



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**.

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

family name*	
first name*	
student number*	
permission to publish contact details**	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
	my e-mail address <input type="checkbox"/> yes: @ my weblog <input type="checkbox"/> yes: my Facebook account <input type="checkbox"/> yes: other (social) media <input type="checkbox"/> yes: or <input checked="" type="checkbox"/> my contact details cannot be published on the UU webpage, but I do give the International Office permission to forward my e-mail address to individual students interested in my host university abroad: @
<i>See end note for * and **</i>	
faculty/college	Geosciences
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Sustainable Business and Innovation

destination city & country	Lisbon, Portugal
how did you travel to your destination?	Train
name university abroad	Universidade de Lisboa
start date	12 / 09 / 2023 (dd/mm/yyyy)
end date	17 / 01 / 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 exchange application process was quite clear to me. However, it did take me a few tries to get the correct course approval forms. Also, it is quite confusing that Osiris requires a specific form, the Erasmus+ grant application process requires a specific form and the host university also requires a specific form. Besides this confusion, the exchange application process was really clear.
counselling & support at Utrecht University	



I did not make use of the counselling & support at Utrecht University during my preparation period. I did attend the pre-departure meeting. However, since I already did one semester abroad during my Bachelor's not a lot of new information was provided.

academic preparation

The academic preparation included trying to find courses that fit my academic background. At times this was difficult because it was sometimes unclear what courses I would be able to follow in Lisbon and what the exact requirements from the UU were. That's why it was kind of a search to the correct courses, but eventually I figured out which Master's I was able to choose courses from.

language preparation

I did not do any specific language preparation because the university is required to teach its courses in English. However, if I would do it differently I would have at least tried learning the basics of Portuguese through something like Duolingo in order to be able to communicate with the locals a bit better.

finances

The few months before I went abroad I started working fulltime as a waitress to save up some money for my Erasmus semester. Also, I applied for the Erasmus+ grant.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

My study program consisted of 5 courses from three different Master's, which made it relatively difficult to organize. Also, the contract between the UU and my host university was at times unclear and that's why there was a lot of back and forth communication between my and my host university concerning which courses I was allowed to take. For me that was very unclear in the beginning and I would have wished either the UU or my host university could have been more transparent about it, because that would have saved me a lot of stress in the beginning. However, once my courses were chosen that I was actually allowed to choose there were no more organizational issues.

academic quality of education activities

The academic quality of the courses really depend on which field of science the course was in. I found certain courses more challenging than others, but overall I would say that the academic quality is a bit lower than in the Netherlands.

counselling & support at receiving university abroad

I did not ask for any counselling or support at my host university.

transfer of credits

24

STUDENT LIFE

welcome & orientation programme

The welcome & orientation program was well-intended, but could have been better. There was 1 day with a lot of Erasmus students in which we were also put into smaller groups to get a tour around campus and to hear some general information about the university. This was a nice way to get started, but the university could have done more in terms of organizing more activities or moments to learn other Erasmus students. Also, it would have been nice if the welcome day had been prior to the first week of classes, which it wasn't. But still, it was nice that they organized it.

accommodation



I got my accommodation through Erasmus Life Housing, which I would recommend. They make sure that the room you are booking is actually there and also take care if anything turns out to be wrong about your room. I lived in Bairro Alto which I would really recommend as it's a fun neighbourhood to live in, although a bit noisy at times.

leisure & culture

The culture of Portugal is really nice, and I would recommend indulging in the many restaurants and bars that Lisbon has. For leisure it's really nice to have the river and ocean so closeby so it's really easy to go to the beach. Also, just walking around the city is really nice because it is a wonderful city.

suggestions/tips

Join ELL or ESN activities during the first few weeks to find a lot of new friends and also go to Erasmus Corner to have drinks and enjoy your night

CONCLUSIONS

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

I would! I loved living in Lisbon and met many amazing people. The university did have its organizational issues and sometimes a bit inefficient, but the city and country are amazing to live in.

do you have any additional advice or comments?

Make sure that you have good travel/healthcare insurance in case something happens to you because the GP is quite expensive in Lisbon. Also, try to really put yourself out there in those first few weeks. And try to get a room in the centre of Lisbon/close to the centre.

Save this UU report for your own records and upload the report in your Erasmus+ file/application in Osiris within 30 days after finishing your study abroad period and in ANY case before the final deadline!

NOTE: Please **upload in Word (.docx)** so we can delete your ***personal details between processing for grant purposes and publication on the website for future UU exchange students. **Contact details will only be included if and where permission has been given.**