



## Universidade Catolica Portuguesa - Lissabon

2022 – 2023

<b>PREPARATION</b>
exchange application process
<p>When I saw the open area in the study programme for Law students in Utrecht I immediately started to search for information about studying abroad. I was really looking forward to develop not only my Law knowledge but also develop myself by studying in another different country on my own. Firstly, I only thought that you could only search universities where they provide good Law courses, but you can also go to an universitywide university. But as I searched for universities with good Law courses and where they gave classes in English, I ended up with Universidade Católica Portuguesa in Lisbon. I also asked the Exchange Office when I had questions and they responded very soon to my questions and helped me a lot. After that I applied for the exchange programme, chose 3 destinations, wrote my motivational letter and waited patiently for the outcome. Utrecht University sent you an email about which destination they nominated you for and what you need to do from that moment on until your departure.</p>
counselling & support at Utrecht University
<p>As said before, the International Exchange Office helps you a lot when you have questions. They take all the time to help you, no matter how busy they are. They look into your questions together with you and provide you with very useful answers. They also sent you a guide with stages you will go through during the application process, your departure, your stay and what you need to do when you are back.</p>
academic preparation
<p>I did not do this. I went to Lisbon with the knowledge I received during my bachelor, but I did not do anything in addition to that.</p>
language preparation
<p>Before my departure I followed an Academic English course at Babel, to improve my English skills. My English was not bad at all, but since we only have 2 courses in Utrecht I just wanted to improve my English so that I could go to Lisbon confidently. Which I eventually did!</p>
finances
<p>You would think that the living costs in Lisbon are cheaper than in Utrecht but in my opinion there was not really a difference. Only going out for dinner and public transport were cheaper in my opinion. I paid €550 monthly for my rent. I lived in a student apartment with 6 other students from a company called HouzeStudent where I shared two bathrooms and one kitchen. It was really well maintained and when we needed a maintenance guy, they sent one very quickly.</p> <p>Before I left I had saved money so I was sure I would not run into money problems during my time in Lisbon and would have a good time.</p>

<b>STUDY ABROAD PERIOD</b>
study programme (content and organisational issues)
<p>During my time in Lisbon I choose 7 seminars from the Transnational Law Curriculum that Católica offers. In addition to that, I choose the Portuguese Language Course for beginners. I really recommend to choose the Language Course, because it is also really helpful during your stay to understand more of the Portuguese Language. Sometimes this Course overlapped with seminars, but it does not affect your attendance, since your absence is justified if you had a seminar at the same time. Overall, you are allowed to miss 1/3 of all the classes of both courses and seminars.</p>



The seminars that I attended were: Climate Change Law and Litigation, EU Asylum and Migration Law, International Arbitration, International Criminal Law, Law and Gender Equality, Right to Fair Trial and Sports Law. Those seminars were very interesting and very different compared to the courses we follow in Utrecht. Mostly all the seminars are taught by different professors from different countries, which was also a new and educational experience. The seminars can last from one to two weeks and usually during the last class you had an in-class exam, had to write a paper/blog post, give a presentation or needed to participate in a Moot Court. Católica not only grades your exams, but also your in-class participation. You must therefore participate well during lessons. Most seminars consist of 3 or 4 ECTS.

You do have to bear in mind that the seminars listed on the site of Católica can change until just before you go to Lisbon, so you will have to change your choice last minute. But most of them remained the same. You could also choose courses, which contain more ECTS, but they only offered three courses and most of the time they overlapped with seminars. So that is why I did not choose them.

academic quality of education activities

The academic quality of education activities is not the same as in Utrecht in my opinion. I would maybe say that it is a bit lower. Since you have different teachers with different nationalities, the level of education of seminar differs. Also most of the time you do not have to prepare something for a class and exams were also way different than in Utrecht. You had to study less for an exam than in the Netherlands and you had to study from your laptop as you do not use books or law books here.

counselling & support at receiving university abroad

The counselor is Maria Inês Neves. She is very helpful and kind. But keep in mind that when you ask her to do something, it can sometimes take longer than you expected because she is very busy. When you need something very urgent, I think it is the best to say that in your email or when you call her.

transfer of credits

I did not receive my Transcript of Records yet so my credits have not yet been transferred.

**STUDENT LIFE**

welcome & orientation programme

The first week there was a welcome session for all the law students that came from abroad. It was the first time that I met my other international fellow students, which was very nice. The counselor, Maria, gave us information about the study programme, the university etc. But besides that, there were not any other activities to get to know the university and other students. That is why you could also go to other organizations like Erasmus Life Lisboa and ESN, they throw a lot of activities where you can meet other Erasmus students.

accommodation

It is pretty hard to find a good and not too expensive room. Also finding a good and central location is not very easy. There is a lot of scam. I am very glad that I did not experience any of that and that my room was just perfect. It is weird because you book the room but you have no idea what you are going to find because you can not take a look in advance. I found my room on the website of HousingAnywhere, they had rooms there from the company HouzeStudent which is my landlord.

My room is located opposite the park and about a 3-minute walk from the metro station Marques de Pombal. I really recommend that location, because it is located between the city centre and Católica. In 8 minutes you are in the city centre Baixa-Chiado and in 15 minutes you are at the university. I go to the university by metro because the station is close to my house and from the metro stop Cidade Universidade you need to walk around 8 minutes to get to Católica.



### leisure & culture

The Portuguese culture is amazing. People are really nice, relaxed and helpful. Also the atmosphere in Lisbon is super chill and cosy. On every square you can find a so called 'Quiosque' where you can grab a drink with friends while you are listening to a live street musician/performer. Portuguese food is also something I really liked!

Lisbon has a lot to offer it for example has a lot of musea, sightseeing spots, good restaurants/bars, beautiful parks and a lot of history. Next to that, close you Lisbon you can find Caparica, Carcavelos, Estoril, Cascais, Sesimbra, Setubal and Sintra which are also really nice cities to visit during your stay. Most of the time the weather is amazing so that is why a lot of people live outside on the streets where the vibe is always really good. The nightlife in Lisbon is also very nice, it is always busy and there is always something to do or places to discover.

There are a lot of beautiful museums and sights in Lisbon. The weather is great and people love to be outside and spend the afternoon drinking wine with friends in one of the parks or by the river. In the evening and night you can enjoy amazing restaurants and bars in Bairro Alto, which is always busy. Definitely check out Erasmus corner and a few rooftop bars! I would also recommend you to sign up with Erasmus Life Lisboa (to join them on activities and get free entrance to certain clubs) and Erasmus Student Network Lisboa (you can get free hand luggage with Ryan air).

### suggestions/tips

- Sign up with Erasmus Life Lisboa and ESN Lisboa -> you can attend a lot of nice activities in this way and you even get discount if you book a flight ticket with Ryanair.
- Purchase the Navegante Card. This is your 'ov' in Lisbon. You will receive a document from your university that states that you are a student. In this way you get 25% discount on your card. If you are younger then 23, you pay 30,- monthly for unlimited use of public transportation (metro, train, bus, tram and the ferry). You can go unlimited with the public transportation within and outside Lisbon to Cascais or Setubal for example.
- Download the app 'Bolt'. This is the cheapest app to order a taxi if you want to use a taxi for example after going out.
- Try to book trips during your stay here to for example: Porto, Sevilla, Madrid, Marrakesh, Madeira, the Azores etc. Since Lisbon is very close to those places, the flight tickets are very cheap compared to when you book trips to go there from Holland. Also Flixbus tickets are very cheap to go somewhere besides flight tickets.

## CONCLUSIONS

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

I would definitely recommend going to Lisbon! If you have the opportunity, seriously go there because it is an amazing city that has so much to offer.

Also Católica is a nice university, it offers good teachers and classes. Only sometimes it can take very long before you receive your grade. Other friends of mine for example went to Nova. This is also a good university besides Católica.

I can definitely say that going on exchange has been an experience for a lifetime. You meet a lot of new (international) people, you move abroad, you improve your English, you do a lot of amazing things and you make friends for life. It was a big adventure I never wanted to miss. You also learn a lot about yourself because you do not have you friends and family from the Netherlands nearby. So you really have to do it alone. But luckily I met a lot of new friends and together we made the best out of it.

I even feel sad that it came to an end and that I needed to go back to the Netherlands.

do you have any additional advice or comments?



A very basic tip is that you really need to start early with searching for country and city where you want to go. There are so many options and after you choose a destination, there are a lot of things that you need to fix. It is not that stressful if you just start on time with everything.



## PREPARATION

### exchange application process

Two times a year the International Exchange Office organises a presentation where they explain the application process. It is important to think about why you want to go on exchange. Is the academic challenge the most important to you or do you want to explore another country by studying there? Think about the things you want at your destination. Do you want to stay at a campus or in the city? Do you want to be close to the beach or in the city centre? Do you have a language preference or a budget? After deciding on a top 3 destinations, you have to write a motivation letter for your first choice. From there Utrecht University will nominate you to one of the universities and they will send you information and forms you need to fill in. In addition you should apply for grants, in my case the Erasmus grant and the compensation for public transport.

### counselling & support at Utrecht University

The International Exchange Office is very helpful and can tell you everything you need to know about your exchange. There is a clear guide with the steps you have to take before, during and after your exchange.

### academic preparation

I did not do any academic preparation.

### language preparation

I did not do any language preparation. It is nice to learn some Portuguese, but it is not necessary if you do not want to. People speak English almost everywhere and take the time to communicate and help you.

### finances

In general, living costs are cheaper in Lisbon than in Utrecht. Groceries, eating out and public transport are good examples. However, there are also cheaper destinations. I paid €550 a month for a shared flat where I shared a kitchen and living room with 6 others and a bathroom with one other girl. There are also cheaper options, but not all flats are well maintained. It is helpful to make a budget and save some money to make sure you can make the most of your time abroad.

## STUDY ABROAD PERIOD

### study programme (content and organisational issues)

At Católica I could choose seminars from the Transnational Law Curriculum. These seminars are not mandatory for the Portuguese students, but are part of the electives. The seminars have various objects. I attended seminars such as International Law of the Sea, Property Law, Islamic Legal Thought, Restorative Justice and so on. A lot of the seminars and courses are focussed on the basis of international or European law, but because I already followed similar courses at the UU I didn't include them in my program. The seminars mostly consist of 8 meetings of 3 hours. These meetings can take place in a time span of several weeks. It could be once every week or 4 days a week for two weeks. The courses take place during the whole semester with exams in the last weeks. The exam for the seminar could be a test, a paper or a presentation. Class participation is also graded. It is easy to change your seminars and courses if you want to, but you have to take into account that it can take some time for the counsellor to reply or implement the changes.

### academic quality of education activities

I would say the overall quality and level of education at Católica is lower than at the University of Utrecht. I did not need to spend a lot of time preparing classes and the exams were easier to pass. Because of the different international professors, not all seminars have the same level.

### counselling & support at receiving university abroad



The counsellor, Maria înes Neves, is very kind and wants to help you in any possible way, but when you ask her to do something for you (for example sign your study plan) it can take some time. When she says she will send you something by the end of the day, you can expect her to send it to you by the end of next week. ;)

transfer of credits

I received my Transcript of Records and the credits have already been transferred.

