

**YOUR JOURNEY
STARTS HERE**



STUDENT GUIDE

universidad
SANJORGE
GRUPO SANVALERO



To do list...

Not to be missed

USJ Connecta, San Silvestre, Patron of your faculty, Erasmus, exhibitions, Soladarity Week, Huella USJ...



Warm welcome from the Vice Chancellor



Dear student,

Welcome to San Jorge University. Welcome to what will be your home in the coming years. You are embarking on an exciting adventure, a stage in your life that I am sure you will always remember fondly.

USJ offers a variety of services mapped out in this handbook to intensify and enrich this adventure. Read it que carefully so that you can get the most out of this exciting journey.

Sports, culture, volunteering, resources for your employability and living an international experience ... Endless possibilities for your university experience that will not only provide you with knowledge and skills that will prepare you for the workplace, but also that will also assist you in becoming an individual who is committed to society, self-demanding, enterprising, creative, capable of adapting to complex and changing environments and with a vocation for service.

Before concluding, allow me to give you a piece of advice: don't tiptoe through the University, leave your mark. This is a once-in-a-lifetime experience.

Warm welcome,

Berta Sáez Gutiérrez
VICE-CHANCELLOR

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CONTINUE YOUR JOURNEY

- Alumni
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Zaragoza is a welcoming, lively and dynamic city, with a rich history . Your first experience of this will be during the week of the 12th October, when the city celebrates it`s official festival in honour of the Virgen of the Pilar.



San Jorge University is located at Autovía A.23 Zaragoza -Huesca, km 299, 50830 Villanueva de Gállego, Zaragoza.

For further information about what to see and do please check out the links below

- <https://www.zaragoza.es/ciudad/turismo>
- <https://zaragenda.com/que-hacer-en-zaragoza/>
- <https://www.enjoyzaragoza.es/>
- https://www.heraldo.es/tags/temas/heraldo_joven.html
- <https://www.zaragoza.es/ciudad/sectores/jovenes/cipaj>
- <https://zaragozala.com/>
- <https://www.turismodezaragoza.es>
- <https://www.zaragozaturismo.dpz.es>

And if you want to discover the best nightlife, speak with the Student Association (age@usj.es) and download the app Mapa Joven Zaragoza.

Just over an hour from Zaragoza, you will find ski resorts, but that is not all, there is so much more to discover.



Not to be missed...



SOS DEL REY CATÓLICO.

Go back in time to the Middle Ages, get lost in the streets and visit the castle. Round your day off by visiting **Uncastillo**.



ANENTO.

Less than one hour from Zaragoza you can find one of the "most beautiful villages in Spain". Wander around its streets, visit the medieval castle and church to name a few and...we recommend finishing off your visit to Anento in its waterfalls! Why not also visit **Daroca** and its famous walls.



MONASTERIO DE PIEDRA.

Enjoy a day of culture, history and nature. Discover the 13th century monastery and explore its trails and paths to enjoy waterfalls, caves, birds and lakes.



BELCHITE.

Visit the old town of Belchite and immerse yourself in the history of the Civil War, which caused its ruins. If you are into dark legends, we recommend the night visit! You can round off a good day with a visit to the Roman dam at **Almonacid de la Cuba** and the birth home of Goya in Fuendetodos a few kms from Belchite.



MONCAYO.

Enjoy a day outdoors in the Moncayo Natural Park, the highest peak in the Iberian System. Discover all the hidden gems that this paradise has to offer, enjoying activities such as hiking. Next to the Moncayo you can discover the old historic town of **Tarazona**.



USJ

**FACULTAD DE
COMUNICACIÓN Y
CIENCIAS SOCIALES**

BACHELOR'S DEGREE

- Journalism
- Audiovisual Communication
- Advertising and Public Relations
- Intercultural Communication and translation
- Administración y Dirección de Empresas (ADE)
- Law
- Educación Infantil/Infant Education
- Educación Primaria/Primary Education

+ University diploma in digital skills for communication

DOUBLE DEGREE TITLES

- ADE + Law
- Audiovisual Communication + Journalism
- Audiovisual Communication + Advertising and PR.
- Infant + Primary Education
- ADE + Marketing (ESIC)



USJ DEGREES

- University Expert in Agri-Food Communication (APAE)

UNIVERSITY MASTERS

- Business Management MBA
- Corporate Marketing and Communication
- Compulsory Secondary School Education and Baccalaureate, Professional Training and Language Teaching



Further information:

Communication Department: **+34 617 997 278** (Blanca Beltrán)
Business and Law Department : **+34 671 022 915** (Mariano Miravete)
Education Department: **+34 659 317 249** (Eva Pérez)



USJ

**FACULTAD DE
CIENCIAS DE
LA SALUD**

BACHELOR'S DEGREE

- Pharmacy
- Physiotherapy
- Physical activity and Sports Science
- Nursing
- Bioinformatics
- Psychology

DOUBLE DEGREE TITLES

- Bioinformatics + Pharmacy

MÁSTERES UNIVERSITARIOS

- Pharmaceutical Care and Pharmacotherapy
- Research in Health Sciences

PhDs

- PhD in Health Sciences



USJ DEGREES

- Expert in Formulating Individualised Medications
- University Expert in Formulation of Medications in Special Patients: Paediatrics, and Palliative Care and Geriatrics
- Master in Gerontology(online)
- Master in Technical Management of Pharmaceutical Laboratories



Further information:

Physiotherapy, Pharmacy and Bioinformatics: **+34 671 020 163** (Fernando Rivas)

Nursing: **+34 670 050 187** (Ramón Albero)

CCAFD y Psychology: **+34 663 720 478** (Diego Bello)



USJ

ESCUELA DE
ARQUITECTURA
Y TECNOLOGÍA

BACHELOR'S DEGREE

- Architecture
- Digital Design and Creative Technologies
- Videogame design and development
- Computer Engineering

DOUBLE DEGREE TITLES

- Architecture + Digital Design
- Videogame design and development and Creative Technologies
- Computer Engineering + Videogame design and development

PhDS

- PhD in Environmental Sciences

UNIVERSITY MASTERS

- Advanced Software Technology in Mobile Devices



USJ DEGREES

- Expert in BIM workflow BIM with Revit
- Expert in Advanced BIM
- Expert in Real Estate Asset Management
- Specialist Course in Graphic Representation for Design



Further information

+34 673 584 286 (Virginia Coscollar)

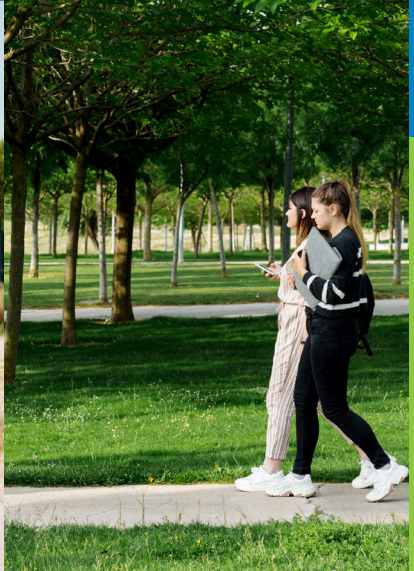


INTRODUCTION

MY FIRST WEEK AT USJ



EXPERIENCE THE UNIVERSITY



CONTINUE YOUR JOURNEY



Zaragoza is well connected by high speed train and has an airport with some international and national destinations.

