 6. Tel. 93 268 73 89.



Barba-Rossa Beach Bar

This bar has it all: US food and a surfer, biker, Californian ambience. They serve the best burgers from Route 66, as well as ribs, nachos and the popular Surfer fries (potatoes fried with bacon and surfing on a wave of cheese). The Fat Elvis Burger is a must for those with the most daring stomachs, and there's also a Barba-Rossa in the nearby seaside town of Castelldefels.

→ Marquès de l'Argentera, 25 (Born). T. 93 488 65 96. Castelldefels: Passeig Marítim, 209. T. 93 124 88 64. www.barbarossabeachbar.com



La Cerveseria Clandestina

Take your pick from 16 different hamburgers made using 100-percent organic Galician beef, and which include the most classic kinds as well as innovations such as Pebre Verd (Green Pepper) and Jalapeños, all of them an enticement to visit this bar. Vegetarians will also find options for them, plus there's a range of craft beers to suit all tastes.

→ Còrsega, 611 (Sagrada Família). T. 93 530 72 77.

Bar Centro Burgers & Craft Beer

The combination of a gourmet burger and a craft beer is always a winner. In this bar, where they specialise in that perfect partnership, you'll find 11 different burgers, all cooked on the grill (volcanic stone) and made using protected designation of origin aged Galician beef. Want a recommendation?

The one with brie, wild mushrooms and wasabi mayonnaise. Accompany it with one of the craft beers on the menu and you're all set for a great meal.

→ Casp, 55 (Eixample Dret).

T. 93 192 52 55.

www.barcentrobcn.es





Hard Rock Café

Just hearing the words 'Hard Rock Cafe burgers', makes us start to salivate. The Atomic Burger, the Big Band Burger, the popular Legendary Burger... Finding these iconic hamburgers - synonyms for the best Americana cooking and made using quality, local meat and fresh products - on offer is always a real pleasure. And if you like to try something new, their menu constantly features new creations.

→ Plaça de Catalunya, 21 (Ciutat Vella). T. 93 270 23 05. www.hardrock.com



Timesburg

This place started as a tiny hamburger joint, and now Timesburg has eight establishments around Barcelona. It's become popular thanks, among other things, to gourmet creations like a hamburger made with wagyu beef, the option to have organic meat, and fried potatoes based on a recipe from the grandmother of one of the partners that are nothing short of addictive. Buns stamped with the restaurant name and spaces that are welcoming, colourful, urban and Mediterranean make us love Timesburg even more.

→ Casanova, 246. T. 93 631 78 13. www.timesburg.com



NBA-CAFÉ

Right at the heart of Barcelona, and located in a historical neoclassical building, the NBA-CAFÉ is a fantastic venue with views over La Rambla. As soon as you step inside, you'll be surprised by the authentic sense of being on a basketball court and you'll feel as though you're actually in an NBA game. But if the atmosphere is surprising, then the menu will leave you stunned. Authentic American cuisine created with the best products. They go far beyond the typical fare there, and what's more, they have special menus for kids and groups.

→ Les Rambles, 120. Tel. 93 302 48 66. www.nbacafe.com/

Bernie's Diner

Paying homage to those authentic American diners we've all seen on screen, Bernie's Diner specialises in some of the best food and culture from the US. This classic retro-diner offers everything you might expect from true Americana cooking, all made with top-quality ingredients. You can savour a premium hamburger accompanied by great music in a unique atmosphere.

→ Via Laietana, 20. Tel. 93 185 77 35 berniesdiner.com



WANT MORE IDEAS? VISIT TIMEOUT.COM/BARCELONA/RESTAURANTS

Shopping & Style

Edited by Eugènia Sendra
timeout.com/barcelona/shopping-style



LOOK #1

The Lacoste jacket (€130, lacoste.es) meets the trend for sportswear. Complete the look with Lee jeans (€170, eu.lee.com), Vans trainers (€85, vans.es) and the TSPTRT-shirt, (on sale at Lolos, Lluna, 2).



LOOK #2

Contrast the femininity of the Nookie Wood dress (€145, nookiewood.com) and the raffia turban by Eliurpi (€95, see below), with the neutral and fresh Vans (€85).

➔ Local label

Many of these clothes are created nearby. Yerse has its roots in the town of Sabadell (yerse.com); Sweaterhouse is based in Olot, in central Catalonia (sweaterhouse.es); and Naguisa makes its shoes in La Rioja (naguisa.com). For even more local products, seek out the hats of Eliurpi (eliurpi.com) and leather bags from Fahrenheit (fahrenheit.com.es).

Change of wardrobe

Clothes and accessories for a new, simple look.

By *Eugènia Sendra*

A COMFORTABLE RANGE of clothes means one without fanfares that doesn't ignore the latest fashions but still resists the passing of time. There are labels that have always followed these maxims while more and more are turning towards this almost minimalist approach. On these pages you'll find some ideas that fit this mould from Lacoste, Lee, Vans, TSPTTR and other brands with character.

LOOK #3

The design on the Lacoste blouse (€120) and the Yerse trousers (€89.90) suggest summer and the sea. The Naguisa sandals (€120) are from a collection inspired by the island of Tenerife.



LOOK #4

The Lacoste shorts (€100) have splashes of blue that nicely match the marbled jumper by Sweaterhouse (€79) and the Novesta trainers (€59, on sale at Lolos). Complete the look with the leather rucksack (€259) by Fahrenheit.



STYLING EUGÈNIA SENDRA / PHOTOS MARIA DIAS
SETTING ELVALLERDEJOTERIA.COM - PIECES BY JAIME DÍAZ / MODELS FRAN AND PATRICIA, UNIKO MODELS

YOU INSPIRE US

Laura Figueras

The Catalan designer is the soul of Sur, a brand that straddles London and Barcelona. *By Eugènia Sendra*

SUR IS A breath of fresh Mediterranean air, with one foot in London, where the label was born, and the other in Barcelona, where its pieces are produced. The person controlling the compass is Laura Figueras; she studied at Barcelona's Escola d'Arts i Tècniques de la Moda (Fashion Art and Technical School), and then headed to the UK to work at Preen. When she returned home, she launched Bambi by Laura, a brand that established her in New York, Paris and Tokyo. 'A Japanese man bought the whole collection,' she says; she seduced the Japanese market in the same way that designs from that country had appealed to her years before. In 2012, in London, she started Sur, which saw her opt for a mix of quality materials – English wool, Italian silk and Spanish leather – and Catalan production, as a way back to that sector. The result is a series of sophisticated, architectural pieces from basics to more collection-style items that Figueras creates at her own pace. 'I prefer to do new things every month, or collaborations; collections, due to the time pressure, destroy inspiration,' she says. She also aims for a nearness when it comes to selling; Sur is promoting itself through pop-up events, and its most loyal customers know that they can just knock on the door of the studio in London. ■

BLOUSE

Figueras is an active ambassador for Sur, and this basic, elegant item is hers, as are the shorts.

JEWELLERY

Her ring is from the 40s, bought in Paris. She likes finding jewels with a history.

SHOES

They're from COS. She's also a fan of Amélie Pichard.



MARIA DIAS



Daily luxury

Among the Sur pieces that would suit any modern woman, highlights include those in leather and the wool jumpers like the Breton.

→ www.sur-studio.co.uk



Visual reference

Textures, shapes and shadows characterise the most personal work of Viviane Sassen. Figueras is a fan of her fashion photography, which is full of colour.

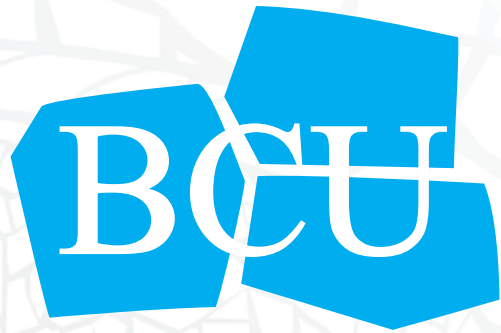
→ www.vivianesassen.com



Table dressing

Figueras is also attracted to the simplicity and beauty of the products of Parament, a project from designer Carla Rauert.

→ parament-shop.com



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Estació Nord (Quai autobus), Ali-bei, 80

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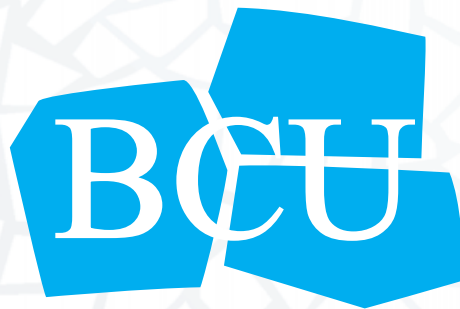
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What is it?

Welcome to Barcelona!

The **Barcelona Centre Universitari** would like to welcome you and introduce you to the ways in which we can help.

What is the Barcelona Centre Universitari?

The BCU is the official welcoming and accommodation service for the university and scientific communities arriving at Barcelona every year.

The BCU was created in 1997, its aim being the impetus, coordination and management of all procedures and activities deemed necessary for the development of Barcelona and its metropolitan area as an international university centre.

In 2014 a UNESCO Chair program highlighted the BCU as an example of good practices for the internationalization of universities.

On our website the practical information you need to live in our city is within your reach: www.bcu.cat

Since 2016 the BCU acts as the storefront of all university spaces equipped to hold conferences.

On the BCU you'll find a Russian service on Wednesday mornings and a Chinese service on Friday mornings.

The BCU brings within the university and scientific communities' reach a counselling service which deals with the accommodation and anything else that might be necessary to take up residence in our city.

Henceforth we will also be able to help Catalan students going to study abroad through our From Barcelona section.

The BCU has the support of the Government of Catalonia, the Barcelona City Council, the L'Hospitalet City Council and the following universities: UB, UAB, UPC, UPF, URL, UVIC-UCC, UIC and UAO CEU.



BCU's location

BCU is located in the heart of the Gràcia neighbourhood. It is a pleasant spot at street level which you can visit in person so that our specialists can advise you and help you get things done quickly, either in your own language or in a common language.

Arriving in Barcelona

What you ought to do after arriving in Barcelona is relax and enjoy your surroundings. You've finally reached the best city for studying, teaching and researching in the Mediterranean region. Nevertheless, keep in mind those aspects of daily life (health, phones, safety, etc.) you need to have organised so you can go about your day-to-day activities with peace of mind. Check out the "Welcome" section on our website. For instance, do you need accommodation? If so, we encourage you to get in touch with the specialized service BCU offers you: Resa Housing. If you have special requirements, reduced mobility, or are looking for a flat in a particular area, our service will provide you with assistance.



How do you officialize your stay in Barcelona? That's easy: you'll find the best advisers in the various Mobility Offices found in the university or research centre you've opted for.



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BCU's information point in L'Hospitalet

The Municipal Centre for Multimedia Creation in L'Hospitalet, situated in the historical building of Torre Barrina, is an open door for creation, innovation, entrepreneurship and the future. The facility, designed mainly for young people, is also a centre for audiovisual and multimedia resources, a learning centre and a project laboratory. It is, in other words, a place to give shape to ideas, to share knowledge and to form talent. It also houses the Barcelona Centre Universitari information point.



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08904 **L'Hospitalet de Llobregat**
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Metro: Collblanc (L9-L5)



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<http://www.fundaciobcnpf.cat>

Barcelona is one of the world's leaders in education, not only university studies but also in terms of VET (Vocational Education Training). The city has 95 VET schools that teach around 117 training courses for 21 different professional areas, as well as artistic and sports education and specific training programs to access vocational education. These VET schools belonging to both public and private sectors have a total of 33,900 students, 63% of them being in tertiary education. The most popular professional field is Health (5,534 students), followed by sociocultural/community services (3,832 students) and Information Technology (3,619 students). About 1,500 of the total students are involved in the VET dual System.

BCU's Tips for before...

a

...renting a flat

The location:

Make sure the flat you choose is close to public transportation that will connect you to your university.

Type:

Pick your flat wisely and make sure it meets all your requirements.

Inventory:

Both after your arrival and when you leave the flat, write down in the inventory all signs of wear and tear you may find. Take photos and videos if you feel it's necessary. You need to notify the landlord of any imperfections within 48 hours of your arrival. From then on, you're responsible for the care and maintenance of the furniture, electrical appliances, and general state of the flat and, once the contract comes to an end, you must leave it all as it was and in the same place you found it.

Landlord:

The landlord must be informed as soon as possible when household items suffer any kind of fault or damage so that the problem can be solved quickly.

- 1 Read the agreement and make sure you've understood it all.
- 2 If you are renting the flat with friends, be prepared to pay the whole deposit, rent and utilities/services. In this case you should keep in mind your joint responsibilities.
- 3 Ask for a copy of the regulations and guidelines that are part of the tenancy agreement you're signing.
- 4 Make sure all repairs and upgrades are formally written down in the inventory, which must be signed by you and the landlord.
- 5 Keep a copy of the tenancy agreement, the regulations and guidelines, the inventory and any other documents you might consider significant.

Come to **BCU** and talk to us! You can ask us all the questions you might have about your stay in Catalonia. You have at your disposal the best guidance experts: they'll help you out before you've made your decision and afterwards. This is what we do.

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b

...signing a lease

c

...making a decision

What do we offer??

Resa Housing, Barcelona Centre Universitari's residence centre, is a service managed by Resa, that has its own accommodation database, which includes flats in Barcelona and its metropolitan area.

You can browse what's available on our website, which is updated daily. You'll find images of the flats and their location on a map, as well as other practical information. You'll be able to book whatever interests you online or, if you'd prefer, in person at our office. Our flats and rooms meet all quality, safety and hygiene guarantees. All are furnished and fully equipped.

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4. We accompany those interested to visit the flats and rooms.
5. We manage rental agreements that fulfil all requirements: seasonal, short-stay, etc.
6. We have an online reservation service. In order to gain admission to our service you must:
 - Be a member of either the Catalan university community or a research centre. In order for us to make sure you comply with this condition you will have to present documents as proof.
 - Provide us with a photocopy of your passport, identity card or NIE.

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They tell us...

Nafiseh Salehi. Research Institute for Earth Sciences, Geological Survey of Iran. UPC, Department of Civil and Environmental Engineering.

How did you end up in Barcelona?

I specialize in mining, geology and geothechnics, so the courses offered by UPC were appropriate for my background. Moreover, my course is in English. Also, Barcelona is a lovely place to live. The weather is warm and the city is packed with monuments to visit.

What is the focus of the research project you are carrying out?

My major deals with the overlap between hydrogeology and the environment in the field of soil and geotechnics. In other words, we model the ground waters.

What do you expect from your stay at UPC?

As a researcher I expect UPC to support me academically, so that during these 3 years I may be able to publish satisfactory papers and gain enough knowledge not only in theory but in practice.

How long will you stay here?

It depends on how my thesis unfolds but normally the duration of PhD courses in Spain is about 3 years.

What do you like most from Barcelona?

I really like the people. They are so hospitable and helpful. The architecture of the buildings is fabulous too.



“Barcelona is a lovely place to live...”

You have come with your family. How does it feel being a student and a mum in a foreign country?

To be a mother and student at the same time is quite the challenge. Although my son has always seen me as a researcher, he also demands my attention; so managing my time to be able to look after him without disregarding my researching is a tricky balancing act.

Is there anything the city offered you that you didn't expect?

Before coming here I gathered as much information as possible, and also some of our friends lent us a hand. I can't say I've come across anything unexpected so far.

Can you tell us the main difference between Barcelona and the city you come from?

My city, Tehran, is the capital of Iran and has a population of around 15 million people. It is oozing with movement and living requires an effort, so it suffers from the usual problems affecting megacities. But Barcelona is much calmer and we can enjoy the nature and the green spaces much more.

Have you had the opportunity to go to the cinema, to lectures, concerts, etc.?

Not yet. Because of my little son I didn't have the chance. Instead I visited different parks and playgrounds.

How has BCU helped you?

I found some useful information by reading this magazine, including recommendations of places to visit, articles about the culture of Barcelona and language courses. For students like me -who are not familiar with Spanish- this English magazine is remarkably helpful and beneficial.

How did you get to know us?

When I visited the Resa Housing office to rent a flat I came across you. And I also picked up a copy of the *Time Out Student Guide*, which I found to be interesting.

They trust us

The universities of Barcelona, their areas of influence and the Mobility Offices

All universities in Barcelona have their respective international relations department, in charge of promoting the international mobility of the university community (not only students, but also lecturers, researchers and administrative and service staff) both for people who want to embark upon a stay abroad and for those who are visiting. Barcelona Centre Universitari works jointly with these departments to ease the preparations of your stay so that you can enjoy it as much as possible. In order to process your stay in a university in Barcelona, it is obligatory for you to get in touch with its International Mobility Office.



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UNIVERSITAT DE BARCELONA

UB | UNIVERSITAT DE BARCELONA

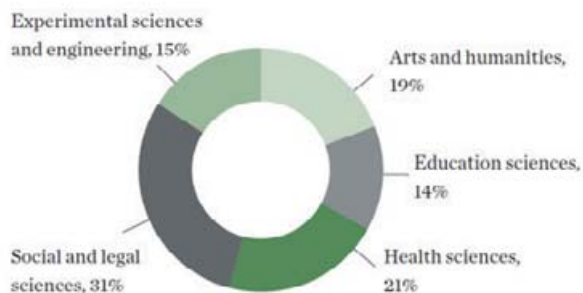
The Universitat de Barcelona (UB) is the leading public university in Catalonia in all the international rankings, with the greatest number of students and the broadest educational offer. It is also an important research centre, in terms of both the number of national and international projects and the excellence achieved in this area

by a large number of professors and researchers. In addition to constituting a major scientific and humanistic benchmark on an international scale, it is an urban, open, and cosmopolitan university, much like the city of Barcelona itself, with which, and with Catalonia as a whole, it has close historical ties.

The Universitat de Barcelona's international action covers the following areas: international mobility for students, faculty, and administrative and service staff; education in an international context; the formation of international scientific alliances and partnerships to foster international research and mobility; university cooperation with developing countries; and the UB's actions as part of a number of institutional networks.

The Universitat de Barcelona's International Summer School offers international courses in specialist fields related to Business and Economics, Health, Natural Sciences, Social Sciences and Humanities.

EHEA degree and diploma students, by branch of knowledge



Course offerings

- 16 faculties
- 8 affiliated centres
- 6 campuses
- 73 EHEA bachelor's degree courses
- 145 university master's degree courses
- 48 doctoral programs

Research

- 5,186 scientific publications
- 752 doctoral theses submitted
- 301 consolidated research groups
- 892 active research projects
- 93 patents
- 12 UB research institutes

International activity

- 9,053 international students at the UB
- 3,017 students on exchange programs
- 3,117 agreements with universities and other institutions outside Spain
- 24 worldwide university networks

62,984 students have chosen UB

Student Support Service (SAE)

Adolf Florensa, 8 - 08028 Barcelona
 Tel.: (34) 933 556 000
 Opening hours: Mondays to Fridays from 9:00 am to 6:00 pm.
www.ub.edu/sae/contacte/bustia.htm
www.ub.edu/sae/

Office of Mobility and International Programs (OMPI)

Pavelló Rosa (recinte de la Maternitat)
 Travessera de les Corts, 131-159 - 08028 Barcelona
 Tel.: (34) 934 035 380/(34) 934 035 562
 Fax: (34) 934 035 387
relacions.internacionals@ub.edu
www.ub.edu/uri/

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UAB | UNIVERSITAT AUTÒNOMA DE BARCELONA

The Universitat Autònoma de Barcelona (UAB) is a comprehensive, dynamic and modern public university founded in 1968. It is committed to society and to the environment, opened to the world and with a genuine academic atmosphere.