**STUDENT LIFE**

welcome & orientation programme

The first week I had a welcome session where the international office counsellor told us a bit about the university and study program. I met the other international law students there as well. Later that week we went on a trip to the tree climbing and canoeing park in Lisbon. This was a perfect activity to get to know the other students. Organisations such as Erasmus Life Lisboa also organise introduction activities.

accommodation

It is not easy to find a good, affordable, centrally located room in Lisbon. I heard a lot of stories about scams and badly maintained rooms, but luckily I did not experience anything like that myself. I found my room through Uniplaces and can recommend this website. The biggest downside is that you have to pay quite a high fee to Uniplaces to rent a room.

Católica is located in the northern part of the city. I would recommend searching for a room closer to the city centre and preferably not too far from a metro station. The universities are easy to reach by metro, but because the metro closes between 1 and 6 a.m. you cannot take the metro to get back home after a night out. Therefore, travelling to university is easier than travelling home late at night.

leisure & culture

I loved Portuguese culture! People are more relaxed, the food is amazing and the country has a lot of history. There are a lot of beautiful museums and sights in Lisbon. The weather is great and people love to be outside and spend the afternoon drinking wine with friends in one of the parks or by the river. In the evening and night you can enjoy amazing restaurants and bars in Bairro Alto, which is always busy. Definitely check out Erasmus corner and a few rooftop bars! I would also recommend you to sign up with Erasmus Life Lisboa (to join them on activities and get free entrance to certain clubs) and Erasmus Student Network Lisboa (you can get free hand luggage with Ryan air).

suggestions/tips

- Download Bolt! It is similar to Uber but cheaper. You can also use the shared scooters and bikes that you can find all around Lisbon.
- Book trips to Madeira, Azores, Algarve, Porto, etc. Flights to the Islands are very cheap because they are domestic. On the mainland you can visit lots of places by train or Flixbus, which is also not that expensive.
- Get the Navegante metro card. You will need a document from your university stating that you are a student and you will get a 25% discount. For €30 a month you can buy unlimited use of any public transport (metro, bus, train, tram, ferry) within Lisbon’s Metropolitan Area. This includes trains to Sintra, Cascais and Cais the sodre, which means you can go to the beaches with this card.
- Check out 100 Montaditos, TimeOut Market, LX Factory, Colombo and the aquarium!
- Football matches and cinemas are relatively super cheap!

**CONCLUSIONS**

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



I would 1000% recommend going on exchange to Lisbon. The city is beautiful and has a lot to offer. There is an amazing international community, the weather is nice, it is not that expensive, beaches are close and so on. I also enjoyed my time at Universidade Católica Portuguesa, but if you really want to challenge yourself in your studies, this might not be the best option. For me going on exchange was more about the whole experience: moving abroad, meeting new people, improving my English, etc. If you want to broaden your knowledge but also enjoy your free time this could be the perfect choice!

Do you have any additional advice or comments?

You have probably heard it before, but start early! There is a lot to take care of before going on exchange and it saves a lot of stress when you arrange everything in time.



## PREPARATION

### exchange application process

The exchange application process went quite smoothly. Just getting to know the possibility on doing an exchange in the third year interested me. And as soon as I looked up more information, there was plenty to find on the UU website. All the necessary steps were given to me, so I did not have to look up much more, apart from more specific information about the university I wanted to go to.

### counselling & support at Utrecht University

Personally, I did not need much support at/from the Utrecht University. All the necessary information was given to me via the website and via reading the experience of other students going to this university. But even if you need help from UU, it can easily be done by calling the exchange office! They are available many hours during the week, and have all the answers to your questions.

### academic preparation

Did I prepare anything for the exchange? No! I was enrolled in classes that I never knew existed, and did not have anything to do with subjects we attained in UU. There are no books you have to purchase in advance, and no materials have to be read before starting the first class. So my advice simply is: at least know your basics of EU and/or international law (since many seminars are about fundamental international law / human rights / EU law. This will of course help you a bit in the classes. But apart from this, no preparation is needed.

### language preparation

To be really honest, I did some basics on Duolingo to at least have knowledge on greeting and ordering in Portuguese. Other than that, I did not put in effort to speak the language any better. My personal opinion is that I do not personally like the language, and so my drive to learn the language was totally absent!

### finances

Apart from the grant, I highly recommend saving money for housing and/or food expenses. Portugal is rather cheap compared to the Netherlands, but housing is not that cheap, and an apartment could easily cost up to 800 per month. I did not work there, but saved money beforehand.

## STUDY ABROAD PERIOD

### study programme (content and organizational issues)

The study programme greatly depends on whatever courses/seminars you are enrolled in. All the seminars are spread quite far apart from each other, all just about 3/4 weeks long. I personally opted for the course Tax Law, which is throughout the whole semester. This course I combined with seminars and it was easy to do. My busiest week was one seminar and one course at the time, and the seminar was basically only one week, but every day from 3-5. After that week, I was given a paper assignment and it was over. You can easily find yourself busy for one week straight, and then ending up with weeks of free time, only worrying about one course.

Issues that I found were mainly issues that concerned other students, who sometimes showed up to a full seminar, and were told on the spot to enroll in another seminar because the seminar in question was too crowded already. This of course, is an issue that you will never find in Utrecht University. It is something you can not do anything about. Catolica basically makes an estimation of people enrolling in a certain seminar, and publish the classrooms for that seminar. When too many students end up choosing that seminar, the classroom is too full, and other classrooms are not available. This is what happened with Restorative Justice, and it was in my opinion a very unprofessional mistake. However, it all worked out just fine in the end, but I am sure it scares a lot of students, when confronted with this error. Also, sometimes classes were scheduled to be in one classroom, and you would get an email 1 minute before the class, or in some cases you would find out after the start of the class, that it will be given in a totally different building. Again, a bit of a chaotic system, but other



<p>than that, it was all good.</p>
<p>academic quality of education activities</p>
<p>The academic quality I would say is a somewhat lower than in the Netherlands. The seminars are only 3/4 weeks of a certain subject, and you will be assessed partly on your presence and activity in class, and partly on a small paper or moot court or presentation you will be given. If you want to be challenged at least closely to the level of the Netherlands, I suggest you opt for as many courses as possible. I myself followed the course Tax Law, which is a course that will be given throughout the whole year. So I followed the course Tax Law from start to finish of my exchange. It was an interesting course, so I recommend opting for it! But even the courses are not on the level of the courses we follow in Utrecht. So think about that!</p>
<p>counselling &amp; support at receiving university abroad</p>
<p>The support at Catolica was slow, but good enough. The contact person, Maria Ines (exchange coordinator) is really nice and willing to make things happen for you, might one need it. A thing to point out though is that, if you have a burning question, please do not wait with asking it by mail, because chances are that you will only receive a reply a few days after. In the worst case you even find yourself sending another email asking if you can get an answer. Trust me, the system is just not as advanced as in Utrecht. In Catolica, the people really are helpful, but you can find yourself waiting days for a reply to an email. But if you are on time with asking questions or asking for support, you will get it, as the working staff at Catolica are very kind and smart people.</p>
<p>transfer of credits</p>
<p>As far as I know, marks in Portugal will be given in the range 0-20, and 11 is the bare minimum you need to pass the course/seminar. Divide the mark in Lisbon by two (so an 11 will be a 5.5 in the Netherlands), and you will have the dutch mark. I think the transfer of credits will go accordingly!</p>

<p><b>STUDENT LIFE</b></p>
<p>welcome &amp; orientation programme</p>
<p>Well, the welcome was okay. To be honest, I expected it to be a bit more official or well-planned. But good to know for whoever is thinking of going to Lisbon: the systems here (from top to bottom) are quite slow and it sometimes takes YOU a few emails to get the information you need. Other than that, the contact persons in the university are always (or at least they will try to be) available and happy to help you with any questions you have. The welcome program was basically meeting up with the other Erasmus students in a classroom where we got a little 'presentation' of the what's and how's in the upcoming semester abroad. After that, we sort of made this informal proposal to go to a certain climbing park to get to know each other.</p>
<p>accommodation</p>
<p>The accommodation is something you have to have fixed before you go, so on your own. Uniplaces was the website I used to get the apartment. You simply reach out to the owner of the house/apartment and schedule the meeting or start of the rent. I don't know if the university is even able to be involved with getting apartments or giving you ideas.</p>
<p>leisure &amp; culture</p>
<p>What can I say when it comes to leisure... the Portuguese weather will not disappoint you, not even in December (if you are used to Dutch weather at least)! In my free time, I enjoyed going to the beach, surfing, drinking cheap beers or wines (depending on the day and setting of course), climbing Praia Urso, going to the Azores in my week off, seeing the most Westerly extent of Europe (Cabo da Roca), seeing Sintra, Belem and much, much more. Going for about 30-33 ECTS, you will see that you have plenty of free time, and so there is many possibilities for you. I even heard other Erasmus students flying to Morocco for a few days (since flying from Lisbon is quite cheap and a short route). In this exchange period, you could basically get to know all of Portugal's most exciting sites and historical phenomenons. The only part of Portuguese culture that might be a shock to you is the time they usually have dinner or lunch, and what they eat for dinner. Their 'cuisine' is basically a piece of meat with some potato crisps on the side... that is the only thing that disappointed me. So</p>



during the whole exchange I basically ate only asian food, since there are many asians in Lisbon.

suggestions/tips

I highly recommend doing as many trips as possible, since Portugal is known for its cheap ways to get around. I recommend downloading the Bolt app on your phone to get taxi rides for as cheap as €2-3 to get around the city, and not much more to go to the beach! Also, when it comes to cuisine, I recommend only trying the Portuguese cuisine a few times, and then just go to the Asian restaurants in Martim Moniz – it's called 'Amanhecer' on maps, and it's basically a grocery shop and upstairs a bundle of different Asian kitchens!

## CONCLUSIONS

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

I would surely recommend going to this destination to others. If you want to enjoy studying smaller courses/seminars, getting to know a bit more on for example EU tax law matters, or broader fundamental rights subjects, or just learn the Portuguese law system or language, you will not regret going to Catolica. Apart from the school system is of course the country and the city themselves, with beautiful weather all year round. The level of the courses/seminars is, as I already mentioned, lower than in the Netherlands – so if you are looking for a 'challenge' for studying, I would either say that you should get more courses in, amounting well over 32 ECTS, or to not go here. The Dutch university system and level is just more demanding than the Portuguese system.

do you have any additional advice or comments?

My additional advice would be to really get to know the Portuguese culture and cuisine (even though the cuisine is in my opinion not good), and try to bond with some Portuguese students and make trips around and through Lisbon to get to know the history. Having a few Portuguese friends myself, and going to museums such as the Portuguese Maritime museum (in the Jeronimos Monastery, near Belem), my respect for the old Portuguese naval powers and the history of this once so beautiful Catholic country has grown a lot more.