You have the following options to get to the university:

- **University bus from Zaragoza or Huesca:** Check out the routes and times <https://www.usj.es/alumnos/vida-universitaria/transporte> or in the app USJcommunity.
- If you have any specific requirements, write to infraestructuras@usj.es. Our fleet of buses is accessible.
- To use the bus, you must register in tui.usj.es and use TUI (university card) or buy tickets or passes in the Rectorado building reception.
- Public bus Check the timetable at http://www.info.alosa.es/includes/ZGZ_VILLANUEVA_ZUERA.pdf
- And if you come by car, try to carpool. We are a “green campus”.





Tip

“If you do not have a bus pass, but need to take it to go home, you can buy bus tickets at the reception of the Rectorate building. Buy your tickets with time to spare or in the break between classes and with the right change to avoid any additional stress. If you leave it to the last minute, you could miss the next bus ”

Jorge Calvo, *Physiotherapy student*





**SPORTS
INSTALLATIONS**



USJ

**ESCUELA DE
ARQUITECTURA
Y TECNOLOGÍA**

STOP BUS



USJ

**FACULTAD DE
COMUNICACIÓN Y
CIENCIAS SOCIALES**

**STUDENT
HUB**




USJ
**FACULTAD DE
CIENCIAS DE
LA SALUD**
RECTORADO

STUDENT SERVICES

STUDENT HUB

- Careers Advice Unit
- International Relations Unit
- Sports Services
- Editorial and Cultural activities services
- Volunteer work
- Counselling Service (SOAP)
- Student Support Services for students with Special needs (SAENE)
- Student Association
- Academic Registry
- Online store
- Library
- Learning Space
- Copy service
- Institute of Modern Languages

RECTORADO

- University Information
- Chaplaincy Service

Other Services

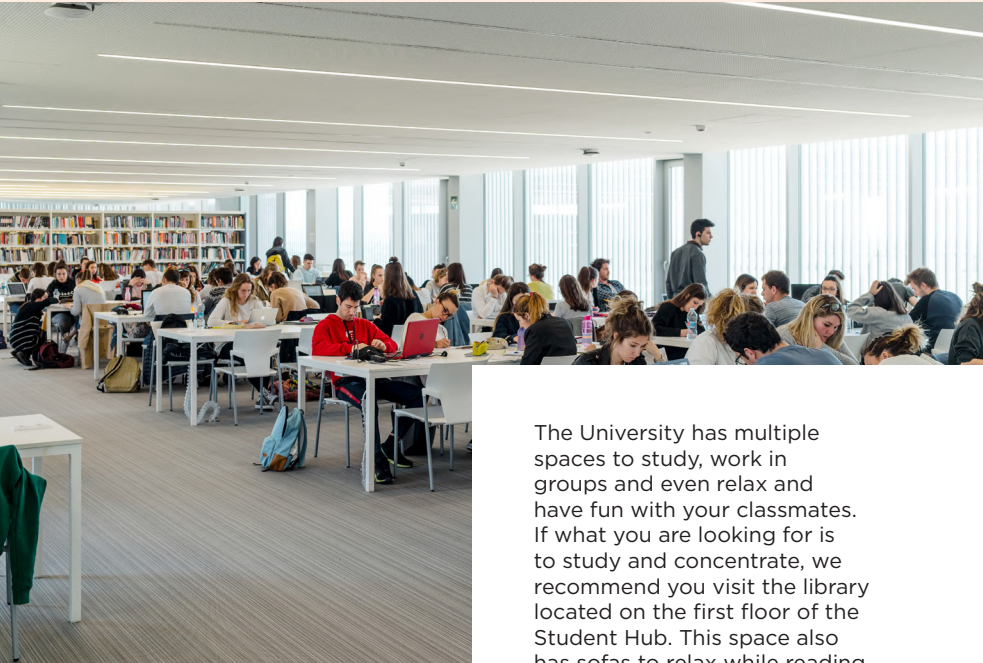
- Transport
- 3 canteens
- Sports campus
- Green Campus / Recycling area