The UAB is among the best education establishments in Spain and the European Union in terms of the quality of teaching and research, and aims to prepare professionals with the profiles needed by society. It offers a wide range of courses, with 81 undergraduate programs, 143 official masters and 79 Ph.D. It is the house of 48,000 students, and 26% of them are international.

The UAB holds a leading position in the most prestigious international university rankings. In recent years, this award has been favored by the growing impact of the research, the constant improvement of the quality of teaching and the ability to attract international talent. This progress has been decisive in going forward positions in the three main university rankings: the QS World University Ranking, the Times Higher Education World University Ranking and the Academic Ranking of World Universities (ARWU) - Shanghai Ranking.

According to the THE WUR 2016/2017, the UAB is located at position 163rd in the world, 76th in Europe and first in Spain. As regards academic ambits, the UAB is the top 100 worldwide in the fields of Veterinary and Social Sciences. QS Top 50 under 50 2016 (which includes universities founded less than 50 years ago), ranks the UAB 9th in the world, **2nd at European level and first in Spain**. In the ranking THE Top 150 under 50 2016 ranks the UAB 12th in the world.

We are one of the few universities in Spain to have a university campus and to develop its activities in natural surroundings. UAB's infrastructure was created exclusively for university life and the campus provides all the services for academic, leisure and everyday life. Strongly committed to international projection, we participate in a wide range of international projects and student exchange programs in Europe, America, Africa and Asia.

In 2016 the UAB set up the **International Summer Term**, a program that allows international students from all over the world to study regular undergraduate ECTS subjects taught 100% in English in a range that covers different fields from the Social Sciences, Sciences and Technology.

CONTACT WITH UAB - Information Service

Plaça Cívica - 08193 Bellaterra (Campus UAB)
Tel.: (34) 935 811 111
informacio@uab.cat
Opening hours: Mondays to Fridays from 10:00 am to 7:00 pm
www.uab.cat

International Relations Area - Mobility Support Unit

Edifici Biblioteca de Comunicació i Hemeroteca General.
Edifici N, Plaça Cívica- 08193 Bellaterra – Campus UAB
Tel.: (34) 935 868 499
erasmus@uab.cat - internacional.propi@uab.cat





UNIVERSITAT POLITÈCNICA
DE CATALUNYA
BARCELONATECH



UPC | UNIVERSITAT POLITÈCNICA DE CATALUNYA

Engineering, architecture, science and technology are the four main areas of knowledge of the **Universitat Politècnica de Catalunya · BarcelonaTech (UPC)**, a public university with an offer of bachelor's, master's and doctoral degrees that provides students with competencies and skills to face the new challenges with technological criteria of efficiency and sustainability. It is a forum of knowledge that promotes learning and personal growth through a dynamic and motivating teaching model that includes mobility programmes, international double degrees, work placement and participation in leading research projects.

The UPC is a young university that was founded in 1971 through the merging of several schools with a history of more than one hundred years. It has schools and facilities on campuses in seven Catalan cities: Barcelona, Castelldefels, Igualada, Manresa, Sant Cugat del Vallès, Terrassa and Vilanova i la Geltrú. The course offering for the **2017-2018** academic year comprises **66 bachelor's** degrees, **73 master's** degrees (**24** of them taught entirely in **English**) and **49 doctoral** programmes. It currently has over 31,000 students, and 26% of students studying for a master's degree are from abroad.

The UPC's intense academic and research activity **has positioned it in the main international rankings**: according to the 2016 Academic Ranking of World Universities (the Shanghai Ranking), the UPC is among the 400 top universities in the world and among the top 100 in the subject fields of Engineering, Technology and Computer Science and Telecommunications, Electrical and Electronics Engineering. The QS Top 50 Under 50 ranking (2016) places it among the 35 best young universities in the world. In the latest edition of the QS World University Rankings by Subject (2017), the UPC is among the top 30 universities in the world in the field of Architecture, the top 40 in Civil and Structural Engineering and the top 100 in Telecommunications Engineering, Electrical and Electronic Engineering and Mathematics.

The **UPC promotes the internationalisation of its studies** through exchange agreements with more than 750 higher education institutions and double degrees with prestigious universities. It also leads international research and innovation projects (it is the leading university in Catalonia in the number of projects funded through the Horizon 2020 programme) and promotes the participation of the university community in mobility programmes and development cooperation projects.

International Relations Bureau

Tel.: (34) 934 137 505

international@upc.edu

www.facebook.com/UPCInternational

www.upc.edu/sri

General Information

Tel.: (34) 934 016 200 - info@upc.edu - *Twitter: @la_UPC*

www.facebook.com/universitatUPC

BACHELOR'S DEGREE COURSES

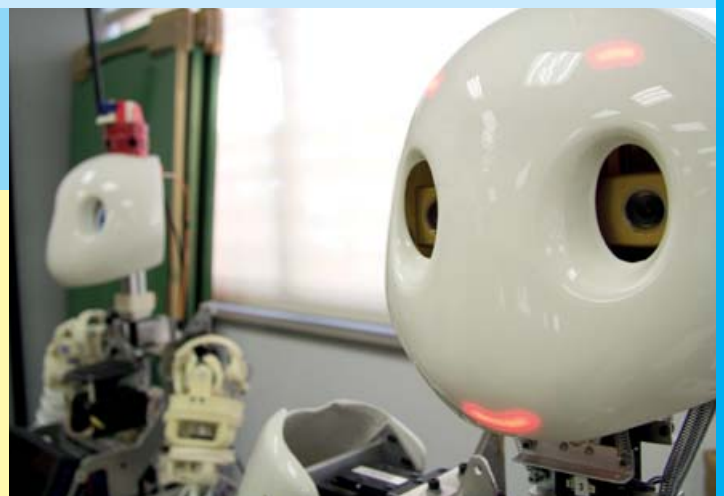
www.upc.edu/learning/courses/Bachelors-degrees

MASTER'S DEGREES

www.upc.edu/learning/courses/masters-degrees

DOCTORAL PROGRAMMES

www.doctorat.upc.edu/en





UPF | UNIVERSITAT POMPEU FABRA

UPF is a **public, international and research-intensive university** that, in just twenty-six years, has earned a place for itself among the best universities in Europe. The university structures its studies on **three main fields of knowledge in three campuses**: Social sciences and humanities (Ciutadella campus); Health and Life Sciences (Mar campus) and Communication and information technologies (Poblenou campus).

These three campuses are located in **the heart of Barcelona**. In fact, the university and city share a cosmopolitan character and open-minded view of the world. The University's international profile starts with its faculty; most of them have extensive international experience or are directly recruited abroad. This policy has helped to make UPF a **multilingual university** with three working languages (Catalan, Spanish and English) for both teaching and research. As a result, **all doctoral programmes and a wide range of master's programmes can be fully or partially taken in English**, as can an ever-increasing percentage of undergraduate-level coursework.

UPF is committed to offering high-quality, comprehensive, student-centred learning. The success of this model is proved by different indicators as, for example, the high demand to enrol at the University.

UPF is also a research-intensive university. Accordingly, UPF holds a leading position in the most prestigious university rankings, as for example being **17th highest ranked university in the world among those under 50 years of age** according to the Times Higher Education ranking (2017).

Finally, it is needed to emphasize that UPF is also a **university committed to its students**, above and beyond academic life. The university promotes their participation in student associations, volunteer programmes and sports and cultural activities. Likewise, it fosters continued ties with alumni and encourages contact between them through its Alumni programme, which is also currently developing an international network.

General information University Information (PIE)

C/ Ramon Trias Fargas, 25-27 - 08005 Barcelona

C/ Roc Boronat, 138 - 08018 Barcelona

C/ Dr. Aiguader, 80 - 08003 Barcelona

Tel.: (34) 935 422 228

info@upf.edu - <http://www.upf.edu/en>

International Relations Service Mobility and Reception Office

C/ Ramon Trias Fargas, 25-27 - 08005 Barcelona

C/ Roc Boronat, 138 - 08018 Barcelona

Tel.: (34) 935 422 504 / 12 64

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UNIVERSITAT
**RAMON
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URL | UNIVERSITAT RAMON LLULL



Ramon Llull University (URL), located in Barcelona, is a private, non-for-profit university. It is inspired by humanist and Christian values and promotes a public service that aims to provide a high-quality, personalised education to respond to society's needs.

A federation of university institutions
Ramon Llull University, founded on March 1990, comprises eleven higher education and research institutions with a long tradition and a prestigious reputation in Catalonia (IQS, Blanquerna, La Salle, Faculty of Philosophy, ESADE, Pere Tarrés

The URL in numbers

Academic and teaching field*

- 14 Faculties & Schools
- 3 University institutes

19,208 Students

Degrees

- 39 Bachelor's degrees
- 58 Master's degrees
- 12 PhD programmes

URL-specific degrees

- 228 Bachelor's degrees, Master's degrees, postgraduate courses and other postgraduate degrees
- + 4,000 Agreements with companies and institutions
- 15 Libraries = 1.37 Million volumes
- University with the largest stock of library books in Catalonia

International projection*

- 15.5% International Students
- 553 Agreements worldwide
- + 300 Placement agreements with international companies

Research and innovation*

- 54 Research groups
- 0.97 M € Funding obtained through Horizon 2020
- 28 Active competitive national research projects
- 26 Active competitive European research projects
- 148 Theses defended in the last year
- 335 Publications indexed in the Web of Science 2014

*Information from the 2015-16 annual report

Faculty of Social Education and Social Work, HTSI School of Tourism & Hospitality Management Sant Ignasi, Ebro Observatory University Institute, Borja Institute of Bioethics and ESDi Higher School of Design, an associated school).

The federal structure of the University enhances the personality of its schools and faculties, making the URL one of the most innovative universities in Catalonia and in Spain, promoting academic and research excellence.

General information
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www.url.edu

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Fax: (34) 936 022 249
vicerektorat.rrii@url.edu
<http://www.url.edu/en/international-and-mobility>

www.url.edu



UNIVERSITAT DE VIC
UNIVERSITAT CENTRAL
DE CATALUNYA



UVIC-UCC | UNIVERSITAT DE VIC-UNIVERSITAT CENTRAL DE CATALUNYA

Open to the world and focusing on all-round training, the University of Vic - Central University of Catalonia (UVic-UCC) offers degree courses in the fields of Science, Education, Business, Health, Biosciences, Engineering, Humanities, Design and Communication. In its city-university environment UVic-UCC attaches great importance to the teacher-student relationship, integrated training and employment prospects.

At the University of Vic - Central University of Catalonia we defend values associated with the unity of all knowledge and training based on science, research and technological innovation to enhance progress and quality of life.

By choosing to study or do research in Vic you will have an experience of quality and university life in a town on a human scale.

The International Campus is an umbrella for international UVic-UCC activities, teacher mobility and exchange schemes, postgraduate courses, research, continuing education and international cooperation projects.

Twenty-five research groups, four research and knowledge transfer centres and nine chairs carry forward UVic-UCC research activity.

Study Abroad - Programmes in Barcelona

The courses below are for university students who wish to spend a few weeks at the University of Vic - Central University of Catalonia (UVic-UCC) in Barcelona to learn Spanish and broaden their studies in the areas of business, innovation and design. This innovative training does not come under any of the standard mobility programmes and international cooperation schemes. UVic-UCC offers three different types of programmes.

1. Academic year / Semester programme

This programme is aimed at international students who wish to spend one or two semesters in Barcelona. UVic-UCC offers

Spanish courses that can be combined with other elective courses in English in the fields of Business, Design & Innovation.

2. Tailored courses

UVic-UCC offers tailored courses for groups of international students and teachers in the fields of Arts & Humanities, Social Sciences, Science, Experimental Sciences, Technology, Engineering, and Health Sciences. The programmes can be exclusively academic or combined with cultural visits and sightseeing.

3. Combined programmes

European Business Summer Project in European countries. UVic-UCC offers courses in collaboration with universities abroad. Students have the opportunity of studying in each of the cities involved in the programme.

For further information: <http://www.ebsproject.eu>

International Relations Area

C/ Sagrada Família, 7 - 08500 Vic
Tel.: (34) 938 816 176
relin@uvic.cat

UVic-UCC in Barcelona

Via Augusta, 121 - 08006 Barcelona
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studyabroad@uvic.cat



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We have been teaching people based on academic rigour, university and enriching life experiences since 1997. We offer 15 degree programmes and a wide range of master's, postgraduate and continuing education courses in highly diverse areas of knowledge.

UIC Barcelona consists of our Barcelona campus and our Sant Cugat campus which both have the same aim, to provide all services and ensure these are all conveniently connected. Our Barcelona campus hosts the vast majority of our degree programmes, and our Sant Cugat campus focuses on the healthcare field. It is in fact physically located inside a well-known hospital.

We are committed to placing each student at the heart of everything. This is our commitment to you, which we achieve via individual attention, small groups in class, a friendly teaching body, support services, and everything you need to boost your skills.

Personal guidance and coaching

At UIC Barcelona we have a personal guidance and coaching service which will help you to become who you want to be, and to develop your skills and values. This service provides knowledge from both an academic and personal perspective throughout the time students spend at our university. The programme begins with a welcome plan for first year and concludes with a professional career guidance service.

International outlook

UIC Barcelona's international commitment is self-evident and is true of all of our activities. We are open to the world, this is demonstrated by the wide range of international agreements and mobility programmes for students, teaching staff and researchers we have available. At UIC Barcelona English is a vehicular language and you will

be able to be in regular contact with the international community.

Connection to both society and the world of business

UIC Barcelona is connected to the needs of both society and businesses. We hold agreements with more than 50 companies and institutions that have placed their trust in UIC Barcelona. The teaching is practical, provided by professionals working in the field and is also complemented by a work placement programme. For all these reasons, UIC Barcelona has one of the best employment rates in the Catalan university system.

UIC Barcelona's Academic Programmes

15 degree programmes, 11 double degree programmes and more than 80 master's and postgraduates degree programmes in Business Administration & Management / Architecture / Communication / Law / Education / Humanities / Nursing / Physiotherapy / Medicine / Dentistry / Family / Cultural Management

Universitat Internacional de Catalunya

Campus Barcelona
C/ Immaculada, 22
08017 Barcelona
Tel.: (34) 932 541 800
info@uic.es

Campus Sant Cugat
C/ Josep Trueta, s/n
Hospital General de Catalunya Building
08195 Sant Cugat del Vallès
Tel.: (34) 935 042 000
info@uic.es

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See you!



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*Universitat
Abat Oliba CEU*

UAO CEU | UNIVERSITAT ABAT OLIBA CEU

The Universitat Abat Oliba CEU is one of three universities within the Fundació San Pablo CEU. The UAO CEU offers a broad academic offer unique in the catalan university market, with degrees and double degrees in several disciplines. In addition, **opting decisively for the internationalization** of the courses, the university also offers several degrees as bilingual degree modalities.

Aware of the importance it has for the professional future of its students, the university has developed a teaching methodology based on a program of individual tutorials, small-group lectures, excellent practical training, personalized teaching, entrepreneurship and international mobility with internships abroad, among others, with a view to giving a better transition to the business world both inside and outside the country. **The UAO CEU has the highest employment rate among the Catalan universities** (Work placement Survey AQU 2014):

- 95.2% of our students find a job after finishing their studies.
- 89% of the students found a job in less than three months.
- 96.1% of the UAO CEU graduates with a job carry out university level functions.

The Universitat Abat Oliba CEU is committed to academic and professional excellence, as well as to a comprehensive education of its students.

Reasons to study at UAO CEU

- **Experience.** The Universitat Abat Oliba CEU is one of the universities conforming the CEU, one of the most prestigious and solid educational institution in Spain:
 - More than 80 years training and developing professionals
 - More than 210,000 former students
- **Employability.** The UAO CEU has the highest employment rate among the Catalan universities (Work placement Survey AQU 2014):
 - 95.2% of our students find a job after finishing their studies.
- **International scope.** Our students acquire both linguistic and cultural knowledge in order to be able to work anywhere in the world.
- **Scholarships and financial aids.** The CEU is the educational institution granting more scholarships and financial aids to its students.

• **Professional development.** We care for the future professional career of our students:

- **Job Listing** at a national and international level.

• **Practical and personalised training.** Our teaching methodology is based in combining theoretical knowledge with professional practices, learning from case studies and real experiences.

Information Service

C/ Bellesguard, 30 - 08022 Barcelona - Tel.: (34) 932 540 900
futurosalumnos@uao.es - www.uaoceu.es/en

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C/ Bellesguard, 30 - Office 2.01 - 08022 Barcelona
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By Eugènia Sendra

1

FOR EVERY DAY Gravel and Gold

Since Cassie McGettigan and her partners launched products featuring prints of boobs in 2014, they've been constantly reissuing them. And they keep on looking for new ways to spread their positive, feminist message.

→ Boobs tote.

€70.30.

www.gravelandgold.com

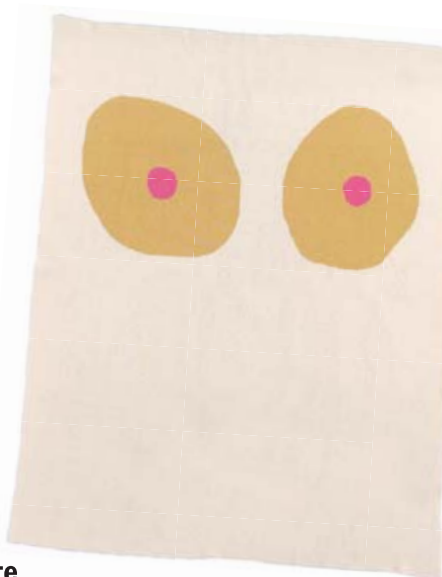


2

TRULY KITSCH Coucou Suzette

The French designer combines pop, kitsch and girl power references in a collection of fun accessories that have an irreverent touch, such as the breasts pin and these socks.

→ Socks. €13. www.etsy.com



3

SECOND SKIN Cold Picnic

The lines and shapes of the female body inspire the creations of this Brooklyn company (see the rugs decorated with the form of the inner thighs). On their recycled cotton bed throw, too, they suggest a lot with very little.

→ Boob blanket.

€187.

www.coldpicnic.com

4

LOCAL

La Casita de Wendy

One of the hits of this Barcelona brand is the merino wool jumper made together with the Teta&Teta studio (*teta* means 'tit' in English). It's elegant, discreet and avoids censorship on social media.

→ ZigZag jumper. €75. www.lacasitadewendyshop.com



SALE SAMPLES



MARIA DIAS

Urban colour

→ Robí, 26; misskleckley.com
Opened in spring 2017, this shop was the natural step after nine years of blogging by the eponymous Miss Kleckley, or Marina Giménez. The designer has created a space that's naïf and colourful where you'll find her trainers and other on-trend brands.

Save the world

→ www.uttopy.com
If you want your clothes to really say something about you, check out the designs of Barcelona T-shirt company Uttopy. All their collections donate proceeds to NGOs and are produced using environmentally friendly methods.



Local style

→ es.costalamel.com
Striped tops, sweaters with tattoo-style designs, essentials for an urban tribe that refuses to grow up. This is the MO of Costalamel, a Barcelona label inspired by the '90s and that produces all its pieces here.

