

INTERNATIONAL STUDENTS

WWW.ISEG.ULISBOA.PT



LISBON
SCHOOL OF
ECONOMICS &
MANAGEMENT
UNIVERSIDADE DE LISBOA



2015—16



OPEN MINDS FOR A CHANGING WORLD





Lisboa, Portugal

CONTENTS

5 WELCOME MESSAGE

6 WHY CHOOSE ISEG

7 KEY FACTS

8 ERASMUS OR EXCHANGE STUDENT

10 FREE-MOVER STUDENT

12 FULL-DEGREE INTERNATIONAL STUDENT

13 1st Cycle Programmes (Bachelors)

14 2nd Cycle Programmes (Masters)

15 3rd Cycle Programmes (Doctorates)

16 ACADEMIC INFORMATION

16 Course Units taught In English

18 Academic Calendar

18 National Holidays

19 Language Requirements

19 Portuguese Language Course

19 Assessment

20 ECTS

21 BUDDY PROGRAMME

22 FACILITIES AND SERVICES AT ISEG

24 HOW TO GET TO ISEG

26 USEFUL INFORMATION

26 Accommodation

27 Entry Procedures/Visa

28 Health Care Services

29 Around Lisbon

35 Cost of living

36 Culture & Leisure

38 Useful contacts

38 Portuguese words and phrases

39 CONTACTS

WELCOME MESSAGE

Welcome to ISEG, the School of Economics and Management of the *Universidade de Lisboa* (ULisboa).

At ISEG you will find a culture of excellence and achievement alongside a climate of inclusiveness and cooperation. This is made possible by the mutual collaboration of students, faculty and support staff. It is this environment that has enabled our school to educate a large number of business and political leaders and also to develop a strong academic reputation over its more than 100-year history.

Served by a faculty of recognized merit, ISEG has followed a strategy of internationalization, both in terms of research and teaching and it is well represented in international research networks. Two of our Bachelor degrees, five Masters Degrees and two Doctoral programmes are entirely taught in English. Exchange agreements with more than 140 universities exist for both faculty and students alike. We also provide several joint degrees with internationally-renowned universities and we are proud to possess relevant international accreditations.

For all these reasons, ISEG is one of the most sought-after destinations in Portugal for international university exchange programmes and it currently hosts more than 400 foreign students. The number of international students attending full degree programmes has grown year after year, and we expect to maintain this trend.

See you soon!



Dean
Professor Mário Caldeira



**Vice-Dean
for International Relations**
Professor Rosa Borges

WHY CHOOSE ISEG

ISEG, A LEADING ECONOMICS & MANAGEMENT SCHOOL IN PORTUGAL

ISEG's Mission is to create and share knowledge and culture in the fields of Economics, Finance and Business, and to enhance its socio-economic value by using an approach of plurality, guaranteeing freedom in intellectual and scientific expression, and respect for ethical principles and social responsibility.

1

The First Economics and Management School to be founded in Portugal.

2

For more than a century it has educated generations of leaders and successful professionals in Portugal and other Portuguese speaking countries.

3

Outstanding professors and research centers place ISEG in the forefront of economics, management and finance, with a significant number of publications in the most important academic journals in those fields.

4

Located in Lisbon, Portugal, on the West Coast of Europe. The capital is considered by international media, such as CNN, to be the "coolest city in Europe".

5

Offers 8 doctoral programmes, 7 Bachelors degrees, 20 Masters degrees, 6 Doctoral programmes, 1 MBA and 28 executive programmes.

6

Has approximately 4,700 students, 10% of which are foreign students from more than 50 nationalities.

7

Half of its students are enrolled in Masters, Doctorate and other Post-graduate programmes.

8

The largest number of Economics and Management alumni in Portugal among business schools.

1050

Job offers in 2014,
exclusively for current
students

144

Exchange agreements with
universities

8

Doctoral programmes,
including 2 joint degrees
with other universities

Founded in
1911

20

Masters degrees in the
fields of Economics,
Management and
Quantitative Methods

ISEG

KEY FACTS

Universidade de Lisboa**18**

Schools

462

Programmes
(Bachelor degrees,
Master Degrees,
Doctoral Programmes)

48174

Students

The leading Portuguese university in global academic rankings

2nd

SIR Iber 2015. Universities
from Latin America, Spain,
Portugal and Andorra. ⁽¹⁾

265th

Best Global Universities,
US News and World Report,
2014. ⁽²⁾

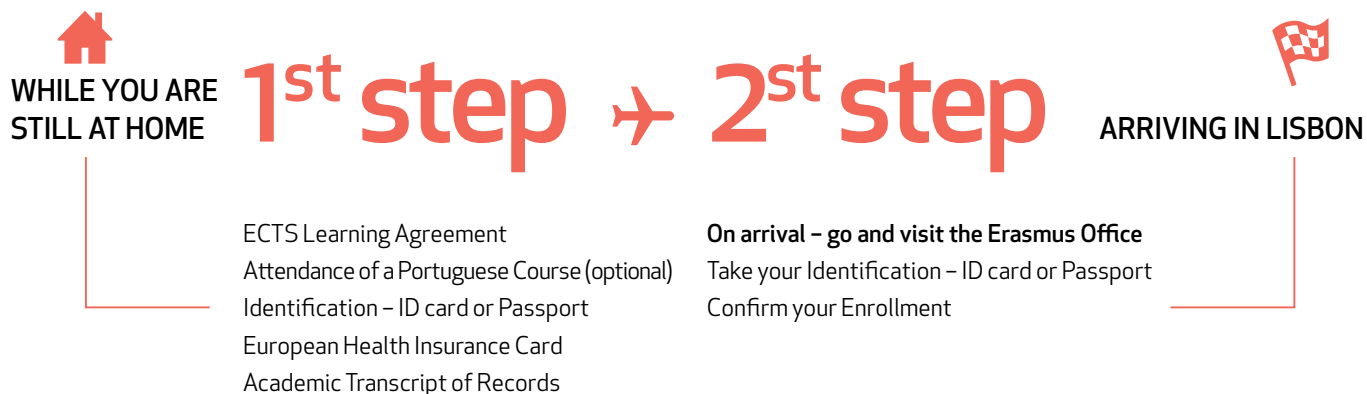
201-300th

Academic Ranking
of World Universities
(ARWU, 2014). ⁽³⁾

ERASMUS OR EXCHANGE STUDENT

HOW TO APPLY





Application deadline:
Winter term: 30th June; Summer term: 30th November

After your nomination, you will receive an e-mail with all the steps to fill in the online application form. The remaining documents will be uploaded.



If requested, the International Mobility Office will send a formal letter of acceptance.

You will be given a student identification number which will entitle you to use the library, the refectory and other University facilities.

FOR FURTHER INFORMATION
 International Mobility Office
imo@iseg.ulisboa.pt

FREE-MOVER STUDENT

HOW TO APPLY



If your University does not have a bilateral agreement with our University, you may apply as a Free Mover student.

Application documents:

1. CURRICULUM VITAE
AND TRANSCRIPT OF RECORDS
2. LEARNING AGREEMENT (OPTIONAL)
3. CERTIFICATE OF B2 LEVEL IN ENGLISH
4. ID CARD/PASSPORT

Application deadline:
Winter term: 31st May; Summer term: 31st October

Late applications can always be accepted, as long as there are still places available.
(for further information on late applications, **send us an e-mail to imo@iseg.ulisboa.pt**).

In any one year, Free Mover students are only allowed to attend a maximum of 5 courses or the equivalent to 30 ECTS for 1st Cycle degrees, and a maximum of 15 ECTS for 2nd and 3rd Cycle degrees. Free mover students are not eligible for mobility programmes.