INTRODUCTION

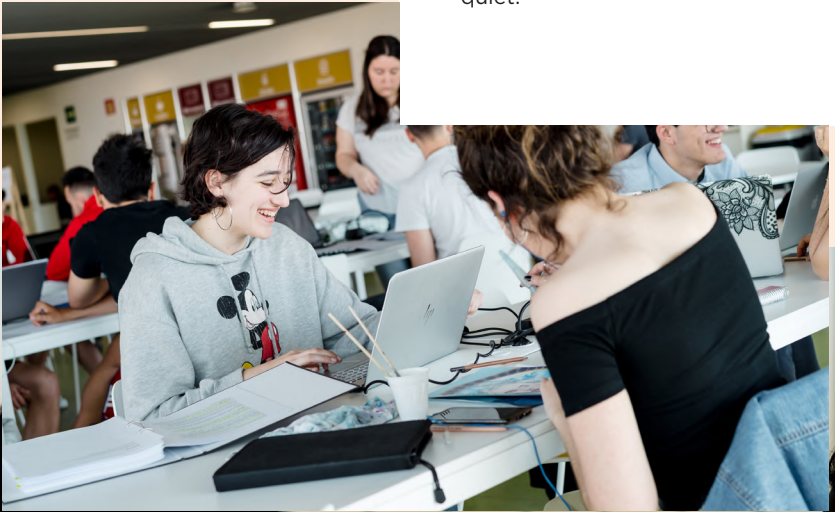
MY FIRST WEEK AT USJ

EXPERIENCE THE UNIVERSITY

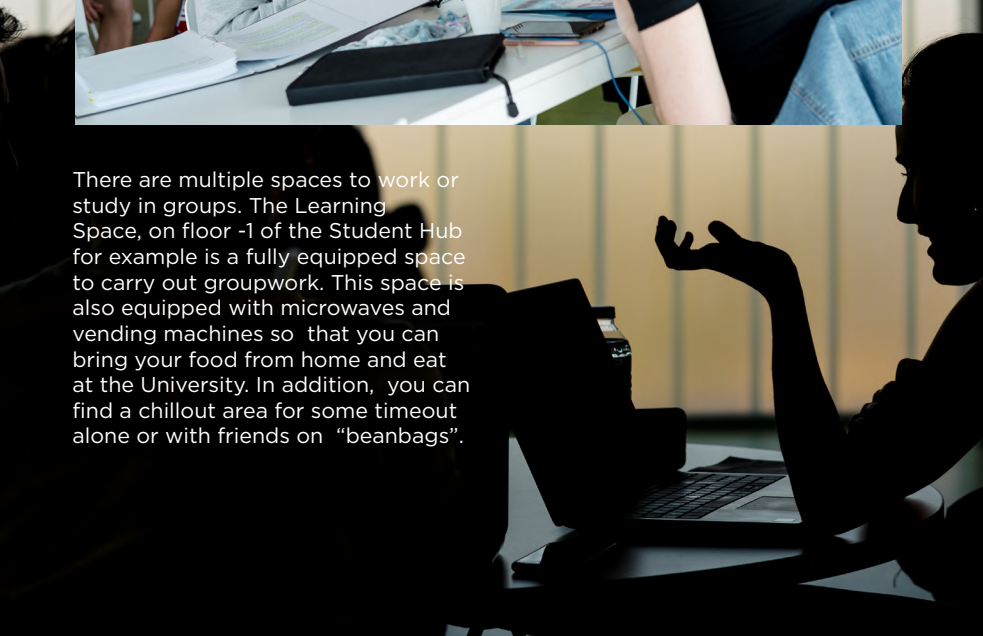
CONTINUE YOUR JOURNEY



The University has multiple spaces to study, work in groups and even relax and have fun with your classmates. If what you are looking for is to study and concentrate, we recommend you visit the library located on the first floor of the Student Hub. This space also has sofas to relax while reading and enjoy some peace and quiet.



There are multiple spaces to work or study in groups. The Learning Space, on floor -1 of the Student Hub for example is a fully equipped space to carry out groupwork. This space is also equipped with microwaves and vending machines so that you can bring your food from home and eat at the University. In addition, you can find a chillout area for some timeout alone or with friends on "beanbags".





But this is not the only space, there are desks in all of the faculties. And perhaps one of the best spaces to work, relax and hang out with your classmates are the gardens! if it's a nice day, there is no better option than to hang out in a beautiful surrounding. In addition, this year we have a new space on the third floor of the Faculty of Communication and CCSS that is called the ADE cube where you can work with your classmates



Tip

“My advice would be in the first week of University not only go around and get to know your faculty, but visit all of them, each one is different and has a different vibe. You will discover unique spots that in the future can be used for group work, such as the spaces in the Faculty of Communication, or to quietly read a book in the armchairs at the back of the “library”

Nuria Lozano,

student of Advertising and Public Relations



You have already had contact with the General Secretary, where you enrolled.

The General Secretary manages all the academic - administrative procedures.

- Admission.

- Recognition of credits.

- Registration and certification of courses workshops, seminars, conferences (web).

- Grants.

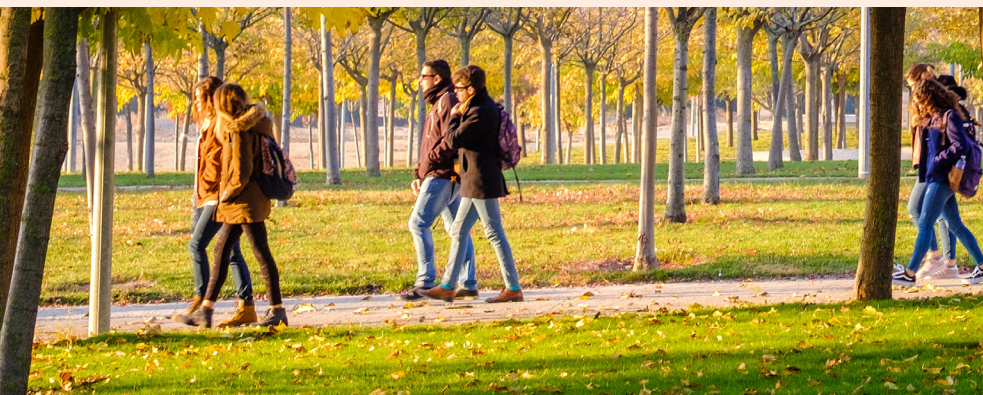
- Resit cancellations, postponements of exams and complaints.

- Application and issuance of official and USJ degree titles, and certificates.



Visit sga.usj.es or the student's hub building, floor 0, from 9 am to 5.30 pm.

sga.usj.es





Tip

When you start at USJ, you can get a collaboration grants and gain experience in different fields collaborating with departments and projects at USJ.

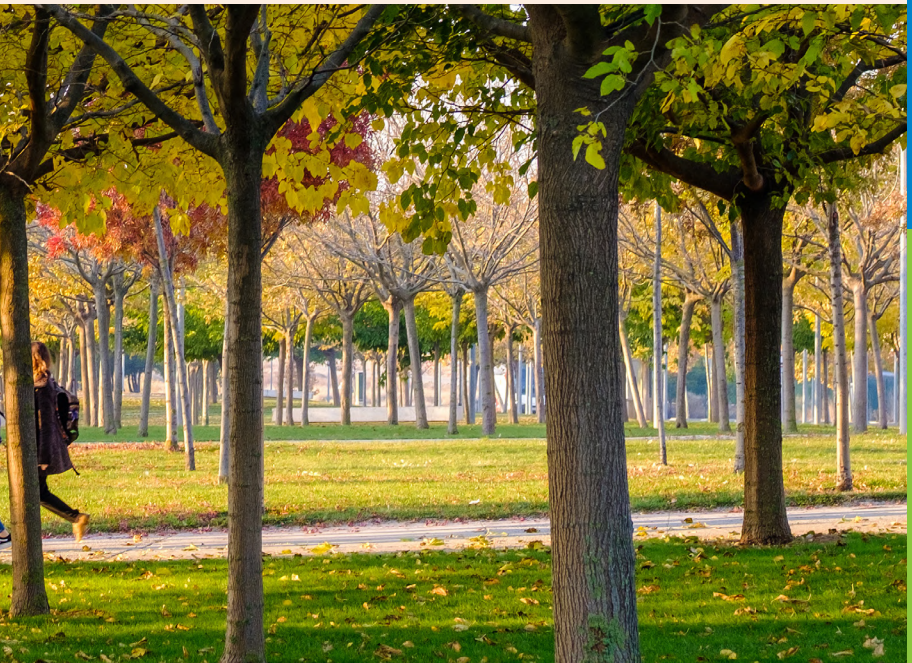
We have collaboration grants to suit everyone: you can collaborate in the laboratory management, in different

projects, as a coach in our sports department, in different degree programmes, as an editor to name a few.

