

# Studying in Lisbon with Erasmus+



Elisa Saks – 30.11.2023

# About Me



# About Me

## in Munich:

- MSc Biomedical Engineering & Medical Physics at TUM

## in Lisbon:

- Erasmus+ during winter term 2022/23 (3<sup>rd</sup> semester)  
→ additional semester between course and research phase
- MSc Biomedical Engineering at Instituto Superior Técnico Lisboa

# Why Lisbon?



# Why Lisbon?

- very popular destination for Erasmus+ → many young people from all over Europe at many different universities
- major European city and capital, but not too big
- endless possibilities for activities
- great starting point to travel Portugal
- weather (September – early November, late January)

Studying at

INSTITUTO SUPERIOR TÉCNICO

The image shows the exterior of the Instituto Superior Técnico building in Lisbon, Portugal. The building is a long, two-story structure with a light-colored facade. The name "INSTITUTO SUPERIOR TÉCNICO" is prominently displayed in large, raised letters across the upper part of the facade. Below the name, there is a row of windows with decorative, geometric grilles. The building is set against a clear blue sky, and the lighting suggests it is either early morning or late afternoon.

# Studying at



- IST as part of the University of Lisbon
- two campuses: Alameda (central) and Tagus Park
- main language of teaching (Master's degrees): English
- great support system for Erasmus+ students

# Academic Calendar

semester is split into two blocks:

- Welcome Week (early September)
- 7 weeks of classes (mid September – late October)
- 1 preparation week + 1 examination week (early November)
- 7 weeks of classes (mid November – mid January)
- 1 preparation week + 1 examination week (late January)
- appeal period: 1 preparation week + 1 examination week (early February)



# Classes

- usually run over the course of one block (7 weeks)
- consist of lectures, exercise sessions, seminars...
- several times a week, even for 3 ECTS classes
- learning is quite fast-paced
- strong focus on active learning and group work (different from my experience at TUM)

# Exams and Grading

- final grade rarely consists of the exam only
- final grade usually consists of exercise/programming tasks, group projects, papers...
- grading system: 0-20 points (10 required to pass a course)

# Housing



# Housing

- WG does not really exist in Portugal
- student residencies usually booked up
- many companies specialized in short-term rental for Erasmus+
- prices for a room in a shared apartment: 300-600 €
- credible websites:  
<https://nape.tecnico.ulisboa.pt/en/apoio-ao-estudante/alojamento/>
- start looking as early as possible and **beware of scams!!**



Everyday  
Life

# Everyday Life

- language: Portuguese not necessarily required, but always nice
  - language courses at TUM beforehand
  - language courses at IST (sign up early!)
  - many commercial language schools available

# Everyday Life

- public transport: well developed, 30-40 € per month with the personalized navegante card
- prices for groceries and daily necessities similar to Germany
- going out might be cheaper (depending on the area)



Besides Studying...





# Besides Studying...

- enjoy the city
- try some Portuguese delicacies
- check out Lisbon's museums
- try a new sport: Surfing or Padel
- join the university sports team
- join organized activities offered by Erasmus+ agencies

# Besides Studying...



Traveling the country is fairly cheap, fast and easy!

- Lisbon metropolitan area: Cascais, Caparica, Sintra
- Northern Portugal: Porto, Braga, Douro valley, Aveiro
- Central Portugal: Coimbra and Évora
- Algarve: Lagos and Faro
- Islands: Madeira and Azores





**Obrigada!**  
**And have a great Erasmus+ experience.**