<b>PREPARATION</b>	
exchange application process	The application process was very duable! One step of the application was that I had to write a letter in which I explained why I wanted to go to Lisbon. At the UU it is a mere formality to write such a letter; they do not select you on the content of your letter. Also your grades do not count as a matter in the selection procedure. Luckily, I got selected. I think there weren't that many applications to Lisbon. Nevertheless, I do think that the popularity of Lisbon is increasing year by year. I sincerely hope you will get selected, as Lisbon is amazing!!!
counselling & support at Utrecht University	The UU has good support. You can always give them a call to ask any question. Also, they are quick in responding and signing your documents.
academic preparation	No academic preparation was required.
language preparation	Idem; no language preparation was required.
finances	During my stay in Lisbon, the world was hit by inflation. Luckily, Portugal is quite affordable, compared to other countries. Furthermore, the Erasmus+ grant was very nice to have. I therefore didn't need to save up a lot.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	I did the Transnational law curriculum. It was the only programma I could choose. It was an interesting curriculum, also because you often had discussions in class, which was interesting because you were with a lot of different nationalities and, thus, different worldviews. My 'world view' has become more wide due to this curriculum. Although it is mandatory to be present at 2/3 of the classes, the study load is okay! I mostly chilled out during my exchange. I never experienced any stress regarding studying.
academic quality of education activities	The quality of the University is way much lower than the quality of the UU (or any University in the Netherlands). It was more comparable to a HBO, to be honest. So, for courses of good quality, I recommend you to go to another country. However, I didn't choose Lisbon because of its quality of the University. I just wanted to go to a very nice city that has a lot to offer, chill out and not having to worry about studying. If this is your goal as well, I totally recommend this University and city! It is the best.
counselling & support at receiving university abroad	The person responsible for counselling & support was quite chaotic. You had to ask her to sign anything three times a week... But I guess that's part of the Portuguese experience! If you really needed help or anyone to talk to, she was for sure there for you!
transfer of credits	I almost got all my credits transferred. A few courses overlapped a bit, so I didn't get all the credits, but I already had all my ECTS for my bachelor so it wasn't a problem for me. There were enough courses to choose of, so if you needed more ECTS, you were able to choose other courses.

<b>STUDENT LIFE</b>	
welcome & orientation programme	



The University organised a welcome day, which was quite chaotic (= Portuguese style!). I think other Universities had better welcome programmes. In the end, it doesn't really matter, as you will see the students in class. I mostly had friends outside the University, which I met through Erasmus activities. Therefore, it wasn't a problem to me.

In Lisbon, the Erasmus community is quite big. You have a sort of students association that organises a lot of activities, especially in the first two months. One of them is called Erasmus Life Lisboa. Through this organization, you can meet a lot of people very easily. They also organize parties that are great.

I think in general the student life is very nice in Lisbon, because they know how to party and you will never be alone.

#### accommodation

I stayed at a studentsflat nearby Praca do Comercio (= the most touristic spot of Lisbon). I actually had found this place through a friend of mine who had also been on an exchange to Lisbon. I think that, if you start looking for accommodation on time, it is quite easy to find something! Just find someone (a friend/acquaintance/friend of a friend) who has lived in Lisbon and who can recommend you some areas/houses. Just ask around!

I started searching for a place in April, and stayed there from September until January. I was quite on time so could choose any room really! Just make sure you fix your stay in April/May if you're going for the first semester.

I don't know whether I would recommend my living area (Baixa). It was very (very) touristic. But I could easily walk to the river (3 minutes), train station (10 minutes) and metro station (2 minutes). This was a big plus. Living along the river is just great as you can catch the sunset easily..... Also I often went for a run, which gave me multiple happy moments. Other nice living areas are Santos (not easy to reach tho), Anjos, Alameda etc. Make sure that you are capable of going to the blue line easily, as this is the one to catch for the University!

#### leisure & culture

Lisbon has a lot to offer: great beaches, museums in Belem, a lot of sports activities (beach volleyball, padel, futsal etc). But actually, Lisbon also is a city where you just have to 'chill'. Sometimes I spend my day by just chilling along the river or at a miradouro (sightseeing point). Although I am someone who likes to have an active life, I loved chilling out. You just have to go with the flow and see whatever you feel like per day.

#### suggestions/tips

Go in the beginning of your exchange to many Erasmus activities, to meet a lot of new people from different nationalities! I really wanted to meet a lot of different people, but was a lot of times too late with subscribing to the events. In the end, I had made a lot of friends anyways, but I just think it is a good tip to go to these events. In the end, you make the most friends in the beginning, because then everyone is open to forming new friendships. Also I recommend you to go a little earlier than University. I went three weeks in advance, because the Uni started quite late. For me, that was a bit too long afterwards. I would recommend going two weeks in advance. Just enjoy everything! I am now back for a week and miss everything already. Really just take your chances of trying out new things and living a very free life :).

## CONCLUSIONS

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

YES! Lisbon offers you a life where you can live freely. I could do whatever I wanted for five months. It has been such a good experience. Lisbon has great clubs, the beach, sports, and areas to walk through. Also, the weather is just great. If you go to Lisbon in the first semester, you can expect to go back in January still being tanned. Also, the city is quite affordable. Therefore, I never had to say no to going out/going out for dinner or whatever. Also, the Portuguese people are very welcoming, which is nice.

do you have any additional advice or comments?

No. I really hope I helped you out a bit with telling you about my experience. I hope you can make a good



choice for yourself! Enjoy!



## PREPARATION

### exchange application process

This process is quite bureaucratic and involves a lot of e-mails with signed documents back and forth. I have personally really struggled with this, as replies on both sides were slow and the formats of the forms were horribly frustrating. However, the steps that you have to take are clear and they are easy to get through. The deadlines are quite generous as well, as long as you hand the required things in, you'll be fine.

### counselling & support at Utrecht University

The support from the exchange office was kind, but often times slow and rigid. The willingness to think along seemed a bit absent, perhaps this was caused by the fact that a lot of students had more or less stupid questions. However, this is just a personal experience and after all I have gotten through it.\*

\*Note from the IEO: At the time of this application, the IEO was understaffed and therefore answers could take longer than usual.

### academic preparation

I don't think I have had any academic preparation other than the courses that I had already taken as a mandatory part of my bachelor.

### language preparation

Before going on Erasmus you have to take a language test on an EU website. This is quite easy and as far as I know basically everyone gets C1 for English. I did not really know anything about the Portuguese language, but luckily most people in Lisbon speak English (to some degree).

### finances

Before leaving I had some money saved up. This was topped up with the Erasmus grant and a (very small) OV (public transit) grant. This as a replacement for the "studentenreisproduct".

## STUDY ABROAD PERIOD

### study programme (content and organisational issues)

The study programme for law students on exchange at Catolica consists mostly of seminars and they are therefore not very hard to pass. However, they concern varying topics and some of them are very interesting and can really broaden your knowledge (of international law). The University is, as one may expect from a southern European one, not very organized, but not to a disturbing degree. Sometimes a timetable changes quite last-minute or the teacher might be 20 minutes late after which they casually start the class. The best advice is to just roll with it, you are in Portugal after all.

### academic quality of education activities

The academic quality of the seminars in general is quite high. Most of the seminars are taught by international professors who are experts in their area of law. However, they are still seminars and thus mostly brief and introductory. Therefore, the level is not very hard and it is quite easy to pass most courses. However, it also depends on the way the professor uses their jurisdiction over the grading of the course.

### counselling & support at receiving university abroad

When you go to Catolica you will be sending a lot of e-mails to their Erasmus coordinator. She is very nice, though she is sometimes a bit forgetful. So do not feel ashamed of asking for something twice, since she might just have forgotten something. Other than that, the information you receive is quite clear. I haven't asked for a lot of support, so it is hard to say much about that.

### transfer of credits

At the time of writing this report my credits have not been transferred yet. However, they should arrive soon



and I don't expect any problems.

## STUDENT LIFE

### welcome & orientation programme

The guest University offered a welcome session in the week before school during which we received information about the University, the city and other things that are good to know such as information about public transportation. On top of that there was also one introduction day for all students during which we went to an activity park.

### accommodation

Lisbon had quite a lot of options for student living, however you can expect to pay more than you are used to in the Netherlands. Since short-term contracts are in high demand, landlords charge high prices. You can rent a room in one of the bigger student residences or you can just look for a room in a student house. This can be done online, but especially for the latter, checking them out yourself might be a smart move.

### leisure & culture

Lisbon has plenty of leisure options on offer, especially during the summer months. You can easily go to the beach after school and enjoy a pleasant sundown or go surfing. Other options are to just take a nice walk around the city, go for a drink (they are cheap) or go on trips around the city. More common options such as cinemas, museums, restaurants and clubs are ofcourse also available.

### suggestions/tips

Nightlife in Lisbon generally starts in Bairro Alto, a neighbourhood on top of a hill, where you can get cheap drinks and enjoy the crowds outside on the streets or the viewpoint (Miradouro). However, challenge yourself to look for nice places to go out at night as well, this will bring you to surprising places.

## CONCLUSIONS

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

Yes I would definitely recommend this exchange to others. The University might look a bit shabby, but the people are very nice, the education that is offered is interesting yet not too difficult and the city is incredibly welcoming in terms of leisure, prices and weather.

### do you have any additional advice or comments?

Make sure that you are aware of the existence of the Erasmus associations (ELL, ESN) when you arrive in Lisbon. You might not want to do a lot of things with them, but they are (especially at the start of the semester) a great way of making new friends.



## PREPARATION

### Exchange application process at Utrecht University

I did not prepare very well for my exchange. I was quite late with my admission and other stuff I had to prepare. That made me a bit stressed before I left, but other than that. Moving to Portugal is not very difficult.

### Counselling & support at Utrecht University

If I had questions the exchange office replied quite fast. A few things went wrong with my admission to UCP but they helped me very well.

### Academic preparation

I didn't prepare for this, but I also think it is not very necessary

### Language preparation

In Lisbon almost everyone speaks English and my English is quite advanced, so I did not need to prepare for this. Although I think it would have been fun if I took a Dutch-Portuguese dictionary

### Finances (living costs)

I thought the living expenses were going to be less than in the Netherlands, but this was definitely not the case. Some things are really cheap, like wine and fish. But vegetables and fruits are really expensive. For grapes for example, you pay easily €6. Also there are way less supermarkets in the city centre and the ones that are there are also way more expensive.

## Study period abroad /About the host university

### Study programme (content and organisational issues at partner)

the courses I followed were very different, some were really interesting and others were terrible. Most of the courses are about European law. You have a different schedule every week. Some weeks I had class every day from 10 until 17, but some weeks I only had one class from 10 until 13. You do not get any books or anything. You just go to class, listen and discuss certain objects and at the end of the course you will get a take-home exam.

### Academic quality of education activities

The level is not hard at all. Also they will not let you fail a class if you have the right attendance.

### Counselling & support at receiving university abroad (before and during your stay)

This was terrible, there is one woman who is supposed to arrange things for the exchange students, but she would take weeks to reply or fix any documents for you.

### Transfer of credits

I still need to arrange this, but I need it from the woman above and she is not responding to anything so I hope it will get figured out.

## STUDENT LIFE

### Welcome/Orientation programme

I could not attend this because something went wrong with my admission, but I didn't mind because there were a lot of other nice people outside my university.

### Accommodation

Lisbon is an amazing city, it is beautiful and the weather is great. the beach is nearby and you have a lot of other nice cities close. It is definitely my favourite city in Europe.