Nailed it

→ Backstage BCN (València, 306). backstagebcn.com
As well as a hairdressers and beauty treatments, this newish salon is home to a maestra in nail art. If you're looking to try out some truly creative talons, then book an appointment at their Eixample location.

Things to Do

Edited by Erica Aspas
timeout.com/barcelona/things-to-do

Barça & the city

With over 100 years of history, FC Barcelona has left its mark on the Catalan capital. *Braden Phillips* takes a tour of the key landmarks

1 Camp Nou

Regularly topping the list of Catalonia's most-visited museums, the Camp Nou Experience (aka ground zero of any Barça pilgrimage) welcomes hundreds of thousands of people each year. Europe's largest stadium with capacity for over 99,000, Camp Nou is due for a facelift, currently planned to start in 2018, including covered seating for 105,000 spectators. The museum is state of the art, with giant interactive touchscreens, a vast collection of football memorabilia, and a space dedicated to the team's diminutive star Leo Messi.

2 Plaça Sant Jaume

Canaletes (see 4) is the place for mass public celebrations of FC Barcelona's triumphs, but Plaça Sant Jaume – the city's political heart – was once the





location for official commemorations. Players presented trophies to local political leaders on the City Hall balcony. Very emotional for all, but huge crowds meant these occasions moved to Camp Nou.

3 Camp de Les Corts This was Barça's stadium from 1922 to 1957. Soon after it opened, on Travessera de Les Corts between C/Vallespir and C/Numància, Barça fans jeered the Spanish national anthem, resulting in a six-month closure. Les Corts held a special place in Catalan hearts, but it was razed after the construction of Camp Nou.

4 Canaletes Fountain Barça fans converge here, at the top of La Rambla, to celebrate titles. The tradition began in 1930, when Catalan newspaper *La Rambla* posted football results in the window of its office (where Bar Nuria is today). Fans came to find out – and celebrate – if Barça had won. They've been coming ever since.

5 Solé Gymnasium On November 29, 1899, a dozen men gathered here (half Catalans, half foreigners), at Montjuïc del Carme, 5, on the corner of Pintor Fortuny, to create FC Barcelona. Today you can visit the spot and admire the plaque that marks the historic event.

FC Barcelona opened an office in New York City in September 2016

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TOP SIX

Urban jewels



Amazing places just outside the city.
By Xavier Amat. Photos Irene Fernández

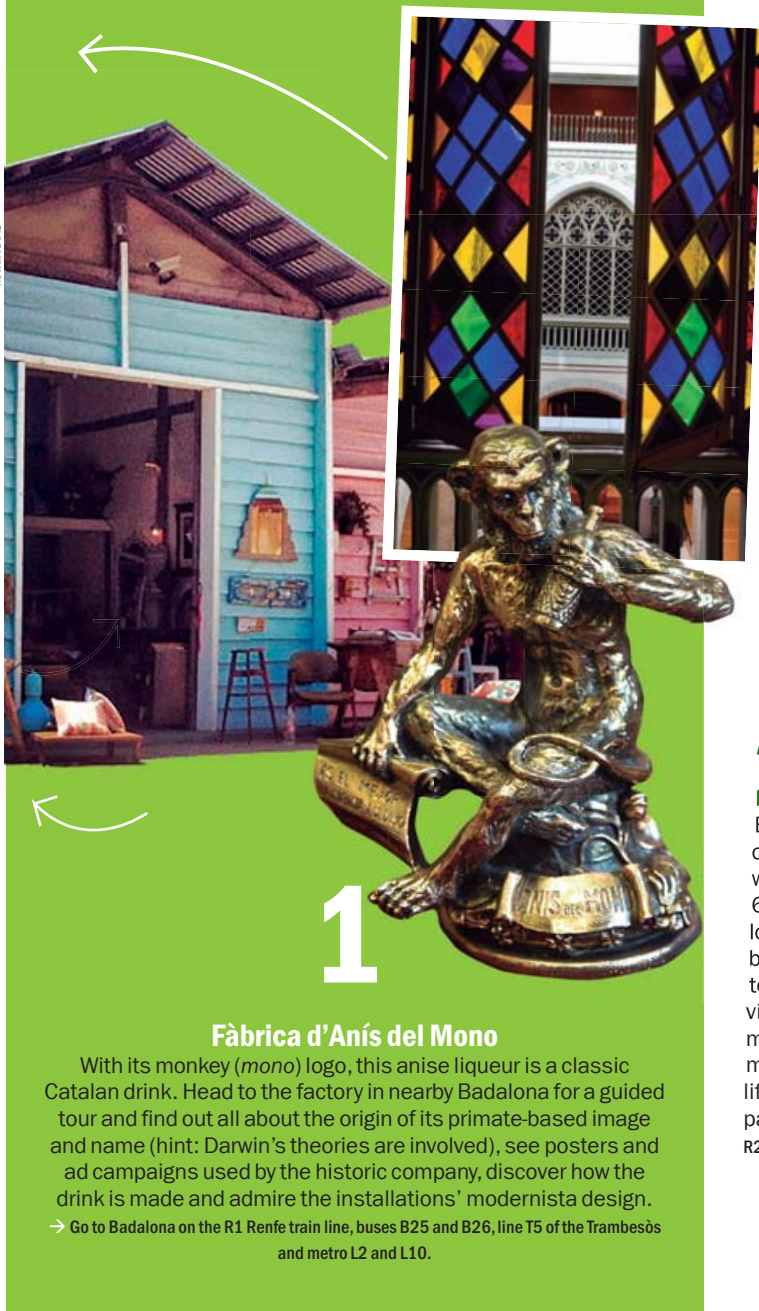
6 Palau Mercader
In this single building, you can visit both the main floor of an aristocratic palace from the second half of the 19th century, including period furniture and over 3,000 objects, and upstairs, a fun museum dedicated to maths. This is the Palau Mercader, a majestic and elegant edifice that was once the residence of the Count of Bell-lloc. What's more, the palace is located inside a magnificent park, where young and old can ride on an electric train.

→ You can get to Cornellà with L5 of the metro, as well as Renfe train line R4 and FGC lines R5 and S8.

5 Mercantic
This is a permanent second-hand market in the town of Sant Cugat where you'll find furniture, antiques and quirky items. They also host various parallel activities especially at weekends. On Sundays, in the El Siglo space, there's live music and vermouth, and you can also enjoy an extensive range of gastronomic options courtesy of some of the most acclaimed local restaurants.

→ Head to Sant Cugat with the FGC Metro del Vallès lines S1 and S2.

4 Mercat del Pagès
If you want to try authentic local fruit and vegetables, like delicious El Prat artichokes grown by farmers in the Parc Agrari of the Baix Llobregat, you can buy them direct from the suppliers at the Mercat del Pagès (Farmer's Market) held every Wednesday morning in Viladecans. You'll find a good range and stock of produce at the market which takes place around Can Xic and is organised



Fàbrica d'Anís del Mono

With its monkey (*mono*) logo, this anise liqueur is a classic Catalan drink. Head to the factory in nearby Badalona for a guided tour and find out all about the origin of its primate-based image and name (hint: Darwin's theories are involved), see posters and ad campaigns used by the historic company, discover how the drink is made and admire the installations' modernista design.

→ Go to Badalona on the R1 Renfe train line, buses B25 and B26, line T5 of the Trambesòs and metro L2 and L10.

by the town council in collaboration with the Parc Agrari and the Cooperative Agrícola de Viladecans.

→ Take the R2 or R2s Renfe train lines to Viladecans, or the L86 and L80 buses.

3 Lluerna
Discover the good taste of Barcelona's neighbours at this Michelin-starred restaurant in Santa Coloma de Gramenet, a city with an ever-increasing foodie profile. Chef Victor Quintilià is a master of contrasts who has a knack for knowing what the people want. → Avinguda Pallaresa, 104. Get to Santa Coloma Gramenet on L1 of the metro.

2 Parc Arqueològic de Gavà

In the nearby area of Baix Llobregat is Europe's oldest series of mines, which were first excavated about 6,000 years ago by people looking for variscite, a green-blue phosphate mineral used to make jewellery. As well as visiting part of the original mines, you can also go to the museum that explains what life was like in the area in times past. → Travel to Gavà on the Renfe lines R2 and R2S, or buses L80 and L81.



*Viña
Esmeralda*
MEDITERRANEAN
CLASSIC



AN EXHIBITION AFTER THE END...

This one's for you, Trump



PORT OF ANTWERP. CORTESIA DE BENJAMIN GRANT / SATELLITE IMAGERY © DIGITALGLOBE, INC.

Post-Paris

The 2015 Paris Climate Agreement figures largely in materials about this show, but its timeliness is striking in light of President Trump's withdrawal of the USA.

Starting over

Whether or not the remaining signatories meet their (voluntary) objectives, we face having to rethink numerous aspects of our daily lives, like the food chain, city design and birth rates.

Creative solutions

In the show, artists, film-makers, writers, architects, designers and scientists consider various scenarios, and reflect on the decisions we all have to share in.

Curated with care

Curator José Luis de Vicente specialises in analysing cultural spaces between technology, social innovation and art. He curates Sónar+D and is on the curatorial team of FutureEverything Festival (Manchester).



SUN LAKES, ARIZONA. B. GRANT / SATELLITE IMAGERY © DIGITALGLOBE, INC.

The end is nigh

This is a two-part exhibition, exploring both the state of our planet in 2017, and what it could look like toward the end of this century; a place many experts predict will be very different from how it is now.

❖ After the end of the world. CCCB; Oct 24-Apr 29, 2018.

www.cccb.org

An advertisement for Time Out Barcelona. The background is a photograph of a bar or restaurant interior with warm lighting and a neon sign in the background. Overlaid on the image is the text: "WHAT'S ON, ATTRACTIONS AND THINGS TO DO IN BARCELONA" in large white letters. Below that, it says "DISCOVER | BOOK | SHARE at timeout.com/barcelona". The Time Out logo is in the bottom right corner, with "BARCELONA" underneath it. A vertical copyright notice "© Irene Fernández" is on the far right edge.

TOP THREE

Second-hand markets: where to go for alternative retail therapy



MARIA DIAS

↑ Mercat de Sant Antoni

Get up early one Sunday and check out this second-hand book market. Currently housed in a temporary canopy, the market is full of energy, both at the stalls and outside where collectors exchange stickers, coins and stamps.

→ Urgell, 1. Sun 9am-2.30pm. www.mercatdesantantoni.com



↑ Encants Nous

The word *encants* comes from the Latin *in quantum*, meaning 'auction'. Dating from the 14th century, this is one of Europe's oldest second-hand markets. Browse the stalls and you'll find an extensive range of stuff.

→ Av. Meridiana, 69. Mon, Wed, Fri, Sat. www.encantsbcn.com



↑ El Flea

Once a month vendors set up pitch outside the Maritime Museum where they sell and exchange all manner of goods. It's organised by Flea Market BCN, which aims to encourage new ways to use old objects.

→ Plaça de Blanquerna. Second Sun each month. 10am-8pm. www.fleamarketbcn.com

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TO DO

More things you can do around the city

MODERNISME

Sagrada Família

Barcelona's most visited site is due to be finished by 2026. Wander through the interior of the church with its tree-like columns, and check out the museum, which explains Antoni Gaudí's creative process.
→ Mallorca, 401.
M: Sagrada Família (L2, L5). sagradafamilia.org

La Pedrera

The last secular building designed by Gaudí, the 1912 Casa Milà (popularly known as La Pedrera, 'the stone quarry')

is the culmination of the architect's experimental efforts to re-create natural forms with bricks and mortar (not to mention ceramics and even smashed-up cava bottles).

→ Provença 261-265. M: Diagonal (L3, L5). lapedrera.com

HISTORY

Museu d'Història de Barcelona

The three stories of the Barcelona History Museum document the city's Roman roots. Stretching from Plaça del Rei to the Cathedral are some 4,000m² of subterranean Roman

remains, discovered by accident in the '20s.

→ Plaça del Rei. M: Jaume I (L4). museuhistoriabcn.cat

DESIGN

Museu del Disseny de BCN

This focus for design in Barcelona opened its doors in December 2014. It houses a huge range of design objects including ceramics, textiles, graphical works and clothing, as well as an extensive archive with around 22,000 documents.

→ Plaça de Glòries, 37. M: Glòries (L1).

FASHION

080 Barcelona Fashion

With winter and summer editions that each run for five days, 080 gives the Barcelona fashion scene a biannual shot in the arm with the support of the Generalitat. It mainly showcases local designers, from skilled ateliers such as Natalie Capell and Miriam Ponsa to big-hitters like Desigual, Custo and Mango.

→ 080barcelonafashion.com



Parc de la Ciutadella

When the weather's fine, this surprisingly extensive park (the largest in the city centre, it houses the zoo, a large children's play area and a boating lake) is a great place for a picnic, bike ride or taking an ice cream break.

→ Passeig de Picasso, 21. M: Ciutadella (L4)

walking distance of the city centre. The most southwesterly part, at the foot of the WHotel, has a view of the entire Barcelona coastline, from the three chimneys to the huge solar panel in the Fòrum grounds, plus the Olympic Port and Barceloneta Beach in between.

→ M: Barceloneta (L4).

Platja de la Mar Bella

The coastal renewal process that began with the 1992 Olympic Games breathed new life into this beach, which combines two very different areas: a nudist beach at one end and a children's playground at the other. You'll also find groups playing football and volleyball.

→ M: Selva de la Mar (L4).

RUNNING

Marató de Barcelona

The Barcelona marathon is a popular entry on the world marathon calendar. Launched in 1977, it follows a flat and scenic route through the city.

→ Length: 42 km (26.17 miles).

When: March 11, 2018

www.zurichmaratobarcelona.es

OUTDOOR

Tibidabo theme park

This hilltop park, dating from 1889, has invested millions on modernisation, including an 80kph rollercoaster, but it still retains a nostalgic charm with its house of horrors, bumper cars and Aviò, the world's first flight simulator.

→ www.tibidabo.cat

Barcelona Bosc Urbà

An adventure playground by the

sea, the Barcelona Urban Forest offers a mélange of activities, sports and adventures for you to test your adrenaline levels, all within the city limits. Zip lines, rope swings, bungee jumping, log rolls and much more besides.

→ Plaça del Fòrum, s/n. M: El Maresme/Fòrum (L4). www.barcelonaboscbarcelona.com

BEACHES

Platja de Sant Sebastià

It's more than a kilometre of sand and sea within



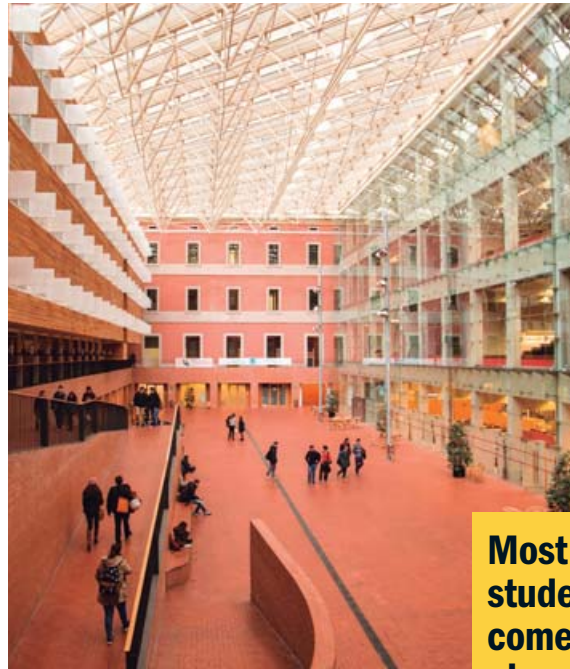
A unique international experience

If you're considering what path to take after your degree, the UPF Barcelona School of Management can help

YOU'RE DOUBTLESS HAVING a fantastic time in Barcelona at the moment, but perhaps you're also giving thought to what comes next, what to do once your degree is finished. If so, take a look at the UPF Barcelona School of Management. UPF is one of the best universities in the world according to international rankings and one of the few centres in Barcelona that offers Masters about world business and management, it also offers the chance to sample those management courses at a two-week summer school to help you work out if that's the direction your professional future should take.

More than a learning experience

Young, modern and dynamic, the UPF Barcelona School of Management – the Masters and Postgrad school of the Universidad Pompeu Fabra – teaches Masters of Science that stand out for their methodology, which is focused on analysis, rigour and the processing of data applied to the world of business and management. These full-time programmes, which are taught solely in English, aim to enable professionals to manage from an analytic perspective, with a strategic orientation, wide-ranging view and the capacity to solve problems. The taught specialities are Management, International Business, IT Strategic Management, Business Analytics, Marketing, Entrepreneurship, and Finances and Banking. But beyond the theory, the Masters of Science offer learning based on real challenges, co-creation, creativity, grounded management and innovation. Indeed, their methodology and international environment (86 percent of participants are foreign and come from all parts of the world)



Most of the students come from abroad, creating a global environment

mean these programmes are highly acclaimed by companies seeking young talent with different visions and perspectives. What's more, Barcelona is the ideal multidimensional base, as a capital of innovation, technology, art, business and digital transformation. All of which may explain why demand for Masters of Science in the city keeps on growing among young locals as much as those from abroad.

Summer school

Each July, the UPF Barcelona School of Management offers a summer school aimed at young graduate and undergraduate students from around the world who want to do a training period in Barcelona, and find out about the methodology and different subjects taught at the school. For two weeks, these young international students follow an intensive course that includes multidisciplinary subjects comprising entrepreneurship,

technology and creativity, innovation, sales and negotiation techniques, project management and even an introduction to analysis and Big Data. After the first full-on week, the second week sees students gain a deeper understanding of one of three areas of specialisation: Sports management, Marketing and communication or Finance. It's a great opportunity to live, get to know and try a unique learning experience, and decide if your future lies with a Master of Science at UPF Barcelona School of Management.

→ barcelonaschoolofmanagement.upf.edu

With kids

Edited by Erica Aspas
timeout.com/barcelona/barcelona-for-kids

DON'T MISS

CosmoCaixa

The standout exhibit of CosmoCaixa, one of Europe's biggest science museums, is the Flooded Forest, a living reproduction of a corner of Amazonia with glass walls that allow you to see underwater. The children's installations include



MARIA DIAS

the Planetarium (for those aged five to eight), Clik (ages three to six) and Flash (seven to nine), which introduce kids to science through fun and games.

→ Isaac Newton, 26
<http://obrasocial.lacaixa.es>
FGC: Tibidabo

Barcelona Zoo

This decently sized zoo has a wide range of animals – some 2,000 creatures, made up of 315 species. Other features are a farmyard zoo, pony rides, picnic areas and two excellent playgrounds. If all the walking is too much, there's a zoo 'train'.

→ Parc de la Ciutadella
www.zoobarcelona.cat/en/
M: Arc de Triomf (L1)

Aquarium

Barcelona's Aquarium is home to more than 11,000 animals representing 450 species – what you would expect from the world's largest Mediterranean-themed marine attraction. There

are fish of mind-boggling shapes and colours, an 80m-long underwater tunnel and Planet Aqua, a split-level circular space with Humboldt penguins.

→ Moll d'Espanya
www.aquariumbcn.com
M: Drassanes (L3)

LET'S PLAY

MACBA

Every weekend, the MACBA offers activities for families, combining tours of the exhibition galleries with workshops.