Free Movers are required to organize all aspects of their study abroad independently – admission, enrolment and non-academic requirements, such as visas, accommodation, travel, living and academic expenses. Once you are enrolled, you can start attending lectures.

Acceptance:

The final decision will be made within two weeks from submission of the application.
On acceptance, you must pay a 30% deposit of the total tuition fees, in accordance with the Learning Agreement.

Deadline for payment of the 30% deposit:
Winter term: 31st May; Summer term: 31st October
The remaining tuition fees will be paid until the end of the first week of lectures.
This deposit is non-refundable in the case of cancellation of your enrollment.

FOR FURTHER INFORMATION
International Mobility Office
imo@iseg.ulisboa.pt

FULL-DEGREE INTERNATIONAL STUDENT

HOW TO APPLY



ISEG Campus

1st CYCLE DEGREES

BACHELORS

As from 2014, ISEG, Lisbon School of Economics and Management, has implemented a special admission process for its 1st Cycle programmes (Bachelors) for International Students.

GENERAL PROFILE

Those who are not citizens of a European Union state, but who have been legally resident in Portugal for two uninterrupted years previous to the 31st of August of the year in which they intend to start their degree;

Applicants have not applied for the special admission process that is organised nationally by the Portuguese Directorate General for Higher Education (DGES);

Applicants who are not enrolled at ISEG as exchange students within the framework of applicable academic exchange agreements.

INFORMATION FOR INTERNATIONAL STUDENTS

Applicants holding a foreign Secondary School diploma or equivalent, who hold a qualification that has been obtained in a country in which that qualification gives them the right to apply and be admitted to higher education in that country;

Applicants holding the Chinese Senior Secondary School Graduation diploma and the Gaokao (higher education admission exam in Continental China) or the Liankao (higher education admission exam in Macao, Hong Kong and Taiwan);

Applicants holding the Brazilian secondary education diploma and the ENEM (Brazilian national secondary education exam).

Notes: Applicants who are currently enrolled in a university in their home country can request for a transfer to study for a similar degree at ISEG.

1st CYCLE DEGREES (BACHELOR)

Guided learning experienced ruled by the highest of international standards.

**BACHELORS
LECTURED IN PORTUGUESE**
Economics
Management
Finance
Applied Mathematics for
Economics & Management

**BACHELORS
LECTURED IN ENGLISH**
Economics
Management

2ND CYCLE PROGRAMMES

MASTERS

ISEG, Lisbon School of Economics and Management, offers a varied range of Masters in the areas of Economics, Management, Quantitative Methods and Social Sciences.

Learning discussion favours previous experience. The teaching model allows students to be both skilled professionals and to develop research skills.

Students can choose between a thesis, a project about a company or non-profit organisation, or an internship.

MASTERS LECTURED IN PORTUGUESE

Accounting, Taxation and Corporate Finance

Applied Econometrics and Forecasting

Corporate Sciences

Development and International Cooperation

Economic and Corporate Decision-Making

Economics and Management of Science, Technology and Innovation

Economics and Public Policy
Human Resource Management
International Economics and European Studies
Real Estate Management and Evaluation ⁽¹⁾
Management and Industrial Strategy
Management Information Systems
Management/MBA
Marketing
Project Management ⁽²⁾

MASTERS LECTURED IN ENGLISH

Actuarial Science

Economics

Finance ⁽³⁾

Mathematical Finance

Monetary and Financial Economics



120 ECTS - European Credit Transfer System

FOR FURTHER INFORMATION
ON 2ND CYCLE MASTERS

www.iseg.ulisboa.pt

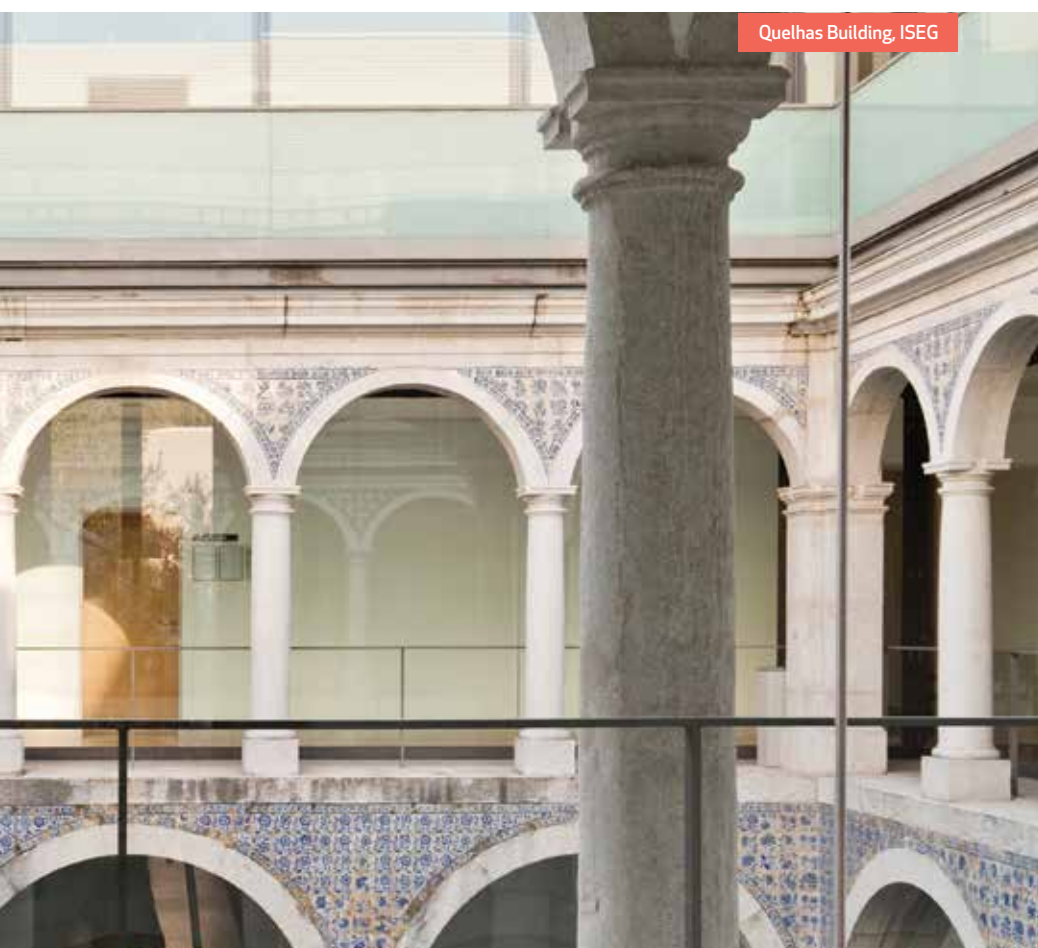
internationalstudent@iseg.ulisboa.pt

⁽¹⁾ Masters in Real Estate Management and Evaluation, which is only available to students who have successfully completed the ISEG/IDEFE Postgraduate course in Real Estate Management and Evaluation. ⁽²⁾ Project Management, which is only available to students who have successfully completed the ISEG/IDEFE Postgraduate Course in Project Management. ⁽³⁾ The Masters in Finance has been acknowledged as incorporating at least 70 percent of the CFA Program Candidate Body of Knowledge (CBOK) and placing emphasis on the CFA Institute Code of Ethics and Standards of Practice within the program. This program positions students well to obtain the Chartered Financial Analyst® designation, which has become the most respected and recognized investment credential in the world.

3RD CYCLE PROGRAMMES

DOCTORATES

Undertaking a doctorate means working at the frontiers of knowledge, seeking to contributing to its advancement, and doing so in an academic environment in which knowledge is shared, ideas and methods are discussed and where there is always someone with whom you can share your common interests.



DOCTORATES

High calibre professors and researchers tutor students in the extraordinary world of scientific research and discovery.