Leisure & culture

the people in Lisbon are very kind and there are a lot of international people who are warm and open. There are a lot of different cultures in this city; Portuguese, Brazilian, Chinese. it is a mix of tourists, Portuguese people and foreigners which makes it a very vibrant city.

Suggestions/tips (need to know)

Go to parties from Erasmus Life Lisbon, you will meet a lot of interesting people there.

**CONCLUSIONS**

Would you recommend this university/destination abroad to others? Please explain why (or not)

Yes, definitely. I had the best time of my life here and I think it is the perfect combination between beach, nightlife and the charms of the old city and cultural experiences.

Do you have any additional advice or comments?

-



2021 – 2022

## PREPARATION

### exchange application process

First, I attended a presentation by the International Exchange Office of the Faculty of Law from the Utrecht University. In this presentation they explained how the exchange program works. From there I started to look at the countries that I found interesting. I was planning my exchange while we were in multiple lockdowns, so I also looked at the restrictions of the places I was interested in. Because of corona I had to move my exchange to the next year. I wanted a place where I could be outside a lot, since we had to be inside a lot because of lockdowns. Therefore, weather was an important factor for me. I also wanted to be in a historical city. This is why I ended up choosing Universidade Católica Portuguesa in Lisbon as my first choice.

After sending in my preferences and writing a motivation letter for my first choice, I had to wait to hear which school I had been selected for by Utrecht University. Luckily, I was chosen to go to my first choice. From there Utrecht University nominated me at Católica and Católica accepted me too. From that point they send you information and forms you need to fill in providing your information. They also let you know when you have to be there and what classes you can sign up for that semester. From there you just follow the instructions that they and Utrecht University gives you. Also, you can apply for your Erasmus grant and compensation for your public transport. This will all be explained to you.

### counselling & support at Utrecht University

I found the support at Utrecht University helpful. The International Exchange Office is very helpful and replies quickly.

### academic preparation

I did not have any extra academic preparation, other than already having studied law in Utrecht. This makes it easier when getting to know other law systems or understanding International of European Law.

### language preparation

For Católica, there was no other language preparation needed. All classes are in English and when studying at this University it is assumed that you're English is of such standard that you understand what is being talked about in classes. My experience is that most teachers are easy to understand and speak English well. Some teacher might be a little more difficult to understand because of their accent and with some classes being online because of covid, that did not make it easier. Generally, the classes were easy to follow.

You do have to take an English language assessment for your Erasmus grant. I personally found the test very doable.

### finances

From the destinations you can choose, Lisbon definitely is not the most expensive, but it's also not the cheapest. I shared a 2-bedroom apartment with another exchange student from Utrecht University. We paid 510 euros each, so 1020 euros in total a month. You can definitely find cheaper places, renting a nice room at around 350 euros a month. I did not notice a big difference in food costs, compared to the Netherlands. I would say it's a little less expensive, but it's still a capital city and there are other cities that are cheaper. Lisbon does have some nice and cheap spots you can find around the city. Try to avoid more touristic spots, as they are quite expensive.

Of course, it's good to have some extra money for activities. I did save some money before I came to Lisbon which is always useful. Especially if you want to go on some trips, which you can make time for in your class schedule. You also get the Erasmus grant, which was 300 euros a month. Do keep in mind that you don't get that amount every month. You get 80% of the total grant first and 20% after you return. I also did receive the grant late, more than a month after my arrival. So, be prepared that this could happen and always have a bit of money saved up before you go.



STUDY ABROAD PERIOD
study programme (content and organisational issues)
<p>I followed the transnational curriculum at Universidade Católica Portuguesa. This curriculum is the curriculum you can follow as an exchange student at the University. The curriculum offers different international and European law courses. Some of the courses are very short and intense. There might be a class every day for two weeks. Other courses can last around 8 weeks with one class a week. The classes can also be quite long, most are 3 hours, some 3.5 hours. One class I had was 4 hours.</p> <p>With the classes being scheduled like this, this might mean that you will have some periods in your exchange where you will not have any classes, because you have already completed some courses and are waiting for the next to begin.</p> <p>There is also a Portuguese language course for beginners that you can follow. I paid 360 euros extra to follow that course. The course runs throughout your whole exchange for 1.5 hours two days in the weeks. With me there were some organizational issues. This course is part of another faculty. You have to ask the faculty of Law for more information if you are interested in following the course. They will tell you who you have to get in contact with. Before signing up for the course I asked the contact of the course when the course would end. Since the classes I chose for law ended in december, I did want to be at the university for one language course. They told me it ended in December, but in November I found out that I had to come back to do the test in January. At this point I had already organized to be back in the Netherlands for Christmas and not come back to Lisbon. I don't know if they will do it like this again, but I would ask them upfront until when the language course runs, if you are interested in following the course.</p> <p>I do have to say that I like doing the language course and had a nice teacher that explained everything very clearly. If you want to get that experience, you could compare the 360 euros you have to pay to the price of another Portuguese language course outside of the university and decide for yourself if it is worth it.</p>
academic quality of education activities
<p>I did have more classes than in the Netherlands, where you have four per semester. I took seven classes. As I said, some courses are intense since you will have a class every day for two weeks, except for on the weekends. I had three courses a day for the first two weeks, after two weeks I had already completed two courses. This might make some weeks quite busy and other weeks you have (almost) nothing.</p> <p>Other than that, I did find that the courses to be easier than in the Netherlands. The workload outside of classes are also less than in Utrecht. I could get the most important information out of the classes themselves.</p> <p>Also, sometimes it will be an exam, other times you will have to write a paper.</p> <p>Católica does organize some activities during the semester. You will receive an email and you can decide if you want to attend. Personally, I did not attend most of those activities.</p>
counselling & support at receiving university abroad
<p>The people working there are kind. Sometimes they reply fast to your request or questions. However, there have also been other times that they don't reply and I have had to email multiple times. A couple of times I even had to call. So, keep this in mind. Especially towards the end of your exchange, when you need your transcript of records or other documents signed, this could take longer than you want/need it to.</p>
transfer of credits
<p>Universidade Católica Portuguesa also uses ECTS as the transfer of credits, which makes it easy to transfer the credits from Católica to Utrecht University. However, they do use another grading system. They grade from 0-20, instead of from 0-10.</p>

STUDENT LIFE
welcome & orientation programme



Since my exchange was still during a 'covid period', there weren't a lot of welcome and orientation activities. There was only one day of introduction, which was one hour on campus where they only explained the program. You had to initiate meeting other students yourself. However, if you had the time, they did have one event where you could meet other exchange students and other students studying at Católica. Other than that, you have to hope you meet some nice people in class. They did have a student organisation in the school that had a department to organize activities for exchange students during the semester. However, our student organizer that was responsible for the activities never did.

#### accommodation

I rented an 2-bedroom apartment in the city with another Utrecht University law student that was also going on exchange. I already knew her personally. We were in the middle of the city centre, right next to the popular neighborhood Alfama and very close to Praça do Comércio. The apartment was also pretty nice. You can definitely find cheaper places in different neighborhoods. This was a bit further away from the campus, so I had to travel around 30-40 minutes to get to campus. However, this was very worth it. When I went outside there was always something to do within walking distance. This also meant that after a night in the city, I could just walk home. I did not have to look when my last metro or bus was leaving. Or take an uber, even though ubers are pretty affordable in Lisbon. It was also a beautiful and historic neighborhood. We found the apartment through the website Uniplaces, which is a good website if you are trying to find student accommodation in Lisbon.

We paid 1020 euros for the apartment. So, that was 510 per person. You can definitely find cheaper places. If you are alone you can rent a room for cheaper in a house. Other neighborhoods also have cheaper places you can rent. Some students chose to live closer to campus, so they had to travel less. This was not very profitable for them, since a lot of classes were still online due to corona. Therefore, we were also lucky with our place in the city centre. After class we could just close our laptops and go outside into the sunny city centre.

Lisbon is quite a safe city, so you shouldn't have too much trouble finding a nice neighborhood to live in. You could always research online which neighbourhoods are the best/safest.

#### leisure & culture

Luckily, in Lisbon the weather is very much on your side. Meaning that there is almost always sun, or at least almost never rain. There was a lot to do outside, such as going on hikes, or crossing the river and look out at Lisbon and the sunset for example. Public transport is pretty good and cheap. You can easily go to other places, such as Cascais or Sintra. You can also take the Flixbus to different places, such as Porto and the Algarve. This is also really cheap.

Lisbon has a lot of museums and historical sight you can visit. You might be able to find a walking tour through different historical neighbourhoods, which can sometimes even be free. There are also a lot of music events and spots. Next to the artist you come across on the streets, there are different events throughout the whole city. You can also try the local cuisine in a lot of different places. Try to look on google for cheap spots, as they are just as good, if not better than the overpriced 'tourist' restaurant.

Personally, I joined an Erasmus Life Lisboa, which is an organization that hosts events for international students. It's a very good way to meet new people and go on cool trips. I paid 20 euros for my membership, but this was worth it. Sometimes there are discounts and you can get a membership for 10 euros, so look out for this. Some events are free, but other events and trips you have to pay extra. There are also other organizations that do this.

#### suggestions/tips

As I said, if you have to choose living closer to campus or in the city centre, choose the city centre. It might take you a little longer to get to classes. However, the metro system in Lisbon is very good, so you get there quite quickly. Also, when you get back from class, you don't have to travel again for activities in the centre, which a lot of people did that lived closer to campus.



## CONCLUSIONS

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

I would recommend Univerdidade Católica Portuguesa. There are some fun and innovative classes you can take. Lisbon I would definitely recommend. A beautiful historical city with friendly people and lovely weather. There is more than enough you can do inside and outside of the city of Lisbon. I had a great time and would choose Lisbon again.

do you have any additional advice or comments?

I have no additional comments.

## PREPARATION

exchange application process

The application process for the erasmus programm went rather smooth. The commication and the response rate from the international exchange office in Utrecht is high. It is easy to apply and you can see the progres of the steps in Osiris.

counselling & support at Utrecht University

The international exchange office in Utrecht is very supportive and helpful for any questions and they offer a lot of support and help when you need it.

academic preparation

The moment I knew I was selected for the exchange I already had my bachelor of law, so I didn't really accidementally prepare.

language preparation

I personally lived in Portugal before so therefore I wanted to do some portugese language preparation. I know from my other friends that they did not do this. I think I am an exception to this principle, but for me it was really helpful. Also because i took another language course at the university in Lisbon.

finances

Regarding the finances I did do some preparations. I saved a lot of money off my part-time job since I knew i was not going to work during the period abroad. Furthermore I made a buget for myself what i coud spend and how many savings I had.

