

ORGANIZING YOUR DAILY LIFE IN CATALONIA



Opening Hours:

Shops (food, newspapers ...)

Monday – Saturday: 8.00 – 13.00 and 17.00-20.00

Sunday: 8.00 – 14.00,

Petrol stations:

Monday – Saturday: 7.00 – 22.00

Sunday: 7.00 – 14.00,

Banks:

Monday – Saturday: 9.00 – 14.00

Other Shops:

Monday – Saturday: 10.00 – 13.00 and 17.00 -20.00

Some shops: 10.00 - 20.00

Radio and TV:

TV:

Catalan Channels:TV3, Canal 33, 8TV

Spanish Channels:TV1, TV2, Antena3, Cuatro, Telecinco, La Sexta

There are other TV channels, but the ones above are the most popular. You'll find all the information about the programs in the newspapers.

Radio: there are a lot different broadcasting stations in Catalan or Spanish where you can listen to music, news or other programs.

Newspapers:

Here are some links to Spanish and Catalan newspapers.

www.lavanguardia.es Spanish (Right)

www.elmundo.es Spanish (Right)

www.abc.es Spanish (Right)

www.elpais.com Spanish (Left)

www.elperiodico.com Catalan and Spanish (Left)

www.avui.es Catalan (Left)

You will find some English newspapers on many newsstands all over Spain, especially at bigger railway stations. There is also some selection of English books available in the bookshops of bigger cities.

Travelling in Catalonia

Travelling by train is a good way to get to know the country. Information about the connections you will find on the webpage

www.renfe.es

If you want to go to villages in the countryside, you can use the bus service. Depending on the area, the company is different, so you'd better go to the bus station and ask.

If you want to find out more about public transport in Barcelona, the following web page might help you:

<http://www.barcelona-tourist-guide.com/en/transport/barcelona-metro.html>

Emergency calls

Call 112 in any emergency.

Medical Services

If you need a doctor, you can go to the nearest "Ambulatory" and show your European insurance-social card. If the problem is serious, you can go directly to the hospital.

If you need some medicine you only can get it at the pharmacy. Opening hours: 10.00 – 13.00 and 17.00 – 20.00 but there are always "on duty pharmacy" where you can buy your medicine with a medical prescription.

Legal restrictions for young people

Drinking alcohol and smoking is forbidden until you are 18!

Communication with locals

If you have some command of Spanish and you don't understand what people are talking about, it might not be your fault. Catalan is a different language, and although it has the same roots like Spanish, it is very difficult to understand if you are not used to it. But – all Catalan people are able to talk to you in Spanish.