DOCTORATES LECTURED IN
PORTUGUESE AND/OR ENGLISH

Economics

Management ⁽⁴⁾

Applied Mathematics for
Economics and Management

Economic and Social History

Economic and Organisational
Sociology

Development Studies

Sustainable Energy Systems ⁽⁵⁾

Sociology ⁽⁶⁾

180 ECTS - European Credit Transfer System

⁽⁴⁾ The International Programme of DBA Studies, which is lectured at Chandigarh (India), gives access to the Doctorate program in Management. ⁽⁵⁾ ISEG – Lisbon Economic and Management School and IST - Instituto Superior Técnico of Universidade Lisboa joint venture with the the Massachusetts Institute of Technology (MIT) on behalf of the MIT-Portugal Program. ⁽⁶⁾ A joint cooperation programme between Universidade de Lisboa (ICS, ISCSP & ISEG), Universidade Nova de Lisboa and the Universities of Évora and the Algarve.

**FOR FURTHER INFORMATION
ON 3RD CYCLE DOCTORATES**
www.iseg.ulisboa.pt
internationalstudent@iseg.ulisboa.pt

ACADEMIC INFORMATION

COURSE UNITS TAUGHT IN ENGLISH

Incoming students to ISEG can find a wide range of courses taught in English on offer, including Bachelors degrees in Economics and Management, five Masters degrees, namely Economics, Monetary and Financial Economics, Finance, Actuarial Science, Mathematical Finance and one Doctoral programme in Development Studies, which is also lectured in English.

COURSE UNITS	ECTS	YEAR	SEMESTER
Accounting I	6	1	2
Accounting II	6	2	1
Business Law	6	2	1
Corporate Finance	6	2	1
Corporate Finance I	6	2	1
Corporate Finance II	6	3	1/2
Cost Accounting	6	2	2
Econometrics	6	3	1
Economic and Business History	6	1	1/2
Economics and Business Information	6	1	1/2
Economic and Financial Sociology	4	3	1
Economic History of Portugal	4	3	1
Economic Policy and Business Activity	6	3	2
Economics I	6	1	1
Economics II	6	1	2
Economics of the Public Sector	6	2	2
European Law	4	3	1
Foundations of Law	6	1	2
History of the European Union	4	3	1
Human Behaviour in Organisations	6	3	2
Human Resources Management	6	3	2
Industrial and Business Management	6	3	2
Industrial and Firm Economics	6	3	2
Information Technology	6	2	1



Rodrigo Angulo

Masters Degree in Actuarial Science, 2013

"The program at ISEG gave me the foundational tools that allowed me to move to the technical quantitative areas in the Insurance Industry. I think that this program puts you in the map of potential recruiters in the UK, which coming from outside the EU is a challenge. On the personal side the two year experience in Portugal was a life changing and amazing experience. From its climate to the beautiful spots the city has to offer but most importantly the people: Teachers and Class mates, in both of whom i found friends for a life time."

COURSE UNITS	ECTS	YEAR	SEMESTER
International Economics	6	3	1
International Organisations	4	3	2
Macroeconomics II	6	2	1
Macroeconomics I	6	2	2
Management Information Systems	6	2	2
Mathematics I	6	1	1/2
Mathematics II	6	1	2
Microeconomics I	6	2	1
Microeconomics II	6	2	2
Monetary and Financial Economics	6	2	2
Operational Marketing	6	2	1
Operational Research	6	3	1
Political Sociology	4	3	2
Principles of Management	6	1	1
Production and Operations Management	6	3	2
Project Evaluation	6	3	2
Public Economics and Finance	6	2	2
Quantitative Finance	6	1	1
Sociology	6	2	1
Sociology of Work	6	3	1/2
Statistics I	6	2	1
Statistics II	6	2	2
Strategic Management	6	3	2
Strategic Marketing	6	2	2

ACADEMIC CALENDAR

1st SEMESTER (Autumn Term)

Lectures

21/09/2015 to 18/12/2015

Christmas holidays

21/12/2015 to 01/01/2016

Break

02/01/2016 to 03/01/2016

Regular exam period

04/01/2016 to 15/01/2016

Break

16/01/2016 to 24/01/2015

Repeat exam period

25/01/2016 to 29/01/2016

Interruption

30/01/2016 to 14/02/2016

2nd SEMESTER (Summer Term)

Lectures

15/02/2016 to 20/05/2016

Easter holidays

19/03/2016 to 28/03/2016

Break

21/05/2016 to 29/05/2016

Regular exam period

30/05/2016 to 14/06/2016

Break

15/06/2016 to 21/06/2016

Repeat exam period

22/06/2016 to 28/06/2016

Interruption

29/06/2016 to 31/08/2016

Special exam period

01/09/2016 to 12/09/2016*

*Only for full-degree students

NATIONAL HOLIDAYS

1st January

New Year's Day

25th April

Liberty Day
(Revolution Day)

1st May

Labour Day
(International)

10th June

Portugal's
National Day

MOVEABLE HOLIDAYS

25th March

Good Friday

27th March

Easter Sunday

15th August

The Assumption

8th December

Immaculate
Conception

25th December

Christmas Day

13th June

St. Anthony's Day
(Lisbon Only)



LANGUAGE REQUIREMENTS

You can choose classes that are lectured in English or in Portuguese. However, although language certification is not an entrance requirement for exchange students, a reasonable knowledge is essential. A B1 minimum level of English (on the Europass scale) is required to qualify you for attending lectures, as well as enabling you to deal with any issues that might arise while living in a foreign country. For students who opt to attend classes in Portuguese, the recommended language level is at least B2.

PORTUGUESE LANGUAGE COURSE

If you want to learn about the Portuguese language and society, why not enrol in a Portuguese as a Foreign Language course? If you are interested in participating in this course, please fill in the participation form and send it back to the Erasmus and Student Exchange Office. You can send this document before or after your arrival in Lisbon.

The total duration of the course is 40 hours (usually 3 times a week, 2 hours each day). The registration fee for this course is 50 Euros for incoming students and 100 Euros for Masters students, 200 for Doctoral students and 300 Euros for Free Movers. This fee is non-refundable should you abandon the course.

ASSESSMENT

A final mark is awarded at the end of each exam period. Grades are given on a scale which has a maximum score of 20 and the minimum passing grade is 10. The exam period takes place at the end of each semester. If you wish to improve your grade in the second exam period, you must inform the Erasmus Office and pay a fee. The other exams are totally free of charge.

The grades are first published on the course webpage and then they will appear on the student's academic record on Aquila (ISEG's internal information system).

Upon successful completion of studies, exchange students are automatically issued with an official certificate of studies (the Transcript of Records). If requested, the original document can subsequently be forwarded to the student's home university.



Christin Kirstein

—
Student of the Masters in Finance
Manager - Finance and Financial Steering Deutsche Lufthansa AG

"The Masters in Finance at ISEG was one of the best decisions I ever made. After earning my Bachelors degree in Economics, which was heavily focussed on financial and information management, I wanted to specialise in Finance. To this end, ISEG's Masters in Finance was the perfect choice. The programme is well structured and diversified, and it covers all the most relevant fields of Finance. Both the course work and the case studies team work, enhanced my analytic and problem-solving skills. All the

lectures were entirely taught in English, which is very useful for an international career, and also for one's day-to-day professional work. The rich experience and solid knowledge that I gained in each of the course units is an excellent base for my current job in Financial Risk Management and Steering at Deutsche Lufthansa. My two years in Portugal were a wonderful and unforgettable experience, where I learned so much about Portuguese culture, and also got to know really wonderful and lovely people."

