



ERASMUS+ STUDIES - UU Report

Every student receiving an Erasmus+ STUDIES grant has to submit a UU report as well. Writing the UU report is one of the university's conditions to receive and keep the grant. Only after submitting this report your Erasmus+ grant will be awarded definitively.

Your report will be **published** (anonymously!) on the [UU study abroad destinations webpage](#) to inform UU students preparing an exchange or research period abroad. Not all of them are Dutch-speaking, therefore we prefer to receive reports **written in English**.

faculty/college	Science
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Business Informatics

destination city & country	Lisbon, Portugal ,
how did you travel to your destination?	Airplane
name university abroad	Instituto Superior Técnico Lisboa
start date	12 / 09 / 2022 (dd/mm/yyyy)
end date	10 / 02 / 2023 (dd/mm/yyyy)

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

PREPARATION
exchange application process
As an Erasmus student from Utrecht University, I was eager to begin my exchange at the Instituto Superior Tecnico in Lisbon. The application process for the exchange program was relatively simple. I applied for the exchange program in the 3rd round of applications. The available destinations for my field of computer science included a few cities in Germany and Lisbon. After carefully considering my options, I ultimately chose Lisbon and got the spot. I sent my transcripts, a motivation letter, and a few other documents to the international office at



Utrecht University. The procedure was well-organised, and I received prompt feedback from the university regarding the status of my application. Overall, I felt well prepared for my exchange and excited to begin my studies at the Instituto Superior Tecnico.

counselling & support at Utrecht University

I spoke with a study advisor at Utrecht University before applying for my exchange program. This meeting was extremely beneficial because the advisor shared valuable information about the various exchange destinations, academic programs, and the application process. We also discussed my academic and personal goals, which helped us determine the best time for me to travel abroad. The advisor was extremely encouraging and made certain that I was comfortable with my decision. Their assistance and advice were critical in ensuring that I had a smooth and successful exchange experience. I am grateful for the advice and support I received from Utrecht University and would strongly recommend it to other students thinking about participating in an exchange program.

academic preparation

I focused on my academic preparation as I prepared for my exchange at Instituto Superior Tecnico in Lisbon. This entailed researching the courses available at the university and ensuring that they aligned with my academic objectives. I also sought advice and assistance from my professors at Utrecht University during this process. In addition, I went over the language requirements for my coursework in Lisbon and made a point of brushing up on my Portuguese before leaving. I was determined to make the most of my exchange experience in Lisbon and to excel academically. I was able to hit the ground running and make the most of my exchange by thoroughly preparing for it.

language preparation

I focused on language preparation as part of my preparation for my exchange at Instituto Superior Tecnico in Lisbon. I was required to take an English language proficiency test before leaving for my exchange to demonstrate my ability to study in an English-speaking academic environment. Despite the fact that Portuguese was the official language in Lisbon, I was relieved to learn that all of my Masters coursework at Instituto Superior Tecnico would be in English. As a result, I did not need to learn Portuguese prior to my exchange, but I did make a point of familiarising myself with some basic phrases to help me navigate my day-to-day life in Lisbon.

finances

My exchange at Instituto Superior Tecnico in Lisbon also included financial planning. I budgeted for my expenses, which included tuition, housing, transportation, and daily living expenses. I also looked into scholarships and funding options to help offset the cost of my exchange. In addition, I contacted my bank to ensure that I had a reliable and secure method of accessing my funds while abroad. I also purchased travel insurance to protect myself in the event of any unexpected events during my exchange. By carefully planning my finances, I was able to ensure that I had enough resources to make the most of my exchange experience in Lisbon.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

During my exchange at Instituto Superior Tecnico in Lisbon, I continued my computer science studies. The program included courses in programming, algorithms, databases, and software engineering. The high level of academic rigor and the quality of instruction at Instituto Superior Tecnico impressed me. The courses were designed to challenge and engage students and were taught by experienced professors. I had the opportunity to work on group projects, attend guest lectures, and participate in various workshops and seminars in addition to attending lectures and participating in class discussions. These hands-on experiences assisted me in applying classroom knowledge to real-world problems and in developing my technical skills. The curriculum was well-



structured and provided me with a solid foundation in computer science on which I could build throughout my exchange. I was also impressed by the staff and faculty at Instituto Superior Tecnico, who were always available to help me navigate any difficulties I encountered during my studies. Overall, my Computer Science study program at Instituto Superior Tecnico was a valuable and enriching experience that helped me grow as a student and a professional.

