

Portugal – Universidade Católica Portuguesa**2019-2020****Report 1**

faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Artificial Intelligence

destination city & country	Lisbon, Portugal
how did you travel to your destination?	By plane
name university abroad	Universidade Católica Portuguesa
start date	03 / 09 / 2019 (dd/mm/yyyy)
end date	29 / 01 / 2020 (dd/mm/yyyy)

PREPARATION

exchange application process	Very clear and easy. You just have to follow all the steps that you receive.
counselling & support at Utrecht University	Good. You also get a document for preparation from the university, which also includes a checklist of what you need to do before, during and after your exchange. This is really helpful, since it is not always clear what to do.
academic preparation	There was no preparation needed for the courses I did in Lisbon, even though they were not related to my courses at UU.
language preparation	All my courses were in English, so language preparation was not necessary.
finances	All costs are a bit lower than in The Netherlands.

STUDY ABROAD PERIOD

study programme (content and organisational issues)	Communication courses, which are very different than my normal courses. But interesting to learn about new subjects.
academic quality of education activities	Good
counselling & support at receiving university abroad	Good

Portugal – Universidade Católica Portuguesa

transfer of credits
TBD

STUDENT LIFE
welcome & orientation programme
The international student welcoming day was a bit late. But with the Erasmus student association there were a lot of activities to meet people.
accommodation
Take your time to find a good apartment. Some buildings are not taken care of, and some people had to find new accommodations halfway through the semester.
leisure & culture
Great. Even after a whole semester, there are many more things to do
suggestions/tips
Go on trips inside the country!

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, because the city is great and the people very nice. The university is good, and the workload lower than in The Netherlands.
do you have any additional advice or comments?

Report 2

Disclaimer: This report was written by a student who was encouraged to return to Utrecht in March because of the Covid-19 outbreak, in line with the government regulations. However, some students decided to stay abroad, against our advice.

permission to publish contact details**	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
	my e-mail address <input checked="" type="checkbox"/> yes: ceciletrooster@gmail.com
faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Philosophy
destination city & country	Lisboa, Portugal
how did you travel to and from your destination?	By plane
name university abroad	Universidade Católica Portuguesa

Portugal – Universidade Católica Portuguesa

start date	01 / 02 / 2020 (dd/mm/yyyy)
end date	01 / 07 / 2020 (dd/mm/yyyy)

PREPARATION

exchange application process

The application takes time, but the information and the help that is provided by the UU is very helpful. I felt like there was enough information to make it as easy as possible for choosing your destination and for completing the application.

counselling & support at Utrecht University

This was very helpful. They always answer very fast on e-mail and help you with making the right decision. Besides that, they really encourage every student to do an exchange which is very good I think.

academic preparation

The academic preparation was mostly for choosing the courses to do at this university. This was something you already had to do for the application, and as I enrolled for the spring semester, I already choose the courses I wanted to do in December, more than a year before the semester actually starts it was a very early stage. When the exchange finally came closer the program I wanted to take courses from (Liberal Arts & Sciences Program) didn't exist anymore, so I had to choose a whole new set of courses. In the end it was fine, but I was a bit disappointed by this because the offer of English courses was way smaller now that they stopped this LAS program. The International Office in Lisboa did help me well, because they sent me more options from other faculties so that I had a bigger selection to choose from.

language preparation

Because I decided to study in English I didn't have to do much language preparation. The only thing that is required for the grant is doing the OLS language test before and after your stay to know your level in English.

finances

The fact that Portugal is part of the EU by which you can get the Erasmus+ grant is very helpful. I didn't do much financial preparations and lived mostly from the grant and my studentloan

(interrupted) STUDY ABROAD PERIOD

welcome & orientation programme

study programme (content and organisational issues)

The study programme that I choose in the end was a variation of cultural and political courses, I liked the fact that I did courses from different faculties. I would definitely recommend this to other students. It's super handy that you can try different courses the first two weeks before deciding definitely which courses you will finish. International office helps you if you have difficulties with planning. The thing that was a bit unfortunate was that a lot of English courses overlapped by which it was hard to make a schedule with the courses I wanted to do.