→ Plaça dels Àngels, 1
www.macba.cat/en/
M: Sant Antoni (L2), Universitat (L1, L2).

Fundació Joan Miró

The bold colours and simple shapes used by Catalan artist Joan Miró are loved by children; Familimiró is a programme of activities for all the family.

→ Parc de Montjuïc
www.fmirobcn.org/en
M: Espanya (L1, L3; FGC)

MNAC

With the MNAC's various activities your little ones could be a fairy for a day, learn the sculptor's trade or be a detective and solve a robbery. Reservation required.

→ Parc de Montjuïc
www.museunacional.cat/en
M: Espanya (L1, L3; FGC)



TOP THREE

Child-friendly eateries



Family Room Café

→ Joan Gamper, 13.
T. 93 534 18 30
Feel at home in this Les Corts spot, where they serve a variety of delicious drinks and dishes. Children can decorate the blackboard or play in the wooden house.
www.familyroomcafe.com



Bar del Convent

→ Comerç, 26.
T. 93 256 50 17
Located in a 14th-century Gothic building, there's a terrace with views of the cloister where the kids can safely play. There's also a space for them inside the bar.
www.bardelconvent.com

Chocolatería La Nena

→ Ramon y Cajal, 36.
T. 93 285 14 76
With whitewashed stone walls, piles of books and games, and delicious treats like waffles, crêpes, hot chocolate, fresh juices and ice cream, this is a great place for all ages.
www.chocolaterialanena.com



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Film

Edited by Josep Lambies
timeout.com/barcelona/cinema



Best film festivals

If you're passionate about cinema, here are five yearly film events in Barcelona you mustn't pass up. By *Jospe Lambies*

YOU'RE UNLIKELY TO find starlets teetering along a red carpet in Barcelona surrounded by droves of paparazzi. If you're looking for that, you're better off heading north, to the San Sebastián film festival, or maybe south, to the one in Málaga. But if you want good, quality films, you needn't leave town. Feast your eyes on our list of the best local film fests, five annual events you won't want to miss.

Sitges Film Festival

It's not Sundance or Venice, but locals are justifiably proud of hosting one of the freakiest film festivals around, held every autumn in the beach town of Sitges, 30 minutes away from Barcelona. This is the place where the best (and, let's face it, the worst) horror and fantasy movies are premiered, and where you can spend the whole night in a non-stop marathon of B-movies or take part in the Zombie Walk, a ghoulish parade of the living dead.

→ www.sitgesfilmfestival.com

D'A Festival Internacional

While many of the films screened in Cannes won't appear in cinemas, you can see a range of them during this ten-day spring festival that offers a great panorama of contemporary auteur cinema. It started in 2011, but despite being the newest of our top five, it's already one of the city's best film fests.

→ www.cinemadautor.cat

In-Edit

Music fans and film buffs should take a look at In-Edit, a festival dedicated to only one genre: the music documentary. But lest you confuse specificity with superficiality, know that it's premiered films here like *Searching for Sugar Man*. The 2017 edition opens on October 26.

→ www.in-edit.org

Mostra de Cine de Dones

This festival was born 26 years ago, back when it wasn't usual to see a woman shooting a film, to reclaim the forgotten work of the film industry's female pioneers. With a main event in June

and other activities running throughout the year, it aims to show the best films made by women from around the world.

→ www.mostrafilmsdones.cat

L'Alternativa

This event is paradise for real cinephiles, anyone who avoids the mainstream and seeks more challenging movie experiences. In November (for 2017, 13-19) at the CCCB, enjoy independent and

experimental films that just wouldn't fit anywhere else.

→ alternativa.cccb.org

The 2017 Sitges Int'l Film Festival runs from October 5 to 15



WHERE TO WATCH
CINEMA
IN BARCELONA

Verdi

The five-screen Verdi and Verdi Park (see below) have transformed this corner of Gràcia with a diverse programme of independent, mainly European and Asian, cinema, all shown in its original language (VO). At peak times, arrive early and make sure you don't confuse the queue to enter with the one to buy tickets.

→ Verdi, 32. M: Fontana (L3). www.cines.verdi.com

Verdi Park

The little brother of the Verdi, this four-screen annex on the next street has smaller screens but the same solid art-house programming.

→ Torrijos, 49. M: Fontana (L3). www.cines.verdi.com



Renoir Floridablanca

This place screens up to ten US, British and Spanish films (and occasionally some from other countries) in VO each day. Though they tend toward the indie genre, there's increasingly space for blockbusters too.

→ Floridablanca, 135. M: Urgell (L1), Universitat (L1, L2). www.cinesrenoir.com

Boliche

The films in this four-screen cinema,



The Last Days

Filmed in Barcelona, this 2013 sci-fi thriller from brothers Àlex and David Pastor shows the city in chaos, as an epidemic causes humans to fear going outdoors.

which closed for several years before re-opening with a state-of-the-art sound system, are shown in their original versions and subtitled in Catalan.

→ Diagonal, 508. M: Diagonal (L3, L5). www.bolichecinemes.cat

Icària Yelmo

This large VO multiplex has all the atmosphere of the near-empty shopping centre that surrounds

it. But what it lacks in charm, it makes up for in choice, with 15 screens offering blockbusters as well as mainstream foreign and Spanish releases.

→ Salvador Espriu, 61. M: Ciutadella/Vila Olímpica (L4). www.yelmocines.es

Maldà

Centrally located in the Gothic Quarter, this small cinema has come up with a novel way of getting bums on seats – when you

buy your ticket (rates vary according to the day), it gives you access to the cinema for that whole day, so you can see up to seven films for the price of one.

→ Pi, 5. M: Catalunya (L1, L3; FGC). www.cinemamalda.com

Balmes Multicines

The most recent addition to the original-language landscape, this is a 12-screen cinema with big, comfortable seats and stadium seating that guarantees a good view. Go on Wednesdays for the cheapest tickets.



→ Balmes, 422. FGC: Putxet. www.grupalana.com

Phenomena

Located just metres from the Sant Pau Art Nouveau Site, until December 2014, Phenomena was an itinerant undertaking, with screenings in different venues around town. However, initiatives such as *Jaws-Alien* double sessions in VO were so successful, organisers decided to move into a permanent home.

→ Sant Antoni Maria Claret, 168. M: Sant Pau/Dos de Maig (L5). www.phenomena-experience.com

Zumzeit

Esteban Bernatas hears 'You're crazy' a lot. That's what people say when he talks about his project: Cine-Zumzeit Bistro, a cinema and above-average

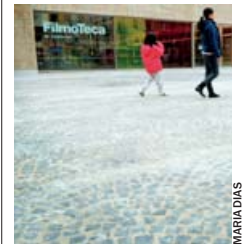
bar-restaurant in Santis. Is there anything more noble than trying to help small independent productions find an audience?

→ Béjar, 553. M: Tarragona (L3). www.zumzeit-cine.eu

Filmoteca de Catalunya

The government-funded Filmoteca is a little dry for some tastes; what you'll find are comprehensive seasons of cinema's more recondite auteurs alongside better-known classics. Books of ten tickets halves the price per film to €2, and they offer a range of season tickets.

→ Pl. Salvador Seguí, 1. M: Liceu (L3). www.filmoteca.cat



MARIA DIAS

Cinemes Mèliès

This small, two-screen venue is the nearest Barcelona has to an art-house cinema, with an idiosyncratic roster of accessible classics alongside more recent, non-commercial films.

→ Villarroel, 102. M: Urgell (L1). www.meliescinemes.com

MORE AT

**TIMEOUT.COM/
BARCELONA**

Theatre & Dance

Edited by Andreu Gomila
timeout.com/barcelona/teatre

Not only local heroes

There's no better way to immerse yourself in local culture than to take in a play in Catalan.

By Andreu Gomila

THEY'RE IN THEIR 40s and have projects in theatre capitals like New York, Milan and Buenos Aires. They've absorbed lessons from Neil LaBute, Simon Stephens and David Harrower. They even tasted success in their 20s with small plays staged in off-Barcelona venues. Now, with directors no longer in the spotlight, playwrights like Pau Miró, Josep Maria Miró and Jordi Casanovas are the ones to watch.

Guillem Clua, whose plays *Skin in Flames* and *The Taste of Ashes* premiered in the US, says, 'We're living our finest moment as playwrights with respect to international opportunities, and we've got to take advantage of that. This is happening because we don't sit around contemplating our navels or talking about marital problems or issues out of our reach. We talk about what

'We talk about what happens on the street... Today our audience is global'

happens on the street, what's in the papers. Today our audience is global.' Clua's latest play will open in Athens and Buenos Aires.

All these playwrights come from Sala Beckett, a drama factory that 15 years ago devoted a full season to the theme of Barcelona and, two years later, to Catalan drama. In the Barcelona season, new authors erupted onto the scene. Pau Miró premiered *Plou a Barcelona (It's Raining in Barcelona)*, which won the Critics Circle best new play award and was staged in Italy; his *Els jugadors (The Players)* won an Ubú (the Italian Oliviers) for

best foreign play. Josep Maria Miró is a hero in Buenos Aires and Mexico City, thanks to *Archimedes' principle*. In 2016 Casanovas premiered *Gazoline* in NYC.

In 2012, the Catalan National Theatre gave a few playwrights the chance to stage new work in one of the biggest theatres in town. It showed local playwrights can draw an audience. This season includes plays from Lluïsa Cunille and J.M. Miró. In Barcelona, not only does



Hamlet speak Catalan, but the most popular plays are written in Catalan too. ■



Josep Maria Miró

THE CITY'S TOP THEATRE AND DANCE VENUES AND ARTS FESTIVALS

Teatre Lliure: Montjuïc

Back in 2001, the Teatre Lliure in Gràcia (which is still open) was growing so fast that this new venue was opened on Montjuïc. It has two spaces, the bigger of which holds 800 people and the smaller just 200, ideal for more intimate performances.

→ Pg. Santa Madrona, 40-46.

M: Poble Sec (L3).

www.teatrelivre.com

Teatre Nacional de Catalunya

This Generalitat-funded theatre that opened in the late '80s boasts a vast airy lobby and three excellent performing spaces. Current artistic director Xavier Albertí opts for a good mix of classical and contemporary pieces, including from new writers.

→ Plaça de les Arts, 1.

M: Glòries (L1). www.tnc.cat



Teatre Romea

This was a private theatre when it opened in 1863. Over 100 years later, it was taken over by the Catalan government and then in 1999, Grup Focus took up the reins; it's now dedicated to contemporary works.

→ Hospital, 51. M: Liceu (L3).

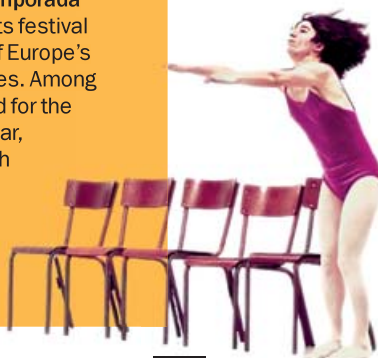
www.teatreromea.com



HOT TICKET!

Coming up this year

Barcelona's biggest arts festival is the **Grec**, held every July and featuring a staggering selection of theatre, dance, music and family shows (lameva.barcelona.cat/grec). Smaller but just as enticing is th hosted at Mercat de les Flors in late November, with fresh shows that go against the flow (mercatflors.cat). Out of town in Girona and Salt, **Temporada Alta** is a performing arts festival with work from some of Europe's most renowned creatives. Among the pieces scheduled for the Teatre Nacional this year, standouts include Sarah Kane's *Blasted* and a modern take on *Frankenstein*.



Teatre Tívoli

This is another of the city's grand centenarians. The original space was inaugurated in 1849, and since 1918 it's been standing proudly in its current residence, boasting a 'neo-rococo' style and eclectic programme.

→ Casp, 8. M: Catalunya (L1, L3; FGC). www.grupalana.com

L'Antic Teatre

This space has the ramshackle look of an organisation working on counter-cultural events. Its mission is to support and build the capacity for experimentation, production, exhibition and promotion of professional artists.

→ Verdaguera i Callís, 12.

M: Urquinaona (L1, L4).

www.anticteatre.com

Mercat de les Flors

UK theatre director Peter Brook is credited with transforming this one-time exhibition pavilion into a fully formed venue for the performing arts in 1985, when he was looking for a place to stage his legendary six-hour production of *The Mahabharata*. The Mercat now focuses firmly on national and international contemporary dance, with a strong programme that includes unusual formats, live music and new technologies.

→ Lleida, 59. M: Poble Sec (L3). www.mercatflors.cat



Club Capitol

What better way to learn the local languages and discover the city's spirit than with shows by comedians like Carlos Latre, Toni Moog and David Guapo. Take your class at the Capitol, the city's home for local comedy.

→ La Rambla, 138.

M: Catalunya (L1, L3; FGC).

www.grupalana.com

MORE AT

[TIMEOUT.COM/
BARCELONA](http://TIMEOUT.COM/BARCELONA)

Music & Nightlife

Edited by Marta Salicrú
www.timeout.com/barcelona/music-nightlife

FACE OFF

Summer festivals

We compare and contrast two of Barcelona's most popular music festivals. By *Marta Salicrú*

PRIMAVERA SOUND

What?

Pretty much a guaranteed inclusion on lists of the planet's best festivals, PS was born in 2001 as a single day of concerts and DJ sessions focusing on alternative pop-rock and electronica. Today it's a huge, eclectic event, where hip hop and world music also have their place. PS officially lasts three days, but actually takes over many city venues for about a week.

When?

PS takes place at the end of May or start of June, when the local weather's usually just right for an outdoor festival, though Mother Nature can play tricks on festival-goers. If you're from less sunny climes, definitely protect your skin, but you'll also want a jacket for the cooler nights, and check the

forecast to see if the gods of rock demand a light raincoat.

Where?

At the end of Av. Diagonal, you'll find the Parc del Fòrum, a mammoth open-air space ideal for huge music festivals. Since 2005 the Fòrum has played host to PS, and it now has more than ten stages spread out over almost 200,000m². The space is a concrete monster, but there are grassy and quiet spots, and the musicians shine as they perform with the Mediterranean as a backdrop.

Who?

Among the 185,000 music fans who danced and sang their way through Primavera Sound in 2016 were 124 different nationalities. The average age is 25 to 35, and



there are almost exactly the same amount of women as men. To give you an idea of who goes, the PS 2014 ad campaign was set in a fictional rehab centre for hipsters trying to kick the festival habit.

Why?

Because it's a feast for music lovers with omnivorous tastes

where classic greats have played including Thurston Moore, Patti Smith and Brian Wilson; acts who are now big names passed through at the start of their career, like Arcade Fire and Vampire Weekend; and there have been performances by such hugely disparate bands as Tame Impala, Radiohead and Sleaford Mods.



'The acts shine as they perform with the Med sea as backdrop'



'It's the mother of all parties that also has an intellectual side'



SÓNAR

What?

The Festival of Advanced Music and Multimedia Art got underway in 1994 and is still true to its roots: a mix of explosive experimental acts to feed grey matter, and danceable electronic pop and hedonistic club music for working up a sweat and getting the endorphins going.

When?

Sónar is on for three days in mid-June, around the summer solstice, so Barcelona is fiery hot in more ways than one. The high temperatures also dictate festival fashion: bikini tops, Bermuda shorts, wide-rimmed hats, sandals and shades are the dress code.

Where?

The festival is divided into Sónar by Day and Sónar by Night, each celebrated in different spaces. For a long time, it was on at the MACBA, but a bigger venue was called for, and now two big convention centres play host: by day it's the Fira Montjuïc, and by night the Fira Gran Via. The evening venue is actually outside BCN (in L'Hospitalet), but it's just ten minutes by bus from Plaça Espanya.

Who?

Sónar continued its great form in 2016, its 23rd edition, with 115,500 punters from 101 countries. These are huge numbers when you consider Sónar also organises events each year in other cities around the world – hosts including Reykjavik, Istanbul and Hong Kong. This festival also draws audience members between 25 and 35, men and women in fairly equal numbers, and you'll find hipsters, as well as technology geeks and ravers.

Why?

Because it's a funfair for big, curious kids that stimulates the synapses and also provides heaps of fun – the mother of all parties with an intellectual side to help you feel redeemed if you end up suffering any residual effects. Heroes of pop culture have performed at Sónar, like Kraftwerk, Roxy Music, Chic with Nile Rodgers, Grace Jones, Jean Michel Jarre and Devo, and you can also delight in events such as classical pianist Francesco Tristano converting his recital into a house session, a Björk DJ session or discovering up-and-comers at the Red Bull Music Academy.

PHOTOS: MARIA DIAS



POP FESTIVALS Cruïlla

Cruïlla began quietly in 2008 before launching into something special two years later. It now attracts thousands of music fans lured by a weekend of an eclectic and genre-crossing line-up of great bands in an outdoor setting.

→ July 2018. Parc del Fòrum. M: El Maresme/Fòrum (L4). www.cruillabarcelona.com

BAM

BAM is an annual indie music festival that's part of the citywide La Mercè celebration and includes many free, open-air concerts around Barcelona.

→ September 2017. Various venues. barcelona.cat/bam

Guitar BCN

This will be the 28th edition of Barcelona's extensive guitar festival, which includes classical guitar and established virtuoso performers, as well as alternative bands and musicians.

→ February-July 2018. Various venues. www.theproject.es

Festival del Mil·lenni

The Millennium Festival is one of Spain's most diverse, with sounds ranging from folk-rock to eclectic flamenco. This year sees it stage its 19th edition.

→ November 2017-May 2018. Various venues. www.festival-millenni.com

ELECTRONIC MUSIC FESTIVALS Mutek

The International Festival for Digital

Creativity and Electronic Music, which began in Montreal in 2000, has been making waves in Barcelona for the past eight years. There's a Digi_Section daytime programme and electronic music every night.

→ March 2018. Various venues. www.mutek.org

Lapsus

This event at the CCCB features around eight non-stop hours of avant-garde electronic music featuring both national and international artists.

→ April 2018. Montalegre, 5. M: Universitat (L1, L2). www.cccb.org

DNIT

Experimental electronica and young creatives take centre stage at CaixaForum in this season that hosts monthly concerts and talks.

→ Last Friday of month, Oct-May. Av. Francesc Ferrer i Guàrdia, 6-8. M: Espanya (L1, L3; FGC). obrasocial.lacaixa.es

FLAMENCO FESTIVAL Ciutat Flamenco

A benchmark festival of contemporary flamenco at Mercat de les Flors that celebrates the art form while challenging its conventions.

→ May 2018. Lleida, 59. M: Poble Sec (L3). www.mercatflors.cat

CHANSON FESTIVAL Barnasants

A singer-songwriter festival now in its 23rd year and which offers some 100 big and small concerts around Barcelona.

→ January-April 2018. Various venues. www.barnasants.com

FOLK FESTIVAL Tradicionàrius

This is the most important traditional music festival in Catalonia, with about 30 concerts in Gràcia's Centre Artesà Tradicionàrius.

→ January-June 2018. Plaça Anna Frank, s/n. M: Fontana (L3). www.tradicionarius.cat

CLASSICAL MUSIC L'Auditori

Home to the city OBC orchestra, you can also hear world, contemporary and experimental music plus works for children.

→ Lepant, 150. M: Marina (L1). www.auditori.cat

Palau de la Música Catalana

This stunning concert hall is as captivating as the music it hosts, with a varied programme that this year includes Anne-Sophie Mutter and Sir John Eliot Gardiner.

