

## Exchange Report Lisbon Autumn 2017

### Lisbon

It is an amazing city. It has a lot of attractions to see – the Belém quarter – see the Belém tower, then Jeronimos monastery and Padrao dos Descobrimentos. It is nice to go and eat at a café called Pasteis de Belem (almost 200 year old café where they sell pastel de nata (awesome typical Portuguese cakes)). Then there are the big squares - Rossio, Praca do Comercio. Then all the miradouros (that means a viewpoint in Portuguese) and they are amazing in Lisbon - Santa Catarina, Miradouro de Sao Pedro de Alcantara. Then go to Alfama - oldest part of town. Also Panteao National, you can walk there on the roof, awesome view and nice inside too. Oriente - one of the newest parts of Lisbon, there is also a cable car and you can see the Vasco de Gama bridge, you can also go to Oceanarium. Then if you want to go surfing go to Caparica, it is possible to use ESN discounts and rent suits and boards. It is good to go to Sintra, it is around 35-40min away by train and there are castles, palaces and mansions. And if you want cheap drinks go to Bairro Alto and especially to Erasmus corner. There is plenty of nightlife in Lisbon.

### University – ISCTE

My university was ISCTE. I had 5 courses each for 6ECTS. I had Globalization and Governance in International Relations, Nationalism and Ethnicity in the International System, The Two Shores of the Mediterranean: Cultural and Social Dynamics, Portuguese Language for Beginners and Portuguese History and Culture. The first 3 course I usually had in the evening from 18.00 to 22.30. I did not really like these courses, as a Marketing student I was not very interested in these kind of topics, also the time of these courses was bad. The other 2 were normally during the day. I really enjoyed studying Portuguese and also Portuguese History and Culture. There was a great teacher for the History. I only had 2 exams – Portuguese and History. The exams were quite easy. For the other 3 courses I only had final essays and some presentations during the semester. Overall the school was not that difficult. The orientation programme was 2 days, for some it was during school, but for me 4 out of 5 courses started in the beginning of October so I had a lot of free time. Erasmus Life Lisboa, which is an organisation for exchange students in Lisbon organised the social activities during the rest of the week – some for free, but some paid.

### Accommodation

I found my accommodation through Erasmus Lisboa, they list many rooms and there is no fee to pay to be able to find the room. There are also Uniplaces and Erasmus Life Lisboa, but it is necessary to pay a fee here. I also heard that a lot of people had problems with Uniplaces, for ex. the room looked nothing like on the picture and then it was not possible to contact them. I was staying 10min by foot from ISCTE which was great, but I lived a bit further from the centre. Even though I lived close to 3 metro stations it did not help as often when I came to the station I had to wait 10min for the next metro. The transportation in Lisbon is not very reliable and good.

### Social activities

There are main 3 organizations that organize trips, parties – ESN Lisbon, Erasmus Life Lisboa, Erasmus Lisboa. I was only member of ESN, the membership fee was 10 euros. They organize parties, but also surfing trips, Algarve trip and picnics. With ESN card it is possible to buy 8 flights from Ryanair with 15% discount and with free baggage. Everything in Portugal is usually late, so then trips with different organizations take long time and if someone does not like waiting then it is better to organize the trips by yourself. I usually just travelled with friends.

Almost all the students go to Azores – Portuguese islands in the Atlantic Ocean. It is also popular to go to Madeira. Both of these islands are very beautiful. Portugal is very cheap compared to Sweden, great food and a lot of pastry shops, little cafés and restaurants.

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