academic quality of education activities

I think the level of education was a bit lower in comparison to the level of Education at the UU. But because you do all the courses at the same time, instead of the blok 1/2 deviation that UU has it sometimes also felt like a lot at the same time. In the end I passed all my courses with high grades, I think the level of testing is especially

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different from the UU. I especially liked the course about European Integration, which was super interesting and used a lot of examples of the current politics, which was very interesting. Furthermore I did Investigative Journalism which sounded super interesting but in the end wasn't as I expected it. This could also be a consequence of the Corona and online courses, because practical stuff was not really possible. Besides that I followed Cultural and Creative Industries, Power, Law, and Liberty (Political Sciences) and Portuguese Language course.

transfer of credits

Sometimes the credits felt a bit little for the amount of things we had to read. But in the end I passed all the courses easily, so that made it very doable. If you sometimes not read everything its not a big disaster.

CORONAVIRUS CONSEQUENCES

support guidance of host university

From the moment that Corona got really heavy the host uni stopped having physical classes. They communicated in a proper way about it, although in the beginning it was a bit vague because all the other unis in Lisboa were already closing but Catolica wasn't.

support guidance of home university

My home uni requested me to come home the same week as my online courses started. At first I didn't do this, but after some time I did go home. It was nice that they cared about their students and they reacted fast on the corona e-mailaddress about.

online offer and quality of digital courses

Some teachers were super good with the digital surroundings and immediately switched to this way of communicating in a smooth way. That was very useful. Other teachers didn't communicate about the procedure for weeks, so that we had a gap of education for some weeks. The offer of online classes was mostly okay, but it felt a bit weird and my motivation was hard to keep. The fact that everybody had to be present even though for some international students (Japan, Mexico, America, Korea etc.) it was in the middle of the night felt weird. But for me it was only one hour of time difference so that was okay.

suggestions/tips on digital exchange

Because it didn't begin as a digital exchange its hard to say. Because for me the digital part was the least positive of the whole exchange, but I did have the physical experience of living in another country, making friends from over the whole world etc. And following courses in Portugal from my room in Utrecht was okay, but if it's only that without the whole experience around the exchange I wouldn't really recommend it.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

Yes, definitely. The university has a good level of education, their International Office is helpful and the university is not too far out of the citycentre. But besides that Lisbon is an amazing city and Portugal is a beautiful country.

do you have any additional advice or comments?

After I came back in June to Portugal me and my friends made a lot of trips to the rest of Portugal by renting a car. I would definitely recommend to do this, because the country has a lot to offer.

Portugal – Universidade Católica Portuguesa**Report 3**

faculty/college	Faculty of human sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Erasmus programme

destination city & country	Lisbon, Portugal
how did you travel to and from your destination?	By plane
name university abroad	Universidade Católica Portuguesa
start date	30 / 01 / 2020 (dd/mm/yyyy)
end date	26 / 06 / 2020 (dd/mm/yyyy)

PREPARATION

exchange application process

Takes some time to do the application so you have to start early. Everything is clear and if things are not clear you can call to the international office, so that makes it easy.

counselling & support at Utrecht University

The international office is open a lot and you get a lot of reminding emails for deadlines. I think going abroad in general could be supported a little bit more. For example by sending an email or two every year to all the students that there is the possibility for going abroad with information when the deadline is for signing in. When Corona began we got a lot of emails from our university if everything was okay overthere and that we could contact for questions, so I think they did that very well.

academic preparation

I just did my bachelor for the biggest part before going to the guest university, but I did not have to do any further academic preparation. The level of education is, in my opinion, lower overthere.

language preparation

I did not do any language preparation, besides some portuguese on duo lingo.

finances

I think because of the erasmus grant it is much easier to succeed in having enough money for your exchange. It is also a good rule that you get a big amount before and a small part of your grant after your exchange. Portugal is not that expensive, although a room for internationals can be a bit more expensive than it would be in your home country

(interrupted) STUDY ABROAD PERIOD

welcome & orientation programme

study programme (content and organisational issues)

Welcome & Orientation programme (because the white box above does not work): My welcome and orientation programme was not that big. We had a powerpoint presentation and a tour around the university,