academic quality of education activities

I was impressed by the high academic quality of the education activities at Instituto Superior Tecnico in Lisbon during my exchange. The emphasis on group projects in every course was a key feature of the computer science program. These group projects allowed me to collaborate with students from all over the world and hone my teamwork and communication skills. The projects also allowed me to apply classroom knowledge to real-world problems and improve my technical skills. These projects allowed me to gain a better understanding of the course material and see how it could be applied in real-world situations.

counselling & support at receiving university abroad

The Erasmus coordinator at Instituto Superior Tecnico in Lisbon provided exceptional support and counselling. The coordinator was available to answer any questions I had and assist me in adjusting to my new surroundings from the moment I arrived. The coordinator was extremely knowledgeable about the resources and opportunities available to exchange students, and she was always prompt in responding to any questions I had. The coordinator was always available and eager to help, whether it was navigating the campus, connecting me with other exchange students, or assisting me with course registration.

transfer of credits

The transfer of credits from Instituto Superior Tecnico in Lisbon to Utrecht University went smoothly thanks to the hard work of both universities' examination boards. During my exchange, I filed a case with Utrecht University's boards of examiners to ensure that all of my courses were recognized and credited toward my degree program. The examiner boards were very responsive and recognized all of my courses at Instituto Superior Tecnico.

STUDENT LIFE

welcome & orientation programme

The welcome and orientation week at Instituto Superior Tecnico in Lisbon was a valuable and enjoyable experience that helped me to settle into my new surroundings. Upon arrival, I was greeted by a team of student volunteers who provided me with a warm welcome and showed me around the campus. They introduced me to other exchange students and helped me to get oriented to the city and to the Portuguese culture.

During the orientation week, I attended a series of informational sessions and workshops that covered important topics such as academic advising, course registration, and campus resources. These sessions gave me a clear understanding of what to expect during my exchange and how to make the most of my time in Lisbon.

In addition to the formal orientation activities, the welcome and orientation week also provided me with a great opportunity to meet other students and to make new friends. Through a variety of social events, I was able to connect with students from around the world and to explore the city together. These experiences helped me to feel more at home and to feel more confident in my new environment.

Overall, the welcome and orientation week at Instituto Superior Tecnico was an excellent introduction to my exchange experience. The support and guidance provided by the student volunteers and the university staff helped me to feel more comfortable and confident, and I am grateful for the opportunity to participate in this important part of the exchange process.



accommodation

Finding a place to live in Lisbon was a major concern for me prior to my exchange, but with the help of the website Spotahome, I was able to secure a comfortable and affordable room. Spotahome is a platform that specialises in providing rental accommodations to students and young professionals in cities all over the world, and I found it to be an excellent resource for my needs.

The website provided a variety of options, including shared apartments, private rooms, and studios. I could look through the available listings, read detailed descriptions and photos, and even book my room online.

leisure & culture

My exchange in Lisbon was not just about academic studies, but also about experiencing the local culture and enjoying my leisure time. The city of Lisbon is known for its rich history, vibrant culture, and beautiful scenery, and I was eager to explore as much of it as I could during my stay.

One of the best ways to get involved in the local community and to meet other students was by joining the ESN Lisbon and Erasmus Life Lisbon organisations. These organisations are designed specifically for exchange students and provide a range of activities and events, including city tours, cultural trips, sports activities, and parties.

By participating in the events organised by ESN Lisbon and Erasmus Life Lisbon, I was able to experience the best of what Lisbon has to offer, from visiting its famous landmarks, such as the Belem Tower and the Castle of São Jorge, to experiencing its famous nightlife and traditional cuisine. These organisations also provided me with the opportunity to make new friends and to connect with students from around the world, which was a valuable and enriching experience.