ECTS

European Credit Transfer System

Grading scales vary according to host countries and universities which accounts for the difficulty and complexity of the equivalence process. The ECTS grading system as was therefore developed to provide a universally-applicable and transferable grade that would solve the problems caused by having such diverse and complex national grading systems throughout Europe. It is often used alongside the existing national grading system.

THE ECTS GRADING SCALE

ECTS Grade % of successful students normally achieving the grade

A	10
B	25
C	30
D	25
E	10
F	-

DEFINITION

Excellent: outstanding performance with only minor errors.
Very Good: above the average standard but with some errors.
Good: generally sound work with a number of notable errors.
Satisfactory: fair but with significant shortcomings.
Sufficient: performance meets the minimum criteria.
Fail: some more work required before credit can be awarded.

THE NATIONAL GRADING SYSTEM

10-13	Sufficient
14-15	Good
16-17	Good with distinction
18-19	Very good with distinction
20	Very good with distinction and honours

Full academic recognition is a fundamental condition for for students exchanges in the framework of the Erasmus programme. The study period abroad replaces the equivalent period of study undertaken at the home university (including examinations or other forms of assessment), within the framework of the study programme agreed between partner institutions.

BUDDY PROGRAMME

The first days in a new environment may not be easy. In order to facilitate your integration and contact with local students, ISEG and ESN Lisboa have set up a buddy programme, in which local students volunteer their help and support to newcomers.

If you would like to be allocated a Buddy, please let the International Mobility Office know ahead of time.



FACILITIES AND SERVICES



The school has a modern central library and computer centre, which offers over 80,000 specialised books, journals and periodicals. In fact, its collection of Economic literature is the most complete of its kind in Portugal. As well as being equipped with state of the art IT services for study and research, the library provides very comfortable reading facilities. Students wishing to borrow books from the library must request a loan card.



Standing around in queues to register for courses is a thing of the past. At ISEG, students register on-line through the Web and can also view their exam results and check their total number of credits online. When registering for the first time, new students receive their username and password for the future use of the AQUILA platform, which is the “virtual” face of the University’s Academic Services.



There are several study rooms should you need to study at ISEG. They can be found in the Library (on the Ground Floor).



During the week, banks are open from 08.30 to 15.00. Banks are closed at weekends and on public holidays. However Lisbon has many cash point machines (ATMs), which can be identified by the MB (Multibanco) sign. The maximum withdrawal per day is 400 Euros. Within the ISEG building there is a branch of one of the major Portuguese banks, the Caixa Geral de Depósitos (CGD). This CGD branch has special opening hours, which are from 10.00 to 16.30. The most widely accepted credit cards are VISA, American Express, Euro Card and MasterCard and these can be used to withdraw cash from any Multibanco ATM. A University Card needs to be requested if you plan to open a bank account.



The ISEG bookshop sells textbooks, literature and stationery.



ISEG has two snack bars, a canteen and a restaurant. The canteen serves both lunch and dinner. The price of a standard meal is around 2.40€, which includes soup, a dish of the day, milk or fruit juice and a dessert. The snack bars serve a variety of hot and cold light meals and refreshments.



All students have access to computer labs, which can be an invaluable asset for obtaining information and preparing lecture assignments and projects. About two hundred computers are available, complete with Internet access and the most common software. You are entitled to a personal ISEG e-mail address. The comprehensive Wi-Fi network enables access to E-mail and the Web for portable devices throughout the Campus.

AEISEG

The Student Association (AEISEG) is responsible for cultural activities such as publishing books, organising conferences, exhibitions, festivals and concerts as well as sports activities.

It is not easy to move to a new country and make new friends. But friends are never far away. There are many opportunities to make contact with students here at ISEG, whether this be by means of the Student Association or through other international students.

AIIESEC

The International Students' Association of ISEG performs a number of valuable services to the student community through its efforts to forge links between students and the business world.

ALUMNI

Liaison between the academic and the professional world is fostered through the Alumni Association. Apart from defending ISEG's reputation as a nucleus for excellence in teaching and research, the aim of the Alumni Association is to strengthen the close cooperative ties amongst former students.

TUNA ECONÓMICAS

Any student who can sing, dance or play a musical instrument, is invited to join the school musical group, which performs traditional Portuguese academic songs.

THE UNIVERSITY CHOIR

If you have a good voice, feel free to come along for a rehearsal. You may well be selected to join this highly renowned choir.



Francesinhas Buildings

HOW TO GET TO ISEG

Lisbon is just a few hours away from North America (about 6 to 8 hours) and 2 to 3 hours from most European cities. Lisbon's international airport (Aeroporto da Portela) is only 7km away from the city centre. A complete public transport network is available in the main towns.



LOCAL MAP



BUS

706-727

Av. D. Carlos I

713-773

Rua Borges Carneiro

714-760-774

Largo Conde Barão



TRAIN

**The Cascais line,
leaving from
Estação de Santos**



METRO

**The Yellow Line,
with exit at
Estação do Rato**

**The Green Line,
with exit at
Cais do Sodré**



TRAM

28-25

Calçada da Estrela

15-18

Av. 24 de Julho



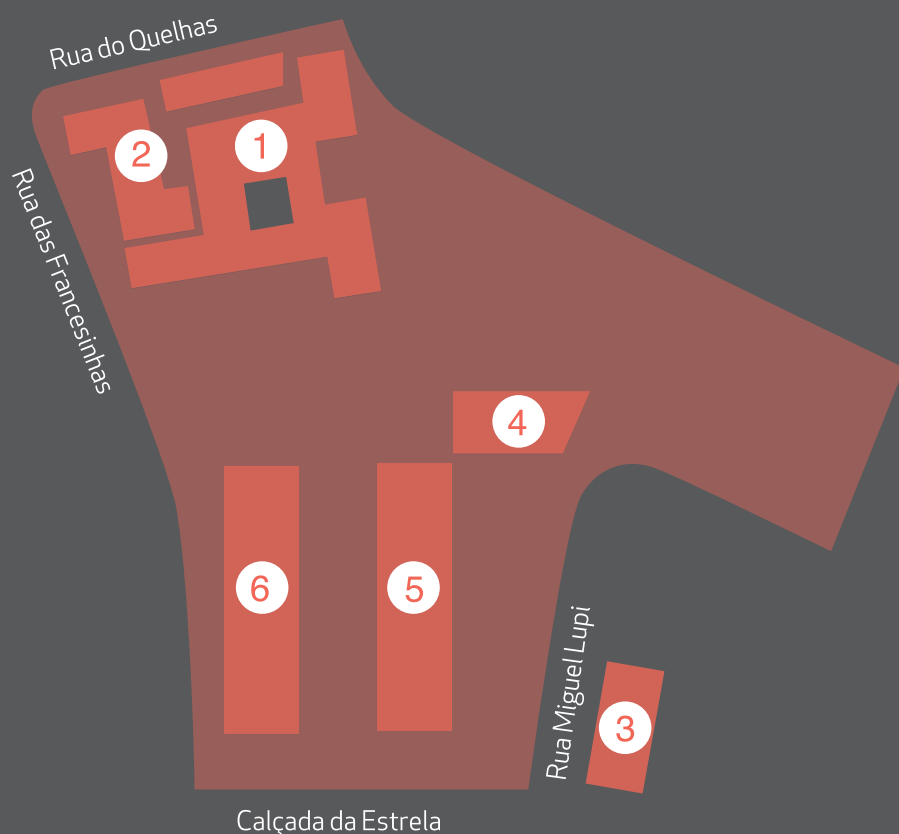
BOAT

**With links to the city by bus,
tram or on foot, with a ferry
terminal at**

Terreiro do Paço

or at

Cais do Sodré



1. Quelhas Building (Convent) – Lecture Rooms (Postgraduate Studies) – Mathematics Department Offices
2. Quelhas Building – Administrative Services and Auditoriums
3. Bento Jesus Caraça Building – Departments of Economics, Management, Social Sciences, Research Centres, and Computer Services

4. Francisco Pereira de Moura Library – Information Centre and Documentation
5. Francesinhas I Building – The Erasmus and Student Exchange Office and Lecture Rooms
6. Francesinhas II Building – Lecture Rooms (Undergraduate and Postgraduate Studies) – Computer Centres – Canteen – AEISEG and AIESEC offices

USEFUL INFORMATION ACCOMMODATION

Although the university has 19 halls of residences, ISEG cannot guarantee accommodation for all students. In case you prefer private accommodation you can spend the first few nights in a Youth Hostel, but a reservation needs to be made well in advance.

