

An aerial photograph of Barcelona, Spain, featuring the distinctive, bullet-shaped Agnelli Building (Torre Agnelli) in the lower-left foreground. The city's dense urban landscape, with a mix of modern and traditional architecture, stretches across the middle ground. In the background, the calm blue waters of the Mediterranean Sea meet the horizon under a clear, pale sky. The overall tone is serene and expansive.

BARCELONA

Metàfora Student Guide

Barcelona is not just a place to visit: it is a lived-in city, shaped by its neighbourhoods, communities and unique identity. At Metàfora, we believe in experiencing the city in a conscious and respectful way: supporting local businesses, choosing responsible accommodation, respecting residents' rest and shared spaces, and taking care of what makes each neighbourhood unique.

Discovering Barcelona also means helping to keep it a vibrant, diverse and liveable city for the people who are here all year round.

– Metàfora Team

*«Barcelona, archive of courtesy, refuge
of foreigners... and in beauty, unique»*

— Miguel de Cervantes,
Don Quijote de la Mancha (1615)

Barcelona is part of the Metàfora experience. To help you make the most of your stay, both inside and outside the school, we have put together a selection of accommodation options, restaurants, museums, galleries, places to visit and useful resources to help you discover the city and feel at home from the very first day.

All recommendations are intended as a guide and may be subject to changes in availability, prices or conditions.



WHERE TO STAY?

Metàfora is located in **Sants**, a lively residential neighbourhood with excellent connections to the rest of Barcelona.

If you would like to stay close to the school, we recommend looking for accommodation in **Sants, Hostafrancs** or **Les Corts**. Eixample Esquerra, Sant Antoni and Poble-sec are also good options, with plenty of local shops, restaurants, cultural spaces and neighbourhood life.

When looking for accommodation, don't focus only on distance: good metro, bus or bike connections can make your daily commute very easy. The **L1 (red) and L5 (blue) metro lines** are especially convenient for getting to Metàfora.

At Metàfora, we believe in **experiencing Barcelona in a way that respects the people who live here**. Whenever possible, we encourage you to prioritise licensed accommodation, student residences, rooms in shared flats, hostels and small hotels, as well as options designed for medium- and long-term stays, helping to avoid unnecessary pressure from tourist accommodation on local neighbourhoods.

For your accommodation search, you can explore BCU Housing, Badi, Idealista, HousingAnywhere, Spotahome or Uniplaces, as well as hostels, hotels and student residences.

Tip: before booking, always check the conditions, additional costs and cancellation policy of your accommodation, and make sure to check the journey to Metàfora.

Taking care of the city is also part of living in it.

ART & CULTURE

MUSEUMS, GALLERIES AND ART SPACES

Barcelona's art scene goes far beyond its major museums. Some of the must-sees include the Museu d'Art Contemporani de Barcelona (MACBA), the CCCB, the Museu Nacional d'Art de Catalunya (MNAC) and the Fundació Joan Miró.

We also recommend making time to discover smaller, independent spaces such as Chiquita Room, Homesession, Bombon Projects and La Escocesa. These projects are connected to artistic production, research, residencies and contemporary creation, offering a closer look at the art scene that is active in the city today.

Tip: many galleries and independent art spaces are free to visit. Check their programmes before you go: openings, performances and open studios are a great way to connect with the local art community.

RESTAURANTS, VERMOUTH BARS AND BODEGAS

Barcelona is also best enjoyed around the table. We have gathered a few recommendations for restaurants, vermouth bars, bodegas, bars and cafés that we love for their atmosphere, local character and connection to neighbourhood life.

For a more special meal, with a carefully considered menu and a lovely atmosphere: Santa Gula or Casa Inés.

For traditional, home-style cooking with a real neighbourhood-feel (the kind of food your grandmother might make): Fonda Pirenaicas and Can Vilaró.

DISCOVER BARCELONA

Sants & Plaça d'Osca

A very local side of Barcelona, with terraces, small shops and a strong neighbourhood atmosphere.

Touristy: ★☆☆☆☆

Sant Antoni

A market, cafés, restaurants and pleasant streets to wander around.

Touristy: ★★☆☆☆

Poble-sec

A lively neighbourhood close to Montjuïc, with plenty of local character.

Touristy: ★★☆☆☆

Montjuïc

Gardens, viewpoints and some of the city's most iconic landmarks.

Touristy: ★★★☆☆

Barri Gòtic & El Born

Historic streets, squares, shops and plenty of atmosphere right in the city centre.

Touristy: ★★★★★

La Rambla & surroundings

One of Barcelona's classic spots, especially busy during high season.

Touristy: ★★★★★

USEFUL INFORMATION

112 — Emergencies

For medical emergencies, police, fire services or any urgent situation. Available 24/7 and free of charge.

061 — Salut Respon

For health-related questions or non-emergency medical issues. They can advise you on where to go and, if necessary, arrange medical assistance. Available 24/7.

Tip: if you need medical attention but it is not an emergency, 061 can direct you to the most appropriate CAP or CUAP.