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but that was it. I know that in other universities in Lisbon this was different. There they had big introduction parties and dinners, and I would have liked that as well but the introduction day we had was enough information for the information you needed.

academic quality of education activities

The way of studying was very different from the way we have in the Netherlands. We had more hours of uni, and you have to be there 2/3 of the time, otherwise you are not allowed to do your exams. But besides that you do not have to learn a lot, or do a lot after uni hours. In my opinion there were not that many english courses and some were in the same timeslots so you had to chose between a small scala of courses if you want to follow them in english. Overall, studying in the Netherlands is I think a lot harder than in Portugal.

transfer of credits

I do not know yet if all of my credits will be transferred, but I think they will. Your grades will not be listed, you will only get a pass or fail on your eventual bachelor list and I think that is a shame, because there is not motivation of doing well in this half year abroad.

CORONAVIRUS CONSEQUENCES

support guidance of host university

The university did very well during the corona outbreak. We got clear messages of what we could expect and they picked up digital learning a few days after closing the universities (better than most universities in the Netherlands I heard).

support guidance of home university

As stated before, the home university send a lot of emails with information of who you could contact if you needed extra support or information. In uncertain times, I think the university did well.

online offer and quality of digital courses

The online courses were really good. I could do all of my courses that I followed at the university online as well. Ofcourse in the beginning it was trial and error, but after a few days of the universities closing we already had online courses.

suggestions/tips on digital exchange

I hope it will never happen that you have a digital exchange, because there is not that many nice things about it. It is hard to have motivation for something that is so far way and you do not have the nice parts about an exchange because you are not there.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

I would definatelly recommend this university and destination. The university was a bit far away, but all of the exchange universities that you can go to with the university of utrecht exchange programme are not in the centre. They say católica is one of the better universities in Lisbon (it is a private university). I would recommend Lisbon as well. It is beautiful, good weather, good beaches, nice clubs/bars and the people are nice.

do you have any additional advice or comments?

Start early with the application and start early with looking for a room and ask people that been there what good places are to live for a semester.

Portugal – Universidade Católica Portuguesa**2018-2019****Report 1**

permission to publish contact details**	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
	my e-mail address <input checked="" type="checkbox"/> yes: j.m.dominicus@students.uu.nl
faculty/college	Human Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Liberal Arts and Sciences

destination city & country	Lisbon, Portugal
name university abroad	Universidade Católica Portuguesa
start date	04 / 09 / 2018 (dd/mm/yyyy)
end date	31 / 01 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

I decided quite late that I wanted to go on exchange, so I had to choose between the places that were still available at the end of the normal selection process ('restplekken'). After receiving an email that Lisbon might be a good place for me, I started writing a motivation letter explaining why I wanted to go to Lisbon. I wanted my motivation to be good so this took me quite some time. However, the international office was really helpful to answer all my questions. When receiving an email I was accepted, I had to start arranging my Grant and the English language test, which both took quite some time but everything was clearly explained on the websites.

counselling & support at Utrecht University

When I send the international office an email for the first time, I still didn't have an idea where to go to. They were really helpful by sending me possible places to go to and answered all my questions I had in advance.

academic preparation

The academic preparation consisted of choosing the courses available at Católica and figuring out which courses could fit in my study program. The courses are available at Católica's website, however make sure if you're a Liberal Arts student you also check out the different faculties (each faculty has a different website with an overview of the courses, you can find them by just googling the faculty). I had two really nice courses at the Politics department (The Pursuit of Happiness) and the Business department (Organizational Behavior). I'd really recommend to figure out which courses are available cause this is of great added value if you're a Liberal Arts student.

language preparation

As Universidade Católica offers courses in English, I didn't have any further language preparation to do apart from the Language Test (LSH). Studying in Lisbon with only knowledge of the English language is enough, as everybody speaks it almost fluently. However, I did choose to follow a Portuguese course just because I was interested in learning Portuguese myself.