UNIVERSITY RESIDENCES

Halls of residence have no single rooms; each room is shared by two or three students, and has wash-basin facilities. There are also shared living room, kitchen and bathroom facilities. Though plates and dishes and cutlery are not provided, these can easily be purchased. The neighbourhood has many low-price shops, where such items can be bought inexpensively.

www.spru.pt

ANJAF RESIDENCE

ANJAF offers quality student accommodation, as well as a pleasant space to study. It also provides a resource centre and library, social integration support and professional training.

www.globalplaza.pt/flyer.php

PRIVATE HOUSING

It is also possible to rent a private room (living in with a family) or to rent an apartment. Such rooms cost about 250/300€ per month. An apartment normally consist of two or three rooms. There is a notice board with a variety of accommodation on offer next to the Student Association.

YOUTH HOSTELS

There are some youth hostels in Lisbon. They offer two kinds of rooms: double and dormitory rooms, designed to accommodate up to six people. As this is normally a temporary solution, payment is on a nightly basis (including breakfast). Most youth hostels have a restaurant (self-service) with a take-away facility. If you need accommodation urgently, contact:

Lisbon Youth Hostel

Rua Andrade Corvo, 46
1050 - 009 Lisboa
Phone: +351 213 532 696
Underground/Subway - Picoas
E-mail: lisboa@movijovem.pt

IMPORTANT LINKS

www.aeiseg.pt
www.erasmuslisboa.com
housing.esn-lisboa.org
www.erasmate.com
www.erasmuslifelisboa.com

www.studyinlisbon.pt/en/alojamento
www.lisbon4u.com
www.quartos4you.com
www.uniplaces.com
www.ondacity.com
www.thisislisbonhostel.com
www.fundacaocidadedelisboa.pt

ENTRY PROCEDURES & VISAS

To live in Portugal all students must have a travel document, such as a valid passport or a national ID card. Nationals of non-EU or non-EEA countries must apply for a Study Visa.

This is a special permit issued for foreign students coming to Portugal (unless the country and Portugal have an agreement which provides exemption from visas). In this case, you can obtain a student visa from the Portuguese diplomatic representative of your country (i.e. the Portuguese Embassy or Consulate). This document may be granted on various entry bases. Family members may accompany you for the duration of your stay by requesting a temporary visa at the Embassy or Consulate in the country of residence before coming to Portugal.

View from Saint George Castle



HEALTH CARE SERVICES

PUBLIC HEALTH CENTRES

In Portugal most people receive medical treatment through their local Health Centre ("Centro de Saúde"). These are run by the National Health Service to provide healthcare to the general public.

To register, you just need to show your ID card /passport, European Insurance Card or another and a document that confirms your home address in Lisbon. You are obliged to register at the Health Centre of the neighbourhood where you live. It is recommended that you do this as soon as you arrive in Lisbon.

For more information, please see here:
www.portaldasaude.pt

HOSPITALS

The district of Lisbon has many hospitals which are also run by the National Health Service. The emergency section ("urgências") is open 24 hours a day, but should really only be used in cases of real emergency, or at night/ during weekends. Otherwise you should go to the "SAP" at the nearest public health centre. In the event of an emergency, dial the national emergency number: 112 (toll free), and ask for either the ambulance or the police service.

STUDENT SOCIAL SERVICES

In order to have access to health care, E.U. citizens who do not reside in Portugal, must present either their passport, identity card or European Health Insurance Card. As an ULisboa student you are entitled to medical care at very low prices through the university's own Social Services:

Medical Facilities at ULISBOA

Av. da Universidade Técnica
 Pólo Universitário do Alto da Ajuda
 1349 – 055 Lisboa
 Phone: +351 213 600 020
 E-mail: cedar.rececao@estadio.ulisboa.pt

Buses:

723 – 729 – 760 – 742

For further information about the timetable of the medical appointments at ULisboa Medical Center, please see the link below:
www.escadiao.ulisboa.pt/gca/?id=257

PSYCHOLOGY SERVICE

At ISEG all students are entitled to a free appointment with our psychologists.

PHARMACIES

Most pharmacies in Lisbon are open during the week from 09.00 to 13.00 and from 15.00 to 20.00. On Saturday opening hours are from 09.00 to 13.00.

At least one local pharmacy guarantees a 24 hour service on a rotational basis.

The roster of pharmacies which are open is posted at the door of all pharmacies so that you see where the closest pharmacy that is open is. Alternatively you can call 118.

VACCINATION

There are no statutory requirements with respect to vaccination to enter, reside or study in Portugal. Nevertheless, the Portuguese Ministry of Health highly recommends vaccination against tetanus, with a maximum lapse of ten years between doses.

PAYMENTS AND HEALTHCARE INSURANCE

Healthcare must always be paid for, either directly by the patient, or by means of a health insurance policy. It is the student's responsibility to ensure that they have an adequate health insurance policy. If you are accessing the National Health Service by means of one of the conventions detailed below, then these costs will be minimal.

SOCIAL SECURITY SYSTEMS

You should bring your European Health Insurance Card with you and you will be treated as if you are a Portuguese citizen. The majority of students can benefit from international agreements to which Portugal participates, and gain access to the Portuguese Social Security System and thus the National Health System.

For further information about these conventions and agreements, students should contact the Social Security services in their home country before travelling to Portugal.

AROUND LISBON

LIVING AND STUDYING IN LISBON

Lisbon is one of the most attractive cities to live in Europe and it boasts a good quality of living, where the past and the future meet, under long hours of brilliant sunlight and a beautiful moon.

Top 10 reasons to study and live in Lisbon:

1. A **cosmopolitan** and a **multicultural** city, well served by public transport, whose city centre is 15 minutes' journey from the airport and less than 3 hours from most European capitals.
2. A **green city**, with lots of gardens and parks, offering great opportunities for **outdoor activities** and **sports**.
3. Bordered by the Tagus River and situated near fantastic beaches which are ideal for watersports, such as **sailing** and **surfing**, that can be practiced all year long, on account of the mild climate and 4 to 5 months of high summer temperatures.
4. A **historic** city, which was the capital of the Portuguese Empire from the 14th to the 19th Centuries, with many fine monuments and museums that conserve the memory of the material and cultural wealth of that period.
5. A European hub for contemporary **art** and **design**, which hosts important artistic events all year long.
6. A **safe** city.
7. Offers a wide range of **gastronomic** choices, with different types of ethnic cooking. Portuguese food is typically Mediterranean and is very natural and healthy, with an abundance of fresh fish, vegetables, fruit, rice and olive oil.
8. An **affordable** city, with lower living costs than most European cities, including Madrid, Barcelona, London, and Paris. Typical monthly costs for students are: €350 for lodging, €250 for meals and €40 for transport.
9. Universidade de Lisboa is the **biggest university in Portugal** and **tuition fees** are very competitive when compared with other European universities of a similar quality.
10. Universidade de Lisboa attracts a lot of foreign students from Portuguese-speaking countries and also from other European countries. **Networking** is an important benefit from studying at ISEG, Universidade de Lisboa.



