

Sport and exercise

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

During the 2023-24 academic year, UIC Barcelona rented sports facilities from the Brafa Foundation, Artos Sports Club, Colegio Real Monestir Santa Isabel, Esports UB, and the CMU Sant Jordi pavilion for training and friendly matches for its official teams.

Sports for Charity

Through sports for charity with vulnerable people, access to the facilities rented by the university is free.

Among the sports centers, the Foundation stands out [Brafa](#), which is a social sports organization that views sport as a grassroots activity and an educational tool for young people and adults. It carries out volunteer activities for unemployed people and refugees, promoting the practice of different sports such as football, futsal, and basketball, as well as introductory sports programs for children aged 4 to 7, where the development of psychomotor skills and play are the main focuses.

It also has three 7-a-side football pitches and two futsal pitches, all with artificial turf, in addition to an indoor sports center.

Among the sports activities that the university promotes with student volunteers are:

1- Charity football:

- with children from the Raval neighborhood of Barcelona at risk of social exclusion from the [NGO Braval](#).



- with homeless people, immigrants and refugees from the association [Street Soccer Barcelona](#).



2- Charity Padel.

On November 16, 2023, a charity padel match was organized at UIC Socialday in collaboration with the association [Familia Amic](#) (people with disabilities), with the participation of 3 volunteers from UIC Barcelona and 7 people with disabilities. UIC Barcelona collaborated free of charge in facilities rented by Familia Amic.



3- Trail Pedralbes Antena Solidària

UIC Barcelona is proud to support the [Trail Pedralbes Antena Solidària](#), a sporting event with a strong social commitment. This trail race not only promotes physical activity and well-being among its participants, but also has a charitable purpose, allocating the funds raised to charitable causes.