→ Palau de la Música, 4-6. M: Urquinaona (L1, L4). www.palaumusica.cat

OPERA Gran Teatre Liceu

Barcelona's opera house has a season of iconic works lined up this year, such as *Un Ballo in Maschera* by Giuseppe Verdi and Richard Wagner's *Tristan und Isolde*, alongside one-off performances.

→ La Rambla, 51-59. www.liceubarcelona.cat

GET YOUR TICKETS NOW Listings



Festival Internacional de Jazz de Barcelona

One of Europe's most well-respected jazz festivals has grown to embrace everything from bebop to gospel, around a core of mainstream performers. In the autumn of 2017, its 49th edition will kick off with confirmed acts including opener Diana Krall and The Waterboys.

→ www.jazz.barcelona

TOP THREE

Catalan musicians you need to know



MARIA DJIS

MIQUI PUIG

With both awards and experience, Miqui Puig has been making the city dance for three decades, both behind a microphone and his record decks, and is one of the most eclectic DJs you'll find here. The elegance of pop and spirit of soul combine in this Barcelona icon who put out a new album earlier this year, *Escuela de capataces*.



MARIA DJIS

MARIA ARNAL & MARCEL BAGÉS

This pair are the latest 'next big thing' in Barcelona, a singer and guitarist who explore oral traditions and popular culture with exquisite delicacy. In spring 2017 they released their first disc, *45 cerebros y 1 corazón*, the culmination of a period when everybody's been talking about them. Their future is undoubtedly bright.



IRENE FERNANDEZ

BAD GYAL

The undisputed queen of urban music in Catalonia is Bad Gyal, a woman who's not yet 20 but has already achieved millions of plays of her clips on YouTube. Alba (her given name) has become a star without having recorded a single disc, but then she doesn't need to; she keeps editing songs and mixtapes while stealing the city's stages.

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Clubs

Edited by Ricard Martín
timeout.com/barcelona/music-nightlife

Keep on dancing

These Barcelona parties, sessions and clubs will have you dancing to great music all night long. By *Pau Roca*

ALMOST ANY NIGHT of the week in Barcelona you'll find a club night happening somewhere. Whether you want a Monday evening pick-me-up, a full-on all-night session or feel like hearing the newest sounds, you're almost bound to find it in the Catalan capital. If you're planning a night out but aren't sure where to start, here's a selection of what we reckon are the ten hottest club nights and sessions the city currently has to offer.

1 TRILL AT RAZZMATAZZ
They call it 'Internet club music'. Spain's biggest Future Beats club night takes over Barcelona's five-room Razzmatazz club (Almogàvers, 122) every Saturday evening, and features the up-and-coming stars of the hardcore continuum – artists who are writing the future of dubstep, garage and jungle, such as AarabMuzik, Baauer, Nguzunguzu and local Alizzz. Party like it's 2017!

www.facebook.com/trillrazzmatazz

2 LIBIDO AT NITSA CLUB
It's seven years since Gon and Pau started their adventures on the edges of electronic music at Nitsa@Apolo (Nou de la Rambla, 113), and they're still going hard. With an upbeat soundtrack of '90s house, served with plentiful helpings of disco, boogie and soul, Libido has become an institution. The line-up mainly consists of local DJs, although they also invite monthly international guests to mix things up a bit.

www.facebook.com/libidobarcelona

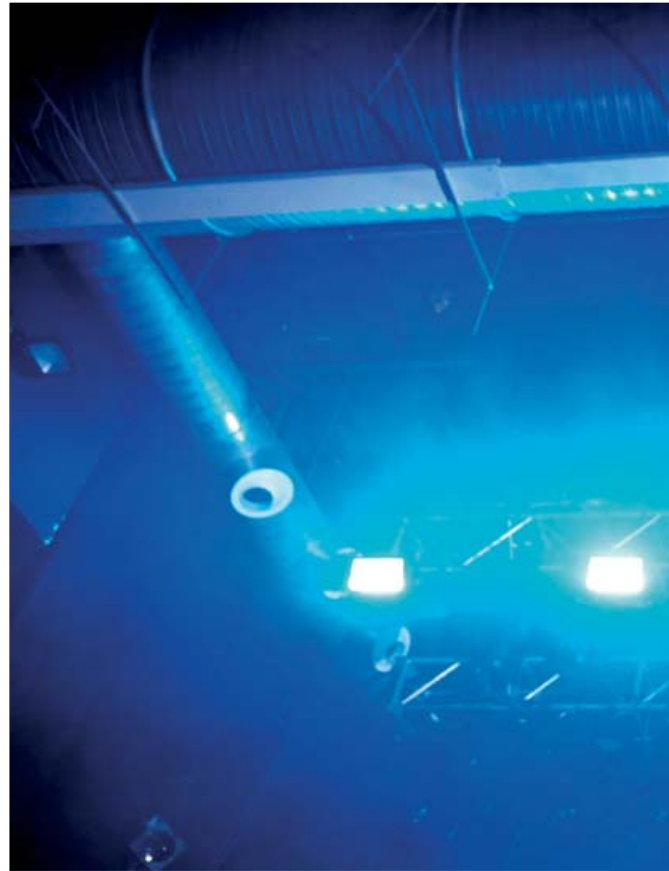
3 SWITCH BAR
If you end up at Switch (Francisco Giner, 24), you might well find Sunny Graves, Fede Erdán, Abu Sou or Nehuen at the decks. In this half-bar, half-club hybrid hangout, which is managed by the impeccable Deckard, they serve generous cocktails that you can enjoy in two connected spaces (one more laid-back, the other with a DJ booth and bar) with music selected by the best DJs in town.

www.facebook.com/SwitchBar



Switch Bar

4 33/45
The ideal place for a quick drink before the night really gets going – but don't be surprised if you get stuck (in the best sense of the word) with a soundtrack that runs from Burial to Bonobo via Björk and James Brown. At 33/45 (Joaquín Costa, 4) you're in a haven of great taste that





JORDI PIZARRO



Sala Apolo

Razzmatazz

has swiftly become a Barcelona nightlife essential.

www.facebook.com/33.45bar

5 CLUB MARABÚ AT SALA UPLOAD

Club Marabú (Sala Upload in Poble Espanyol, Av. Francesc Ferrer i Guardia, 13) is the electronic club night Barcelona needed. With a '90s aesthetic, promoters Canada and Drakis have devised a party whose USPs are musical eclecticism and an out-of-control dance floor.

www.clubmarabu.com

6 NASTY MONDAYS

Running for some ten years, this week-opener event claims to be Europe's biggest rock 'n' roll party. Regular hosts Mad Max and Soren do all they can to break up Monday monotony by offering a mixbag of sounds including rock,

pop, indie, garage, electronica and rock and whatever else they think it will take to get the room moving. Its slogan is 'we come, we dance, we rock', while Madmax describes NM as 'a party for normal people who like rock'.

www.nastygarage.com

7 WEDNESDAYS AT MOOG

The city's pocket-sized Berghain keeps delivering big names in international techno, with the most authentic atmosphere in Barcelona. This, its only remaining real techno club, has an uncompromising policy that mixes local regulars – Gus Van Sound, Olmos, Uroz – with label nights and special guests (Arc del Teatre, 3).

www.masimas.com/es/moog

8 EL DIRTY AT RAZZMATAZZ

Competing with Nasty

Party planner

A Friday night game plan starts at Collage (Consellers, 4), with its top cocktails and free tapas. Then a stand-up supper at Bar del Pla; try the oxtail with foie gras (Montcada, 2). Mosey over to Magic Club (Pg. de Picasso, 40) to dance till 6am. Finally, at Xurreria San Roman (Consell de Cent, 211) stave off a hangover with a cone of *xurros* doughnuts.

Mondays at Apolo for the title of the wildest party in town, Wednesday's El Dirty at Razzmatazz has a tagline that succinctly says it all: 'All the hits you can imagine mixed all together (now!)'. With the attitude and energy of a gay-friendly party night, it's ideal for all you clubbers who just can't wait until the weekend.

www.facebook.com/eldirtyderazzmatazz

9 CHURROS CON CHOCOLATE

A playlist that's a potpourri of kitsch (from commercial radio hits to mariachi hymns) plus an anarchic, up-for-it atmosphere. Entrance is free, everyone is welcome and it takes place one Sunday afternoon a month at Apolo. If you want to discover the secret of happiness, mark Churros on your calendar. We guarantee you won't regret it.

www.facebook.com/Churros-con-Chocolate-353099171375605/

10 VENTÚ

VenTú has redefined the concept of the afternoon vermouth for a new generation. That means fewer grandpas sipping aperitifs and nibbling olives, and more live music, party atmosphere and uninhibited dancing, all with a glass of ice-cold *vermut* in hand. With ever-changing venues, this is a perfect early afternoon shindig for Sundays, proving once more that they're the new Fridays.

www.ventubcn.es

BEST OF THE REST

More great nightlife in the city

CLUBS

Sidecar

This below-ground temple of indie rock is 25 years old and still fit as a fiddle, with a different session every day and the confidence of knowing that the hip and happening will be there at least once a week.

→ Pl. Reial, 7. M: Liceu (L3)
www.sidecarfactoryclub.com

Shôko Lounge Club

This enduringly popular beachfront destination has all

you need for a great night out. DJs playing house, hip hop, R&B and international hits, a terrace ideal for the first cocktail of the night, and a range of delicious fusion cuisine.

→ Pg. Marítim de la Barceloneta, 36.
M: Ciutadella/Vila Olímpica (L4)
www.shoko.biz

Ocaña

Another Plaça Reial venue, Ocaña combines a restaurant, café and two night-time spaces: the Club, which seeks to unite New York and Ibiza party nights,

using live music and burlesque; and Apotheke, a creative cocktail bar.

→ Pl. Reial, 13-15.
M: Liceu (L3)
www.ocana.cat

Opium Barcelona

Opium, a restaurant with a terrace as well as a nightclub for beautiful people looking for a modern ambience that has a touch of opulence, is next to the Hotel Arts, practically on Barceloneta beach.

→ Pg. Marítim de la Barceloneta, 34.
M: Ciutadella/Vila Olímpica (L4)
www.opiumbarcelona.com

Sala BeCool

This is where the city's novelty-hungry music lovers go to find out what's happening in places like London and Berlin. You won't find a regular crowd – it varies from one gig to the next, depending on who's headlining.

→ Plaça Joan Llongueras, 5.
M: Hospital Clínic (L5)
www.salabecool.com

Luz de Gas

This lovingly renovated old music hall, garnished with chandeliers and classical friezes, is a mainstay on the live music scene. In between visits from international artists and benefit concerts for local causes,



Sing it!

Tired of singing in the shower and not getting your deserved 15 minutes of fame? Check out Barcelona's various karaoke hot spots, which include the George Payne pub, Touch Music and Weekend Karaoke Bar.

→ For details see timeout.com/barcelona/music-nightlife.

you'll find nightly residencies that feature blues, disco, pop-rock, and vintage and Spanish rock.

→ Muntaner, 246.
M: Hospital Clínic (L5)
www.luzdegas.com

Bikini

Bikini has lost some of its muscle in recent years, with the big-name stars it once booked replaced by little-knowns and ageing rockers. Still, gigs are staged with the professional vigour of gold-ticket shows, and the club

nights that follow are legendary. Divide your time between the rooms playing hip hop, pop, lounge and Latin sounds.

→ Av. Diagonal, 547.
M: Maria Cristina (L3)
www.bikinibcn.com

BARTS

On the foundations of what was once the Gran Teatro Español and Barcelona's Studio 54 in the 1980s – which hosted concerts by the likes of New Order, Depeche Mode, Duran Duran,

Spandau Ballet, Tina Turner, Ultravox and Simple Minds, among others – stands this hall with amazing acoustics for concerts and performing arts, and that's managed by promoter The Project.

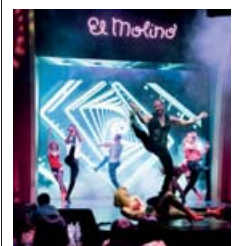
→ Av. Paral·lel, 62.
M: Paral·lel (L2, L3)
www.barts.cat

BURLESQUE

El Molino

After extensive renovations in 2010, this grand dame has returned to her former glory. 'The Mill' was once a symbol of resistance against official censorship, but today sticks to its main job as a cabaret, burlesque and music hall. For the past seven years, in June, they've staged the Barcelona Burlesque Festival, with some of the world's best starlets showing off their sensuous skills.

→ Vila i Vilà, 99.
M: Paral·lel (L2, L3)
www.elmolinobcn.com





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LGBTI

Edited by Martí Sales
timeout.com/barcelona/lgbt

Discover a place for you

Barcelona's gay community enjoys a range of places to meet people, hang out and have fun.

By Hannah Pennell



MARIADIAZ



IRENE FERNANDEZ

1 La Sue BCN

Since opening in August 2012, La Sue BCN has become one of the city's top places for women to meet women. It's popular for watching Barça matches while snacking on sandwiches, salads and tapas (the kitchen is the domain of Sue's wife, Mercè). If literature is more your leaning, they also organise poetry recitals and monologues, as well as provide a comfortable place to catch up with your reading. With one-off activities like fancy dress Carnival parties, this bar is great year round.

→ Villarroel, 60. www.facebook.com/lasue.bcn.3

2 Tango Queer Barcelona

Fancy learning to dance the tango? Head to Inusual Project on Mondays at 7pm (beginners) and 8.30pm (intermediaries) for classes with Dafne Saldaña who teaches from a gender-breaking perspective. From 10pm, the Milonga Queer is open for whoever wants to try

out their moves without having to adhere to any socially ascribed roles. In February 2017, the group hosted the second Tango Queer festival.

→ C/ de la Paloma, 5, bajos. www.facebook.com/tqbcn

3 La Federica

The Alberts – Albert Villaplana, graphic designer, and Albert Macaya, who worked in safaris – took over this popular gay bar in 2015, setting out to offer something completely different from what was already available in the nearby hip street of Blai. Clients go there for glamour and glam decadence, and to eat really well. Every other Saturday, the Alberts host a theme party, which sees them go all out decorating the bar and themselves.

→ Salvà, 3. www.facebook.com/barlafederica

4 Believe Club

Inaugurated in April 2017, this Eixample club is determined to shake things up

on the local scene. The basic aim is having fun in original and diverse ways; that means live shows, theme parties, magicians, DJs, drag queens, great disco music and whatever else their 'believers' might want. Open every night from 9pm to 5am (Friday and Saturday until 6am), if you find yourself regularly drawn there, you can sign up as a VIP believer.

→ Balmes, 56. www.thebelieve.club

5 Carita Bonita BCN

Started as a Friday night party by the two women behind Melon Party (see page 93), Ursu and Mireia, Carita Bonita BCN has now set itself up as a permanent bar in the Gayxample area of the city. Open Wednesdays to Saturdays from 8pm to 3.30am, it's already a popular place for snacks, cocktails and hanging out with friends, old and new. They also have DJs, music, and screens showing football matches.

→ Balmes, 69. caritabonitabcn.com

OUR PICK OF THE BEST
LGBTI PARTIES
 IN BARCELONA

Stupenda

On the first Thursday of every month, the Classic disco of the Arena group hosts this party night for women. It includes screenings, the 'message game' (an indirect way to meet people), gifts and a striptease where a brave and bold volunteer from the audience is called for. **First Thu of month, 11pm-3am. Arena Classic, Diputació, 233. M: Universitat (L1, L2)**

Churros con Chocolate

Playing everything from obscure Spanish pop sounds to the latest Katy Perry



tracks, this is a fun, ever-changing session with a diverse audience where anything goes and where, above all, good vibes rule. Get there early to enjoy some of the titular *churros* (long fried doughnuts covered in sugar) with hot chocolate.

One Sunday a month. Sala Apolo, Nou de la Rambla, 113. M: Paral·lel (L2, L3)

La Ká

Sandro and Jon are friends who met over a decade ago and started throwing house parties where everyone ended up showing off their wares in wigs and



Out and about

Barcelona celebrates gay culture with two big summer festivals. In June is Gay Pride, with the huge parade and much more. The other is August's Circuit Festival, two weeks of parties, shows and pool fun.

→ pridebarcelona.org; circuitfestival.net; girliecircuit.net

heels. In 2013 they moved their soirées to a cocktail bar. Ká is an explosive session that has made its way through two venues and is now a regular at Plataforma.

One Sunday a month. Plataforma, Nou de la Rambla, 145. M: Paral·lel (L2, L3)

POPair

A beard is the key into this party thrown by a big player in

Barcelona's nightlife, namely DJ Albertoto. With the help of family and friends, he puts on this alternative session for everyone from the bear world. 'We started POPair to fight against Barcelona's gay nightlife going stale and to break stereotypes,' he says. **First Friday of each month. Metro Disco BCN, Sepúlveda, 185. M: Universitat (L1, L2)**

La Rebutito

The main feature of this party is that there's usually a happy hour starring the *rebutito*, a typically Andalusian drink – just the tonic to get any party going. And we can tell you first-hand that at La Rebutito, it does just that.

One Friday a month. Metro Disco BCN, Sepúlveda, 185. M: Universitat (L1, L2)

Melon Party

The organisers are committed to their cause: throwing parties for young lesbians just starting to go out and eager to have fun dancing to



commercial house music with a Spanish pop hit thrown in now and then. They also do theme nights, where the clientele dons costumes. **Up&Down, Av. Dr. Marañón, 17. M: Zona Universitària (L3, L9S).**

SomosLas

Ferran Camarasa, the man behind logistics and artist hospitality for both Nitsa Club and Primavera Sound, is also the creator of this session that he modelled on what was going on in Berlin and that brings together any lesbians and gays who want a place to play.

One Friday a month. La [2] de Apolo, Nou de la Rambla, 111. M: Paral·lel (L2, L3)

Las Cinco

'The Five' is a superparty organised by various of the events already

featured on this page: Churros, Ká, POPair, La Rebutito and SomosLas. For this three-monthly (or so) mega-fiesta, they put their collective resources together for an exuberant night of music, dance and fun. To find out where and when they'll next be strutting their stuff, check out their Facebook page.

facebook.com/seranlascincos



Nenis

Subtitled 'The Lesbian Night', this party event, running since 2015, takes place every Saturday evening in Believe Club. It was started by legendary Barcelona DJ Lady Chus – she's been in the business for close to a quarter of a century – who is renowned both on the local and Spanish LGBTI scene; she's also one of the residents of the Girlie Circuit Festival (see box) and monthly Girlicious party.

Believe Club, Balmes, 56. M: Urgell (L1). www.facebook.com/nenisbarcelona

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 BARCELONA**

Art



Pure genius

Antoni Gaudí is inextricably linked with Barcelona. Abby Narishkin explores some of his lesser-known creations

A PERFECT COMBINATION of old-fashioned opulence and stylised modernism, **Palau Güell** is tucked into a skinny Raval street. The building, designed by Antoni Gaudí for his patron, Eusebi Güell, stands today as a symbol for Catalan nationalism. As you explore, take note of how the rising levels (from the modest basement to the ostentatiously colourful roof) reflect the motif of wealth (*Nou de la Rambla, 3-5; palauguell.cat*).

Casa Vicens, Gaudí's first great house, holds a special place among the architect's earlier works. Designed with his signature colours and motifs, Casa Vicens marks a distinct period of Moorish influence for Gaudí. Due to open to the public for the first time in autumn 2017, you can be among the first to see this masterpiece up close (*Carolines, 24; casavicens.org*).