PORTUGAL AND THE CITY OF LISBON

Portugal and the City of Lisbon

Portugal is located on the western side of the Iberian Peninsula, with 832 km of Atlantic coast and 1,215 km of land border with Spain. The country includes Madeira and the Azores, two groups of islands in the Atlantic. It is one of the twenty-eight European Union Member States.

The country has a surface area of 92,100km², being shaped like a rectangle of some 560km in length and 220km in breadth, with about 10 million inhabitants. The population is largely concentrated in the capital, Lisbon (about two million people including periphery) and in other coastal cities on the Atlantic, mainly Oporto.

Source: www.strawberryworld-lisbon.com/lisbon/essential/geography.html

Lisbon is located on the north bank of the Tagus River. It is the western most city in continental Europe and lies more or less in the centre of the country, approximately 300km from the Algarve in the south and 400km from the northern border with Spain. It has an area of 84km² and a population of 556,797 inhabitants. The area known as Greater Lisbon has a population of 2.1 million in an area of 2750km².

The capital city of Portugal is built on seven hills overlooking the Tagus, known in Portuguese as the River Tejo, which is the very soul of the city. This is the origin of Lisbon's nickname: The 'cidade das sete colinas' – the city of seven hills.

The Golden Age – a period when Lisbon became the capital city of the realm and one of the most famous and cosmopolitan centres of 16th Century Europe – are etched in the Torre de Belém, Mosteiro dos Jerónimos and Padrão dos Descobrimentos. To the east, the city shows a new face, so clearly expressed in the modern

architecture of the site that housed Expo '98, the last world exhibition of the 20th Century. This neighbourhood is devoted to the theme of the Oceans, i.e. to Portugal's contribution to the voyages of discovery and seafaring in general, and is now known as the Parque das Nações. In 2004, Lisbon hosted the European Football Championship. 21st century Lisbon is still a city of many contrasts, a combination of modern and ancient that fascinates all visitors.

Near Lisbon there are beaches, countryside, mountains and many areas of historical interest.

THE GOVERNMENT

Portugal has been a Republic since the overthrow of the monarchy in 1910. After a long period of an authoritarian and corporative republic, which was institutionalised by António de Oliveira

Costa da Caparica beach



Salazar in 1933, a democratic state was established after the so-called 'Revolution of the Carnations' on the 25th of April, 1974. According to the constitution of 1976, Portugal's Head of State is the President of the Republic, who is directly elected for a five-year term.

The President represents the nation, is the chief of the Armed Forces, and appoints the Prime Minister. Elections to the Parliament in Lisbon occur every four years. The Parliament building is right next to ISEG.

TOURISM, SIGHTSEEING AND ATTRACTIONS

Tourism in the Lisbon Region

Tradition, romance, culture, entertainment, modernity and emotions are just a small taste of what you can find in the Lisbon region.

Just a few kilometres west from the city of Lisbon, the horizon opens out into the sea and hills of the Estoril Coast, a traditional summer resort with fine sandy beaches and calm sea, which is ideal for nautical sports. The former fishing village of Cascais is nowadays a cosmopolitan suburb with several small sandy beaches in and around the town. Among the shady woods of the hills rising above the Atlantic, nestles the World Heritage town of Sintra, where nature and architectural heritage exist in perfect harmony. An excursion to Sintra is an ideal break from the city, with its famous palaces and castle.

Lisbon is one of the most picturesque capitals of Europe. It has strong links to the past, reflected in the old buildings and narrow cobblestone streets. Alfama is the oldest district of Lisbon, with traces back to the Moors. It contains many important historical attractions, and Fado (traditional Portuguese music) can be heard in its bars and restaurants. Castelo de São Jorge occupies an impressive location overlooking the city of Lisbon. The Sé de Lisboa (Lisbon Cathedral), after surviving

earthquakes and hardships, is nowadays a mix of different architectural styles.

Go to the commercial area of Baixa to see one of Europe's oldest examples of planned neighbourhoods. The Baixa is the heart of Lisbon and has a large variety of attractions: elegant squares, old tramcars, street performers, narrow streets, cafes, and shops all contributing to the Lisbon atmosphere. The Baixa's Rua Augusta leads from Rossio to Lisbon's famous square, the Praça do Comércio, situated right next to the Tejo River. Bairro Alto is a perfect choice for nightlife with a multicultural mix of people and entertainment and its many small are full of a wide variety of specialised bars and clubs.

PLACES TO VISIT

Torre de Belém

www.torrebelem.pt/en

Padrão dos Descobrimentos

www.padraodosdescobrimentos.egac.pt

Mosteiro dos Jerónimos

www.mosteirojeronimos.pt/en/

Centro Cultural de Belém

www.ccb.pt/sites/ccb/en-EN/Pages/default.aspx

Santa Justa Elevator

www.golisbon.com/sight-seeing/santa-justa.html

To the south of the Tagus River, the Blue Coast stretches for kms, passing the Sado estuary, with its 50 thousand hectares of protected nature reserve and an extraordinarily rich flora and fauna, including dolphins.

ATTRACTIONS

Bairro Alto

By day, this section of Lisbon is relatively quiet with children playing in the streets and people shopping; by night, it changes into a crowd of revellers crammed into the neighbourhoods' narrow streets to go clubbing and bar hopping until the small hours.

St. George's Castle

Located in the historic Alfama district, this Moorish castle dominates the city from its vantage point at the top of Lisbon's highest hill.

Baixa-Chiado (Downtown)

Located between Rossio and the Praça do Comércio, this area is a shopper's paradise with several pedestrian streets.

Parque das Nações

Includes an amusement and theme park: visit the Oceanarium, the Lisbon Casino and the Pavilion of Knowledge alongside the Tejo (Tagus) River.

Santos

Another of Lisbon's neighbourhoods known for its lively bars and discotheques, with fun that goes on until the small hours.

Turismo de Portugal - Lisboa

www.visitlisboa.com

Calouste Gulbenkian Foundation

A Portuguese private institution of public utility whose statutory aims to promote the fields of arts, charity, education and science.

www.gulbenkian.pt

Study in Lisbon

www.studyinlisbon.pt

SHOPPING

Downtown – the area frequently called Baixa comprises Rossio, Rua Augusta and its side streets, the recently renovated Chiado and the Avenida de Liberdade. This is one of the oldest commercial areas in Lisbon. Here streets are named after the business or trade that used to be carried out there. Prata (Silver) Street, Ouro (Gold) Street and Ferreiros (Blacksmiths) Street are just a few examples. Shopping Centres are almost everywhere in the city. Large or small, they do their best to suit all needs. The largest are: Colombo, Vasco da Gama and El Corte Inglés. Each one includes a huge range of shops and businesses, as well as restaurants and leisure facilities, which include cinemas and children's play areas. Most business establishments in

Portugal are open on weekdays from 09.00 to 13.00 and from 15.00 to 19.30. On Saturdays are from 09.30 to 13.00.

SPORTS

Eusébio, Cristiano Ronaldo, Luís Figo, José Mourinho. Who does not know these names which symbolise what football means to Portugal? Sports are closely related to the culture of Portugal, and especially football. Football has a long history in the country, and Portugal has presented many talented football players and coaches to the world. The three 5 star UEFA stadia show how popular the sport is in Portugal.

In Lisbon, one can choose between the wonderful international golf courses, sandy beaches with a huge assortment of water sports or the many health clubs with

well-equipped gyms, swimming pools, etc. Blessed with an excellent climate, Portugal has been turned into a "golfing heaven". In the surrounding area, there are eighteen golf courses just a few minutes' drive away from the city centre. Fourteen of Portugal's golf courses are rated in the top hundred in Europe. Surfing, body boarding, sailing, windsurfing and all sorts of water sports are practised at beaches like Guincho (which has some of the best conditions for surf and windsurf), Cascais and Costa de Caparica. This latter has a 15 km stretch of golden, sandy shoreline. Also not to be missed are the surrounding areas of Setúbal and Sesimbra to the south. Peniche, to the north, is an excellent destination for surfers. The small town is known for its beaches, and is home to many surf championships and surf schools. Recently, Peniche has hosted the Association of Surfing Professionals World Tour.

