

Sport and exercise

The University promotes physical activity through [sports](#) and exercise [programmes](#) that promote a healthy lifestyle. These initiatives include fitness classes, team sports and outdoor activities.

Sport for charity

UIC Barcelona rents sports facilities from the Brafa Foundation, Esports UB and the CMU Sant Jordi pavilion for training and friendly matches of its official teams.

The Brafa Sports School is a sports organisation with a social nature which sees sports as a grass roots activity, as an educational medium for young people and adults. This is why the school encourages different volunteer activities for refugees and the unemployed. The main cornerstones are different sports such as football, indoor football, basketball, initiation programmes for 4 to 7 year-olds to develop psychomotricity and play.

The University also has three 7-a-side football and two indoor football synthetic grass pitches, as well as a covered sports complex.



During the 2022-2023 academic year, the facilities of the Brafa Foundation were rented for the following solidarity sports activities:

- 16 November 2022: solidarity football with Raval (children from the Raval district at risk of social exclusion) and Street Soccer Barcelona (homeless people, immigrants and refugees), with the participation of 11 volunteers (9 from UIC Barcelona) and 20 people at risk of social exclusion.
- 16 November 2023: Paddle tennis in solidarity with the entity FamíliaAMIC Association (people with disabilities), with the participation of 3 volunteers from

UIC Barcelona and 7 people with disabilities. UIC Barcelona collaborated for free in facilities rented by FamíliaAMIC.

Pedralbes Antena Solidaria Trail

UIC Barcelona is proud to support the **Pedralbes Antena Solidaria Trail**, a sporting event with a strong social commitment. This trail not only promotes physical activity, well-being and solidarity among its participants, allocating the funds raised to charitable causes.