

¡Benvido á Benestar, Saúde e Deporte!

The Wellbeing, Health and Sports Department of the University of Vigo provides a complete sport experience in every one of our three campuses. If you want to be active, we offer you a vast variety of activities.

Don't be caught offside, be MuVer!

A MuVer is one who is physically active, does sport, enjoys travelling, acquires and follows healthy habits, likes adventure, can be competitive, is caring, is a team player, and embraces happiness every day. So, what about you? Do you want to be a MuVer?

1.- SHORT OVERVIEW OF THE [OFFERED ACTIVITIES](#)

- ✓ Cardio and Fitness facilities
- ✓ Swimming
- ✓ Personalized Training
- ✓ Jogging
- ✓ Geocaching
- ✓ Medical services, dietary counselling and physiotherapy
- ✓ Bicycle rent
- ✓ Federated teams
- ✓ Access to sport schools
- ✓ Fitness courses (e.g. yoga)
- ✓ Sauna and jacuzzi
- ✓ Augaventure
- ✓ Orienteering
- ✓ Internal and external leagues and competitions
- ✓ Snow and ski trips
- ✓ Cultural hiking routes

2.- MEMBERSHIPS

The Wellbeing, Health and Sports Department offers two kinds of memberships to access the sports facilities of the university.

Basic membership

With the basic membership you are allowed to access the changing rooms, lockers as well as the athletics track. Furthermore, you will have the possibility to practise your favourite sport on your own in the [facilities of the university](#) as there is no admission fee for the UVigo community. Sport fields, multi-sport courts, tennis courts, table tennis facilities, the athletics track, classrooms and multi-purpose rooms are at your disposal.

MuVer membership

The [MuVer membership](#) gives you access to all our cardio-fitness rooms, tennis courts, athletics track as well as group fitness classes. And to top it off, you can make use of discounts at sports schools, health services and activities in nature. All members of the UVigo community can take advantage of the opportunity to make use of all MuVer advantages without any obligations for TWO weeks per semester (you will find the exact dates on our webpage and our Facebook page). The total price for one semester is €35 (from 1st September to 15th January and from 16th January to 31st May) and the price for a whole year is €60.

3.- [HEALTH SERVICES:](#)

All health services are at your disposal. As a MuVer member, you will be offered a 20% discount on all prices.

		<i>Prices</i>
Sports medicine:	Informative consultation (injury, anthropometry)	0€
	Basic sports medical check	20€
	Stress test	40€
	Dietary consultation	20€
Physiotherapy:	1 Session	20€
	5 Sessions-Card	80€

4.- [ACTIVITIES IN NATURE:](#)

We organize multiple activities in natural environments such as those listed below. Please find further information on how to participate on the Wellbeing, Health and Sports Department's website.

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|------------------|---------------------------|
| - Surfing | - Nordic walking |
| - Rafting | - Paragliding |
| - Kayaking | - Snow trips |
| - Windsurfing | - Cultural walking routes |
| - Flyboarding | - Orienteering |
| - Wakeboarding | - Scuba diving |
| - Bungee jumping | - Paddle surfing |

5.- UNIVERSITY COMPETITIONS

The UVigo community has the chance to participate in different sport competitions, not only locally but also at an interuniversity level.

- [Internal championships](#): Each year, the University of Vigo organises a series of internal competitions, for individuals as well as teams, in which every member of the UVigo community can participate.
 - **University leagues**: University leagues allow all the members of the community to create teams to compete along the academic year in different sports: mixed basketball, mixed handball, women's and men's indoor football, mixed seven-a-side football, mixed rugby and mixed volleyball. The competition is divided into two phases: an initial phase, separated by campus, and an intercampus final between the winners of the first phase.

- **Individual championships:** You can also participate individually in table tennis, paddle tennis and tennis.
- **[Galician and Spanish University Championships:](#)** The university teams for basketball, handball, football, indoor football, volleyball and rugby can be formed by enrolled undergraduate, masters or doctoral students. Individually, students may participate in athletics, orienteering, swimming, badminton, fencing, Olympic freestyle wrestling, taekwondo, sailing, triathlon and judo, just to mention a few.
- **[International championships:](#)** The University of Vigo participates in the Galician-Portuguese Games alongside three other Galician and North-Portuguese universities on an annual basis. In addition, our university occasionally participates in the European University Championships (EUC) and in the World University Championships (WUC).

6.- OFFICIAL TEAMS

Through several [collaborations with sports clubs](#) and [own projects of the University](#), the UVigo community can take part in different sport teams:

In Ourense, you can join the tennis, basketball, handball, volleyball, badminton, Gaelic football, roller derby, chess and rugby teams.

In Pontevedra, you have a chess team and a badminton team:

In Vigo, you can participate in four teams: rugby, orienteering, chess and popular races.

7.- FACILITIES AND [PARTNERSHIPS](#)

The University of Vigo has many facilities on each campus, such as sport fields, multi-sport courts, tennis courts, table tennis facilities, an athletics track, classrooms and multi-purpose rooms are at your disposal.

The University also boasts a huge range of collaboration agreements with sports centres, institutions and physiotherapy centres in Ourense, Pontevedra and Vigo to provide reduced prices and special offers to the university community. These agreements allow us to provide a better and broader sports offer to all students.

8.- [EVENTS](#)

You can enjoy several events held around campus, such as charity activities, sports festivals, races and more!

Each year at the end of April, we celebrate the HappyGoRunning race and hike; a particular race aimed at keen runners. [HappyGoRunning](#) is an event that takes place on the campus of Vigo at the end of April. If you like to walk, you can participate in a hike around the campus; if you prefer running, you have a choice of two different distances for the race: 10 KM and 6,6 KM.

Other important events are the Orienteering Trophy, the Sports Gala or the Zumba Marathon.

9.- SOCIAL MEDIA

Remember to follow us on our Facebook page ([Movers Uvigo](#)), Instagram (@moversuvigo) and Twitter (@moversuvigo) so you won't miss any special activities, offers and discounts!

We also have a group for international students, [Movers Uvigo International](#), in which you can meet up with other students to do sports! And last but not least, a Facebook page exclusively for [HappyGoRunning](#) which offers more information on the event as well as related races and hikes that are taking place in the area.

10.- HOW TO REGISTER

To register to our activities and courses, you must first make an account at campusactivo.uvigo.gal/campusactivo/login/registro/index.xhtml. Then, if you are not automatically recognised as STUDENT by the app, please send an e-mail to extension@uvigo.gal so we will upgrade your account as Uvigo students manually, after which you will be able to sign in and register to all of our activities at reduced fares for the university community.