Rua Augusta (Downtown)



Surf at Guincho, Cascais

The town of Nazaré is situated just an hour's drive to the north, with long, sunny beaches located on the Atlantic coast. The little city is famous for the enormous waves caused by the underwater Nazaré Canyon. In 2011, Garrett McNamara surfed a record-breaking 23.8m wave at Nazaré.

In addition to having good conditions for water sports, both these regions offer spectacular scenery and are definitely worth a visit. The magnificent landscape of the Costa do Estoril, particularly the Sintra-Cascais Natural Park, is best seen on horseback, which provides a truly memorable day out for riders. The Natural Park not only includes the Serra de Sintra mountain range, but also extends all the way to the coast and Cabo da Roca, continental Europe's westernmost point. This cape has an amazing view over the Atlantic Ocean.

TIPS FOR NIGHT LIFE

There is a wide range of bars and pubs in Lisbon, and visitors should not leave the city without going bar-hopping in Bairro Alto, Docas, Parque das Nações and Terreiro do Paço. Whether you are looking for a traditional, down-to-earth tavern, a sleek bar, or a cosy chill-out atmosphere, there is always a place for you.

When the sun goes down and the wonderful bright light fades, Lisbon gains a completely new life. The sunset in Lisbon brings never-ending opportunities to spend the night out. A typical evening may start in one of the cafes of Chiado. The narrow streets of this district boast many little coffee shops, including Lisbon's most emblematic café, A Brasileira. The café is famous for being a favoured meeting point for artists, intellectuals and

academics, including one of the most famous Portuguese poets, Fernando Pessoa. It has been said that Pessoa regularly enjoyed a bica (as the espresso coffee is called in Lisbon) whilst he was reading or writing. There is a bronze statue of him on the café's terrace: the busy location of the café ensures the seated Pessoa is never alone, as locals and tourists love to take pictures with him.

The walk from Chiado up to Bairro Alto (the area is literally called the 'upper district') offers a wide range of restaurants serving traditional Portuguese cuisine. For some local flavour try a Fado House (or 'casa de Fado', as the Portuguese call it), a must for any first-time visitor. Lisbon's soulful sound, Fado is always sung by a solo performer. It is mostly melancholic music about love or it expresses sadness or the desire for something that was lost or was unattainable.



Pessoa Statue



Santo António Celebration



Lukas Unterschuetz

—
Bachelor in Management, 2015
Exchange Student,
Bern University of Applied Sciences

"I love being here in Lisbon. The city is very beautiful and has a lot to see and to do and the people are very friendly and helpful. The weather here in Portugal is sunny and warm. ISEG is a very good university in my opinion. The courses I visit are interesting and the professors know a lot about the subject, everything is explained very well. During my stay here I fell in love with Portugal and this City, therefore I decided to stay one more year here."

The best introduction to Fado are the songs of the world-renowned Amália Rodrigues or of Mariza, the new queen of Fado. There are many Fado Houses in the Bairro Alto, but the most authentic can be found in the older part of Lisbon, the Alfama, or in Lapa.

After a long, relaxed dinner, the night can continue in the bars of Bairro Alto. This is the epicentre of the city's bar scene, with a multicultural mix of locals and foreigners. You can always find bars open here (normally until 02.00), sometimes with live music, and a big crowd of young people. The streets of this neighbourhood are a good place to meet friends, and to walk around the variety of bars that cater for all tastes.

Lisbon has established a reputation as one of Europe's trendiest clubbing cities. At night, the best choice is to move down to by the

river at Alcântara and the district of Santos. This area is the home of many fashionable, attractive and stylish clubs and discotheques, and is a pleasant place to watch the sun rise.

TRANSPORT

There is a wide, inexpensive network of transport in Lisbon, the city of the seven hills, with a choice between bus, metro, elevators, electric trams or railway, within the city or out to the suburbs. Students can get around the city by bus or tram, both of which serve the entire city. Bus/tram tickets can be purchased from the driver, or at any ticket vendor. During rush hours the metro is recommended as a faster mode of transport.

Metro tickets must be purchased in the metro stations. There are passes for bus/tram/metro trips which are valid for 30 days, as well as combined tourist cards, that include museums and unlimited travel on the city's tramway, bus, elevator and metro transportation (1, 2 or 3 days). The public bus and tram company CARRIS covers most of Lisbon. In general, buses and trams run from 06.00 to 23.00. The metro is operated by a public company - Metropolitano de Lisboa - and runs from 06.00 to 01.00. The latter is definitely the fastest way to travel around in Lisbon. If you're travelling outside Lisbon, there is a choice of the train or coach service, which reach any point in the country in a fairly efficient and inexpensive way.



MONTHLY EXPENSES	AVERAGE PRICE
Accommodation	300 € / 350 €
Meals	200 € / 250 €
Transport	35 € / 40 €
Leisure	100 € / 120 €
University (books, etc..)	50 €
Total	685 € / 810 €

The cost of living in Portugal is lower than in most EU countries. Above you will find the prices of some everyday articles.

ARTICLES	PRICE
1 Coffee	0.65 €
1 Coke (33cl)	1.20 €
Water Bottle 50cl (Cafeteria)	1.00 €
Cinema admission	5.20 €
Daily newspaper	1.50 €
Disco admission	10.00 €
Full meal in a middle class restaurant	15.00 €
Meal at the school canteen (includes drink, soup, dish and desert)	2.40 €
Subway ticket	1.40 €
Carris bus ticket	1.80 €
1 Beer (pub)	3.00 €
1 Beer (supermarket)	0.80 €
1 lt Petrol	1.70 €
Photocopy (A4 size)	0,05€