In addition to the events organised by ESN and Erasmus Life, I also had the chance to explore Lisbon on my own and to discover new and exciting places to visit. The city is well-connected by public transportation, and I was able to easily travel around and visit the nearby beaches and other attractions.

suggestions/tips

Prepare ahead of time: Research the city and university in advance, and make sure you are familiar with the local customs and culture. This will help you to feel more at ease when you arrive, and will make your transition to life in a new country much smoother.

Get involved: Join local student organisations, such as ESN and Erasmus Life, to meet other students and to participate in a range of cultural and leisure activities. This is a great way to experience the local culture and to make new friends.

Be open-minded: An exchange is a unique opportunity to experience new things and to learn from different cultures. Be open to new experiences and be willing to step outside of your comfort zone.

Be organised: Make sure you have all the necessary documents and paperwork in order before you leave, and keep track of your finances to ensure you stay within your budget.

Stay in touch: Keep in touch with friends and family back home, but also make an effort to stay connected with the new friends you make during your exchange. These connections can be valuable and long-lasting.



Enjoy the experience: Most importantly, enjoy your exchange! This is a once-in-a-lifetime opportunity to experience a new culture and to make memories that will last a lifetime.

CONCLUSIONS

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

Yes, I would strongly recommend the Instituto Superior Tecnico in Lisbon to exchange students. The academic quality of education was excellent, with courses that were both challenging and engaging. The Erasmus coordinator's assistance was always very helpful and responsive, and the university provided a welcoming and supportive environment for students.

Lisbon is a beautiful and vibrant city with a wide range of leisure and cultural activities. Local student organisations, such as ESN and Erasmus Life, were excellent places to meet other students and learn about the local culture.

In conclusion, my exchange experience at Instituto Superior Tecnico in Lisbon was incredibly positive, and I would highly recommend it to anyone looking for an enriching academic and cultural experience abroad.

do you have any additional advice or comments?

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

faculty/college	Chemistry
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Chemical Engineering

destination city & country	Lisbon, Portugal
how did you travel to your destination?	Plane
name university abroad	Instituto Superior Tecnico
start date	12 / 09 / 2022 (dd/mm/yyyy)
end date	03 / 02 / 2023 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	The application process for the exchange program at Instituto Superior Tecnico was somewhat challenging for me. I applied to the program before the official agreement was completely established, and as a result, there were some complications with my application. However, the staff at Tecnico was incredibly helpful and supportive throughout the process, and they worked tirelessly to ensure that I was able to participate in the program. Their efforts ultimately paid off, and I was able to secure my place in the program.



counselling & support at Utrecht University

My experience with the counselling process at my home university was somewhat challenging and stressful. While I received guidance and support from my university, there were times when the advice and information provided were not correct, which made the process quite frustrating. I was so overwhelmed and stressed at one point that I almost considered quitting the entire exchange program. I learned that while the counselling process can be helpful, there is also a significant amount of work that you have to do yourself to ensure a successful exchange experience

academic preparation

I did not do any specific academic preparation.

language preparation

I did not do any language preparation, as I followed graduate-level courses in English.

finances

The costs in Portugal closely resemble those I pay as a student in the Netherlands.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I found the study programme at Instituto Superior Tecnico to be very engaging and diverse. There were a wide range of courses offered on various relevant topics, which provided me with a great opportunity to explore different subjects and expand my knowledge base. I particularly enjoyed courses such as Astrobiology, which was taught by an amazing professor, and Machine Learning in Bio-Engineering. The professors were all knowledgeable and passionate about their subject matter, and the coursework was challenging yet rewarding.

academic quality of education activities

The academic quality at Instituto Superior Tecnico was high, and I felt that I learned a lot during my time there. The graduate level courses that I took were primarily project-based, which gave me the opportunity to apply the theoretical concepts that I had learned in a practical setting. While there was a lot of freedom in terms of managing my time, I still had to work quite hard to meet the project deadlines.

counselling & support at receiving university abroad

I found the counselling at Instituto Superior Tecnico to be very helpful and supportive throughout my exchange experience. I was fortunate enough to work with a super nice counsellor who went above and beyond to assist me with any questions or concerns that I had. I also appreciated that my counsellor was not too strict about the rules around which courses in which master degree program I had to obtain. This allowed me to be more flexible and creative in choosing the courses that best fit my interests and academic goals.

transfer of credits

The transfer of credits process at Instituto Superior Tecnico took approximately two months to complete, which I found to be a bit longer than expected. However, once the transcript was sent over, I promptly submitted it to my home university, Utrecht. Unfortunately, the exam committee from the chemistry department at Utrecht has been quite slow in processing my transcript, and as of the end of April, I have not yet transferred my credits properly.