Why not check out the dates and... you may find one suited to you!

Find them on the virtual board of the Academic General Secretary in the

University Teaching Platform and check the application deadlines!





San Jorge University has several agreements with different institutions in the city so that students have a variety of options depending on their needs.

Rental:

Through our web alojamientos.usj.es, where you can also try to find a roommate.

On the CIPAJ website you will also find information, assistance and links.

**Did you know...?**

Some people call Villanueva del Gállego Villanueva del Loira because of the number of French students who live there.

There are other accommodation options. Go to the following link to check them out::

<https://www.usj.es/futuros-alumnos/vida-universitaria/alojamiento>





Tip

“For my first years I stayed in hall of residence. First of all, it has been an unforgettable experience. The atmosphere is amazing, and you have the opportunity to meet many people and make friendships that will last a lifetime. You will also meet people who in the future will be able to help you out when needed, both in your studies and in life in general and that can be a great support.

Another aspect to highlight is that when it comes to food, halls of residence make life easier for students. Often, students cannot eat at their hall of residence because they have class in the afternoon, or they don't make the bus in time to be able to go to the dining room. So, the hall of residence gives them a ticket with the value of the menu of at USJ to enjoy the food served in the canteen of the different faculties.

For this reason, my advice would be that all new students should reside at a hall of residence for the first few years, as it is a stage of life that you should enjoy to the max but obviously without forgetting about your studies”

Roberto Portillo,

CCAFD student



One of the first things you should do as soon as you start your new stage at San Jorge University is to get

- **TUI / bus tickets**
- **Sports installations ID**
- **USJ ID**

Your TUI (Intelligent University Card)

What do I need it for?

To reserve books in the library, pay at the vending machines, catch the bus and as ID at some events, among others.

Also, remember that this will be your university card and you will be able to get discounts in some cinemas, theatres and museums around the world.

It will only take you a minute to order it at <https://tui.usj.es> and you will be able to enjoy all its advantages. Oh... and of course it's free of charge!

You can find all the information about the TUI at:

<https://serviciostic.usj.es/tui/>

Sports Installations ID

Students in on-campus and blended degrees have free access to the sports campus.

All you have to do is to claim your campus access card at reception and you will have access to all of its benefits.

Do you want to know these benefits?

Enter the "Sports" section within "University Life" of the University website and find out about all the possibilities of this card.

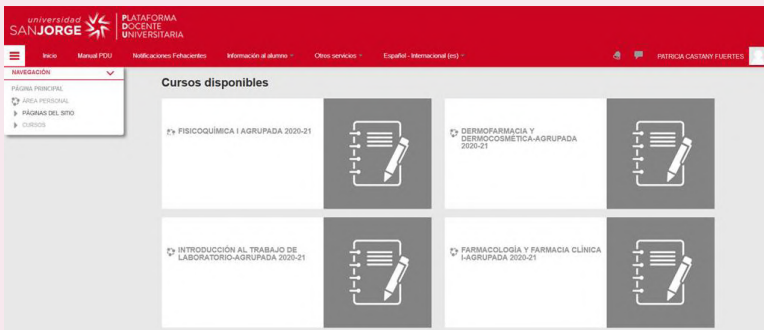
If you are a master's student or form part of the rest of the educational community, go to the same website and discover what the benefits are for practicing sports on campus.

If you want to find out more about sports, the Sports Activities Service is the place to go, we'll tell you more later.

USJ IDENTIFICATION

After enrolling at the University, you will receive a USJ ID (alu.XXXXX@usj.es) and it is vital that you memorise it throughout your time at the University. This account will give you access to all the services of the University, starting with your email account and the University Teaching Platform (PDU).

This account will also be your WiFi access! And that's not all, you will be able to use the space manager, enrol in activities and courses and much more, so we recommend you memorise it because it will be a part of your life at USJ.





If you have technical problems:

You can find TECHNICAL SUPPORT on the 1st floor of the Health Building 1, next to the printer, from 9 a.m. to 5.30 p.m. or email soporte-si@usj.es, to resolve any queries or issues.

We recommend you check out [https:// serviciostic.usj.es/](https://serviciostic.usj.es/) to discover all the services that USJ offers you.



TAKE ADVANTAGE OF THE LICENSES THAT THE UNIVERSITY OFFERS YOU:

- You are entitled to use all Office 360 applications on up to 15 different devices.
- In your OneDrive virtual disk, you can store up to 1TB of files, music, videos in the cloud.
- There are tools and programs to work from your device at <https://ucloud.usj.es>. You also have access to a free antivirus on three devices. You can find out how to get it at: <https://serviciostic.usj.es/antivirus/>



APP USJ Community

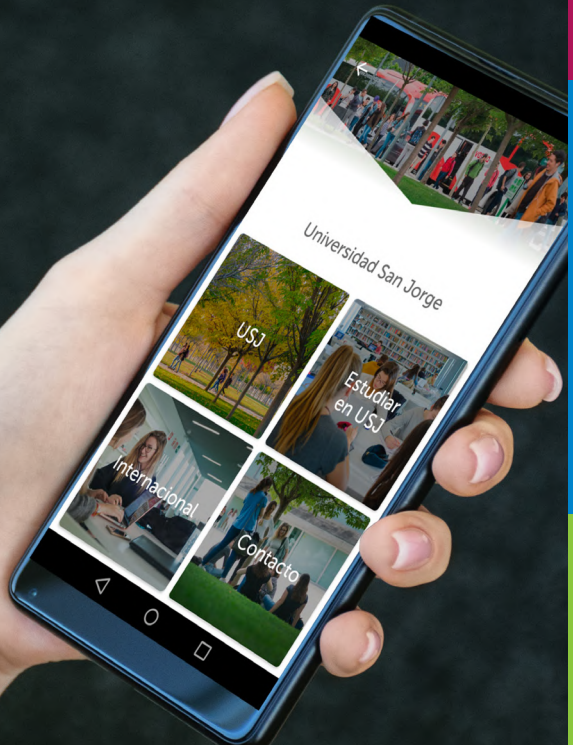
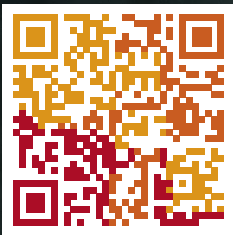
In this app you will find personalised information about your enrolment, subjects, grades, academic calendar and the services of the digitised university card.