In contrast to most owners of industrial colonies from the late

1800s, **Colònia Güell**'s boss, Eusebi Güell, wanted good living conditions for his workers. His ideas included religious and cultural buildings, constructed in Gaudí's modernista style (*Claudi Güell, 6, Santa Coloma de Cervelló. gaudicoloniaguell.org*).

In 1884, Güell hired Gaudí again for the renovation of his estate, **Finca Güell**. Styled with Asian designs and Mudéjar influences, Finca Güell is striking because of its colourful tiles and innovative ironwork such as the mythical dragon protecting its gate (*Avinguda Pedralbes, 7*).

On the site of a medieval royal residence, the architect created **Torre Bellesguard**, which gives a sense of a free Gaudí, inspired by medieval castles and working with Gothic Revival resources (*Bellesguard, 16-20; bellesguardgaudi.com*).

'Finca Güell is striking for its colourful tiles and innovative ironwork'

CHECK OUT BARCELONA'S TOP MUSEUMS AND ART CENTRES

MACBA

Art is taken seriously at this place. If you're willing to tackle shows that waver between the brilliant and the baffling, and, if you're prepared to do your reading, a trip to the MACBA can be most rewarding. The centre's permanent collection is rooted in the second half of the 20th century, with media, sound and performance art from the 1960s and 1970s.

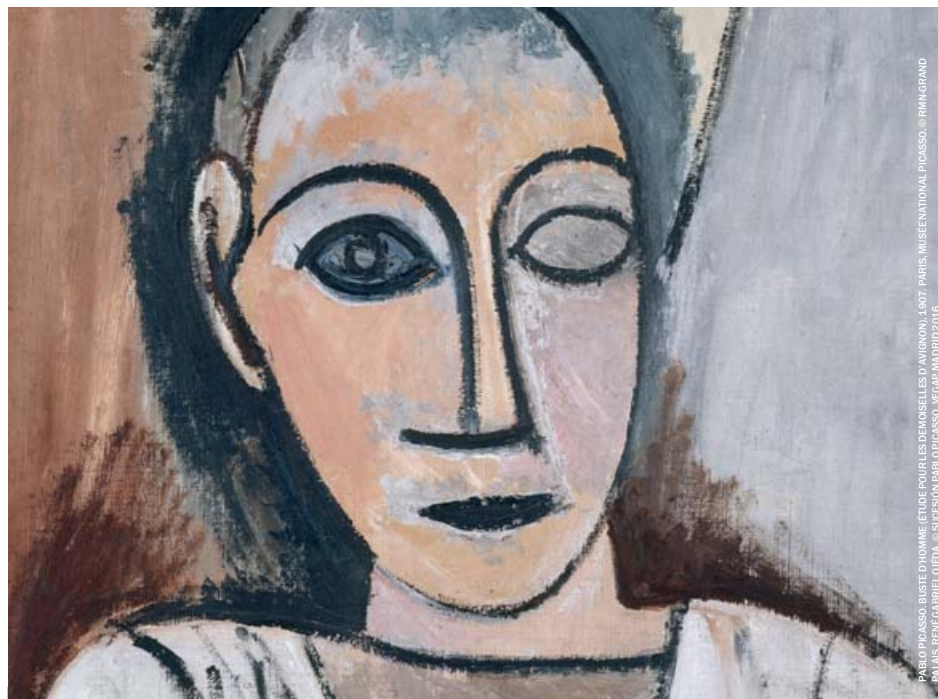
→ Plaça dels Àngels, 1.
M: Sant Antoni (L2)
www.macba.cat
See this year: Joan Brossa, Sep 21-Feb 2018



MNAC

This is the place for an overview of Catalan art from the 11th to the 20th centuries. The highlight is the Romanesque collection – murals from medieval churches in the Pyrenees transported here to keep them from falling into ruin. Also unmissable is the modernista collection, while the decorative arts section includes original furniture from modernista houses.

→ Parc de Montjuïc.
M: Espanya (L1, L3; FGC)



PABLO PICASSO, BUSTE D'HOMME ETUDE POUR LES DEMOISELLES D'ANGONIM, 1907. PARIS, MUSEE NATIONAL PICASSO. © RMINGRAND. PALAIS. RENEGABRIEL GUÉBA. © SUCESION PABLO PICASSO. VEGAP MADRID 2016

1917. Picasso in Barcelona

Marking 100 years since Picasso's last extended stay in Barcelona, this show presents many works he produced during that time, when he was working with the Ballets Russos of Serge de Diaghilev.

→ Museu Picasso. M: Jaume I. Oct 25-Jan 28, 2018

www.museunacional.cat
See this year: Ramon Pichot,
Sep 21-Jan 7, 2018.

CaixaForum

This masterpiece of industrial modernism (a former yarn and textile factory), designed by Puig i Cadafalch, houses three memorable spaces for temporary exhibitions – often

among the most interesting shows to be found in the city.

→ Av. Francesc Ferrer i Guàrdia, 6-8. M: Espanya (L1, L3; FGC). obrasocial.lacaixa.es
See this year: Giorgio de Chirico, until Oct 22

Centre d'Art Tecla Sala

Set in a 19th-century paper mill, this art centre lies just beyond Barcelona, in

neighbouring L'Hospitalet. Its focus is contemporary visual art and it seeks to promote Catalan artists, although not to the exclusion of foreign creatives.

→ Av. Josep Tarradellas i Joan, 44, L'Hospitalet de Llobregat.
M: Torrassa (L1)
www.teclasala.net
See this year: Carles Congost,
Oct 26-Jan 14, 2018

Fundació Antoni Tàpies

The artist Antoni Tàpies set up a foundation in the former Montaner i Simon publishing house in 1984. As well as a place to



study contemporary art, the museum highlights the work and life of Tàpies himself (he died in 2012).

→ Aragó, 255. M: Passeig de Gràcia (L2, L3, L4)
www.fundaciotapies.org
See this year: Susan Meiselas,
Oct 5-Jan 14, 2018

Fundació Joan Miró

This light, airy venue houses over 225 paintings, 150 sculptures and all of Miró's graphic work, plus some 5,000 drawings. The permanent collection shows Miró's use of primary colours and simplified organic forms, as well as the large, black-outlined paintings from his final period.

→ Parc de Montjuïc, s/n.
M: Espanya (L1, L3; FGC)
www.fundaciomiro-bcn.org
See this year: Sumer, Oct 25-Jan 28, 2018

Fundación Mapfre

The Foundation opened its Barcelona space in 2015, in the modernista Casa Garriga Nogués building. Its shows so far have focused on photographers such as Duane Michals and Bruce Davidson, and 19th- and 20th-century painters.

→ Diputació, 250. M: Passeig de Gràcia (L2, L3, L4).
www.fundacionmapfre.org
See this year: Hell according to Rodin, Oct 10-Jan 21, 2018



Espai Volart

Part of the Fundació Vila Casas (which has different sites around Catalonia), Espai Volart houses temporary shows in its location in the old storerooms of the modernista building Casa Antonia Puget. Every July it shows work by Fine Arts students from Barcelona University.

→ Ausias March, 22.
M: Urquinaona (L1, L4)
www.fundaciovilacasas.com
See this year:
Lita Cabellut,
Oct 5-May 27, 2018

MORE AT

TIMEOUT.COM/
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Books

Edited by Josep Lambies
timeout.com/barcelona/art-culture



Sant Jordi: a book and a rose

April 23 is always a special day in Barcelona.
By Maria Junyent

SANT JORDI (aka Saint George) is the patron saint of Catalonia, and although his feast day on April 23 isn't a public holiday, it's always a local celebration. Don't expect saints clutching swords or dragons dripping blood: it's a day for lovers, authors, book signings and roses.

Tradition dictates a rose for her and a book for him. But nowadays the rules are more flexible – women like to read too! Getting your hands on a rose couldn't be easier. In fact, on that day it's hard to find a corner in the city that hasn't been invaded by impromptu flower stalls.

For book-givers, the prize is a spanking-new first edition signed by the author. It seems every writer in Spain – and a few foreign ones – spends the day being herded round signing sessions. Browsing groaning tables of books, both new releases and classics, is one of the day's pleasures, although you should broach the crowded thoroughfares with patience.

There's more to the day than just books and roses. Balconies are draped with Catalan flags, while restaurants are booked out by couples seeking a romantic table for two. La Rambla reaches full capacity, and



Plaça Catalunya becomes an open-air stage with a continuous programme of music and other acts. ■



1 Blooming great
In recent years, around 6 million roses have been sold across Catalonia on April 23. About 80 percent are red, while yellow, rainbow and Barça blue-and-red ones are also popular.

2 Historic day
Shakespeare is said to both have been born (1564) and died (1616) on April 23. In addition, it's recorded as the day Cervantes was buried (also 1616), having died the previous day.

3 Read all about it
In 2017, just over 1.6 million books were purchased in Catalonia, worth about €21 million, a four percent increase on 2016. Among the non-fiction bestsellers was Marie Kondo's *The Life-Changing Magic of Tidying Up*.

4 Keep an eye on the sky
The only thing that can ever bring local spirits down on the day of Sant Jordi is bad weather. Anxious viewing of the weather forecast becomes a national sport in the days leading up to April 23.

5 Global celebration
This day has been designated UNESCO's World Book and Copyright Day. As well as Shakespeare and Cervantes, it is also the date of birth or death of other renowned authors like Vladimir Nabokov and Catalan writer Josep Pla.

6 The times they are a-changin'
As might be expected at a time when new products hit the shops weekly, many creative souls have come up with innovative items for sale on April 23, such as rose lollies, boxes of chocolates in the shape of books, and bread with an edible Catalan flag running through it.

WHERE TO BUY BOOKS IN BARCELONA AND LITERARY FESTIVALS

Altair

If you're planning a trip, this has to be your first stop – it's the largest travel bookshop in Europe. You can pick up guides to eating free in different cities, academic tomes on geolinguistics and handbooks on successful outdoor sex, as well as essentials like maps, travel journals and mosquito nets.

→ Gran Via, 616.

M: Universitat (L1, L2).

www.altair.es



FNAC-Triangle

The most centrally located temple of cultural consumption in the city, with books (there's quite a good selection in English), CDs, movies, cameras, computers and other electronics. It's also a main location for ticket sales.

→ Plaça de Catalunya, 4.

M: Catalunya (L1, L3; FGC).

www.fnac.es

La Casa del Llibre

The branch in Rambla de Catalunya is one of the largest bookshops in the city. It has a good English-language section, plus an open, airy ambience and spaces for presentations and activities.

→ Rambla de Catalunya, 37.

M: Passeig de Gràcia (L2, L3, L4). www.casadellibro.com



Read like a local

Open since 1975, when Spain's dictatorship came to an end, this bookshop still has a certain '70s glamour to it, thanks to the charisma of owner Josep Cots.

→ Documenta, Pau Claris, 144. M: Girona (L4).

La Central

The largest of three La Central bookshops in the city, this aesthetically pleasing space has a wide range of books, including a small, eclectic selection of English tomes. Its specialities include art, social sciences and contemporary thought, while there's a nice café upstairs.

→ Mallorca, 237. M: Diagonal

(L3, L5); FGC: Provença.

www.lacentral.com

La Central del Raval

This is probably the coolest bookshop in the city, thanks to its setting in a former chapel and thousands of titles with a special focus on the humanities. If you have a few hours to kill, you could do worse than let yourself wander among its extensive and well-stocked shelves.

→ Elisabets, 6. M: Liceu (L3).

www.lacentral.com

Laie

Laie is one of the top bookshops in town among the literati and those looking for the latest publications from Catalonia, Spain and abroad. They have an immense collection of fiction (plus local and foreign literary magazines), while cinephiles and music fans can also satisfy their cravings.

→ Pau Claris, 85.

M: Urquinaona (L1, L4).

www.laie.es

Babèlia Books & Coffee

This combo café/second-hand bookshop has fiction



and non-fiction in a range of languages, although the majority are in English. Browse the shelves while enjoying coffee or tea and a slice of one of their delicious cakes.

→ Villarroel, 27. M: Sant Antoni (L2), Urgell (L1).

babeliabcn.com

BCN Books

This two-storey bookshop has a very decent fiction and classics section, and an especially good selection of books in English dedicated to Catalonia and Barcelona.

→ Roger de Llúria, 118.

M: Diagonal (L3, L5).

www.bcnbooks.com

Come in Llibreria Inglesa

Here you'll find a range of books from fiction to cookery manuals and graphic novels, as well as a lot of language-learning

tomes and a well-stocked corner dedicated to books and games for kids.

→ Balmes, 129 bis.

M: Diagonal (L3, L5);

FGC: Provença.

www.libreriainglesa.com

Hibernian Books

Originally opened as a second-hand bookshop in English in 2004 (the owners shipped over some 30,000 books from Dublin for their base stock), they soon moved to bigger premises and have started selling a small selection of new books alongside their main stock.

→ Montseny, 17. M: Fontana

(L3). www.hibernian-books.es



Continuarà Comics

This two-floor temple to the comic is a Barcelona classic along with Norma Comics. The ground floor is dedicated to Spanish and European comics along with merchandise for mythomaniacs of Star Wars and other fantasy sagas. Downstairs is all about Japan and the US, featuring manga and anime, as well as a space dedicated to American comics with vintage editions going back to the 1920s.

→ Via Laietana, 29. M: Jaume I (L4). www.continuara.org

Books

Fatbottom

This little cave of illustrated books and graphic novels features adventure stories ranging from bears hunting salmon to the latest graphic novels from the hottest authors of the moment.

→ Luna, 10. M: Sant Antoni (L2). fatbottombooks.com

Gigamesh

Its motto is 'vice and subculture', and it's fair to say that this shop more than fulfills its mission: Gigamesh is one of the cornerstones of geek culture in Barcelona, a top-drawer source of sci-fi, horror and fantasy, whether in book or comic form, and with a great catalogue of books in English.

→ Bailén, 8. M: Arc de Triomf (L1). www.gigamesh.com



Norma Comics

It doesn't matter if you grew up worshipping Stan Lee or Fran Miller, following the sagas of Godzilla or Star Wars, or if you can argue till you're blue in the face over the work of Art Spiegelman, Daniel Clowes or Jacques Tardi – Norma is for you all. Once you've made your purchase, head next door to Glups to peruse your new treasures with a drink or snack.

→ Pg. de Sant Joan, 9. M: Arc de Triomf (L1). www.normacomics.com



Speaking from experience

The 'First Person' festival features writers who employ the first person singular and their own experience as raw material for their work. Recent guests include Caitlin Moran and Richard Price.

→ Primera Persona. May 2018. www.cccb.org

Abracadabra Llibres

At this children's bookshop, you'll find colourful publications in a variety of languages, as well as educational toys and other special items. The shop also boasts an independent space intended for kids' workshops, storytelling, book

presentations and exhibitions.

→ General Álvarez de Castro, 5. M: Urquinaona (L1, L4), Jaume I (L4). abracadabralibres.com

Casa Anita

Here's a place made for kids and teens that is still fun for adults, where you can spend hours discovering the marvels between the covers of a book. The apple of Casa Anita's

eye is hidden in a bunch of wine boxes – the picture books, with fiction separated from non-fiction. Self-edited books, origami and puppets have also found a place here.

→ Vic, 14. M: Fontana (L3); FGC: Gràcia. www.casaanitalibres.com

BCNegra

It's a dark and stormy night. Barcelona is breathing like she smoked a lot of cigarettes and then exhaled the smoke over the barrel of a gun. It's late January and the only way to keep warm on the mean streets is a



festival of the dark side of literature. Talks, round-table discussions and prizes, all of it as black as noir.

→ Jan-Feb 2018. lameva.barcelona.cat/bcnegra

Món Llibre

'Book World', the festival of children's and young adult literature, is the annual meeting point for families. The event fills various venues, in and around the MACBA and the CCCB, with numerous free activities like workshops, theatre, exhibitions and shows.

→ April 2018. lameva.barcelona.cat/monllibre

Poesia

This poetry festival started in 1393 as the courtly Jocs Florals (Floral Games), named after the

prizes it awards: a silver violet for third prize, a golden rose as second and, naturally, a real flower for the winner. The games died out in the 15th century but were resuscitated in 1859 as a vehicle for the promotion of the Catalan language. Nowadays, you'll also hear Castilian, Basque and Galician as well as various world languages.

→ May 2018. lameva.barcelona.cat/barcelonapoesia



Saló del Còmic

With everything for the comic enthusiast, from videos to conferences by guest illustrators and writers and, of course, collectibles, this event is a dream come true every spring for thousands of fans; indeed many come dressed as their favourite characters. If manga is more your thing, from Nov 1 to 5, 2017, Barcelona holds its 23rd Manga Fair in the same venue.

→ Fira de Barcelona, Av. Reina Maria Cristina. M: Espanya (L1, L3); FGC). March 2018 (tbc). www.ficom.com

MORE AT

TIMEOUT.COM/BARCELONA

New sports hub

Nike launches BOXBARCELONA, a meeting-point for lovers of sport, art and the latest trends that is set to revolutionise Barceloneta



DO YOU WANT to start doing more exercise and rediscovering sport? Then head for Barceloneta where you'll find a new sports hub, a paradise created by Nike: BOXBARCELONA. It's a unique space, right by the beach, that aims to be a meeting-point for all sports fans. How? With its inviting venue, numerous sports talents in charge of all kinds of training sessions, and a wide range of disciplines that will introduce you to a new world of sport. Plus there's a shop on the ground floor.

Come and discover

Yoga, boxing, dance, boot camps, SUP pilates... There's a whole community of emerging talent that's changing the way you can enjoy and experience sport. At BOXBARCELONA, you can meet some of these trainers and get

into shape with their sessions. One of the ones that really stands out combines stretching and live music: on the sand, Paula Butragueño leads the exercises while the guitar and sweet voice of Anna Pacheco provide the music. And if you're one of those people who's been training with Nike for some time, don't worry! The Nike + Run Club will remain active and will also start from Barceloneta. Whichever sport you choose, leave everything in your locker, do your session then head to the chill-out zone to watch the sun set.

Much more than sport

The sculpture 'Wounded star' by Rebecca Horn is located just in front of BOXBARCELONA. Coincidence? No! Because this is a sports hub that's also a talent and creativity breeding ground

for entrepreneurs and artists, both those who have already worked with BOXBARCELONA and others looking to get involved: you'll be amazed by the beauty of the photographs by Alba Yruela, captivated by the wooden chairs made by Marc Morro, and surprised at the posters that have emerged from the mind of Arnau Pi. And these are just a few of the local artists who have left their mark there. Through the vision of these young people and innovators, a warm space has been created, right in front of the sea, which aims to connect with locals and revolutionise Barceloneta and the wider city. If you like sport and culture, you'll feel right at home!

A range of disciplines will introduce you to a new world of sport

C/Atlàntida, 78
(La Barceloneta).
Registrations:
nikeboxbarcelona.com

Food

Edited by Ricard Martín
timeout.com/barcelona/restaurants

BODEGAS

Life out of a barrel

A taste of real Barcelona can be found in its bodegas, where the wine is cheap and the snacks tasty.