STUDENT LIFE

welcome & orientation programme



The welcome week at Instituto Superior Tecnico was an amazing experience that helped me to settle in and make connections with other exchange students. I participated in a variety of activities, such as a beverage tour at sunset, surfing, and a local dinner. In fact, I met a group of students during the welcome week who stayed with me throughout my entire exchange experience. We had a lot of fun exploring Lisbon and taking weekend trips to other parts of Portugal (even the Azores and Madeira). I even visited some of them after my exchange ended. Overall, the welcome week at Tecnico was a great way to kick off my exchange experience, and I would highly recommend it to anyone who has the opportunity to participate.

accommodation

I was hosted near Marques du Pombal during my exchange at Instituto Superior Tecnico, which was a great central location to be in. However, I noticed that there weren't many other Tecnico students in my area - it seemed to be more popular with students from other universities, especially business schools. One thing that I did notice was that many of my fellow students had problems with mold in their apartments. In fact, I would estimate that at least half of them had this issue. While I didn't experience any mold problems myself, it's definitely something to be aware of when looking for accommodation in Lisbon. If possible, I would recommend seeing the apartment in person before committing to it, or specifically asking the landlord or rental agency about the potential for mold.

leisure & culture

I absolutely loved staying in Lisbon! The city has so much to offer in terms of leisure and entertainment, and I was never bored during my time there. From exploring historic neighbourhoods like Alfama and Belem to relaxing (or surfing!) on the beaches of Cascais and Carcavelos, there was always something new and exciting to do. I also enjoyed trying out the local food and drink, like pastel de nata and port wine, and taking part in cultural events like going to Swan Lake in the theatre building. And of course, there were plenty of opportunities to socialize with other students, both from Tecnico and from other universities.

suggestions/tips

One tip that I would highly recommend to any future exchange students in Lisbon is to get the Navigante card. This is a public transport pass that allows you to travel throughout Lisbon and to nearby beaches for just 30 euros per month. It's an incredible value, especially if you plan on using public transportation frequently during your stay. That said, be prepared for a bit of a struggle when it comes to actually obtaining the card. The process can be a bit confusing, and there may be some language barriers to contend with. However, don't let that deter you - there are plenty of resources available to help you out. You can ask other students for advice, or reach out to the university for assistance. Once you have the card, it's super easy to navigate the city and go on small trips whenever you like.

CONCLUSIONS

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

Overall, I had an absolutely amazing experience at Instituto Superior Técnico in Lisbon. Despite some initial struggles with the application process and the stress of the counselling process from my home university, I found that the academic quality was very high and that I learned a lot during my exchange. The study programme was varied and engaging, and the graduate level courses were particularly rewarding. The counselling provided by Tecnico was also very helpful, and I had a great experience with my counsellor. As for the leisure opportunities in Lisbon, they are plentiful and I never felt bored during my time there. While the accommodation situation can be a bit hit or miss, I enjoyed my location near Marquês de Pombal and found it to be a convenient and central base for exploring the city. All in all, I would definitely recommend Instituto Superior Técnico to anyone considering an exchange programme. In fact, I loved it so much that I might even consider returning for a masters or an internship in the future

do you have any additional advice or comments?