You can also participate in challenges and get the latest news about USJ scholarships, projects and activities.

Download it!

Download it!

APP USJ



Google play



App Store



Vice-Dean for Student Affairs

Do you know who the vice-dean for student affairs is?

The vice-deans for students are lecturers who are here to help you with anything related to University life. Likewise, they work closely with the student representatives, and are in charge of carrying out training and extracurricular activities, as well as promoting events and suggestions from students and coordinating the Tutorial Action Plan. However, their main task is for you to get the most out of your time at the University in terms of your education.

Their mission is for you to get the most out of your time at the University in terms of your education.

Do you have a proposal? They listen to you, guide and process, if necessary, the initiatives that the students suggest.

You can contact them through the following emails:

- Faculty of Health Sciences: vicealu.salud@usj.es
- Faculty of Communication and Social Sciences: vicealu.comss@usj.es
- School of Architecture and Technology: vicealu.earte@usj.es



Mentor Programme

On your first day, they will inform you about the mentor programme and how to take part. Places are awarded in order of application until the number of places available is completed



In this programme, you will have a mentor in the same degree enrolled in another year, so they are able to give you academic advice, help you to immerse yourself in university life and make better use of the services at USJ. You will also enjoy sharing experiences with friends from the same degree, programme and create strong social bonds.

Their work is voluntary.

The requirements to be mentored are:

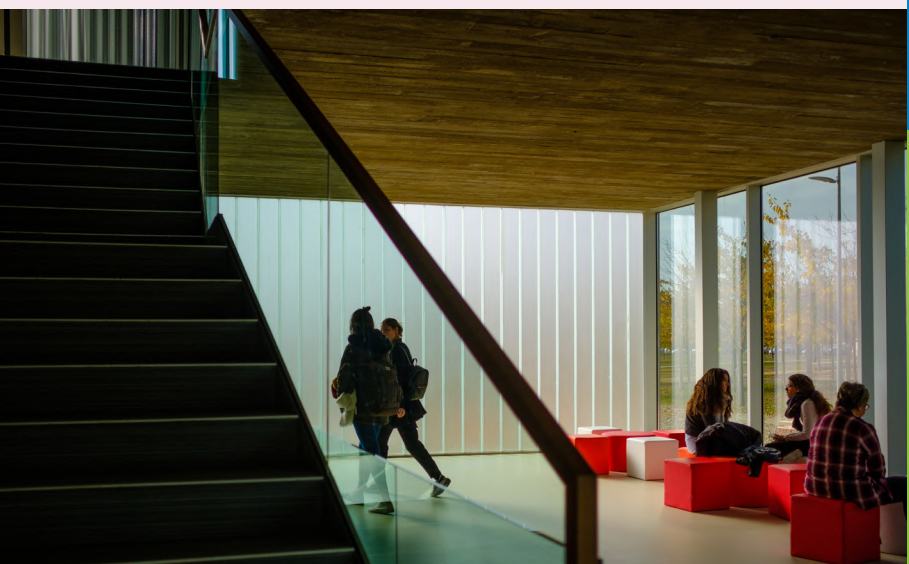
Respect and put into practice the tasks assigned by the mentor.

Rules



As you can imagine, the university also has its rules.

<https://www.usj.es/futuros-alumnos/admision-y-matricula/grados/matricula/normativa-academica>



The statute and regulations

The statute is the state regulation that controls the university life of students. The Rules of Order and Coexistence regulate the behaviour of the members of the university community.

It is mandatory for USJ students to read and comply with these rules.

The governing regulations of Order and Coexistence of San Jorge University can be found on the CampUSJ web space

Academic Handbook

It establishes the admission and enrolment criteria as well as the university's academic regulations. It includes information on how to carry out different academic paperwork. You can access it via the web or the PDU.

The first week is coming to an end, we hope you can start completing your contact agenda:



Tutor

Mentor

Vicedean

New classmate 1

New classmate 2

Here is some advice about what to do and what not to do in your first week.



Tips

The Welcome Day takes place on the first day of the academic year, where you will be able to discover all the services at USJ. Go to the Student Hub and find out first-hand everything on offer.

Prepare all your electronic devices (computer, tablet, mobile etc) with your USJ accounts and take the opportunity to investigate all the available resources. If you have any questions, it is the perfect opportunity to visit Technical Support (1st floor, Health School 1, next to the printer)

In your first week as a university student, what better way to start than enjoying your favourite sport or the sport you have always wanted to practice and meet new people in the USJ sports department. Find out the training schedules on the social networks of the Sports Activities Service or on the website and ask for the coach.

It is also a good time to sign up for the Internal Tournaments in the different modalities together with your new classmates. Still don't know them? You can find all the information on the social networks of the Sports Activities Service and on the website. Don't forget or you will miss the deadline!!

Do you have a break between classes? It is a good time to take a walk around the campus and get to know all the corners that we tell you about in the "Spaces you should know" section of this guide.

If you would like to volunteer during your time at University, come to the Volunteer Unit, on the 1st floor of the Student Hub, and find out about all the available options.

Memorise your USJ ID number and password, as they will be of great importance throughout your University life.

Sign up for the mentor programme, where a student from another year will help you throughout this first year to get to know the University. In this way you will have someone who has gone through the same as you not so long ago.

There are three canteens

- **Health:** with a longer opening hours. It is self-service style.
- **Rectorado:** perhaps the one with the most elaborate dishes. Looking out on a cheerful
- **Communication:** with lively music. You always have some grilled meat or fish. Visit it only, if to see the large windows and view
-

You will find the menus on our website and the nutritional contribution of the dishes. For that we have great experts among the teaching staff! A healthy menu and take away food are available in the cafes. If you have any allergies or food intolerances, you can write to infraestructuras@usj.es

In the Student Hub, on the -1 floor you will find an area to eat your lunch. There is also a vending machine, as there is in the Faculty of Health, Communication and Rectorado Building.





INTRODUCTION

MY FIRST WEEK AT USJ

EXPERIENCE THE UNIVERSITY

CONTINUE YOUR JOURNEY



Instagram:

- **USJ:** @universidadsanjorge
- **SPORTS SERVICES :** @deportesusj
- **International:** @be_internationalusj
- **CULTURE SERVICES :** @culturausj
- **Volunteer work:** @voluntariadousj
- **Huella USJ:** @huellausj



Facebook:

- **USJ:** @universidadsanjorge.zaragoza
- **SPORTS SERVICES:** @deportesusj
- **International:** @beinternationalusj
- **library:** @Biblioteca_USJ
- **CULTURE SERVICES:** @CulturaUSJ



Twitter:

- **USJ:** @_usj_
- **SPORTS SERVICES:** @DeportesUSJ
- **International:** @be_usj
- **CULTURE SERVICES:** @acUSJ
- **GreenCampus:** @GREENcampus_USJ



LinkedIn:

- **USJ:** @UniversidadSanJorge



YouTube:

- **USJ:** @UniversidadSanJorge

Others:

- **Blog USJ:** usj.es/blogs/universidad-san-jorge
- **Dragón Digital:** dragondigital.es/
Diario digital en el que publican los alumnos de Periodismo

Huella USJ

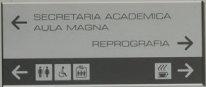
You have come to the University to study a specific field of knowledge. However, we also want you to laugh, enjoy, cry, reflect, suffer, debate, we want you to grow and construct your own personal project, forge your character, make friends, interact with peers who are different but ultimately have the same goal as you.