finances

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To finance my stay abroad, I saved money by working before I left. Apart from that, I made a list of optional money I could receive: Erasmus Grant, OV monthly. Living in Portugal is quite cheap compared to the Netherlands, so I did not encounter any problems with finances.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Liberal Arts and Sciences

academic quality of education activities

The quality of education was a bit lower compared to the quality of education at Utrecht University. However, I followed courses at different faculties (Business, Politics and Humanities) and both the Business course as the Politics course were a bit more difficult. I really liked the variety of taking courses throughout different faculties, and would definitely recommend doing the same if you're a LAS student. The way of teaching varies a bit from course to course, I followed the courses 'Portuguese Language', 'Portuguese Society', 'Intercultural Communication' and the courses The pursuit of Happiness (politics) and Organizational Behavior (business). Like I said, the courses from these last two faculties were a bit more difficult but really interesting.

counselling & support at receiving university abroad

I noticed that the international office in Lisbon responded a bit slow sometimes, which got me a bit stressed. However when you realize they take things a bit easier and more slow in Portugal, it is not a problem. Everything becomes clear at the University welcoming day. I really recommend going there, as this is a nice opportunity to meet other international students. Also, they clarify a lot of things that were not clear before I left. They have a system that you can follow courses for two weeks, (the ones you put on your Learning Agreement) but apart from that you can also follow other courses during these two weeks in case you want to change your chosen ones. This was really helpful for me, because by doing so you can experience what it is really like to follow a course!

transfer of credits

26,5

STUDENT LIFE

welcome & orientation programme

The university organized a welcoming day to explain everything and for students to get to know each other. During this day a lot of answers were given to students that had some difficulty with what courses to follow, with their learning agreement etc. Everything was explained in a clear manner and after this they provided us with a tour throughout the university. I would really recommend students to visit this day, as it creates the opportunity for you to meet other people. There's also a welcome dinner, which is a good opportunity to explore the Portuguese kitchen!

accommodation

For the accommodation I used the ELL, Erasmus Life Lisboa, Facebook page. You send them a message and based on your preferences they give you some offers by email on places available. I would recommend to start with finding a house as soon as possible, as getting a house in Lisbon is becoming a little bit more difficult. Via this Facebook I ended up with the company Placetostay. I lived in a flat together with 5 other international students in the Saldanha area. Depending on your university I'd recommend to live in Saldanha, Alameda, Rossio, Baixa-

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Chiado or Campo pequeno area. There is no 'real' city center and as everything is easy to reach by metro, just pick an area that you like based on your interests!
leisure & culture
I had quite some mandatory courses throughout the week, however I made sure i was off on Fridays. By doing so there was enough time for traveling, making small trips and visit friends. I'd really recommend to discover Portugal by traveling (such as Porto, Coimbra, Algarve), there is so much more to see! If you want to meet a lot of people, there are the ELL or ESN organizations that organize lots of trips weekly and provide you with some discounts. I'd recommend this especially for the beginning of your stay, if you feel like meeting a lot of new people.
suggestions/tips
I'd suggest to find a place in an international flat, (i found mine via the organization Placetostay) because this is a really easy and nice way to meet a bunch of people immediately! I lived with five other internationals, all from different countries and meeting these people was really helpful for me.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
do you have any additional advice or comments?
I'd definitely recommend going to Lisbon and going to Catolica. It is one of the best universities in Lisbon, they have quite some english courses and Lisbon in general is a beautiful city. It's cheap, the weather is nice (sometimes 30 degrees in october still), you can go surfing, traveling, and it's not that far from the Netherlands which makes it easy for family and friends to come visit you! The people are friendly, the culture is really interesting and varied. In conclusion, I'd definitely recommend Lisboa!

Report 2

Please use Tab to go to the next (text) box.

permission to publish contact details**	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
	my e-mail address <input checked="" type="checkbox"/> yes: e.c.drift@students.uu.nl
<i>See end note for * and **</i>	
faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Communication&information studies
destination city & country	Lisbon, Portugal
name university abroad	Universidade Católica Portuguesa Lisboa
start date	06 / 09 / 2018 (dd/mm/yyyy)

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end date	16 / 01 / 2019 (dd/mm/yyyy)
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You are requested to write on the following topics. Text boxes will expand automatically while typing!