## STUDY ABROAD PERIOD

study programme (content and organisational issues)

Regarding the study programm, I do have some remarks to make. First of all, the courses they advertise on the website are not the actual courses you will be able to choose. I also had read this in the reports of former erasmus students from the semesters before me, and this is still true. In my case the curriculum of courses was not available until the 7<sup>th</sup> of february. Then they whole sheduale was changesd 4 times and a lot ot the courses had overlap with each other. Thus you were not always able to acutually pick the courses you wanted. Also because courses started earlier then we knew so with some courses I missed the firsr 2-3 lessons so i was immediately behind.

academic quality of education activities

The quality of the education differs a lot and depends if you picked core courses or seminars. Because the majority of courses you can pick are seminars, this is because they don't ofer that many core courses in English, The academic level of the core course i had was the same level, but it goes a lot slower then the paste I am used to in Utrecht. Because they have double the time for a core course then we do in Utrecht. However the



seminars are easier. But the level differs a lot but all of them were a lot easier then in Utrech.
counselling & support at receiving university abroad
Eventhough a lot of organisational stuff went wrong, the couselling is good. They are all willing to help you. The portuguese studens and teachters as well.
transfer of credits
While I am writing this report i have not yet had to deal with this issue so I can't say anything about this yet. However I don't think this is going to be a problem that much. Let's hope it.

<b>STUDENT LIFE</b>
welcome & orientation programme
I went in the second semester so there was not a huge introduction week or celebration for the second semester. There was a short hour where all the relevant information and paper work was provided which is really convenient because there is al of paper work and everything goes on paper.
accommodation
in my case I have lived in Lisbon before, so I will write down the advice that was given to me back then. That is too start looking early for a room. The earlier you book a room, the more rooms are available and also the prices are stil affordable. I have booked once through spot a home, and the first time through uniplaces. Personally I had a better experience with spot a home. But I would also recommend booking trough a platform like those.
leisure & culture
As said before the courses are easier and you don't have that many hours. So you have lots of free time. Make sure you plan enough trips. The country is great, and there is a lot to explore, the north as well as the south of Portugal. Portugese people are friendly, it is safe and the weather is great.
suggestions/tips
Defintely go outside of lisboa. Porto and coimbra are both beautiful cities to enjoy in the north. But also the beaches around Lisbon, and the algarve are definetely worth visiting.

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
If you are looking for a chilled university and beach vibes i would definitely recommend this destination especially the second semester. Since the weather in january and february is cold, but from april on the weather gets better so more time for the beach. If you are looking for an academic challenge or something i would not be going to this university but if you are looking for warm weather and chill vibes definitely.
do you have any additional advice or comments?
The advice I would give is try to let go of control a bit in this city. There is a different understading of time. You can't plan everything.

<b>PREPARATION</b>
exchange application process
The exchange application process was very easy. All the information was on the website of your university.
counselling & support at Utrecht University



Utrecht University was very quick with responding if you had a question. If you sent a mail, the respond time was 3-5 days/
academic preparation
The university of Lisbon did sent all the information of the studyprogrammes very late. If you sent them a mail, they would respond 10 days later, so this was sometimes a bit annoying.
language preparation
My English was already good so I did not practice my English skills before going to Portugal.
finances
I lent the maximum money amount from DUO, I got the grant from erasmus and I saved money before going to Lisbon. The average rent in Lisbon for a house is between the 400-600 euros. I think Lisbon is not so expensive compared to other EU countries.

<b>STUDY ABROAD PERIOD</b>
study programme (content and organisational issues)
The studie programme of Universidade Católica Portuguesa was not that special. I would suggest to take the smaller courses which have 3-6 ECTS and have a durage of 12 hours and not the courses which have 8-9 ECTS. I followed Private international law which had 8 ECTS and had a durage of 40 hours. I did not like the course but I already followed 20 hours so I could not change to another course.
academic quality of education activities
The education activities were really late in my exchange. It was 1,5 month after arriving and at that point I already had friends.
counselling & support at receiving university abroad
Universidade Católica Portuguesa was really slow at responding my emails so you need to have a lot of patience.
transfer of credits
You only get a pass or a fail so it did not matter which grade I got.

<b>STUDENT LIFE</b>
welcome & orientation programme
Was only one hour and it was really simple but it was nice to meet the other students.
accommodation
I booked my room at spotahome, this website was really easy and safe.
leisure & culture
Lisbon is a big city and there is always something to do. I had a gym subscription at fitnessshut, played padel, went to beaches as carparica, carcavelos and praia da ura, visited sintra, setubal, porto and madeira and went partying almost every day.
suggestions/tips
Go to Erasmuslifelisboa, this is a internation student organisation where you can do lots of activities and meet other internationals.



## CONCLUSIONS

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

I would not recommend Universidade Católica Portuguesa, the university was pretty chaotic, but I do recommend to go to Lisbon. I had an amazing half year and met amazing people. This city has a special place in my heart. There are a lot of other universities in Lisbon, also for law students so I would check there first if you want to go to Lisbon.

do you have any additional advice or comments?

## PREPARATION

exchange application process

This was very clear, there are clear lists with deadlines you can use and lists with the process step by step

counselling & support at Utrecht University

Good, if I had any question I could just email them and get an fast and clear response. They are really helpful.

academic preparation

I didn't do anything special

language preparation

The courses are given in English, so I didn't had to do anything to prepare .

finances

The costs of living are quite the same as in the Netherlands, even a bit cheaper + you can get the erasmus grant. So I didn't save money before I went.

## STUDY ABROAD PERIOD

study programme (content and organisational issues)

The organisation is not really clear, they have a website with the courses they gave last year, but you don't know which courses they will give again next year and when they give them (semester 1 or 2). This makes it hard to really plan your program before departure.

academic quality of education activities

This is quite similar to what I was used to. It only takes less time.

counselling & support at receiving university abroad

During my time there the coordinator changed. The first one was really helpful, answering questions fast and clear. The person who replaced here was less helpful tho, takes really long time to answer emails or never answers them. So it really depends on the person who you have to work with

transfer of credits

This takes a long time. I'm still waiting to get it, 1,5 moths after my exchange ended.

## STUDENT LIFE

welcome & orientation programme



The university organised one welcome activity, but this was during one of my classes so I wasn't able to join. But there are also other students organisations who organise a lot of activities and where you can meet new people.
accommodation
Although it is hard to decide what and where you want to live when you're not there yet, I would try to find something a few months before departure. Most people I know found something through facebook or uniplaces.com.
leisure & culture
I really liked living in lisbon, because of the nice weather you can do a lot of things outside and the streets are really lively. You can go to the beach, walk through the city center or enjoy the many sightseeing points.
suggestions/tips
I would really advice to join erasmus life lisboa (ell) or another organisation for exchange students. This is a really nice way to meet a lot of people outside your study. They organise a lot of nice activities and trips, and also have tips for finding a room for example. Also, plan trips to other parts of Portugal, like the Algarves, Porto or one of the islands. Lisbon is beautiful, but Portugal has a lot of other nice places to offer as well, and when you're already in Lisbon it is really easy to plan small trips and see more of the coutry.

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
Yes, I would really recommend to go to Lisbon. The city has a lot to offer and the weather is really good so you are able to enjoy the city, the beaches and everything the city has to offer to the fullest. The university itself is not that great but it is fine, the courses don't take to much time so you have a lot of time to explore the city yourself and do other things you want to do during your exchange.
do you have any additional advice or comments?

<b>PREPARATION</b>
exchange application process
The preparation went quite well. The UU exchange office provides us with enough information to help you through the process and their response is always quickly in case you have any questions.
counselling & support at Utrecht University
Like I already mentioned above, the UU is very helpful.
academic preparation
I did not do any academic preparation.
language preparation
My courses in Lisbon were all given in English, therefore I did not need any language preparation.
finances
I saved up for this exchange and also the Erasmus Grant helped me a lot.

<b>STUDY ABROAD PERIOD</b>
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study programme (content and organisational issues)
My host university was very chaotic (switching courses, a lot of overlapping classes, starting dates of courses changed etc.). That was something I was not amused about and also made it hard for exchange students to adapt to the school rhythm there.
academic quality of education activities
My courses were interesting and given by interesting teachers. Some courses were however a bit low on academic level in my opinion, but the fact that it was all in english + different courses then I was used to made it more challenging.
counselling & support at receiving university abroad
I am not very pleased about the contact with my university abroad. a lot of things went wrong and their communication towards us was bad. This caused a lot of irritation and unpleasant situations in which we as exchange students did not feel recognized.
transfer of credits
In Portugal they use a different system than in the Netherlands (0 - 20 instead of 0-10) so that was something to get used to. However, they awarded you always very nicely and it was not hard to pass classes.

<b>STUDENT LIFE</b>	
welcome & orientation programme	The uni did organize a welcome meeting for exchange students, which was nice for us to get to know each other. Are group was also not that big so therefore we kept in contact with each other nicely throughout the whole exchange.
accommodation	Lisbon is a popular student city and also popular among exchange students. Therefore there is a lot of accomodation and a lot of platforms on which you can get a room.
leisure & culture	Lisbon is so nice! So much to do always, the weather is nice, a lot of great restaurants bar etc. and what i liked the most is the fact that there are so many international students that it's easy to make friends.
suggestions/tips	Go on trips and events with 'Erasmus Life Lisboa'. They organise nice activities for exchange students, like weekend trips, parties, walking tours et cetera. I made a lot of friends through this.

<b>CONCLUSIONS</b>	
would you recommend this university/destination abroad to others? please explain	Yes I would recommend Lisbon to go on exchange, since the city is amazing! However, you should consider the fact that in southern european cities things are less well-organized as here in the Netherlands. It's part of the experience and you shouldn't hesitate to go to Lisbon just by this fact, however it is something to keep in mind.
do you have any additional advice or comments?	
	Go for it! :)

**2019 – 2020**



exchange application process
The application process was a long process but it wasn't really complicated. I began in 2018 with the application, so you have a lot of time to prepare for your exchange. In 2018 you had to pick 3 destinations and then you heard which one you got into. I got my first choice, Lisbon, which I was really happy about! I had to fill in forms throughout the year and that went really smooth! I didn't have any problems with that.
counselling & support at Utrecht University
The counselling and support at the University was also really great. If I had questions, I could email or go talk in person. I got my answers really quick.
academic preparation
Around the end of 2019 I had to choose my courses. It wasn't really clear which courses I could choose so I was little confused with that. Only when I arrived in Lisbon I got the real list of courses I could choose from. So I had to change it later on because the courses changed.
language preparation
I already could speak Portuguese, so the language preparation wasn't a big problem for me. I did the English test as well and I was satisfied with the outcome!
finances
I worked hard before I went to Lisbon to have some money aside.

<b>(interrupted) STUDY ABROAD PERIOD</b>
welcome & orientation programme
study programme (content and organisational issues)
In the welcome & orientation text box I can't write anything so I'll write it here: I got an amazing welcome day at the university. I met my best friends there! They showed us around, gave us a lot of activities we could do with each other (surfing, tuktuk trip). We were with 20 international students and we got a drink after the welcome day and became really good friends.  On the study programme: I followed short, intensive courses that ended after a few days/weeks. Some courses were four full days of class and some were 2 weeks for almost every day a class. After that I got an exam or an essay and then the course ended. I followed around six or seven short, intensive classes.
academic quality of education activities
The classes were of really great academic quality. Some were more than others but I was surprised! I really liked the courses and found them interesting.
transfer of credits
In Lisbon the grades were from 0 to 20, instead of 1 to 10.