We want you to learn a set of values and attributes that make you a person of integrity and a top-notch professional. The University wants to teach you how to live: provide you with technical skills in the subjects, but also skills for life. Some call them soft skills, but we like to call them life skills.

Because the question is not what do I want to be? But who do I want to be?



Scan here



At the University we have identified attributes and virtues that today are essential for life:

- An empathetic and compassionate person
- A person with a positive attitude in the face of adversity
- A person who assumes and faces their commitments.
- A person who strives for excellence
- A teamplayer
- A person who knows how to express themselves in all situations
- A person seeking a new vision of what is already known
- A person with an open mind and awakens to the world
- A person who takes care of those who need it most
- A person who takes care of their natural and social environment
- A person who is sensitive to art and culture

We invite you to pay attention to all the activities and workshops that we organise. They are not just hobbies, but they are aimed at helping you in this common goal, and you can later certify that you have participated in them.

We recommend you check out the calendar on CampUSJ and follow us on Instagram (@**huellaUSJ**) so you don't miss anything. Check it out so you don't miss a thing!

And if you have any kind of suggestion about activities or events that you would like to be able to do in a university environment, you can write to us at **huella@usj.es**

Culture



From Culture we offer multiple events and proposals for students and members of the USJ community. You can sign up for workshops (creative writing, sculpture, painting, photography etc), theatre classes, concerts, conferences, colloquia, exhibitions, guided tours, etc., which are organised throughout the year. You can get information in the magazine es_Cultura. USJ Magazine.

Why not make suggestions and creative proposals regardless of the discipline and we can see what we can do and maybe even make them come true.

The university has three exhibition spaces, now all under the name Blank Space supporting young creators and exhibitions with a high social component:

- In the main hall in the Rectorado Building.
- In the Student Hub hall and the Learning Space.
- The hall of the Faculty of Communication and Social Sciences

We want to create light in empty spaces, innovate and generate emotions in all those who walk our corridors, create a meeting point, make art and creativity our identity





Book crossing

There are two book crossing points

- Faculty of Health Sciences Hall
- Learning Space in the Student Hub.

If you have any queries about art and culture, don't hesitate to contact us at the Cultural Activities Service. You can find us on social networks or write to actividadesculturales@usj.es



Actividades Culturales USJ, Oficina de Arte



Actividades Culturales USJ, Espacio en Blanco



Actividades Culturales, Espacio en Blanco



Actividades Culturales USJ, Espacio en Blanco



Volunteer work

Whether or not you have previously volunteered, we recommend this rewarding experience

Find the volunteer work that best suits you in the USJ Volunteering Unit with different associations and social action entities.

Head over to the first floor of the Student Hub or contact at voluntariado@usj.es. While you make up your mind, subscribe to the USJ Volunteer Newsletter, where they periodically report on volunteer activities and specific training proposed by entities.

To subscribe, send an email to euldemolins@usj.es and you will be able to receive all the information.

A small but important detail: Convert your volunteer hours into ECTS credits if certain requirements are met.



Tip

“If you want to help others, but don’t know where to start, you will find many options in the monthly Volunteer Unit newsletter”

Ione Gómez, student of Intercultural Communication and Translation

Chaplaincy Service

When you know that altruism and collaborating in aid projects for the needy is your thing, this may be your place.

The Chaplaincy Service goes beyond the sacrament and prayer to those who wish to cultivate their Christian side, the Chaplaincy Service promote initiatives related to other human solidarity interests.

During the year it organises activities alongside other institutions such as Cáritas or the archdiocese, to help others. It also provides spaces for meeting, dialogue and prayer.

If you want to join and participate, you can contact pastoral@usj.es



Languages

Do not miss the opportunity to continue learning languages through the Institute of Modern Languages.

They do not only teach languages and inform you about courses abroad, but also organise intercultural linguistic activities, recognise Erasmus language levels and are an exam centre.

At the beginning of the course you will find information about the courses offered. You can also find them in the Student Hub, floor 0, or at ilm@usj.es or usj.es/be-international/ilm



GREENCAMPUS

Sign up for their environmental volunteering activities and keep an eye on the curricular green programmes. If you are interested in the environment, contact our office green-campus@usj.es and help us raise awareness.

SAENE

Specific Needs Support Service: SAENE, in addition to taking care of students with specific needs, carries out awareness-raising activities for these groups, such as

A “blind breakfast” where students can experience what it is like to have breakfast with a visual disability or experience the difficulties of people with reduced mobility through the “barrier-free circuit”. You can also collaborate in activities with training centres for people with disabilities, such as the inclusive Campus. We are waiting for you to volunteer!





Sports activities

If you did not make contact during the first week, do not miss out, it is an amazing way to make new friends

Get to know the sports campus with our Sports Activities Service, on the first floor of the student hub, or contact deportes@usj.es.

On the website usj.es/deportes you will find the timetables and activities. Although it is not compulsory to compete, we do encourage your participation in tournaments and regulated competitions.

We also offer practical workshops so that you can practice new disciplines. We organise sporting events such as the Gladiator Aragón, the Aquathlon, the San Silvestre 5 km, hikes, triathlons, etc.

More than 300 athletes participated in the sports competitions of the University and of course we participated in the Aragon and Spain University Championships with 19 specialties.



**FOLLOW US ON SOCIAL MEDIA
AND SUPPORT YOUR TEAM!**



INTRODUCTION

MY FIRST WEEK AT USJ

EXPERIENCE THE UNIVERSITY

CONTINUE YOUR JOURNEY



International study

Many say that studying abroad for a year is a once in a lifetime opportunity. The International Relations Unit will manage your study period abroad through various programmes:

- **Erasmus+:** carry out a study period in another European country
- **Be-International:** USJ scholarships for a study period in a non-EU institution.
- **SICUE:** Exchange system between Spanish University Centres
- **Work placements abroad** through Erasmus + programmes or agreements.