PREPARATION	
exchange application process	
	The application process was easy and clear. Do start on time since it is a lot of work.
counselling & support at Utrecht University	
	The support from UU was very good, they answer their emails very fast.
academic preparation	
	I chose my courses already in Utrecht, but the first two weeks in Portugal I still had the time to switch if I wanted to
language preparation	
	I didn't have any language preparation since my courses were all in English. However I did follow one course of Portuguese language
finances	
	Life in Lisbon is cheaper compared to Utrecht, but it doesn't differ too much. Mostly restaurants and bars are cheap, supermarket and rent is about the same price.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	
	The study programme was a bit unclear in the beginning, mostly because of the confusing website of the university. However late, we were sent a list with all the English courses so it became clear. Later I did find out that I could also choose other courses from other faculties, something they didn't make clear to me in the beginning.
academic quality of education activities	
	The courses were a lot easier then in Utrecht. I did have to follow a lot more at the same time but we didn't have to read much or do many assignments
counselling & support at receiving university abroad	
	The support at the catolica university was very good. There was an international office were you could go with all your questions and they responded very quik on your emails
transfer of credits	
	Went all smooth and fast

STUDENT LIFE	
welcome & orientation programme	
	When I arrived in Lisbon, my esn buddy picked me up. After I went to my apartment I met my roommates and together we discovered Lisbon. I met most of my friends on the introduction day of the university and the ESN and ELL introduction activities.

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accommodation
I found an accommodation via a Dutch friend that went on Erasmus to Lisbon a year before. It was a very central apartment in the middle of the old city centre of Lisbon. I was a little overpriced for Lisbon, but that mostly happens when they rent out apartments to exchange students.
leisure & culture
The Portuguese culture (and food) is amazing. It is very different ofcourse compared to the Dutch one, but I got used to it very quickly. The most fun part is that people are so much outside, even when it got a little colder in Winter. Most people speak at least a little English, so that's no problem at all.
suggestions/tips
From Lisbon you can easily visit order locations in Portugal. There is trains directly from Lisbon to the beaches of Estoril and Cascais, and the small cities of obidos and sintra. Furthermore its very easy to book a bus online to for example Coimbra or Porto.

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
I would definielty recommond Lisbon to others as a Erasmus destination. There are a lot of students, since there are around 5 universities, and a lot of Erasmus as well. The weather is amazing and there is lots to see and do.	
do you have any additional advice or comments?	

**2017-2018
Report 1**

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> m.i.peters@students.uu.nl
faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Language and communication studies

destination city & country	Lisbon, Portugal
name university abroad	Universidade Catolica Portuguesa
start date	06 / 09 / 2017 (dd/mm/yyyy)
end date	31 / 01 / 2018 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

PREPARATION	
exchange application process	
During my orientation I already knew that I would like to study abroad somewhere in Southern Europe. I was looking for Italy, Spain and Portugal. I was looking for cities to study in Spain because I would like to learn Spanish, but there were no universities where I could go because I didn't speak Spanish yet. I looked further and	

Portugal – Universidade Católica Portuguesa

when I saw the opportunity to go study in Lisbon I became very enthousastic because I have been in Lisbon twice and I really like the city. The courses that this university were offering sounds interesting to me so Lisbon became my first choice. I delivered all my application documents and was very happy when I received the news that I could go to my first choice: Lisbon.
counselling & support at Utrecht University
The counselling and support of the International Office were really good and helpful. I didn't had many problems but for all my little questions I e-mailed them and got an helpful answer back in one day. They were there for me to help me.
academic preparation
Before arriving in Lisbon I didn't have studymaterial with which I could prepare things for school there in Lisbon and also the course manuals are not as extensive as in The Netherlands. Therefore, I didn't really do academic preparation.
language preparation
I learned a little bit of Portuguese before my arrival, with a Portuguese language self-study book but this was not really intensive. I signed up for the Portuguese language course that Catolica is offering, and because I knew that I would learn it there I didn't study that intensive by myself. My English level was B2 before arrival, but with the thought that the best way to improve your English by talking with internationals, I didn't try to improve my English before arrival.
finances
I saved some money that I earned by working, furthermore my parents supported me, I got the Erasmus Grant and I borrowed money from the government (DUO). I borrowed a higher amount of money then I did before. Portugal is not an expensive country so for me it was easy to handle with the amount of money that I had. Actually, I didn't use the money from the Erasmus Grant during my stay because I was afraid that I didn't pass all my courses, but in the end it was all fine.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
I took a variety of courses at Catolica, with very different topics (Portuguese history, journalism, cultural and creative industries etc.) All these courses were offered in English and the English level of the teachers is very good. I could choose all the courses that I wanted. I found almost all these courses interesting, I only put down one course because it was really similar to a course that I already had back home.
academic quality of education activities
The quality of education was good at Catolica, but different to me. At some courses I had to get used to the fact that they only consist of lectures, while I was used back home in Utrecht to participate and have seminars. The things that I learned were very interesting to me but sometimes it didn't feel that academic. For example, I had to write a paper without using academic literature and that felt strange to me. There were no extensive course manuals, and in the beginning I was a little bit annoyed by it because I couldn't find clear explanations about exercises, but in the end it created more space for personal ideas and perspectives and I really liked that.
counselling & support at receiving university abroad
I am really satisfied about the counselling and support of Catolica. They helped me with everything that I needed, all my questions, little problems, signing of certificates, housing. When I e-mailed I always received an answer in a couple of hours/1 day and I could easily pass by their office to pick up or hand in documents. With all the bad experiences that I heard from people at other universities I am really satisfied about the International Office of Catolica.

