

HEALTH AND WELLBEING AT UFV

LOOK AFTER YOURSELF

UFV Sports Center - centrodeportivo@ufv.es

UFV Sports (free) - deportes@ufv.es

Physiotherapy Clinic - clunicauniufv@ufv.es

CAIF (Center for Integral Accompaniment of the Family). Nutrition Service - caif@ufv.es

ICARUS International Personal Growth Workshop (free) - Carla Vilallonga c.vilallonga@ufv.es

SAPNE (Service for People with Special Needs) - sapne@ufv.es
Support for students with disabilities

Sauce Psicología - incoming@ufv.es
UFV International Relations Office provides 4 free therapy sessions to international students requiring psychological support.

ASK FOR ACADEMIC SUPPORT

GOE (Educational Counselling & Support Center) - goe@ufv.es
Personalised support: planning, study techniques, adaptations for students with specific educational support needs, exam anxiety.

FIRST STEPS AT UFV

UFV Internacional Relations Office - incoming@ufv.es

Buddy Program (free) - Carla Vilallonga
c.vilallonga@ufv.es

International Mentoring Program (free) -
Carla Vilallonga c.vilallonga@ufv.es

MEET MORE STUDENTS

UFV Students' Societies - ex.universitaria@ufv.es

UFV Sports (free) - deportes@ufv.es

International Theatre - Carla Vilallonga
c.vilallonga@ufv.es

Complementary Training Activities - afc@ufv.es

Cultural Activities - aculturales@ufv.es

Pastoral Service - pastoral@ufv.es

IMPORTANT CONTACTS

UFV CAMPUS:

UFV Internacional Relations Office - incoming@ufv.es

Nurse +34 607530874

Security +34 620248491

Lost Objects (Central Building Reception) -
+34 917091400 - repcion@ufv.es

University Ombudswoman -
defensoruniversitario@ufv.es

OFF UFV CAMPUS:

Emergency - 112

Psychological Assistance for Young People (Madrid) -
Telephone number & Whatsapp: +34 900143000
saludmental1430@madrid.org

HM Hospitals Emergency (24/7/365)
+34 914452126 / +34 629823493

Quirónsalud Hospitals Emergency (24/7/365)
+34 901123456