

Do Good.  
Do Better.

# First-year Experience Program

Welcome to the Esade community



**For first-year  
university program  
students.**

This program offers co-curricular activities based on our holistic educational model and designed to accompany you throughout your journey at Esade. The program includes four key dimensions: workshops, off-campus day trips, community gatherings and valuable resources.



## Workshops

Sessions are focused on training in the most critical areas of a welcoming and onboarding.

Face-to-face and cross-program group sessions (from 60 to 90 minutes long).

### SOFT LANDING

First semester: SEPTEMBER

Soft Landing is a session to ease your integration into a new community and our school. During the session we will talk about Esade university life and the resources and activities that Esade offers to facilitate your personal and professional growth.

### INTERNATIONAL STUDENT MEET AND GREET: CULTURE SHOCK

First semester: 28<sup>th</sup> of September

Explore cultural integration from a group and identity perspective. Moving to another country and learning about another culture are experiences that raise many questions. In this workshop, we focus on the elements involved in this process, study the meaning of culture shock, and explore elements of cultural identity (such as enculturation).

After the workshop we will eat “tapas” together in Barcelona, where you will have an informal space to meet and share your cultural experiences with other international students from different programs.



Group excursions with participants from Esade university programs.

## Off-campus day trips



### Trip to Montserrat

September  
[14<sup>th</sup> of September]

Excursion to meet other students and discover this historic site in Catalonia. This outing consists of a hike and a visit to the Abbey. It takes place on a Saturday and lasts from 9 am to 5 pm.



### Visit to Collserola Park

October

The Collserola Nature Park is next to Sant Cugat campus. During this approximately two-hour excursion you will explore this beautiful environment in small groups.



### Visit to the historic center of Barcelona

December  
[fourth week]

A cultural walk – close to Christmas – through the center of Barcelona to visit places that are emblematic and representative of the city. This tour is aimed at students from university programs who intend staying in the city during Christmas.



### Social enterprise tour

March-April

A full-day excursion to visit a social enterprise and explore the beautiful surroundings of Catalonia. The tour takes place on a weekend and lasts approximately six hours.



Announcements for the excursions will be published in [my.esade.edu](http://my.esade.edu)



# Gatherings

First-year student groups for accompaniment and personal development.

## GROWING IN SPIRITUALITY

### CATHOLIC CELEBRATIONS

MONTHLY MASSES  
In both campuses (Pedralbes and Sant Cugat).

### MULTIFAITH ENCOUNTERS

Gatherings were individuals from different traditions come together to share their beliefs to promote mutual respect and build a more inclusive community.

### SPIRITUAL RETREATS

The retreats offer a wonderful opportunity to stop and explore our spirituality in-depth, examining the relationship we have with ourselves and our surroundings. Students professing all types of beliefs are welcome.



Contact: [spirituality.team@esade.edu](mailto:spirituality.team@esade.edu)

## COMMUNITY IN ACTION

### SEPTEMBER- OCTOBER

Meet students from different programs while participating in different activities with the local community. Announcements will be published in [my.esade.edu](http://my.esade.edu)



Contact: [SUD@esade.edu](mailto:SUD@esade.edu)

### ESADE WELLBEING DAYS

With the aim of continuing to care for our student's wellbeing, we encourage you to take part in the third edition of the Esade Wellbeing Days taking place in the Sant Cugat Campus, Barcelona, and in some cases also online.

This initiative will encourage us to lead healthier lives. And it's also a change for our community to meet and enjoy some time together. Announcements will be published in [my.esade.edu](http://my.esade.edu)



Contact: [wellbeingdays@esade.edu](mailto:wellbeingdays@esade.edu)

## SUSTAINABILITY WEEK

### 17<sup>TH</sup>-22<sup>ND</sup> FEBRUARY

Join us in our Sustainability Week to explore the connections between our individual choices, the well-being of our planet and the broader societal impact. Be part of a transformative dialogue shaping a more sustainable future.

Curricular activities in our classrooms as well as co-curricular activities will allow us to use our entire campus and its surroundings as a learning lab. The activities are open to the entire community.



Detailed information will be announced at [my.esade.edu](http://my.esade.edu)



# Resources

Resources available to students for emotional and social well-being.

## SPIRITUAL COUNSELLING

The Spirituality Team is here to support your personal growth and help you deepen your spiritual journey, embracing the diverse beliefs and creeds of all students. We believe that nurturing an inner life is vital for your intellectual, social, and spiritual development.

If you are seeking spiritual companionship or simply a conversation, contact us at:



Pep Mária, Jesuit ([pep.maría@esade.edu](mailto:pep.maría@esade.edu))

Alberto Núñez, Jesuit ([alberto.núñez3@esade.edu](mailto:alberto.núñez3@esade.edu))

Teo Mellén ([teodor.mellen@esade.edu](mailto:teodor.mellen@esade.edu))

→ Pedralbes and Sant Cugat Campuses

## PSYCHOLOGICAL AND COUNSELLING SERVICE

### INDIVIDUAL COUNSELLING

Psychological accompaniment is aimed at anyone experiencing difficulties in academic, personal, social, or emotional areas. An individual session can be requested free of charge and is completely confidential. The sessions can be held on the Pedralbes and Sant Cugat campuses and online.



Contact: [pacs@esade.edu](mailto:pacs@esade.edu)

### PEER GROUPS

Students are also invited to the Peer Groups, dealing with topics as "Landing isn't always easy, let's talk about it" (September-October), "Stress management and perfectionism in the academic setting" (October-November) and "Selfesteem and body language" (February-March).



Information in [my.esade.edu](http://my.esade.edu) or [pacs@esade.edu](mailto:pacs@esade.edu)

## E-BUDDY PROGRAM

The E-Buddy Program connects first-year students with mentors from our community (alumni, senior students, professors, and/or staff) who help them get started in their new university life.



Contact at [identityandmission@esade.edu](mailto:identityandmission@esade.edu)

## Tips to help you adjust to university life



Think of the university as the start of a new stage in life and make the most of it!



Immerse yourself in university life, explore all the opportunities it provides, and take part in different activities



Establish regular study habits



Connect with other students and create a support network



Take your time and establish clear and realistic goals



Prioritize your wellbeing: Maintain a healthy balance



Find help whenever you need it



Open your mind and be proactive



Seek meaning and purpose by reflecting on your values to find your direction and what motivates you.



Incorporate spiritual practices to find inner peace and connect with the world.



Check and sign up for First-Year Experience activities here.



For more information, contact us at:

Psychological and Counselling Service  
pacs@esade.edu

Identity and Mission  
identityandmission@esade.edu