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transfer of credits

This didn't take place yet, but Catolica works with ECTS so I think that my grades will be the same here at home.

STUDENT LIFE

welcome & orientation programme

The first week I had a welcome day at Catolica and at this day they showed us the school and gave us the important information, it became all very clear to me this day. I met my best friends there, during this day we came together. They also had a buddy program 'Friend for you' and my buddy picked me up at the airport but furthermore we only saw each other sometimes at school. In Lisbon there are two big organizations for international students, ESN Lisboa and ELL (Erasmus Life Lisboa). I signed up for ELL because my international flatmates told me about it. ELL (but also ESN) offered some welcome activities where I get to know people. Also Catolica organized a welcome dinner for all international students.

accommodation

Because I was used to the way of finding accommodations in Utrecht (very tough) I already searched a flat before arrival in Lisbon, I didn't want to sleep in a hostel to find my accommodation. My flat was nice, but a little bit old and on the 4th floor without an elevator... My friend lived the first week in a hostel and because she only booked for 5 days this situation was very stressful for her. Because of my own and my friend's experience I would recommend to go to Lisbon 1/2 weeks before you have to go to school. In this way you can find a nice room with visiting the room, instead of booking it at home and not knowing what you can expect. I recommend a room near the city center (Bairro Alto, Bica, Chaido, Saldanha, Marques Pombal), since the university is very easy to reach by metro.

leisure & culture

In Lisbon you'll never get bored with all the nice places, rooftop bars, miradouros (viewing points) and the beach nearby. There are a lot of things to do in Lisbon, go check out all the brunch spots, restaurants, try Portuguese food, the illegal Chinese restaurants and so on. There are always a lot of festivals, markets and activities. At the miradouros I always watched the sunsets while I was drinking with some friends. If you love surfing, Lisbon is also a very nice place for you, it is very popular.

About the culture: in a certain way I really like the calm lifestyle of Portuguese people but I found out that it was sometimes hard for me, because I'm a Dutch punctual person who plans things. I really had to get used to the fact that my Portuguese friends don't really plan activities for next week and that they are very last-minute.

suggestions/tips

Go rent a car (which is more easier in Portugal than in The Netherlands) and discover Portugal! It is a really nice country that you have to see. You should definitely visit Porto, Algarve and the Azores, you can fly to these destinations for a really low price. Go out and explore all the nice spots that the city has to offer, drink at night in Bairro Alto of Cais do Sodré and be open for new friends!

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

I would definitely recommend Lisbon to others. The university offers good education and the International Office is very helpful to you which makes it even better with organizing all the things you need to do for your application. Lisbon is a really nice city, you will never get bored because there's a lot to discover and you'll get a lot of sun. Lisbon has the river and the beach nearby, and the sunsets from miradouros are wonderful. It's also a cheap city so going out is really nice!

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do you have any additional advice or comments?