CULTURE & LEISURE

RIVER



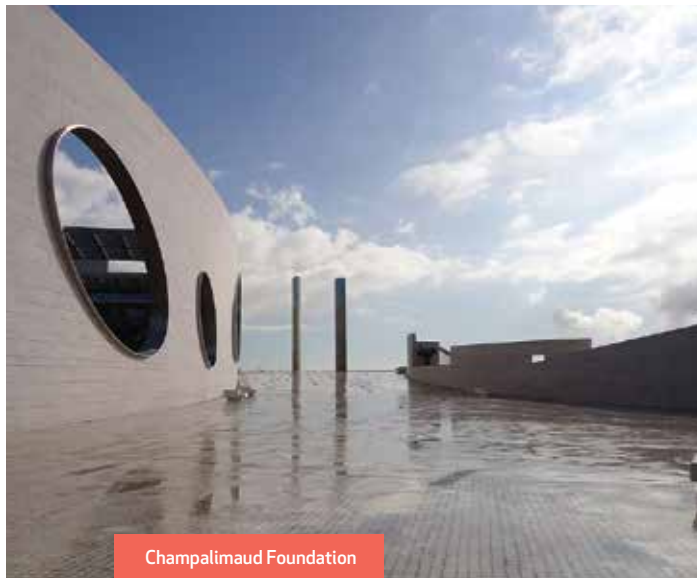
Riverside near Belém neighbourhood

LIBRARIES

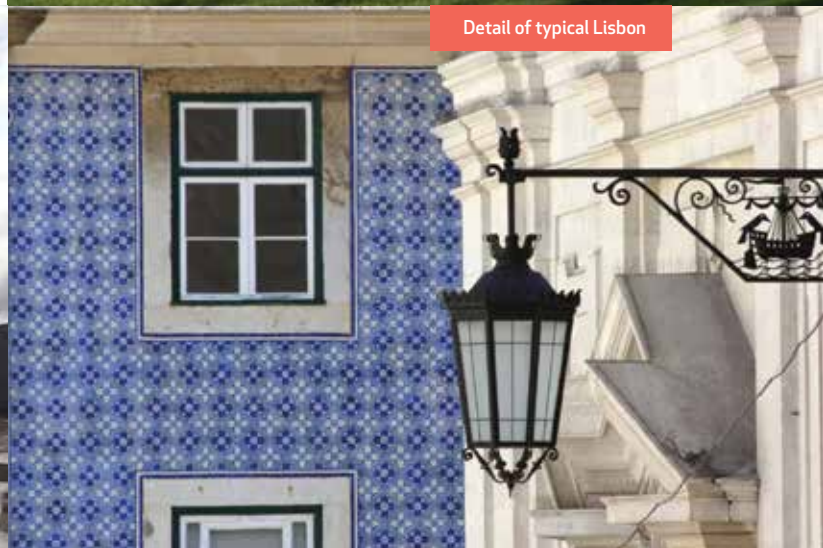


National Library

INNOVATION



Champalimaud Foundation



Detail of typical Lisbon

TRADITION

GASTRONOMY

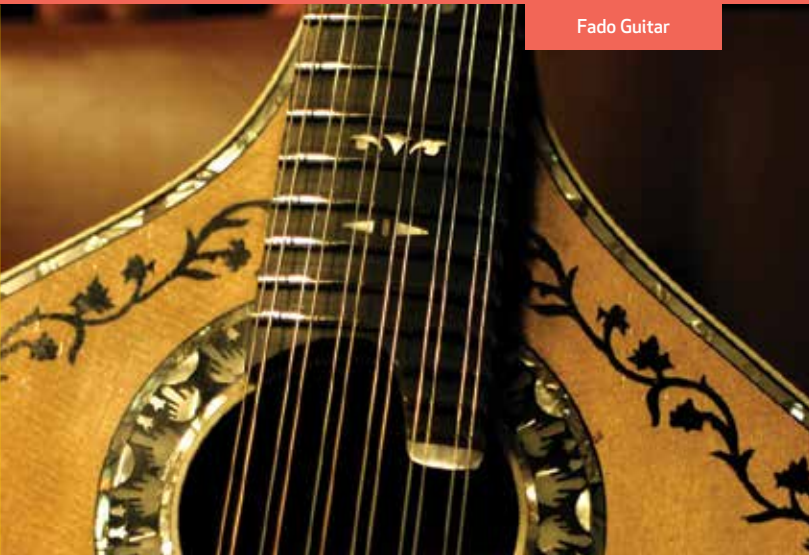


Portugal Pavilion, Parque das Nações



"Pastel de Belém" Pastry

FADO



Fado Guitar

THEATRES



Rossio Square & Teatro Nacional D. Maria II

ARCHITECTURE



Jerónimos Monastery



Rossio Train Station

HISTORY

MUSEUMS



Gulbenkian Museum



Parque das Nações

USEFUL CONTACTS

INTERNATIONAL COUNTRY CODE +351

SOS Number 112

Emergency Services LISBON'S HOSPITALS

S. José 218 841 000

Santa Maria 217 805 000

S. Francisco Xavier 213 000 300

Cruz Vermelha | Red Cross 213 943 100

Hospital Inglês | British Hospital 214 827 700

Garcia de Orta (in Almada) 212 727 100

Amadora-Sintra 214 348 200

Anti-Poisoning 217 950 143 and 808 250 143

Fire Department 213 422 222

Police 217 654 242

Immigration Services 808 202 653

Police Lost and Found 218 535 403

Taxis

Rádio Táxis de Lisboa 218 119 000

Autocoope 217 932 756

Teletáxis 218 111 100

Post Offices www.ctt.pt

Airport 218 413 700

CNAD - Facilities for Disabled People

218 595 332

Tourist Information Help Line

www.dgturismo.pt

800 781 212

Transports

Carris | Bus www.carris.pt 213 613 054

Metropolitano de Lisboa | Metro

www.metrolisboa.pt 217 980 600

CP | Railroads - Train www.cp.pt 808 208 208

Lisbon Campsite 217 623 100

Cinemas

www.cinema.sapo.pt

Lisbon Holiday Destination Guide

www.strawberryworld-lisbon.com/Lisboa

Newspapers

www.sapo.pt/noticias/atualidade

Portugal Institute of Museums

www.ipmuseus.pt

Cultural Centre of Belem

www.ccb.pt

Yellow Pages

www.pai.pt

NATIONAL WEBSITES

ISEG- Lisbon School of Economics and Management
www.iseg.ulisboa.pt

Universidade de Lisboa
www.ulisboa.pt

Erasmus Lisboa
www.erasmuslisboa.com

Lisboa Tourism Official Site
www.atl-turismolisboa.pt

Erasmus Student Network
www.esn-lisboa.org/index.php

Portugal Official Tourism Website
www.visitportugal.com

Portugal Virtual
www.portugalvirtual.pt

Lisbon Cultural Agenda
www.agendalx.pt

Student Cards
www.juventude.pt

Youth Hostels
www.pousadasjuventude.pt

Transportes Sul do Tejo (buses in Almada)
www.tsuldotejo.pt

CP Railways
www.cp.pt

Carris (buses in Lisbon)
www.carris.pt

Metropolitano de Lisboa (subway)
www.metrolisboa.pt

INTERNATIONAL WEBSITES

European Youth Portal
ec.europa.eu/youth/news/index_en.htm

European Commission
ec.europa.eu

Eciu - European Consortium of Innovative Universities
www.eciu.org

CE - Campus Europae
www.campuseuropae.org/en

Erasmus Student Network
www.esn.org

On Line Newspapers
www.onlinenewspapers.com

SOME USEFUL PORTUGUESE WORDS AND PHRASES

Olá!

Hello!

Olá! Hello!

Bom dia! Good morning!

Boa tarde! Good afternoon!

Boa noite! Goodnight!

Como estás? How are you?

Estou bem, obrigado. I'm fine, thank you.

Até logo. See you later.

Até amanhã. See you tomorrow.

Desculpa. Excuse me.

Adeus Goodbye

Não percebo. I don't understand.

Estou perdido. I am lost.

Quanto custa? How much is it?

Onde é o ISEG? Where is ISEG?

Onde é a casa de banho? Where is the bathroom?

Está lá? Quem Fala? Hello? Who is speaking?

Daqui fala... This is...speaking

Não falo português. I don't speak Portuguese

O meu nome é... My name is ...

Quanto é? How much is it?

Não tem importância. Never mind.

Que horas são? What time is it?

Onde é a rua...? Where is the street...?

A tua esquerda. On your left.

A tua direita. On your right.

comboio train

estação de comboios railway station

bilhete ticket

horário timetable

autocarro bus

paragem de autocarro bus stop

centro da cidade city centre

comida food

cerveja beer

água water

leite milk

pão bread

dinheiro money

selo stamp

aberto open

fechado closed

sim yes

não no

porquê? why?

obrigado thanks

hoje today

amanhã tomorrow

ontem yesterday

Preciso de ajuda I need help

CONTACTS



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Head of the Academic
Services Division and Erasmus
Institutional Coordinator

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Office Coordinator and
Responsible for Incoming
Students



Cláudia Sousa
Responsible for Outgoing
Students



Luis Perez
Postgraduate Office

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Filomena Ferreira
Dean's Office Advisor
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Jessica Cunha
Director of International
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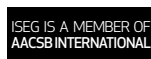
ACCREDITATION



RICS



MEMBER



RANKING



CERTIFICATION