Tip

You can earn a diploma in International Skills that will reflect the international and intercultural knowledge you acquire.





At [Usj.es/be-international](https://usj.es/be-international) you can find more information, but here are some experiences so you know what to expect:



“My experience studying in Brazil has been an immense source of learning, not only at the academic level but also social, cultural, and personal.

Specifically, what I have felt most strongly has been the warmth and welcome of the Brazilian people and the beauty of all their natural landscapes.

Traveling to such a distant country gives you very different experiences from those we are used to, with all the enrichment that implies.

That is why to all the people who have the opportunity, I recommend taking advantage of it.”

Alba Arias

ALUMNA DE FISIOTERAPIA. ESTANCIA EN UNIVERSIDAD METODISTA DE SAO PAULO (BRASIL)



The networking opportunities and friends I have made here at the University are incredible. Friends who come from all over Europe such as Germans, Dutch, Swiss, Finns, French, Swedes and South Koreans.

If you have the opportunity to come to South Korea for a year or one semester, do it and don't miss out. It is a unique experience and discover a new part of the world that is really worth it.

Efrain Salazar

ADE STUDENT. STUDIED AT KONKUK UNIVERSITY (REPUBLIC OF KOREA)



“Choosing University of San Jorge and coming to Zaragoza for Erasmus was one of the best experience of my life, Zaragoza is beautiful, peaceful and super attractive, here people are friendly and welcoming with open thoughts. The festivals in Zaragoza are extremely colourful and very unique.

At University all the Professors were immensely cooperative and helping I really enjoyed learning and studying with them. Professors were very kind hearted and attentive towards students. I never faced any problems

with anything because I always had help from International Office they are super nice and understanding.

I really loved spending my one academic session here.

Thank you so much University of San Jorge for giving a lot of good memories and experiences. The whole journey was adventurous.”

Harsh Poddar

PHYSIOTHERAPY STUDENT. FROM INDIA WHO WENT ON ERASMUS+ AT "LA SAPIENZA"





Work Experience

There are work placements, essential for graduation, and extracurricular practical work. Ultimately, building a good CV is up to you.

The Careers Advice Unit will manage your external work experience, ensuring the direct relationship of the contents of the work experience with the competences that you must acquire in your degree programme. If you are a degree from the areas of Communication or Social Sciences, Architecture, CCAFD or Pharmacy (pharmaceutical industry), when you graduate you will be able to take an online training programme based on professional skills that will allow you to carry out work experience with a financial scholarship.



The USJ Connecta business meeting is more than just an event. You will have on campus some of the most relevant companies in Aragon at your fingertips, to find out more about them, obtain direct information on current professional profiles in demand, you can apply to obtain the work experience that you are interested in and you get experience in searching for your first job. Don't miss the opportunity to get yourself known and make a good impression.

Also, if you are proactive and eager to make progress, you will be able to form part of the USJ Connecta Talent programme from 2nd year until the end of your undergraduate studies.



Enjoy the activities, mentoring from a professional in the sector and the career advice services from experts, to enhance your employability, introduce you to the sector, network with professional contacts and employment resources so you can get exactly where you want to go



Tip

“For me it has been a great opportunity to be able to connect with companies in my sector from the University. It is a very enriching experiences for everyone, since very positive synergies always arise and you discover things in your sector that you did not know before. In addition, you meet people from other specialties, with similar concerns, which can lead to interdisciplinary work groups. The different activities and workshops that take place are very beneficial.”

Rodrigo Casamayor,
Computer Engineering student

Employment

If you are looking to earn an income while you study or are already thinking about the future by searching for an offer that suits your professional profile, the Careers Advice Unit has a job bank for all students.

And if you want to international work experience, you need to contact the International Relations Unit. This will also improve your International Skills diploma!!



Associations

Students can join associations to further their interests.

The Student Association (AGE) at San Jorge University is directed by and for students. In addition to studying, they seek to have fun and bring together all the university students regardless of their degree, culture, nationality, etc. The AGE organises recreational activities, weekend trips and cultural activities in the region of Zaragoza.

You will be able to enjoy playing paintball, a city tour, watch a Real Zaragoza football match, play games, meet up to play pool or table football, parties, etc. They have a wide range of activities every year, and you can make suggestions.

Follow the AGE on instagram [age_usj](#), twitter [@AGEUSJ](#) or Facebook [@asociacionestudiantes.usj](#)

Students

All matters related to university life and students within the University are under the coordination and responsibility of the General Secretary of USJ. In particular, it is in charge of the correct coexistence of all students and of promoting programme and activities aimed at acquiring not strictly academic attributes, such as the tutorial action plan, the mentor programme or the HuellaUSJ project.

You can contact via estudiante@usj.es or huella@usj.es.



We do not have a shopping centre at the University, but we can supply you with some basics, such as stationery materials, a last-minute printout or the university sweatshirt in the purest American style.

Copy service



It is located on Floor -1 in the Student's Hub (Learning Space).

Contact details:

Opening hours:

Monday-Thursday: 9.30-3.00pm and 4.00-6.00pm

Friday: 9.30am-2.30pm.

Email: reprografia@usj.es Tel: +34 876-670,083

USJ Online store

Buy at www.usj.es/tiendaonline. But you can see and try on the products and pick up the orders at the entrance of the Student Hub:

From 10:00 to 11:00am. From 4.00 to 5.00pm.



You will also find vending machines and ATMs in different areas of the University.



Secretary

The Academic Registry offers you the possibility of carrying out a wide range of academic procedures online from the comfort of wherever your own home!

Access www.sga.usj.es, either from CampUSJ or from the San Jorge University website, in the Virtual Academic Registry tab in the “Students” section.

Here, you can carry out different types of procedures, from online enrolment, to requesting proof of exams or a change in group, as well as other services such as consulting your timetable or academic record and much more ...

Also, in this section you will find our email details depending on your requirements, in case you need to contact us! In this way, we also help the environment by saving on paperwork, as all procedures are online!

Once your degree results have been uploaded, you can request your certificate.





Reserve spaces and material

You can reserve facilities at the University to study or prepare for practical exams in the available hours.

You can also reserve certain materials to use for academic purposes.

ACCESS VIA WITH YOUR USJ DETAILS:

WWW.GESTORESPACIOS.USJ.ES



IF THERE IS ONE THING THAT SAN JORGE UNIVERSITY IS PROUD OF IT IS THE SUPPORT AND LEVEL OF PERSONALISATION PROVIDED.

WE HAVE ALREADY TOLD YOU ABOUT THE MENTOR PROGRAMME AND THE CHAPLAINCY, BUT THAT'S NOT ALL, WE PROVIDE SUPPORT FOR YOUR STUDIES, AS WELL AS PSYCHOLOGICAL AND PROFESSIONAL SUPPORT.