Just go! :)



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permission to publish contact details** <i>See end note for * and **</i>	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
	my e-mail address <input checked="" type="checkbox"/> yes: p.kreft99@gmail.com my weblog my Facebook account other (social) media or
faculty/college	Science
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Nanomaterials Science

destination city & country	Lisbon, Portugal
how did you travel to your destination?	Plane
name university abroad	Insistute superior Técnico
start date	20 / 02 / 2023 (dd/mm/yyyy)
end date	09 / 07 / 2023 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	In portugal, the university works at a differend pace. So, although I had to apply in early 2022 at the UU for an exchange, the unversity in Lisbon only started with the application process in late 2022. For example, the learning agreement was only signed by Técnico very close to the final deadline of requesting the Erasmus grant. However, overall the application process was smooth and I had no major problems. The erasmus office of Técnico was also quick to respond to questions by email.
counselling & support at Utrecht University	



Support from the UU was also always quick and adequate.
academic preparation
The level and required knowledge varried a lot over courses. However, in general, my academic knoweldge I obtained in my bachelor was more than enough to follow the courses here.
language preparation
Most people in Lisbon speak English, and you will not have any problems here without knowing portuguese. At the univerisity all master courses are given in English and there should be no language barrier. However, knowing a little bit of Portuguese does not hurt.
finances
Housing costs have increased a lot over the last few years, getting a room cheaper than 400 euros is rare and a lot of international students pay more than 500. In contrast, groceries, alcohol, public transport and other living expanses are quite cheap compared to the Netherlands.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
My study program was based on physics however, I followed also followed some biological and chemical courses. The organisational structure of the course can be quite messy and unclear. Mulitple courses that I followed were very unclear when deadlines were set, and what is actually expected. However, in the end everything always turned out okay.
academic quality of education activities
The academic quality was noticably lower than in the Netherlands. However, due to the wide variety of courses I picked, I still was able to learn a lot. Look at the course description online to know what you can expect. I would recommend courses with a practical or labratory component.
counselling & support at receiving university abroad
During the limited times I used it, the support has been quick and effective.
transfer of credits

STUDENT LIFE
welcome & orientation programme
The existance of the orientation program was only announced 3 weeks before it started, when I already booked a flight ticket to Lisbon. So, I missed the first days of the orientation program. However, due to the many international students, you could always ask for help or information about something.
accommodation
Accommodation is hard to find and I would suggest starting as early as possible looking online.(november/early december if starting in February). If you are going to Técnico, I recommend to look for a room around the university campus in the areas of Alameda, Saldanha and Campo pequeno, or in areas with metro connection closeby. I found my room from thehousingconcept and I can recommend them. In addition, by law in Portugal rooms should have a window and a rent contract needs to be signed between both parties. If your room does not have that, this can result in nasty situation with your landlord.
leisure & culture



Lisbon is a big city and you can do here almost anything you want. You have the historic centre where you can enjoy the culture, beaches to the west and south sides of Lisbon with many places to surf, Sintra and its beautiful national park, plenty of dancing events and concerts, a whole neighborhood full of little bars and parks in the city to relax and watch views of the city. Almost all streets have some local bakeries and restaurants so nice cheap food is never a problem. If you want to, you can do something everyday. ESN Lisbon and Erasmus Life Lisboa (ELL) both organise many events and parties to enjoy with other international students.

suggestions/tips

Lookout for whatsapp groups. There is almost a group chat for anything that you want to do with hundreds of fellow Erasmus students. Whatever it is going to Tecno parties, surfing or other sports, hiking or playing boardgames, there is likely a group chat for it with like-minded people. Don't be shy, join the group and go to some of the activities that are organised. You can easily meet people that way.

CONCLUSIONS

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

Very much so. Lisbon and Portugal are often overlooked compared to the southern European countries. People might think that Portugal is just like Spain, and although there are a lot of similarities, the people and culture definitely stand on its own. Portugal has delicious food and great weather. Lisbon is a big city but I still regularly meet people I know when walking around. Furthermore, the people here are all super chill and very fun.

do you have any additional advice or comments?

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UU Study Abroad Report Form

Every student going abroad is expected to submit a report, as stated in the conditions of the Exchange application which you agreed to in Osiris. Please send it as an e-mail attachment to verslagen.internationaloffice@uu.nl. State your destination country (e.g. *Costa Rica*) as subject. The deadline to return this report is **March 1st** for 1st semester and **July 1** for 2nd semester students, even if you are still abroad at that time!

Your report will be **published** (anonymously!) on the [UU study abroad destinations webpage](#) to inform UU students preparing an exchange or research period abroad. Not all of them are Dutch-speaking, therefore we prefer to receive reports **written in English**.