<b>CORONAVIRUS CONSEQUENCES</b>
support guidance of host university
My host university gave great support. If I had questions I could ask them and they helped me really good.
support guidance of home university



Also my home university did a great job on helping me. Sometimes some things weren't clear, but Corona itself was really unpredictable, so it's obvious some of my questions couldn't be answered. (Fore example: if I could go back to study in Lisbon in September). Now it's clear but at the time it wasn't, but that's logical!
online offer and quality of digital courses
Some courses changed because of the coronavirus, but I could replace the courses with other courses that could be given online, so I wouldn't miss any points.
suggestions/tips on digital exchange
It was difficult following the classes online and it wasn't the experience I wanted. That's why I had a hard time following the courses online at home in the Netherlands. I had little motivation, but I tried my best. Tips is not watching classes in bed and get up and sit at a desk! That was the best tip I experienced for myself.

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
Yes. Lisbon is the best city ever. I really fell in love with this city. That's why it's such a shame I could only be there for five weeks. I'm definitely going back soon. Also the university was great to study at. I really had a great time here.
do you have any additional advice or comments?

<b>PREPARATION</b>
exchange application process
The application process is very clear, so I didn't have any problems with that.
counselling & support at Utrecht University
The International Exchange Office (Faculty of Law, Economics and Governance) is very helpful and they reply quite fast. The handbook they've made is really usefull and makes it easier to oversee everything you must do for your application.
academic preparation
I didn't do anything to prepare myself academically.
language preparation
Language of instruction was English, so I didn't have to do anything.
finances
Everything is a bit cheaper than back at home, so I didn't have to save or borrow a lot of money.

<b>STUDY ABROAD PERIOD</b>
study programme (content and organisational issues)
The university has some problems with their planning, because it happens that you only hear that a course is cancelled, just a couple of days before it would have started. Nevertheless, the coordinator always tries to come up with a solution so in the end everything works out fine.
academic quality of education activities



The academic level of the education activities is quite similar, but it takes less time.
counselling & support at receiving university abroad
The coordinator is really nice and she replies very quick, so the support is great.
transfer of credits
Don't have my credits transferred yet.

<b>STUDENT LIFE</b>
welcome & orientation programme
We went to an adventure park with 37 degrees Celcius, so that wasn't the greatest succes. But never skip the orientation programme, because there I've made friends for my whole stay in Lisbon.
accommodation
I would advise people to start looking for a room a couple of months before you will move. In that way you will make sure the room meets all your demands. Nice neighbourhoods for students to live in, are: Bairro Alto, Intendente, Baixa Chiado, Anjos, etc.
leisure & culture
Lisbon offers a lottt of things to do. During the day I've spend a lot of time at the beaches (Cascais, Carcavelos) and by walking in the city center. During the night Bairro Alto is the place to be!! Everyone drinks outside on the street and the atmosphere is amazing!!
suggestions/tips
During the first days/weeks: never say 'no' to something because you're tired, you will have time to sleep later and everyone is making friends those first weeks!

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
Yes! Lisbon is a great city which has a lot of things to do and with a lot of organisations which arrange all kind of fun things for the Erasmus students. The university is a bit old-fashioned, but the coordinator for the law faculty is a great support.
do you have any additional advice or comments?
-

## 2018 – 2019

<b>PREPARATION</b>
exchange application process
The process of the exchange application was really clear. It is a long time before the actual exchange so sometimes it is difficult to oversee everything.
counselling & support at Utrecht University
On the site of international office the information and steps is really clear. Sometimes it is difficult to know around what period you should do a certain step. Also it would be pleasant to get some feedback during the process. For example when you are at international office to get something signed, that the signing person



informs how far along you are with the other steps. It is not hard to prepare, but it is nice to know that you are on the right way.
academic preparation
For both University Utrecht and Erasmus+ it was necessary to hand in a list of courses you were going to take pretty early. However, Universidade Católica Portuguesa did not yet have the official list of courses. This list only became official at the end of January (while the classes already started in February).
language preparation
Since my courses were in English I did not really do a language preparation. I made the English test for my Erasmus+ scholarship and passed with a high enough grade. That made me feel confident about my English.
finances
Before departure it was hard for me to imagine how expensive it was going to be. Applying for the Erasmus+ and the OV-vergoeding was really easy. For the OV-vergoeding you have to pay attention to the fact that the compensation will only start on the first of the next month. My exchange started the 4 <sup>th</sup> of February and at first my compensation would have started in March. After a new application I also got compensation in February. Portugal is just a bit cheaper than the Netherlands. It depends a bit on how many trips you are planning on doing, how expensive it will be. The public transportation is only €27,- per month, to travel unlimited.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	The study programme was nice and diverse. The difficulty with choosing them was that we did not have (except to) a syllabus with a description on the course. We had to choose the courses on their names. The professors we had were overall really good and it is really informative to be taught by teachers from different countries and different law systems. My favourite course was USA Property Law.
academic quality of education activities	The examing in Portugal is really different than in Utrecht. We were graded on participation and had a lot of open book exams. That had to do with the short seminars, since the foreign teachers are only in Portugal for a short period, and we would usually have an exam the day after the last class. This makes that you have to study in a different way, but that is really instructive.
counselling & support at receiving university abroad	At the host university there was really nice contact with the international office. Whenever you have a question you can go by the office and send an email. Usually she replies within one day.
transfer of credits	At the time of handing in this document my credits were not yet transferred. I had just arrived my final grades and therefore the transcript of records was not yet available

<b>STUDENT LIFE</b>	
welcome & orientation programme	At the beginning it was unclear what week the welcome programme would start. This resulted in a lot of students renting and arriving a week early. In the end this was good, so we could already get to know each other, but it could have been better communicated to us.
accommodation	Students have to look for their own accommodation, but there is enough to find. I would recommend to already rent something a couple months before departure. Some colleagues had trouble finding good accommodation while being in Lisbon.



leisure & culture
Most of the courses are seminars. This means that you only have 8 classes and then an exam. As a consequence you have a lot of free time. This is really nice to explore Lisbon and places around it. There is enough culture to visit.
suggestions/tips
-

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
I would definitely recommend this university and destination abroad to other people. The university has a nice sphere and a different way of teaching. Instead of teaching the law, they focus on differences between different law systems and this will give you new perspectives on your own law. The guidance from the international office is also really good.
do you have any additional advice or comments?
No.

<b>PREPARATION</b>
exchange application process
The application process was pretty clear to me. The UU has all the information online and it's divided in clear steps that show when what has to be done and what is relevant. I didn't have any issues with this, I just followed the instructions online.
counselling & support at Utrecht University
Great! Whenever something was unclear, I could email the International Office of the UU and I always got a clear and quick response.
academic preparation
None needed from my side.
language preparation
The language of my exchange would be English. My English was already of a high level. I had to do an online test to make sure my level of English would be high enough, which I passed.
finances
I made sure to choose a country which would be cheaper than the Netherlands, so I didn't have to save or borrow a lot of money. I saved up around 1500€, which was enough to do all my extra trips and expenses during the exchange.

<b>STUDY ABROAD PERIOD</b>
study programme (content and organisational issues)
Law at Católica. Please keep in mind that the courses listed on the website do not correlate to the courses that are actually offered during the semester of your exchange. The list on the Católica website is nice to get a general idea, but keep in mind that some of the courses will not be offered, other courses will not be listed online and courses that have an English title may still be taught in Portuguese only. The contact person of



<p>Católica will send a list of available courses before the start of the semester and this should be the leading document for you. Organisation in general is of a lower level than at the UU, but the contact person we had (Lucie) was incredibly helpful and very quick to respond. Whenever there was an issue with organisation, you can always email her and she will go above and beyond to make sure it is solved and everything is clear to you.</p>
<p>academic quality of education activities</p>
<p>The academic quality was not bad, but definitely lower than at the UU. The expectations for exams were not communicated very clearly and were very much dependent on whatever the teacher of that specific class preferred. The questions and expectations were comparable to what is expected of first year UU law students.</p>
<p>counselling &amp; support at receiving university abroad</p>
<p>We had one contact person who was assigned for all international law students, which was Lucie Calleja. She was incredibly thoughtful and helpful. She was there during the first few introductions and could always be reached by email. She always responds quickly and makes sure that your problem is fixed. You can also visit here at her office in the Law Building, which will be shown to you during the introduction.</p>
<p>transfer of credits</p>
<p>Not done yet, so is still unclear to me. I heard from previous years that this wasn't much of an issue, so I'm not expecting this to be an issue.</p>

## STUDENT LIFE

<p>welcome &amp; orientation programme</p>
<p>The dates of the introduction were very unclear and kept changing during the weeks leading up to the exchange (this sort of unclarity is typical of Portugal, so you should prepare for this). The introduction itself was nice, but not too long. It was one afternoon about the university, the courses, the buildings, etcetera. Everything was shown there and some university materials (pens, notebooks, etc.) were handed out. We were shown around the campus and then there were some drinks.</p>
<p>accommodation</p>
<p>I found a room through Uniplaces, which was fine. Keep in mind that as foreign student you will be dependent on services such as Uniplaces and will thus pay a bit more than Portuguese students (who also mostly live at home). I also heard some people who found a room through Facebook (through groups for Erasmus students). You can also try to find a room through Portuguese websites, but then you will have to visit the rooms, talk to the landlord, etcetera. I opted to not do this because I didn't speak any Portuguese and it seemed too much work. If you do this, it's best to find a Portuguese person to help you navigate it all.</p>
<p>leisure &amp; culture</p>
<p>I really loved Lisbon and Portugal. I definitely slowed down a bit in my lifestyle, as everything goes a bit slower here (also with less rules ;). The outside season also starts earlier than in the Netherlands, which was great. I really enjoyed my time here and I spent a lot of time relaxing in parks/beaches/outside areas and I visited a lot of other places in the country.</p>
<p>suggestions/tips</p>
<ul style="list-style-type: none"> <li>- Make sure to get the personal metro card ASAP, as it saves a lot of money monthly.</li> <li>- In June (I think), a new type of public transport subscription is available, which is one for the entire metropolitan area of Lisbon, which also includes the train to the beaches. Choose this one in the summer!</li> <li>- Pay attention to the sidewalks, as there is a lot of dog poop everywhere.</li> <li>- Mentally prepare yourself that everything works less optimally than at home and the rules don't apply as strictly here (in terms of traffic, waiting lines, etc.). This is a bit of an adjustment but I got used to this within the first month.</li> <li>- Keep an eye on cheap flight tickets to places such as Morocco or the Azores, which are pretty close to</li> </ul>



Portugal!

- In the summer the Outjazz festival starts, which is free and is from 4PM-9PM every Sunday in different parks. It's amazing and visited by the locals as well.

### CONCLUSIONS

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

Yes! I had a great time and the city and the country are really beautiful. I made some great friends here. I would say that the academic level is below that of the Netherlands, but the university is still a good university.

do you have any additional advice or comments?

No.