Go for it! Your life abroad will be really nice in Lisbon because the city has so much to offer. Don't be afraid and just go for it. Before departure I was nervous that my time in Lisbon wouldn't be nice, but it was definitely the best time!

2016-2017**Report 1**

faculty/college	Sociel sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology

destination city & country	Lisbon, Portugal
name university abroad	University Catolica
start date	01 / 09 / 2016 (dd/mm/yyyy)
end date	01 / 02 / 2017 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

PREPARATION	
exchange application process	Unfortunately, I was not allowed to go to any of preferred destinations. There were too many applications for my top 3. After that, I looked at all available places. I saw that the faculty of human sciences still had one spot left in Lisbon. I always really wanted to go there on exchange, but the faculty of social sciences doesn't have any relations with universities in Lisbon. I asked if it was possible to go to Lisbon through the faculty of Human sciences. I was told that this was possible if University of Catolica agreed. When the University of Catolica agreed, I finally was able to go on exchange to a place I really liked.
counselling & support at Utrecht University	The international office was very supporting and helpful with chosing a new destination.
academic preparation	I didn't do any preparatation.
language preparation	All my courses were in English, which made language preparation unnecessary
finances	I saved some money before my exchange and I received an Erasmus grant.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	There are a diversity of courses taught in Catolica. Many courses are offered in English, which is very convenient for foreign students. Furthermore, it is possible to enroll in interdisciplinary education. If you'll be studying

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Human sciences, half of your courses must be from the communication faculty. For the other half, you are able to choose courses from other faculties. You will get a list of the available courses send by mail before the exchange starts. However, this list may changed. Not all courses listed will eventually be taught that semester. The first two weeks you can try out different courses. After this period, attending the classes is mandatory.
academic quality of education activities
I was very much surprised by the quality of the education at Catolica. I heard that quality of education in southern European countries was not that good, but now I can definitely say that it may even be better than the education I have been used to. You only have small scale teaching and you are expected to participate actively in class.
counselling & support at receiving university abroad
The international office at Catolica is always there to help you. There is a very informal contact between the students and the people from the international office.They even help you find an apartment and help you with medical problems, for example.
transfer of credits
My transfer of credits has not yet taken place.

STUDENT LIFE	
welcome & orientation programme	
	The University organizes a welcome meeting, which gives you information about the university. However, the real introduction to the city is organized by the Erasmus life Lisboa and ESN (both very active student organizations). They organize lots of parties, tours, trips and other activities throughout the semester. They can also help you with your apartment , your simcard and your metro card. Attending their events is a great way to meet new people and you never have to feel alone. However, you don't have to participate in everything they organize. Sometimes it's cheaper to organize a trip by yourself and parties, which are not organized by the international organizations, are also really fun to go to.
accommodation	
	I found my accommodations through one of the sites my University recommended. I lived with 5 other international students and the apartment was okay. However, I would advise you to go to Lisbon in the beginning of August and look for apartments when you are there. This way you have the best chance in getting a nice, cheap apartment in the center. You'll always find an apartment, but the quality of the apartments vary strongly. Some rooms don't even have a window or are really out of the center. Although the metro system is good, it is nicer to live close to the café's and bars.
leisure & culture	
	Lisbon has so much to offer. Every night there are performances in little bars or big cultural events. If you want, you could party every night. There are also a lot of little festivals and markets. On top of that, the city is built on hills, which gives you the most beautiful viewpoints. People go to these viewpoints daily to watch the sunset and enjoy a drink. Furthermore, you can have cheap, amazing dinners everywhere in the city. Moreover, you can go to the beach within 20 min. Surfing is also very popular activity in Lisbon. All in all, the city just begs for you to spend time outdoors.
suggestions/tips	
	Although you will never get bored in Lisbon, try to make some trips as well. It is nice to visit Porto, for example. It is only three hours by train. Furthermore, I would strongly recommend to go to the Azores. You can fly very cheap from Lisbon to these beautiful islands.

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CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
I would recommend this destination to everyone. Lisbon is a lively city with friendly people, who have a good command of English. Catolica University has interesting courses and a different way of teaching. You will learn a from this different approach and form living in a capital city like Lisbon.	
do you have any additional advice or comments?	
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