Tutor

You already know about the figure of the Vice Dean for Student Affairs, who among other functions coordinates the Tutorial Action Plan (PAT).

The PAT is another of those opportunities that you should not miss. It is aimed at developing the potential of each student, self-study competences and competences demanded by

the professional profile. At the beginning of the year, you will be assigned a tutor, who is a lecturer who will guide you in your growth. Your tutor will contact you to arrange the first guidance interview. Of course, you can contact them at any time.

The tutor is a lecturer who can advise you on:

- Academic area: Habits, capacities, promoting participation.
- Personal area: Promotion of self-knowledge and self-acceptance, sense of responsibility, personal development plan.
- Professional Area: Guidance for the use of external work experience, choice of specialisations, professional opportunities, motivation

What to expect:

- Guidance in the search for personal and professional solutions.
- Help in setting academic and professional goals.
- Guidance in the analysis of results and reformulation of learning strategies.
- Support, fostering the student's capacity for self-study.
- Detection and promotion of the academic and professional competencies specific to each student.

What the tutor does not do:

- Administrative procedures.
- Individual subject tutorials will be with each lecturer for the correct understanding of the contents and learning.

RECOMMENDATION (At least 3 interviews)**At the start of the year:**

- Contact.
- Analyse strengths and weaknesses
- Establish objectives for the year and semester.
- Academic planning for the semester.

After first exam period:

- Analyse results and their causes to establish improvement commitments.
- Analyse the main difficulties and come up with solutions.
- Establish the objectives of the second semester.

When the second exam period approaches:

- Assess personal performance.
- If necessary, after the 2nd exam period, give advice on the enrolment for the following academic year based on the results obtained.
- Meeting with the tutor is not mandatory but is recommended. We recommend contact by email

**Tip**

“I went to speak with my tutor in all subjects. It was very useful to choose the most suitable specialisation for my tastes and aspirations, in addition to my capabilities. Thanks to the information provided by my tutors, I successfully chose subjects, extracurricular work experience and international study abroad. They helped me greatly enrich my time at university both as a future professional and as an individual”

Raquel Canalejo, *Audiovisual Communication student*



Personal Guidance Plan

Do you know what you are going to do when you finish your degree?

A master? Work Experience? Look for a job? Would you like to work abroad? Do you have an entrepreneurial initiative?

This initiative is aimed at the final year students of the Faculty of Communication and Social Sciences and the School of Architecture and Technology to help them to identify their resources and competencies and to implement actions to achieve their professional objective through an personal guidance and action plan..

During this activity the student self-evaluates their professional skills. With these results and according to their abilities, interests and academic background, the student elaborates together with the professional advisor a personal guidance plan to conduct during the six months after their degree so that they can improve their chances of insertion to the labour market.



We are on the ground floor of the student Hub.

Or via the mails:: practicas@usj.es orientacionprofesional@usj.es;
bolsaempleo@usj.es; emprender@usj.es; observatorioempleo@usj.es



Careers Advice

This service undoubtedly opens the door to your future.

Follow their advice on careers and employment. They will tutor you in the decision-making process regarding the workplace. Through individual and group sessions, they will show you training and professional opportunities, self-knowledge tools, techniques for active job searches, information on the job market and sources of job information.

But if you have entrepreneurial spirit, you should know that we are part of the Fundación Emprender in Aragón. We can accompany you on your entrepreneurship journey so that they can support and help you put it into action until it becomes a project. We also have a We have a Labour Observatory to help you to achieve a greater and better adaptation to demands of the labour market.



Counselling service (SOAP)

If you need help tackling any problems adjusting to life at university, emotional, behavioural or learning problems, we offer free individual sessions and group workshops.

Contact us at soap@usj.es and you will be dealt with in confidentiality.

In addition, we have specific services such as the Unit of Applied Sports Psychology!

Discover all our areas of action on the USJ website (www.usj.es) under Personal Guidance in the Students tab.



Support service for students with specific needs (SAENE)

Our goal is to ensure equal opportunities for students at the University. The service is made up of teachers with specific training in psychopedagogy, special education, accessibility and inclusion and seeks to respond to special needs that students with different types of disabilities or with specific needs for educational support may have (ACNEAE).

If you need to contact us, you can do so at saene@usj.es

SAENE is also in charge of carrying out awareness-raising actions towards inclusion within the university community, as you can see in the activities. We invite you to participate in them or even organise them





Ombudsman

If what you need is mediation, there is the figure of the ombudsman, who mediates in possible conflicts between members of the USJ and makes proposals for improvement.

The Ombudsman ensures compliance with rights in a totally confidential manner. The actions are governed by the principles of independence and autonomy and its mission includes supervisory tasks, creating channels, issuing reports and processing recommendations.



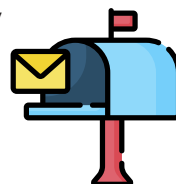
TIP

Your university ombudsman is Antonio Royo Serred and you can contact him at:

defensor@usj.es

We know that your minds are overflowing with ideas and we would be delighted if you let us know what you think about any areas of improvement. That is why we have a suggestion box buzon@usj

It is managed by our Quality department. They also manage the evaluation surveys that you will carry out.





Alumni USJ

Congratulations, you have graduated, you are part of our USJ alumni community. Stay in touch to avail of some advantages. Make sure your details at alumni@usj.es are up-to-date:

- You will have access to the job bank. In the ALUMNI tab of the website you will find other services of “Guidance for graduate employment.”
.....
- You can continue using the library and access the loan service by completing a form in the ALUMNI section of the website.
.....
- You will have discounts to continue studying at San Jorge University if you have finished your studies, the Extraordinary Degree Awards at San Jorge University offer a 100% discount in one of the 5 years after obtaining graduating. The discount may only be used on one degree and once: master’s degree, expert degree or doctorate.
.....
- You can also participate in workshops, talks and workshops with professionals from different areas organised by Alumni.
.....
- And four times a year, you will receive our ALU magazine, a newsletter in which our alumni are the focus and they tell us how their lives and work are going, so that you can stay in touch with the USJ Community



University Information (PHD)

If you want to continue studying with us, contact the University Information department. They will guide you, and give you advice on the scholarships and discounts that best suit you and help you in the admission process. Contact them at info@usj.es or posgrados@usj.es

There are also research teams, nine of them recognised by the Government of Aragon, in which you can develop your career or become a Doctor of Health or Environmental Sciences.



**WE HOPE YOU ENJOYED
YOUR JOURNEY WITH US. WE
HOPE TO HOLD A PLACE IN
YOUR HEART FOREVER.**




www.usj.es

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