

Welcome to VHIO.

International Mobility Guidelines for Researchers at VHIO

Introduction

Welcome to the Vall d'Hebron Institute of Oncology (VHIO). This guide is designed to support you in your relocation to Barcelona and help you settle in this vibrant city.

Here, you will find practical information about necessary administrative procedures, housing, and living costs, as well as tips to navigate the local culture and resources.



CENTRE CELLEX

VHIO is a leading comprehensive cancer research center located in the Vall d'Hebron University Hospital campus, one of the largest and most advanced healthcare facilities in Europe.



About VHIO

With a commitment to translational research, VHIO bridges the gap between laboratory discoveries and patient care.



Administrative support

Support on topics such as legal and administrative queries (e.g. visa formalities, administrative requirements, practical information on living and working in Barcelona)

Language lessons

Catalan, English and Spanish language courses

Contact

You can contact VHIO's People by phone, e-mail or in person.

+34 932 543 452

Email: rrhh@vhio.net

Location: VHIO Plaça Adolf Marsillach, 6, 08035, Barcelona

VHIO People Welcome Services



What do I need to know before entering to Spain?

- Do I need a stay permit, visa, or work or residency permit to travel or carry out research in Spain (if visa is required VHIO can help you in the procedure).
- Where am I going to live?
- Am I covered by the Public Healthcare?
- What do I need to work in Spain?
- How taxes work in Spain?
- I am traveling with my family; do they need to apply for the corresponding permits and visas?



Barcelona is a cosmopolitan city, home to 1.6 million residents and a metropolitan area of over 4 million. Known for its unique architecture, rich cultural scene, and Mediterranean lifestyle, the city offers a high quality of life and numerous opportunities for personal and professional growth.

You can search the highlight (events and activities) about Barcelona in the following guide:
<https://ajuntament.barcelona.cat/en/>.

Living in Barcelona

Cost of Living

Living expenses in Barcelona vary depending on lifestyle choices and location.

Below is an approximate monthly budget:



Housing

€800–€1,200 (1-bedroom apartment in the city center)



Transportation

€50–€100 (monthly public transport pass)



Groceries

€250–€350



Utilities

€100–€150 (electricity, water, internet)

For detailed comparisons, visit tools like [Numbeo](#) or [Expatistan](#).

Neighborhoods and housing

Barcelona and its metropolitan area offer diverse neighborhoods to suit different preferences:

- **City Center** (Eixample, Gràcia): Vibrant areas with access to services and cultural activities.
- **Suburbs** (Sant Cugat, Badalona): Quiet residential areas ideal for families.
- **Beachside** (Barceloneta, Poblenou): Coastal living with modern amenities.
- **Near VHIO** (Horta, Guinardó): Quiet residential area near to the Vall Hebron Campus, near to the Collserola.



For more information you can visit Barcelona city council's website to discover more about the different areas of the city.

<https://ajuntament.barcelona.cat/en>

Emergency contacts

112 For health and safety emergency (such as robberies, fires, accidents)

010 Citizenship attention (for administrative procedures in Barcelona)

016 Information and legal advice for gender violence.

Administrative procedures

Before arrival



Visa and Permits

- **Check visa requirements based on your nationality.** VHIO can help in the procedure.
- **For EU citizens:** Ensure your European Health Insurance Card (EHIC) is valid.
- **For non-EU citizens:** Prepare necessary medical certificates and insurance documentation.

Accommodation

- **Temporary options:** Consider serviced apartments or short-term rentals via [ShBarcelona](#) or [Badi](#).

- **Long-term options:** Agencies like Habitatge Jove and Resa offer tailored solutions for researchers.

Also, you can look for rental accommodation on different websites such as Fotocasa or Idealista.

VHIO have contact with the BCU Housign (Servei Oficial d'Allotjament del Barcelona Centre Universitari), this is a service that Barcelona City Council offers to the researchers and students to find accommodation during their stay at Barcelona, so they can help you with anything you need for your stay in Barcelona.

In case you are interested in their services you can contact them to their email:

- info@bcu.cat

Also here is the link to their website so you can find more information about it:

<https://www.bcuhousing.cat/>

Administrative procedures

Upon arrival



Registration

(Empadronamiento):

Register at your local city council office to obtain proof of residence. This is essential for accessing public services. For the registration in Barcelona, you can check the following link: <https://ajuntament.barcelona.cat/novaciudadania/en/residents-register>

Foreigner Identity Number

- **EU nationals:** Apply for the NIE through the local police website:

<https://sede.administracionespublicas.gob.es/pagina/index/directorio/icpplus>

- **Non-EU nationals:** Apply for the TIE card through the local police website:

<https://sede.administracionespublicas.gob.es/pagina/index/directorio/icpplus>

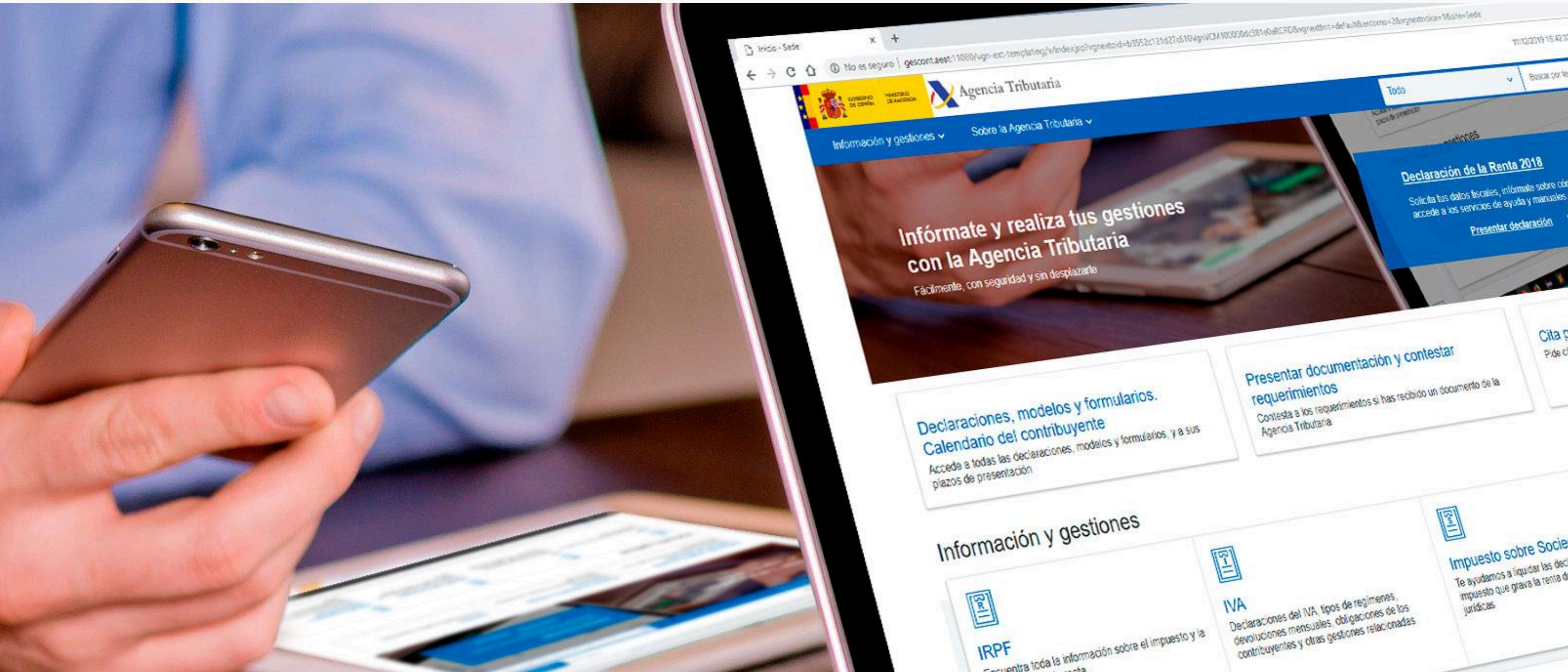
In all cases VHIO HR will bring you the necessary support while doing the procedure.

Bank Account

Open a local account to simplify transactions such as rent and utilities. Popular banks include CaixaBank, BBVA, and online banks like N26 or Revolut.

Social Security Number

This is necessary for employment and access to healthcare. It is a process that must be done by the employee through their website: [Social Security Number request](#).



Income Tax and Financial Obligations

In Spain, residents are subject to income tax based on worldwide income. To comply:

- Register with the Spanish Tax Agency (Agencia Tributaria).
- File annual income tax returns (Declaración de la Renta).
- Learn about rental and property taxes.

Useful resources: [Agencia Tributaria](#).

some other info

Cl@ve Pin

This is a system which let you make an electronic identification into the Public Administrations. Its main purpose is to allow citizens to identify themselves before the Administration by means of fixed keys (username and password), to avoid the need to remember different keys for different services. It is useful for carrying out procedures with the public administration online.

Here you can find more information about it:

https://clave.gob.es/clave_Home/en/clave.html

cl@ve
PIN 

some other info

Access to Health Care System

Spain offers a robust public healthcare system available to those with a Social Security number. In this link you can find more information about it:

<https://catsalut.gencat.cat/ca/coneix-catsalut/acces-sistema-salut/>

You will need to apply to the Healthcare card (TSI), is the document that identifies and allows access to the centers and services of the public health system assigned:

<https://catsalut.gencat.cat/ca/coneix-catsalut/acces-sistema-salut/la-tsi/>

It is also possible to contract a private medical insurance, in Spain there are different companies and at VHIO we work with one specific provider, in case you are interested you can contact VHIO HR for more information and conditions.



some other info

Transportation in Barcelona

Barcelona's public transport network is efficient and includes buses, trams, and metro lines. The T-Mobilitat card offers flexible options for frequent travelers.

Cycling is also popular, with a growing network of bike lanes and the Bicing service for residents.



some other info

Cultural Integration and Language

Barcelona is bilingual, with Catalan and Spanish as the official languages. VHIO offers resources to learn Spanish, and free Catalan courses are available through local programs.

Engage with the international community through:

- [Euraxess Spain](#)
- Barcelona International Community Day



Contacts for assistance



For further support on administrative or relocation matters, contact:

VHIO HR Department

- Phone: **+34 932 543 452**
- Email: **rrhh@vhio.net**
- Location: **VHIO Plaça Adolf Marsillach, 6, 08035, Barcelona**

Thanks

This guide aims to make your transition to Barcelona smooth and enjoyable.

We look forward to welcoming you to VHIO!