By Martí Sales. Photos Iván Moreno

AMONG THE TRENDY cocktail bars and Scandi-style cafés, Barcelona is still home to many classic bodegas, those wholesale vendors of wine that's housed in large wooden barrels stacked along the walls. Not only can you take an empty plastic bottle to be filled straight from the vat for a cheap local vintage, many of these places also have tables where you can linger with friends for a civilised chat over a glass of wine and a few accompanying nibbles. Here we guide you towards some of the bodegas we think should be on your Barcelona bucket list. Take, for instance, **Bodega Montferry**. A great example of the enthusiasm such traditional establishments can arouse in their fans, and how they can be renovated without losing an ounce of authenticity. In 1964, Pere and Evangelina opened this bodega in Sants, then spent their lives there serving vermouth and anchovies. In 2013 they decided it was time to retire, and in no time blogger Alberto García (his site is *En ocasiones veo bares*) had convinced two friends, Marc and Raquel, to take it over and convert it into a temple to

'We think these bodegas should be on your Barcelona bucket list'

the aperitif (Violant d'Hongria, 105). On the other side of the city, in Nou Barris, **La Bodegueta d'en Miquel** is small but has been one of the neighbourhood's most important social centres for the past 50 years. On Thursday evening, they offer a drink and tapa for just €1.95 (Plaça dels Jardins d'Alfàbia, 3). In Raval, **Bodega Montse** is the last bastion of a long tradition of bodegas in the area. The son of the eponymous Montse, Javi, serves good, cheap food just as the bar's respective owners have done for over 100 years. You won't find a particularly young clientele, but that's part of the appeal – go ready to listen and you'll hear fascinating stories and wise life lessons. The walls are decorated with photos of old Barcelona, bullfighting posters, and dust and cobwebs that are generations old (Arc de Sant Agustí, 5). Finally, if you're looking for somewhere to go in a group, **Celler Cal Marino** in Poble-sec is located in an old fizzy-drink factory. Converted in 2013, this place has food options almost as numerous as the alcoholic ones (Margarit, 54). ■



Amazing anchovies Bodega J. Cala

Wooden doors painted red. Rows of barrels darkened by the passing of time. An Espanyol football club shirt. The J stands for Joaquina, mother of the owner, Johnny. He and his wife Rosa spend hours every evening cleaning the anchovies so they're ready to eat (with olives and vermouth) the following day.

→ Pere IV, 640. M: Besòs (L4). Lunchtime only.



PHOTOS: IWAN MORENO



An oasis in the Born Bodega Jané

This centenarian bodega was forced to move due to a redevelopment project. The new location has more space and light than the old one but the same wooden fridge. With walls covered with bottles, craft beer on tap and a house vermouth, this is an ideal place in the centre for a drink and bite to eat.

→ Fonollar, 24. M: Jaume I (L4).



A trip back in time Bodega Salvat

This city is full of places to discover, like this bar in Sants. The lunchtime light that hits it would be reason enough to visit, but it also happens to be one of the best bodegas in town: old trophies, barrels as old as time and renowned anchovies. If you like wine from the barrel, order the Setze Vàlvules (Priorat).

→ Andalusia, 2. M: Mercat Nou (L1).



100 years sating Gràcia Bodega Marín

Opened as a grocery in 1916 by Enrique Marín, it was later taken over by Emilio Marín (no relation) then Encarna Marín (no relation!) and her husband, who turned it into a bodega. Tere Cercós, hubby Antonio and son Jordi (plus the late, much-loved Mini the cat) have been the soul of this historic spot since 1991.

→ Milà i Fontanals, 72. M: Joanic (L4).



WE TALK TO...

Martín Berasategui

THERE'S NO 'I' in the kitchen. A chef needs people to help them. That's not me talking, it's Martín Berasategui. Following any success, the first thing the Basque Country native does is credit his team; when he won the third Michelin star for his Barcelona restaurant Lasarte, he had words of unconditional gratitude for Paolo Casagrande (the chef-in-residence), the Cadarso family (investor partners), Juan Carles Ibáñez (maître d' and sommelier), and Inés Vázquez (communication and PR). Berasategui is enjoying 'the happiest time' of his life; he's the first three-star chef twice over in Spanish history and the first to have three stars in Barcelona.

You've become the most valued chef in the Michelin guide. Does that make you dizzy?

I'm dealing with it fine, with the same freshness as in 1975, when I started learning the trade from my parents. I was taught that whatever you choose to do, you give it your all. My university was the Bodegón Alejandro, the traditional eatery where I was born. The best dish of 41 years in the profession is the motivation to work.

Michelin has rewarded the creativity with which Casagrande interprets your personality. How do you work together?

We meet every day. Paolo was recommended by a friend who's

also a chef, and I quickly realised he has an innate talent. We don't have any rules about creativity; sometimes there's enough with a pencil and a notebook. We jot down emotions, tastes, textures and flavours. Sometimes I seek out a unique flavour, other times, an association of flavours. We're permanently on the hunt for new things, we're curious about everything that's happening around the world.

Lasarte wasn't among most people's predictions for a third star.

It's unfair that people talk without actually having been to the restaurant, and base what they say on cronyism rather than real knowledge of places. I know the superhuman effort that we've made at Lasarte in the past few years.

You've never done anything that's not a restaurant. No hamburger joints or food products.

I've been lucky enough to be asked to create made-to-measure places where I feel comfortable. But of course a hamburger can be very good if it's done well. I've got a lot of respect for everybody who becomes a chef. For five years at Bodegón, I wore just trousers, polo shirt and apron. Having seen [Spanish chefs] Arguiñano, Subijana and Arbelaitz, I didn't dare put on the chef's jacket. ■

Interview by Ricard Martín

'Sometimes I seek out a unique flavour, other times, an association of flavours'

Can FISHER



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f p i



5 Parking Pizza

This place is an Instagram star. Parking Pizza combines extremely photogenic quality – think a specialised Brooklyn café – with the knowledge of how to make an excellent wood-burning oven. The result is pizzas created using top ingredients that are a huge success both in photographs and in your stomach. They offer a range of new combinations that include delicacies such as black truffle, Fontina cheese and Parmesan, where the impetuosity of the mushrooms is balanced by the smoothness of the cheeses. The pizzas aren't cheap, but their quality and the flavoursome effect created by the oven give them a clear edge over many of their so-called competitors.

→ Londres, 98. M: Diagonal (L3, L5); FGC: Provença. T. 93 633 96 45. €20-€25.



4

Pizza d'Autore

Two young Rome natives are behind this place that sells pizza by the slice (priced by weight) and where the recipes range from the familiar to more baroque creations that might well be inspired by historic papal banquets: pizza stuffed with *porchetta*, orange and honey! They also do something that, as far as I know, has never been done before: salad pizzas, like the one of wild mushroom, lettuce, truffle cream and black olives. The dough is left to ferment for 24 hours, making a crispy, light base for fresh ingredients from the local market.

→ Tamarit, 142. M: Sant Antoni (L2). T. 93 163 03 99. €10-€12.



ON THE MENU

Newly baked pizzerias

A good pizza is a lovely thing, but here we throw the spotlight on places that are, with notable success, thinking outside the circle. By Ricard Martín



1

Domino Bar

Don't be fooled. This place is no relation of the giant US pizza factory of a similar name. In this colourful cocktail bar, you'll find creations such as the Bierzo (roasted peppers and *cecina* cured meat) or the japopizza (salmon, walnuts and wasabi vinaigrette). Having it with a coffee-tonic cocktail might seem criminal, but when it's there in front of you, the combo suddenly makes perfect sense.

→ Flors, 16. M: Paral·lel (L2, L3). T. 696 46 17 25. €20.



3 Mesié Sin Gluten

Wheat is the devil (at least according to some books). But it is true that an increasing number of people are coming to realise that if they abstain from gluten, it helps their digestion no end. If you're among that number, at Mesié Sin Gluten, you'll find an excellent choice of gluten-free pizzas.

→ Siracusa, 15. M: Joanic (L4). T. 93 119 56 05. €20.

2 Massa Pizza

The owners of hamburger joint Oval and Blitz sandwich bar have now applied their standards of style and quality to pizza, which means you get a lot of say in what you eat. For €8.90, you choose a base from three options, then add one condiment and three ingredients. For this basic tariff, I get a luxurious round overflowing with Girona beef, caramelised onion and cherry tomatoes. The dough, which is made in-house, has a perfect balance between toasted and spongy when cooked. The venue is enormous, restrained and well-distributed. There's a good selection of indie-rock played at a civilised volume, and a brief, well-thought out and affordable menu of wine, beer and house desserts. They've cracked it.

→ Mallorca, 196. FGC: Provença. T. 93 004 14 26. €15-€20.



Drink

Edited by Ricard Martín
timeout.com/barcelona/bars

BCN's best pulling places

Hankering for a beer?
Here are three of the city's top spots for a really good pint.
By Òscar Broc & Montse Virgili

Biercab. Monumental brewery

Staffed by some of the most knowledgeable beer-makers in the country, this monumental brewery boasts 30 taps all of them serving up craft beer; about a third of them are dedicated to the house beer, Naparbier while the others are all international and feature every style of beer, lager, ale, stout, etc., on the market – and the range is constantly changing. If you're partial to new taste sensations, then it's worth knowing that Biercab's cellar has a stunning selection of bottled beers, from varieties that rest in cognac barrels to those with unexpected origins. With such a pedigree, it's hardly surprising the venue hit the top spot on ratebeer.com's ranking of global beer establishments in summer 2014. For the peckish, they also serve good food with a range of interesting dishes such as sea bass ceviche, Wagyu tartare with Naparbier beer sorbet, and Belgian-style mussels. More traditional Catalan fare is available as well in the shape of hand-cut ham or some nicely spicy *patatas bravas*.

→ Muntaner, 55 (Eixample Esquerre). M: Universitat (L1, L2).
www.biercab.com

Brewdog. Style and substance

BrewDog, the Scottish craft beer with possibly the best marketing in the world (viz. making the strongest beer ever produced at the time and calling it The End of History, dropping stuffed cats from a helicopter, and brewing beer at the bottom of the Atlantic) has its own bar in Barcelona. There you can try both their house specialities and the 'guest beers', which regularly change. The pub features 20 craft beers on tap, about half of which are their own brews and the other half are invited varieties; and we haven't even mentioned yet the menu of around 40 bottled beers. What do we recommend? Without a doubt the Punk IPA, an Indian pale ale that makes up about 50 percent of BrewDog's production and has transcended the speciality world to practically become a standard.

→ Casanova, 69 (Eixample Esquerre). M: Urgell (L1). www.brewdog.com

La Més Petita. Quality matters

Opened in early 2013, its name means 'The Littlest One', and it has to be said that this is not one of the city's more commodious drinking spots. However, it's quality rather than quantity that counts here and, thanks to its eight draught beers, La Més Petita is

possibly the bar with the most taps per square metre in Barcelona. There is a carefully selected offering of domestic and imported craft beers all served in (very) cosy surroundings; the list of available varieties written up on the blackboard changes almost weekly. If you've a party or picnic to go to, you can also get your brew of choice to take away in reusable containers. We suggest sampling Ratpenat ('Bat'), a brew created by La Més Petita's in-house beer expert, Albert Sanchís.

→ Diputació, 30 (Eixample Esquerre). M: Rocafort (L1).

La Més Petita may be the BCN bar with the most taps per square metre



PHOTOS: IWAN MORENO

3 G&Ts

Some of our favourite places for a great gin and tonic



DRY MARTINI
One of the world's best cocktail bars

Dry Martini

→ Aribau, 162 (Eixample Esquerre). ☎ Diagonal (L3, L5); FGC: Provença. T. 93 217 50 72.

Nobody messes with Dry Martini's intrepid barman, Javier de las Muelas. Or with the place itself, a world-renowned shrine to the famous cocktail, which is honoured with artwork and served in a hundred forms. All the trappings of a traditional cocktail bar are there but it has a notable lack of stuffiness, and the musical selection owes more to trip hop than middle-aged crowd-pleasers. When it comes to gin, you can find flavours such as cinnamon, raspberry, coffee and blackcurrant, while the gimlet foxtrot is unmissable.



IRENE FERNANDEZ

Negroni

→ Joaquín Costa, 46 (Raval).

☎ Universitat (L1, L2).

Another place named after a popular cocktail, this one (which opened in 2004) mixes classic spirit with elegant, contemporary style. Don't bother looking for the menu – there isn't one. Instead, have a chat with your friendly bartender and you'll soon be sipping on a memorable gin-based concoction.



Elephanta

→ Torrent d'en Vidalet, 37 (Gràcia).

☎ Joanic (L4). T. 93 237 69 06.

When the first spinach leaf was dropped into a G&T, Elephanta was already dominating the art of this particular cocktail. They do it so well that now gin hysteria is coming back down to Earth, Elephanta is still regarded as a place where you're guaranteed a drink that even the Queen of England herself would approve of.

SPOTLIGHT ON

The glasses at Tandem



IRENE FERNANDEZ

WHAT IT'S ALL ABOUT...
A classic cocktail bar with hand-cut glasses.

WHY YOU HAVE TO GO...
Because both the drink and the glass are made by the hands of artisans. And that's luxury nowadays.

→ Aribau, 56 (Eixample Esquerre). FGC: Provença. T. 93 451 43 30.

IT WAS FROM television that we learned there was a world beyond the traditional Duralex glasses everyone had at home. Every time J.R., the baddie from '80s Texas-based super-soap *Dallas*, shut his office door, he poured himself a slug of whisky that came out of a cut-glass bottle which made a sound when the lid was put back in. Apart from this memory and the images of magnificent glassware featured in classic films, it's now in cocktail bars where you can find glasses that retain the cloudy brilliance of dreams. At Tandem, for example, the base of the glasses is marked with a grid pattern. A classic, sober style. Just what Alfredo, the father of the bar's current owners, wanted when, on March 9, 1998, he ordered a consignment of glasses from Josep Antoni Moya, a Barcelona glass-cutter with his workshop in the Les Corts neighbourhood. The exact date is marked, in pencil, in a notebook of orders displayed by Josep Antoni's son, Toni, who has followed in his father's footsteps.

Today, Toni still cuts by hand many of the glasses in Barcelona's cocktail bars. (They also sell from their shop at Passatge de Font, 8, which they've had for 65 years.) The first order came from the old Terraza Martini. Ever since, city barmen have trusted the Moyas for their personalised glasses. The ones at Ideal still have a detail that recalls a castle battlement, those at Belvedere allude to the world of Gaudí, and at Solange they pay homage to Art Deco. ■ *Montse Virgili*



König

C/ FUSINA, 3
(Mercat del Born)
BARCELONA

Restaurant König - classic since 1973



Bagels



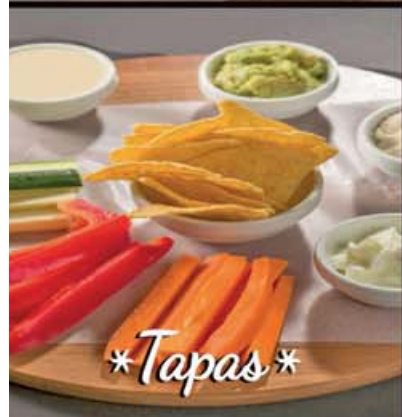
Tapas



Salads



Burgers



Tapas



Sandwiches



Dishes



Tapas



[konigrestaurantbar](#)

www.konig.cat



[konigrestaurantbar](#)

Food

CATALAN CUISINE 7 Portes

The eponymous seven doors open on to as many dining salons, all kitted out in elegant 19th-century décor. Long-aproned waiters bring regional dishes, including a fishy *zarzuela* stew with half a lobster, a different paella every day, a range of fresh seafood, and heavier dishes such as herbed black-bean stew with pork sausage, and orujo sorbet to finish. Reservations are available only for certain tables; otherwise, arrive early.

Passatge Isabel II, 14.
T. 93 319 30 33.
M: Barceloneta (L4)

Bar Velódromo

This classic serves quality dishes from early morning until the wee hours. With Jordi Vilà (one of the city's cooking maestros) at the helm, they produce an endless succession of dishes and tapas that will teach you about Catalonia's gastronomic heritage. The full menu is available all day, so if you fancy some Iberian ham at 7am, or a croissant for a midnight snack, just say so.

Muntaner, 213. T. 93 430 60 22.
M: Hospital Clínic (L5)

L'Havana

Few restaurants in Barcelona that opened in 1897 are still around. In 1945, a family took over one such restaurant, L'Havana, keeping its name and its commitment to

home-made Catalan cuisine. Now two sisters and their families boast a faithful following of regular customers. There's a warmth about the place that makes you fall in love at first sight. Among the many recommendations are the battered

artichokes and aubergines, meatballs with cuttlefish and home-made flan.
Lleó, 1. T. 93 302 21 06.
M: Universitat (L1, L2)

SEAFOOD Els Pescadors

Josep Maulini and his wife have turned this into a lovely spot, combining

antique furniture with modern decor, while still retaining its air of a small-town bar. One delicious recommendation: grilled sardines in sauce, though they don't always have them. Rice dishes are a staple on the menu, and never disappoint.
Plaça Prim, 1. T. 93 225 20 18.
M: Poblenou (L4)

M: Poblenou (L4)

Rías de Galicia

This restaurant is the setting for the Iglesias family's wonderful relationship with the finest seafood. The menu may have Cantabrian lobster with garlic, John Dory, and txangurro crab cannelloni.

BOOK YOUR TABLE NOW

Listings



For when the parents are in town

This is an excellent place, modern but comfortable, to try Michelin-starred grandmotherly Catalan essentials. The favourite dish here is the *canelons* – hearty, steaming tubes of pasta filled with shredded beef and topped with a fragrant béchamel.

→ Restaurant Gaig, Còrsega, 200. T. 93 453 20 20. M: Hospital Clínic (L5)

llonganissa cured sausage and stuffed mussels (*tigres*).

Pg. de Fabra i Puig, 296.

T. 93 358 25 19.

M: Vilapicina (L5)

El Jabalí

This deli bar, which is reminiscent of Paral·lel in its heyday, is great for enjoying tapas – try the *patatas bravas*, the chicken salad and the cured sausage – while sipping on good wine. It's also ideal for sitting on the terrace and doing some serious people watching.

Ronda Sant Pau, 15.

T. 93 441 10 82.

M: Paral·lel (L2, L3)

Tapas 24

Another nu-trad tapas bar focusing on quality produce. Among the oxtail stews, anchovies and *jamón croquettes*, however, fans of chef Carles Abellán will also find playful snacks more in keeping with his signature style. The

McFoie Burger is an exercise in fast-food heaven, as is the *bikini*, a small version of his take on the ham-and-cheese toastie.

Diputació, 269. T. 93 488 09

77. M: Passeig de Gràcia (L2, L3, L4)

ASIAN Bangkok Café

Squeezed into a matchbox-sized space, this tiny Thai restaurant serves delicious curries with a genuinely fiery kick – and cool Thai beers to quench the flames. With its few tables and high level of success, make sure you book (well) in advance.

Evarist Arnús, 65.

T. 93 339 32 69.

M: Plaça del Centre (L3)

El Petit Bangkok

The authentic Thai specialities on the menu here include *nem* sausages and a range of curries and wok dishes. Serious connoisseurs of Thai food consider El Petit Bangkok one of the best eateries in

Barcelona.

Vallirana, 26.

T. 616 185 196. FGC: Padua

Gado Gado

In the Gothic quarter, the long-established Betawi is a popular choice for Indonesian food, with fresh spices and dishes that balance sweetness and heat. Their other restaurant is Gado Gado in Gràcia, which also serves Thai specialities. Try the eponymous *gado gado* salad with a rich peanut sauce, *bakmi goreng* (traditional stir-fried noodles with egg and veggies), or their delicious curries.