### PREPARATION

exchange application process

Everything is really clear on the website and during the information day with the presentation. But you have to start early on the deadlines because it takes a lot of time to fix everything. University's abroad are not responding as fast as the dutch university's do-

counselling & support at Utrecht University

Studiepunt is really helpful with all kinds of questions and they respond really fast on email.

academic preparation

I didn't know what to expect but I was really lucky that I could change from the law faculty to the political science faculty at the catolica university in Portugal. The university is really clear and has a introductionweek so after this it was clear what to expect for the coming months.

language preparation

The english test was enough and the teachers were really good english speaking.

finances

I rented out my own room and I took the maximum money of the government. I also had a large savings account.

### STUDY ABROAD PERIOD

study programme (content and organisational issues)

Catolica is a really formal, organisatoric and clear university with really good teachers and interesting courses. Deadlines are clear and the courses are not to hard or to easy. The coordinator response really fast and is really helpful.

academic quality of education activities

Same as above

counselling & support at receiving university abroad

Portuguese people in general are really helpful, so the same situation took place at the university.

transfer of credits



I have to wait for one more grade but for the rest I already have all my grades received on email or at the Moodle page.

<b>STUDENT LIFE</b>	
welcome & orientation programme	
	The law faculty had a big introduction week. IEP not, but I could join the law introduction week which was really nice-
accommodation	
	I had my room of uniplaces and that worked really well and easy for me-
leisure & culture	
	Lisboa is the best city I have ever been. The atmosphere is really chill and the people are helpful and kind. Everything goes really slow but after a while that is no problem anymore.
suggestions/tips	
	If you like to party and be in the centre, find a place in bairro alto.

<b>CONCLUSIONS</b>	
would you recommend this university/destination abroad to others? please explain	
	I really recommend the city and the university, everything worked perfect for me and I regret going home.
do you have any additional advice or comments?	
	As I told earlier, start early with fixing everything and know that everything goes really slowly here.

<b>PREPARATION</b>	
exchange application process	
	For the application process all of the students needed to write a motivational letter and to hand in a financial plan. Before you write the motivational letter there is the possibility to attend a presentation on how you should write the letter and they will tell you about the do's and don'ts. After you have finished your application I had to wait for about 1.5 months before they told me whether or not I was selected to go to Lisbon. After I got the e-mail from the International Office saying that I was selected to go to Lisbon, I started receiving e-mails from the University in Lisbon, with further instructions.
counselling & support at Utrecht University	
	The counselling & support at Utrecht University was wonderful. Especially regarding the learning agreement. Since the Universidade Catolica Portuguesa was closed for summer earlier than the international relations executive officer told us, my learning agreement would not be signed in time (before the deadline). The international office at Utrecht University told me what to do, and even when the responsible person at the exchange university didn't sign the right (already signed by the international office at utrecht University) learning agreement, the international office made sure that it was fixed in less than a day. The International Office at Utrecht University always responded to my e-mails in less than a day, and that makes you feel more confident about your stay abroad.



academic preparation
There was no academic preparation required for the courses I was going to take. The Transnational Law Curriculum consists of introductory courses, so you only need a basic level of knowledge of the Law and the European/International system of law, but you have already acquired this knowledge during your study, so no special academic preparation is needed.
language preparation
Regarding the language preparation, I honestly didn't prepare much. Since all of my courses would be in English, it wasn't necessary for me to learn Portuguese. I did buy a Portuguese dictionary and downloaded Duolingo but that was about it.
finances
Before my study abroad I had a savings account especially for my time in Lisbon. I also got the so called OV vergoeding and the Erasmus grant. If you don't go on trips, if you just stay in almost every night and never go out and have dinner somewhere, Lisbon is really not that expensive. But it should be noted that your stay abroad, if you really want to enjoy it, is just quite expensive.

<b>STUDY ABROAD PERIOD</b>
study programme (content and organisational issues)
So at Catolica I took courses from the Transnational Law Curriculum (TLC). It was very easy to enroll in the program. What I really liked about this program is the fact that the subjects are taught by teachers from all over the world. Every teacher has his/her own way of teaching. Some of the courses are of course more interesting than others, but that also depends on your own interests. The good thing about this program for me was that I could have a taste of fields of law I would have never encountered, if I hadn't studied abroad. It helped me figuring out what field of law I am really interested in and in what field I am not interested at all. The TLC teachers expect you to attend and to participate in the courses. They have courses that are every day for two weeks (this is called an intensive course), and they have courses once a week for about a month or more. Whether or not you are going to have intensive courses depends on the subject and the teacher. The only organisational issue that I had with the TLC program is that since teachers for themselves can decide what type of examination they are going to give the students, the exam dates are not really clear at the beginning of the course and especially the way you will be examined is not clear. Sometimes the teachers just consult the students about which date and which type of examination fits best. That makes it sometimes hard to plan other activities/trips during your stay abroad.
academic quality of education activities
Although I expected a lower academic quality of the courses in Lisbon, since I heard from other exchange students that the level of education was mostly lower at their Universities abroad, this was not the case with Catolica. The professors are quite interesting and the courses can be challenging sometimes. The quality of education can be compared to the level of Utrecht University, although one must keep in mind that since the courses don't take the same amount of time as in Utrecht, the materials are discussed less elaborate.
counselling & support at receiving university abroad
During the summer holiday, about a month before I was about to leave for my study abroad Catolica got a new International Executive Relations Officer. So this meant that the person I had been in touch with all the time, would be replaced. But since we needed the new International Executive Relations Officer to sign our Learning Agreement, I needed to wait until they told me who this was going to be. Luckily the Vice Dean contacted us and whenever we had a question we could contact him. The counselling and support of Catolica is really good. The new International Executive Relations Officer (after finally being introduced) is really wonderful. She always replies within a few hours (except for the weekends of course) and you can contact her for everything.



transfer of credits

I cannot fill in this blank, since I don't have all my grades yet and I don't know anything about the transfer of my credits yet. But I am sure it will be fine. The only thing that I can tell is that in Lisbon you get grades from 1 till 20. If you score a 10 or higher you have passed the exam.

**STUDENT LIFE**

welcome & orientation programme

The orientation programme of Catolica was very effective. The orientation programme we got, was only for the exchange students that studied law. There was a welcoming day at the Univeristy, only for the exchange students, we went to an Adventure park with all the exchange students and all freshmen law students of Catolica. Furthermore, we had an informal meeting at the bar of the Economics Building, with the Dean and the Vice Dean with all the exchange students. The student organization had also organised a surf day for the exchange students only. All these activities allowed us exchange students to really get to know eachother.

accommodation

I started looking for a room quite late to be honest. But in the middle of July, there suddenly appeared a house on Uniplaces I hadn't seen before and that is the in which I booked a room. If you start looking for a room quite early, there are still some cheap rooms in very central locations. In the end my room was situated quite central too, only it was quite expensive. The prices in Lisbon are comparable with the prices in Utrecht, even more expensive sometimes. Lisbon is a very upcoming city and many international students are looking for a room, so that is why they can ask a high price. You should however pay attention to reviews saying something about bed bugs, because many people I met did have them, and that is just horrible!

leisure & culture

suggestions/tips

Buy an Erasmus (ELL) card and an ESN card. With those cards you can join their activities and you have free entry to the clubs on specific days of the week. Furthermore with ESN you get discounts on Ryanair flights and a free suitcase to check in, so it is really worth the purchase. Also travel around! You have enough free time to explore the city and other places in Portugal and even Europe.

**CONCLUSIONS**

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

For sure! I really love my stay abroad. I do have to admit that in the beginning I had trouble adjusting a bit, since my courses only started the 26<sup>th</sup> of September, and everybody around me had already started with their courses. But when my courses finally did start I spend amazing weeks in an amazing city. During the first weeks in Lisbon I got an e-mail from Erasmus saying that they were sure I was going to fall in love with the city. I wasn't so sure about that at first, but I did. Lisbon is an amazing city, there are lots of activities for exchange students and everybody speak English so well, you will feel at home very fast. I can also recommend the university. Exchange students are a high priority and for Portugese ways of organizing things, the university is organised quite well.

do you have any additional advice or comments?

Discover Lisbon as much as you can, it will be worth it!



## PREPARATION

### exchange application process

I spent a lot of time looking for the right destination for me. Because I wanted to study international law courses, Católica was the best option for me. After I chose my destination I had to write an application letter, that didn't cost me too much time. When I got selected to go to Lisbon I had to do quite a lot of things, like choosing my courses, apply at the university in Lisbon, search for a room, apply for the Erasmus+ grant and the public transportation compensation I got from DUO.

### counselling & support at Utrecht University

The International Office and the UU were really helpful whenever I did not know what to do. For example, I had some trouble with choosing my courses, because some of the courses I wanted to take in Lisbon overlapped with the ones I had in Utrecht. I sent an e-mail to the Examencommissie and they helped me out.

### academic preparation

I didn't do any academic preparation.

### language preparation

I didn't do any language preparation, because I knew all my courses were given in English. I didn't need to learn Portuguese.

### finances

I did not really save money, because I expected my living costs to be lower than in the Netherlands. This turned out to be not true, because my rent was as high as in the Netherlands and also in general, Lisbon is not that much cheaper. Because I did a lot of activities and trip, I spent much more money than I expected. I can really recommend to save some money to make the best out of your semester and to be able to make trips and see more of Portugal!

## STUDY ABROAD PERIOD

### study programme (content and organisational issues)

I took part in the Transnational Law Curriculum. This is an international law program with a lot of courses you can choose from. Because every course was only 3 or 4 ECTS, I took 8 courses:

- Human Rights
- Global Governance
- European Company Law
- Climate Change Law
- Federalism and the EU
- International Investment Arbitration
- International Law of the Sea
- Anglo-American Law

Because I already took Public International Law and European Law in Utrecht, I couldn't choose every course I wanted because of overlap. Make sure the courses you want to take don't overlap before you apply for the courses!

### academic quality of education activities

Because most of the courses were intensive courses that last for about two weeks, my schedule was very irregular. Some days I spent a lot of time at the university, and sometimes I had one week off. I don't think the level of education is really high, you just have to spend a lot of time at the university and studying for your



exams or writing final essays.
counselling & support at receiving university abroad
I found the International Relations office really kind and helpful. They reply very fast and really want to help you if you have any trouble.
transfer of credits
I don't know yet

<b>STUDENT LIFE</b>
welcome & orientation programme
The university organised three welcome days for the law students. On the first day we got welcomed by the dean and international relations coordinator Lucie. On the second day we went to an adventure park and the third day we went surfing. We could also participate in a few activities organised by Erasmus Student Network. It was a nice way to get to know all the other exchange students. Next to this I also went to a few activities organised by Erasmus Life Lisboa. They have a lot of nice diners, walking tours, parties etc. where you can get to know people easily!
accommodation
Most important advice: start searching for a room early! It is not that easy and cheap to find a room in Lisbon anymore. A lot of international students are looking for rooms each semester and the prices are getting higher. I would recommend booking your room before you arrive in Lisbon. I got my room at Uniplaces.com, and my experience is that it works really fast and easy, way easier than finding a room while in Lisbon. I paid around 425 euros per month, which was kind of cheap compared to the people I knew. Also, check in which area you want to live. I lived in the city center, so I could walk almost everywhere. If you can't find a room in the center, make sure you live near a metro station!
leisure & culture
Lisbon is an amazing city with lots of things to do. Because of the nice weather you can go to the beach in september and october. There are a lot of nice bars and terraces in the city. It is also a really nice place to go out. Erasmus students meet at the Erasmus Corner in Bairro Alto. There are a lot of big clubs as well. Portugal has a lot of nice places to discover. I went to Sintra, the Algarve, the Azores and Porto, I can really recommend them all!
suggestions/tips
<ul style="list-style-type: none"> <li>- Go to the beach at Costa Caparica</li> <li>- Breakfast/lunch at Amélia, Nicolau or TEASE</li> <li>- Erasmus Corner to start your night out</li> <li>- Rooftopbars: Park, The Garden, Lost Inn</li> <li>- Go to Sintra, the Azores and the Algarve</li> <li>- Nice restaurants: Caso Sérió, Josephine, Cultura do Hamburguer, Vincente, Ponto Final</li> </ul>

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
I would surely recommend to go to Católica in Lisbon. I think Lisbon is one of the best cities to do your Erasmus because of the weather, the beach and all of the nice things to do in the city. Next to this the city is not too expensive, so it is possible to see more of Portugal.



do you have any additional advice or comments?