Thank you in advance!

faculty/college	Faculty of Science
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's
name study programme	Physics and Astronomy

destination city & country	Lisbon, Portugal
name university abroad	Instituto Superior Técnico
start date	13 / 02 / 2023 (dd/mm/yyyy)
end date	13 / 07 / 2023 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	The application process was pretty simple. Of course there are certain steps to be taken, for the UU and Técnico. But all the information is well described and can be found online. Furthermore, there are in general not a lot of students going to Técnico from UU, meaning that no selection is needed. Be aware that this might change in the further, so make sure you hand in everything on time and hand in the relevant documents in the best way you can.
counselling & support at Utrecht University	



I asked question with email, and in general the support is good. The question are answered in detail within in general in a few days. Furthermore, there is a pre departure meeting where general information is given. There you will probably also meet other students from your faculty, eventually going to the same destination.
academic preparation
The academic preparation was not needed, since I had the right background to be able to follow the courses at Técnico. Note however, that this depends on the courses you have followed at UU and the courses you will take at Técnico.
language preparation
The language in which the courses are taught is English, meaning that no language preparation was needed.
finances
I worked before and during my stay abroad to be able to enjoy the experience more. I would definitely recommend to save some money beforehand. This will make life there easier, and it will give you the opportunity to spend more on trips. My aim was to be able to spend 1600 a month, including all costs. The rent is pretty similar to Utrecht, the groceries as well. However, restaurant that are not touristic are very cheap, as well as drinks in a bar in general.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
I followed courses in Physics, and 2 in Mathematics. These courses at Técnico are of high level, compared to level 3 bachelor courses or even higher. I had no organisational issues.
academic quality of education activities
See previous answer.
counselling & support at receiving university abroad
I asked questions regarding Erasmus via email. They replied in general within 1-2 days.
transfer of credits
Still have to receive the transcript of record from Técnico.

STUDENT LIFE

welcome & orientation programme
The welcome and orientation programme was good. Good in the sense that in was possible to get to know other Erasmus students at the same university, and the general information was given about the university, and the online sites. Furthermore, activities are optional to get to know the city. I would recommend to do these, in order to get to know other students.
accommodation
Accommodations are difficult to find, but not as difficult as in the Netherlands. The prices are similar or even higher then in the Netherlands. Lisbon is going through inflation of rental prizes. I found the accommodation by making phone calls with people who were there before.
leisure & culture
Lisbon offers amazing opportunities for leisure and culture. Lisbon is seen as the surfcapital of Europe, there are some amazing beaches nearby, such as Caparica and Carcavelos (both 20-25min by car) . I would recommend to get an ESN card, and taking surfclasses at Gotta Dagua in Caparica. With the ESN card discount is given, meaning that one can take a surflesson for 2h for 15 euro with wetsuit and surfboard included. The



highly comfortable climate gives the opportunity to live outside, meaning that there are a lot of Quiosques, that are incredibly nice for drinks. Watch out though, this can be very expensive in the city centre near touristic places. There are a lot of viewpoints that are amazing, called Miradouro's. I would suggest to look them up by yourself. The place where a lot of people are having pre-drinks is called Bairro Alto. This doesn't have my personal preference, but drinks are cheap and it is a nice place to meet people, especially in the beginning. Going out in Lisbon can be expensive.

suggestions/tips

Beach (look them up by yourself!): Costa da Caparica, Carcavelos, Praia da Rainha (in Caparica!), Praia das Bicas, Praia do ribeiro do Cavalo, Praia do Guincho, Praia da Ursa, Praia da Adraga

Viewpoints outside Lisbon: Cabo Espichel, Cabo da Roca.

Places around Lisbon: Setubal, Sesimbra, Cascais, Ericeira.

Lisbon is a very safe place, except in Bairro Alto! There one should be very careful because of pickpocketing. And use bolt instead of uber, since bolt is way cheaper. The same is valid for bolt food!

CONCLUSIONS

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

Yes, I would definitely recommend to go Lisbon because of all the positive things I explained above.

do you have any additional advice or comments?

No.