Or, 21. T. 93 179 85 58.

M: Joanic (L4)

GALICIAN Casa de Tapas Cañota

El Cañota is a seafood tapas bar, and the younger brother of Rías de Galicia (see page 96). They specialise in traditional dishes: fried fish and seafood, *patatas bravas*, Galician octopus, *ensaladilla rusa*, draught beer and wine. All of it is top-quality, and served in a laid-back venue.

Lleida, 7. T. 93 325 91 71.

M: Espanya (L1, L3; FGC)

Escairón

Escairón is particularly remarkable for its Galician entrecot (sirloin steak) and *caldo gallego* soup. Owners Jorge and Pilar make you feel at home, while the clientele are mostly regulars. One of the stars is their house Escairón dessert, which is a crème caramel with a kind of nougat ice cream. Excellent Galician cuisine at reasonable

prices and with excellent service.

Fontrodona, 5.

T. 93 442 93 29.

M: Paral·lel (L2, L3)

VEGETARIAN-VEGAN Sol i Lluna

In this warm Gràcia restaurant, frequented by film buffs who pack the Verdi cinemas, you'll find jewels in the crown of vegetarian and vegan cuisine, such as the quinoa wok and meatballs made from French

lentils from Puy. Primarily French and Mediterranean cuisine, Sol i Lluna is also known for its ratatouille lasagna with melted goat's cheese, salads, and desserts.

Verdi, 50.

T. 93 237 10 52.

M: Fontana (L3)



Raso Terra

This phenomenal vegetarian restaurant, owned by the presidents of Slow Food Barcelona, serves a fantastic and affordable set lunch menu from which you can choose one, two or three courses, all made with purpose and care, and off the traditional vegetarian path – that is, with a lot of imagination and using rediscovered recipes. At night they have a menu full of home-made pasta dishes and international



Sta. Coloma de Gramanet

This neighbouring municipality (get there by metro L1) is ideal for a new gastro experience. After checking out sights like the Cacaolat factory, Recinto Torribera and Can Zam, have tapas at one of the local bars like Tremendos (Lluís Companys, 3) or 1982 Birres & Burger (Lluís Companys, 26), or go to Ca n'Armengol (Prat de la Riba, 1), one of the city's best-known restaurants.



Petit Bangkok

Food

cuisines.

Palau, 5. T. 93 318 69 26.

M: Jaume I (L4)



Govinda

It's hard to imagine what locals must have thought when this place opened in the mid-1980s – an Indian-style vegetarian restaurant that didn't serve alcohol! In addition to their fine selection of Indian vegetarian specialities, they also have pizzas and a salad buffet as well as vegan dishes. Be careful when you order, because the portions are very generous.

Pl. de la Vila de Madrid, 4-5.

T. 93 318 77 29.

M: Liceu (L3)

JAPANESE Taverna Japonesa Wakasa

It seems that four tables and a Japanese couple are all you need to create some of the best sushi in Barcelona: grilled salmon nigiri, salmon and turnip makis... and Japanese desserts. It's your ticket to Japan without boarding a plane. Just bear in mind that they're only open at night from Wednesday to Saturday; on Sunday, they only do lunch. Nàpols, 287. T. 93 207 63 95. M: Verdaguera (L4, L5)

Bouzu

A good place to try authentic Japanese cuisine tapas-style at very attractive



The granddaddy of Peruvian cuisine

Opened back in 1993, long before the current trend for dishes from Peru hit Barcelona, this spot focuses its extensive menu on Peruvian Creole cuisine, with a rich variety of flavours.

→ Café Ninoska, Av. Icaria, 131 M: Ciutadella/Vila Olímpica (L4).

prices. You won't find any sushi here, but they do have tofu, pork dumplings and Japanese-style fried chicken. You can also get miso soup with fermented soya pasta (red or white) which, perhaps surprisingly to Western tastes, is a popular breakfast dish in Japan.

Ronda de Sant Antoni, 26. T. 93 443 32 26.

M: Sant Antoni (L2)

MEXICAN Cantina Machito

This restaurant was serving authentic Mexican cuisine when everyone else was fixated on the Tex-Mex format. Laid-back and colourful, they avoid all the usual stereotypes and even add artistic touches to their dishes, like *cochinita*

pibil (a marinated pork-based dish) and chicken with *mole poblano*, an elaborate stew made with chocolate and a host of other ingredients. Torrijos, 47. T. 93 217 34 14.

Tlaxcal

Calling themselves a gastronomic taco restaurant, the aim of this excellent eatery is to rediscover the traditional dishes of this great cuisine, using a dynamic approach. You'll find an interesting menu of tacos, Mexican soups and dishes that are rarely seen in Barcelona. At lunchtime there's a



well-priced set menu. Comerç, 27. T. 93 268 41 34.

COELIAC-FRIENDLY Can Conesa

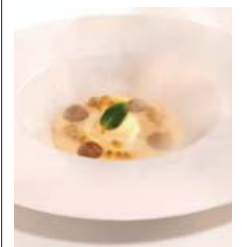
This local sandwich and frankfurt classic draws long queues that can extend into Plaça Sant Jaume. And deservedly so. What's more, for the past decade or so, they've served a gluten-free bread (75 cents extra), made with corn flour and egg. From the more than 40 hot and cold fillings, try the warm Roquefort sandwich, or the one with stewed meat and *salsa de Marta*. Llibreteria, 1. T. 93 310 13 94. M: Jaume I (L4)

Nectari

Nectari, holder of a Michelin star, offers a creative menu for those looking for gluten-free options, as well as a guarantee regarding

the preparation of these dishes: 'All the utensils are vacuum packed and the bread, which we make, is prepared completely separately', according to Conxita Ricard, speaking on behalf of the restaurant. Choose from dishes such as foie gras shavings, chocolate volcano, and scallops without fear of later intestinal problems. Even better, there's no extra charge for gluten-free plates.

València, 28. T. 93 226 87 18.



INDIAN Om India

Far removed from the sumptuous style of other local Indian restaurants (and this is reflected in the price), Om India focuses on the Punjab region, producing dishes that are at the same time simple and generous – and their poppadums are very popular.

Floridablanca, 140. T. 93 325 03 07.

Namaste

A job done well is a real pleasure to behold, and that's what you'll find at Namaste. They have sampling menus for both vegetarians and carnivores, and serve up traditional dishes made with Indian spices, like *seekh* kebab lamb rolls, or *murg korma* – chicken with onion, butter and cream. Villarroel, 70. T. 93 451 40 27. M: Urgell (L1)

All'italiana!

To enjoy a great pizza, made exactly right, you have to go to an Italian restaurant of course! Here are four in Barcelona that are experts in the art of the crust and where you're sure to eat well



Passione per la pizza

The best of Italy in Nou Barris. Enjoy a welcoming, friendly atmosphere and attentive service from the moment you arrive. Passione per la pizza has an extensive menu with dishes made using top quality ingredients and based on classic recipes combined with avant-garde innovations. They have tasty *calzoni* and a large variety of pizzas including classics such as the Napolitana, the *prosciutto e funghi* and the *4 stagioni*, while among their more original creations are the *Boscaiola*, made with Catalan *botifarra* sausage and wild mushrooms. Absolutely delicious!

→ Carrer del Molí, 4. Tel. 93 129 32 17. www.passioneperlapizza.com

Mamma Mia

With a rustic, authentic style, this is the first Italian restaurant in Poble Nou. They make their pizzas in a wood fire, giving them fine, crispy crusts. Among their quality ingredients, the cured meats and Italian cheeses are two of the stars. The menu is rich and varied, and includes fish and meat cooked according to Italian recipes. What's more, you shouldn't miss their delicious home-made desserts – they're mouth-wateringly good!

→ Pallars, 230. Tel. 93 486 37 35. www.mammamia-bcn.com



La Pizza del Born

Tasty pizzas with high, crispy crusts made in an authentic Argentinian style. La Pizza del Born has a wide range of options to try, including over 30 types of pizza. You can also try empanadas, pasta dishes, fresh salads, home-made desserts, ice cream, and typical Argentinian sweets. What should you order? We suggest a slice of the pizza of the day and a glass of the house sangria. La Pizza del Born has been around since 1982, when it introduced Barcelona to the concept of buying pizza by the slice, and it's never looked back. A revolution that today is a tradition!

→ Passeig del Born, 22. Tel. 93 310 62 46. www.lapizzadelborn.com



Siamo Qua

Siamo qua means 'here we are' in English. And it's a name that suggests at once that you're in the hands of expert Italians. In what, though, you might ask? Well, in pizzas, naturally! Their speciality is authentic pizzas with crispy bases and a large selection of toppings. They're all cooked over a wood fire and made with first-rate Italian ingredients, and according to traditional recipes. Because at Siamo Qua they know full well that originality means going back to the beginning.

→ Rambla del Poble Nou, 121-123. Tel. 93 140 59 19. www.siamoqua.es

Getaways

Edited by Hannah Pennell
timeout.com/barcelona/trips-near-barcelona

Make a break for it

Not far from the city, you'll find unique flora, fauna and history. Welcome to Barcelona – now get out.

By Hannah Pennell

The heart of the matter

Situated at the centre of Catalonia, Vic is a fantastically historical city with lots to see. The local council has created an itinerary that takes in 30 buildings and sites, including a second-century Roman temple and remains of the city walls from the 14th century as well as various religious houses. The cathedral is one of the highlights with its myriad architectural styles including Romanesque, Gothic and Neoclassical. Next door is the Episcopal Museum, which contains some 20,000 objects including medieval paintings and sculptures. Finally, if you visit on a Saturday you'll find the magnificent main square (it's spacious and lined with beautiful arcades) filled with stalls for the extremely popular weekly market – it also hosts fairs and other events throughout the year.
www.victurisme.cat



Destination Middle Ages

If we tell you that the 'Salt Lords' lived in this castle between the 11th and 15th centuries, you might think that we're talking about a new volume in the *Game of Thrones* series. But, in fact, these noblemen were the lords of Cardona, related to the main European royal families and with

such influence that the duke of Cardona was known as 'the king without a crown'. A visit to the castle gives you the chance to see the modern fortress as well as the remains of the old county citadel. And from the top, you can enjoy incredible views across the valleys of Cardener.
www.cardonaturisme.cat

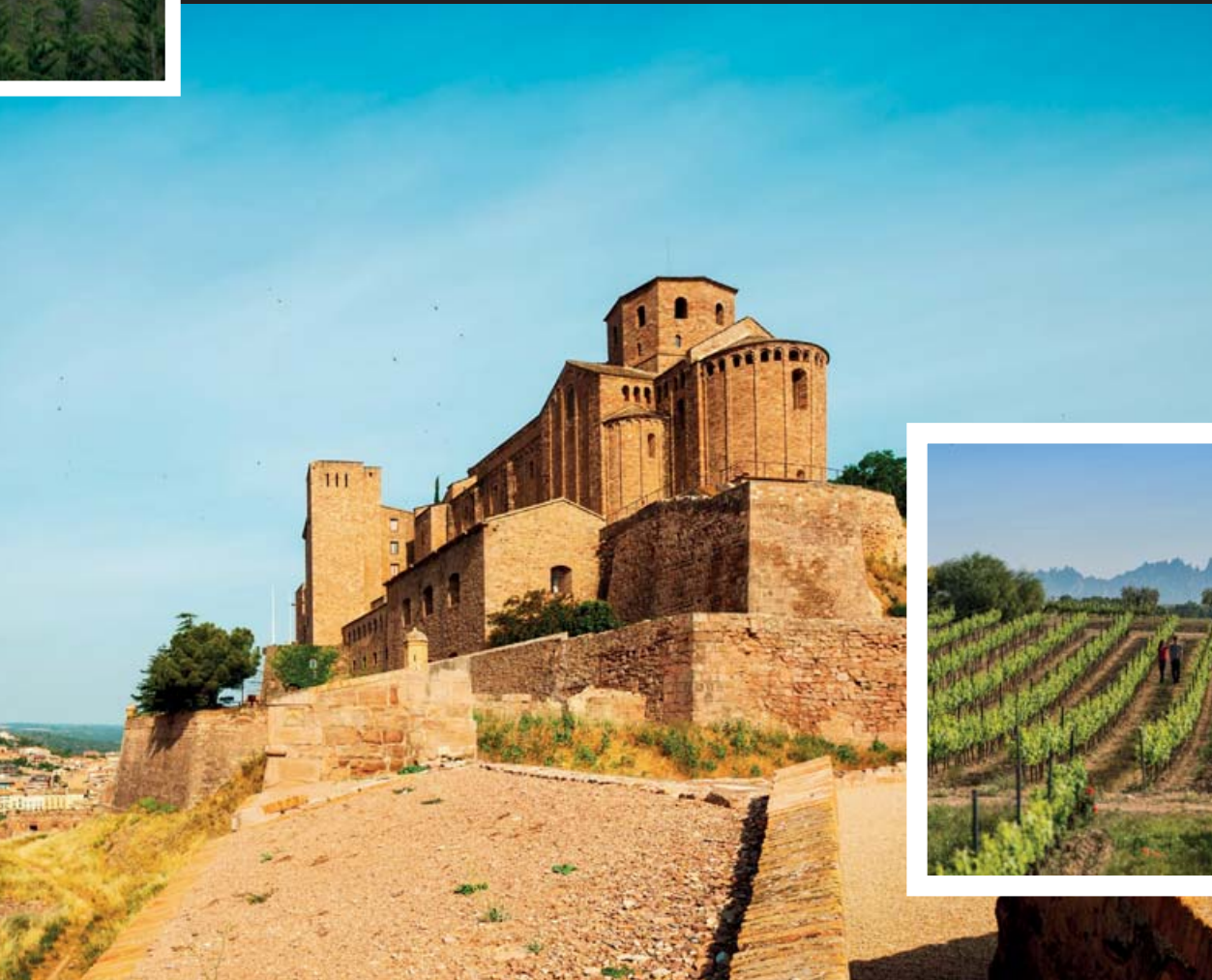


Tasting times

Wine tours are ten-a-euro-cent in these parts, so why not try one with something extra. Torres, one of Catalonia's best-known wine producers, run various activities throughout the year, including a walking tour among its Penedès vineyards, followed by a tasting of wine and hors d'oeuvres. You can also get a true flavour of Spain with their wine and Ibérico ham pairing, with the chance to sample four varieties of cured ham and matching wine; alternatively, for vegetarians, there's a wine and cheese pairing option.
www.torres.es

Picture-postcard pretty

While there are plenty of gorgeous



villages in the foothills of the Pyrenees, Castell de n'Hug stands out for its location near the source of the Llobregat River. The tumbling waters are dramatic, and the red roofs of the local houses against the forested hills will provide plenty of photo opps. The village is in the far north of Barcelona province, so make a real trip out of it and stay in the area to properly appreciate the beautiful setting – a number of simple but practical accommodations are available in the village itself.

www.turismecastellardenhug.cat

Planes and birds

As visitors come in to land at Barcelona's airport in El Prat,

it's almost certain that the large majority have no idea they are touching down just next to one of the best places for spotting birds in Catalonia: the delta of the Llobregat River. The area is so good for ornithologists because it forms part of the migratory route for certain species, and is considered an IBA (important bird and biodiversity area). The surprisingly unspoiled beach that touches the edges of the airport has a well-signposted walk indicating the different things you can see.

www.portadeldelta.cat

Gaudí's inspiration?

Montserrat (the 'serrated mountain') is well-known

as one of Catalonia's major sights, attracting thousands of visitors to its abbey, art museum and natural beauty each day. However, why not head inside the mountain to explore the saltpetre caves in Collbató, with its incredible stalactites, stalagmites and columns formed by water erosion over thousands of years, which recall the work of Antoni Gaudí. The guided tours start with a climb of 244 steps, and once inside – where the ambient temperature is 14°C with humidity that can reach 97 percent – you'll have the chance to hear some of the legends about these caves that are as old as the hills around them.

www.collbato.cat



The Eastern lover

Mathias Enard won the Prix Goncourt for 'Compass', the story of an enamoured dreamer.

By Josep Lambies Photo Maria Dias



IN 2008, MATHIAS Enard won acclaim for *Zone*, a novel that explores the Med area. His next work was *Carrer Robadors*, about a Moroccan émigré who wants to come to Barcelona. The tale ends up in one of the darkest parts of El Raval, C/Robadors, where Enard rented a flat for a long time. His latest book is *Compass*, a symphony as ambitious as *One Thousand and One Nights*, and which picked up the 2015 Prix Goncourt, France's most prestigious literary award.

In the book's first line, two people are smoking opium in Vienna. Is that an anachronism?

A licence. I wanted to work with a series of Eastern fantasy stereotypes, and the idea about the opiates grabbed me. I was thinking about opium and immediately a torrent of images came to mind: an obscure corner in China where people reclined while smoking pipes, rebellious American youth, and the darkest dens of Europe. It wasn't just a question of the effect of the drug on the taker, but also a transnational cultural symptom.

How did you become a scholar of the Eastern world?

Fate. I grew up in a small village in western France, and adolescence converted me into an avid reader of adventure books. I was fascinated by travel stories, about explorers and their discoveries. When I was 18, I went to Paris to study Arabic and Persian. After

that I lived abroad. I've had a close relationship with countries like Syria and Lebanon.

When *Compass* won the Goncourt, you dedicated it to Syria. What effect can a book like this one have nowadays?

I think that books such as *Compass* help to see the diversity of a world that we hardly know, because it shows that above the war and violence there's a culture, timeless values and fascination.

Among the real people who appear there are many composers and singers. What role does music play in it?

The music was fundamental. I have the sensation that here we are well-versed in Eastern plastic arts, painting and architecture, but the music is still mainly a mystery. There are musicologists who've tried to import the harmonic principles from the Persian tradition, for example, but they've had to act as a kind of translator to make them compatible with Western music. That's also why I wanted it to be set in Vienna.

But you didn't write this book in Vienna, but in Berlin. Why?

Chance. I was offered a residency and I took it. In Berlin, I could be undisturbed and work on it completely, as if it was a vital parenthesis. It's always good to have a change of scenery, to get new ideas.

Is your phase in Berlin finished?

Yes, I finished in Berlin last year. Now, even though it's a bit intermittent, I once more have a foot in Barcelona. ■

'Books like *Compass* help to see the diversity of a world we hardly know'

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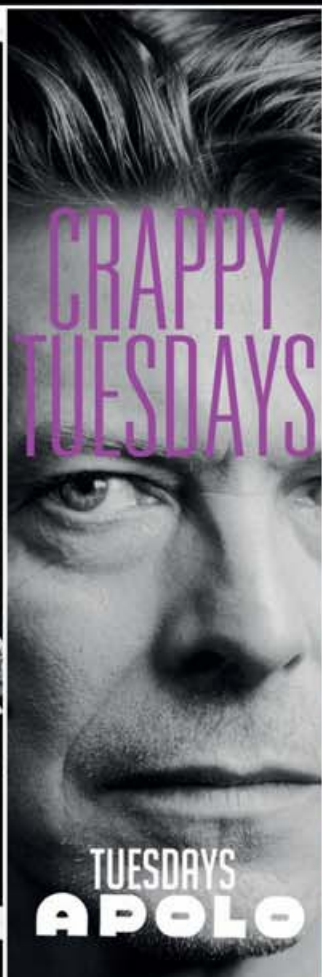
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AND
FRESH
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