If you're in doubt, just go for Lisbon, it won't disappoint you!

## PREPARATION

exchange application process

First I thought the whole exchange application process was complicated and I didn't really know where to start, but when I started I kind of 'rolled into it'. Eventually, it was all clear what to do and it was not that complicated.

counselling & support at Utrecht University

The counselling and support at Utrecht University was good. During the preparation they would help you with questions and they made it all very clear how to prepare your exchange period. It was easy to reach them by e-mail or telephone and also when the International Office was at 'Studiepunt Rechten', all questions got answered easily.

academic preparation

Nothing, I think all subjects given at Católica don't really need academic preparation.

language preparation

Nothing, you don't have to speak English perfectly. You'll be better with the English language during your exchange time because you can only "survive" by talking English.

finances

I saved some money, Erasmus+ grant, parents and a loaning of DUO.

## STUDY ABROAD PERIOD

study programme (content and organisational issues)

The study programme was all right. You could choose between different subjects and I think all subjects were pretty different. This was nice, especially if you were interested in specific subjects or had no interest in other subjects. The content of the subjects were good, sometimes a little bit shallow but generally you could learn a lot of your chosen subjects.

academic quality of education activities

The subjects were not that difficult in my opinion and sometimes it was hard to pay attention to some subjects because sometimes it was just not that interesting and you knew in your head that you can pass the subject, even though not paying all attention during the lessons. So the academic quality of education activities were not that high, but still because everything is in English it sometimes makes it a little bit harder.

counselling & support at receiving university abroad

This was great. There was an 'International Relations Executive Coordinator', this person always helped you when there was a problem and she replied to questions very fast.

transfer of credits

I think this goes automatically, it probably won't be uneasy to fix the transfer of credits. Everything is very clear about this and you get e-mails with explaining this.

## STUDENT LIFE



welcome & orientation programme
The welcome programme was nice, ESN and some other organisations organised a lot of trips during the first weeks. Also the University itself planned some things, for example there was a welcome drink on the balcony of the University and they also planned a trip somewhere outside of the city. This was all for free, so that was really good in my opinion.
accommodation
An accommodation was very easy to find. During a presentation about exchange from the UU they gave us the website of Uniplaces. On this website searching and finding an apartment was easy and fast.
leisure & culture
Surfing, beautiful buildings and churches, nice restaurants and bars, beaches are close
suggestions/tips
Don't hold back during your exchange period. Do all the things you would like to do. Besides your study abroad, this time is to do things you maybe won't normally do in your home country. You will make a lot of international friends. I think this is a time you'll never forget, so make the best of it.

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
Yes, definitely. Lisbon is a perfect city to do your exchange. This city offers everything you'll need. There are so many possibilities. The city has shops, nice restaurants, good bars etc. But the thing I liked the most, was the possibility to go to the beach so easily, I was almost every weekend at the beach. Also, in the weekend you can make nice trips around Portugal by car, train, bus or plane. The university is also nice and very welcoming for exchange students.
do you have any additional advice or comments?
Lisbon is great, besides Lisbon there are good possibilities to see more of Portugal.



<b>PREPARATION</b>
exchange application process
Everything was reasonably clear and I got to go to my destination of choice, so everything worked out great.
counselling & support at Utrecht University
I did not really require any additional support, communications in general were fine.
academic preparation
I finished all my Bachelor requirements in my third year, so I was able to just attend courses that I felt were a nice addition to what I had already done in Utrecht. An average UU student will have no problems passing the courses if they attend class.
language preparation
All my courses were in English, so I did not have to do any language preparation besides doing an online English test.
finances
I was able to get by fine with my student loans and Erasmus grant. Housing in Lisbon is not exactly cheap, but also not that much more expensive than Utrecht. Besides rent, pretty much everything is cheaper than in the Netherlands.

<b>STUDY ABROAD PERIOD</b>
study programme (content and organisational issues)
Pretty diverse set of courses in English, taught by international professors, called the Transnational Law Curriculum. Some are approximately once every week, others are every consecutive day for like 8 days. Classes are longer than in the Netherlands, about three hours. You are free to pick any of the courses available, so you don't necessarily have to take them all.
academic quality of education activities
Academic quality is good, albeit a bit basic sometimes, which is to be expected when the students come from different backgrounds and have not all received the same education. Professors are in general very knowledgeable.
counselling & support at receiving university abroad
Very helpful and quick to respond.
transfer of credits
Grades are on a scale from 1-20, with 10 being enough to pass. Most courses award 4 ECTS. Taking all TLC courses will get you well over the basic 30 credits you would receive by taking 4 courses per semester in the Netherlands.

<b>STUDENT LIFE</b>
welcome & orientation programme
Very nice welcome & orientation programme with plenty of fun activities: surfing, ziplining, scavenger hunt. Good way to get to know your fellow exchange students right from the start.
accommodation
I was quite late with finding a room, because the university recommended getting a room after arriving. Would not recommend this, get a room well in advance. Everything worked out in the end, but it's better to avoid the



stress. Look for a good location in one of the central neighborhoods, such as Marques de Pombal or Bairro Alto, preferably student housing.

leisure & culture

Plenty of nice bars, restaurants, museums, clubs, beaches, whatever it is you like. The city itself is also very beautiful, especially in summer! Definitely try some surfing lessons.

suggestions/tips

Rooftop bars, riverside clubs and restaurants, beaches of Cascais/Estoril, local food! Be sure to leave Lisbon a few times to visit places like Porto, the Algarve, Coimbra, Sintra, or the Azores.

## CONCLUSIONS

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

Absolutely. Lisbon is amazing and you're sure to meet lots of great people to have an incredible time with.

do you have any additional advice or comments?

## PREPARATION

exchange application process

The exchange application process seems quite complicated in the beginning. Make sure you start early enough and mark all the deadlines, then you'll be fine.

counselling & support at Utrecht University

The 'studieadviseur' can help you with any questions, you can just walk in or schedule in a personal appointment.

academic preparation

I did not have to prepare any specific things.

language preparation

When you are a student coming from Utrecht University there was no language proficiency you had to show.

finances

Make sure you think about your financial plan. The Erasmus scholarship you get while you are already abroad, and while you are already back. That is good to know. Overall life in Portugal is cheaper than in the Netherlands, but you will also want to do many fun things, go on trips etc. Also the average rent prices have risen the last year, so keep that in mind.

## STUDY ABROAD PERIOD

study programme (content and organisational issues)

The study programme was very European and international orientated. So you won't get to know much about Portuguese law. If these fields interests you, this might be for you.

academic quality of education activities

I think all the professors were very good at their subject and all had an impressive background. The teaching style and way of examination was very different from subject to subject and teacher to teacher.



counselling & support at receiving university abroad

We had a coördinator at Católica, Lucie. You could always ask her anything or send her emails if you had questions. Also I found the university was very flexible when it comes to enrolling in classes en switching between classes. Last minute changes were possible, this was very nice.

transfer of credits

The transfer of credits was smooth, the abroad University took care of it.

**STUDENT LIFE**

welcome & orientation programme

Erasmus is very well presented in Lisbon. There are two organizations that host activities every single day (ESN & ELL) This way you can meet your fellow international students and you can do fun activities. For every month they have a program. The University also hosted an orientation programme during the first week. It was very much up to yourself whether or not you participated, but it was all fun. I really recommend the surfinglessons.

accommodation

You have to take care of your own accomodation. The earlier you take care of it, the better in my opinion. You can use sites liked Uniplaces to find something. It's nice to stay somewhere close to a metrostation so you can move through the city quickly and smoothly. There are also buses, but they often don't drive on time and they are less reliable.

leisure & culture

Lisbon is full of life and has everything to offer: good food places, rooftopbars, many international students, a buzzing night life, and the beach around the corner. It is a beautiful city wih amazing weather (we could go to the beach untill October) and I was very happy with my choice for Lisbon.

suggestions/tips

**CONCLUSIONS**

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

I would recommend this University to other students and most of all Lisbon to go and study and experience this amazing city as a local.

do you have any additional advice or comments?

**PREPARATION**

exchange application process

The application for my exchange was not difficult at all. All steps are set out very clear by the university and we had a presentation with the necessary information. There are however a few steps which you have to complete, make sure you do this in a organized manner so you don't miss anything.

counselling & support at Utrecht University

The exchange office is available for any questions you may have and will help you fast.



academic preparation
I didn't need any special preparation, just that you follow the bachelor of law. It is nice to have a good level of English when you go abroad.
language preparation
We did not really have any language preparation but a normal level of English was enough to handle everything.
finances
I have a student loan and the Erasmus grant which is enough to have a good time abroad.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	The study programme was really nice with a lot of options. The content was at the same level I was used to in Utrecht so no big surprises. The organisation was a little chaotic sometimes as Portugal is a southern country where everybody is always late and relaxed. But I got used to that very quickly.
academic quality of education activities	The academic quality was really good as the lecturers where from all over the world with a good understanding their field.
counselling & support at receiving university abroad	The support at the receiving university was good. There is a person who handles the exchange student business and she was always at the university or reachable via email.
transfer of credits	The transfer of credits is fine but takes a little bit because I had to wait for my last course to be graded.

<b>STUDENT LIFE</b>	
welcome & orientation programme	The welcome programme was very good and extensive. I met all of the exchange students through the programme. The activities were fun like surfing and a diner.
accommodation	I booked my room through Uniplaces which was in a apartment with only erasmus students. You have to pay a fee to book through Uniplaces but it is worth it!
leisure & culture	Lisbon is an amazing city to be in, the weather was nice so I went to the beach a lot. The food and wine is great and very affordable. There are a lot of things to see and visit and the nightlife is really good.
suggestions/tips	Check out when the musea have free entry which are a lot. Avoid ATM machines and only use multibanco to take money. Make sure to go to as many rooftop bars as you can as there are a lot of great ones.

<b>CONCLUSIONS</b>	
would you recommend this university/destination abroad to others? please explain	I had the best exchange I could ever imagine in Lisbon. I made friends from so many different countries and enjoyed every day to the fullest. The university is also nice and helps you out with a lot.



do you have any additional advice or comments?

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