

**A) Your program of study (courses, assignments, course format). Add the exact number of class hours per course.**

**Program of Study:** International Management

**University:** Universidade Catolica Portuguesa

**Courses**

**Design Thinking:** 4.5 hours per week: 3 hour lecture and 1.5 hour workshop. The course is designed around 1 project the entire time; we need to find a real student problem at the university and solve it with a group of diverse students. In the course we have had 2 tests which are worth 60% of our total cumulative grade (lowest test score does not get counted), 20% of our grade is individual work submitted in class, and 20% is our group presentation. The final exam is worth 40% of our total grade.

**Strategy:** 4.5 hours per week: 3 hour lecture and 1.5 hour workshop. This course is about different business strategies, and require us to complete a total of 3 memos and presentations over the course of the semester for 60% of our cumulative grade. 15% is from 9 pop quizzes in the lectures (only our top 6 count), 15% for participation in workshops, and 10% for student heteroevaluation. The final exam is worth 50% of your total grade.

**International Management:** 4.5 hours per week: 3 hour lecture and 1.5 hour workshop. The course is not management at all, it is infact entirely economics with a bit of business strategy at the very end. There is 1 test about economics worth 40%, and 1 presentation about strategy worth 40% of your cumulative grade. 5% of your grade is made up by 6 pop quizzes quizzes, only the top 3 counting. And the final 15% is from participation in the workshops. The final is worth 50% of your total grade.

**New Marketing Strategies:** 4.5 hours per week: 3 hour lecture and 1.5 hour workshop. This course is about the new and upcoming trends in marketing, with us learning through multiple lectures about specific themes. Your grade is made up of a 30% written midterm, 45% is 4 group presentations (only 3 are counted so you may choose to only do 3), 20% is made up of quizzes done at the end of every lecture (best 6/9 are counted) and 5% participation. The final exam is worth 40% of your total grade.

**Philosophy and Ethics:** 4.5 hours per week: 3 hour lecture, 1.5 hour workshop. This course discusses philosophical theories and ethics in business. The cumulative grade is made up of two tests weighing 65% (only one test with highest score is counted), 25% participation in workshop, and 10% attendance. The final is worth 40% of your total grade.

**Total course hours per week:** 22.5 hours

**B) The timetable (academic calendar, registration dates, orientation, beginning and end of classes, exams, holidays, number of semesters, etc.) Please submit the precise dates so students will know when to book their flights next year**

### **TIMETABLE**

<u><b>Monday</b></u>	<u><b>Tuesday</b></u>	<u><b>Wednesday</b></u>	<u><b>Thursday</b></u>	<u><b>Friday</b></u>
<b>8:30-10:00am:</b> International Management <i>WORKSHOP</i>			<b>8:30-11:30am:</b> Design Thinking <i>LECTURE</i>	
<b>10:00-1:00pm:</b> Philosophy and Ethics <i>LECTURE</i>		<b>11:30-1:00pm:</b> Strategy <i>WORKSHOP</i>		<b>10:00-1:00pm:</b> International Management <i>LECTURE</i>
<b>1:00-2:30pm:</b> New Marketing Trends <i>WORKSHOP</i>	<b>1:00-4:00pm:</b> Strategy <i>LECTURE</i>			<b>2:30-4:00pm:</b> Design Thinking <i>WORKSHOP</i>
			<b>4:00-5:30pm:</b> Philosophy and Ethics <i>WORKSHOP</i>	<b>4:00-7:00pm:</b> New Marketing Trends <i>LECTURE</i>

**Application Deadline:** October 15th

**Course Registration Deadline:** October 15th (with application)

**Orientation Date:** February 9th & 10th

**Semester Start Date:** February 13th

**Testing Week 1:** March 13th -17th

**Easter Break:** April 5th - 11th

**Testing Week 2:** April 17th - 22nd

**Quiema das Fitas:** May 8th - 13th (one week off from school for student celebrations)

**Testing Week 3:** May 29th - June 2nd

**Final Exam Period:** June 9th - 22nd

**Re-Sit Final Exam Period:** June 28th - July 4th

**C) Procedures to follow upon arrival. List and description of services offered by the International Exchange Office of the host institution. Registration and course selection. Social activities.**

Upon arrival, there are no particular procedures to follow. Aside from in the airport with immigration, I was not asked for any documents. I arrived on February 2nd 2023, and our orientation that was organized by the International Exchange Office was held on February 9th and 10th. The orientation on the 9th consisted of a presentation explaining the regulations of the university, and many ice-breaker activities. Afterwards, we were invited outside for wine and appetizers while we all got to know each other. The orientation day offered on the 10th was optional and cost 50€. This included a boat tour and a wine tasting tour.

Services offered specifically by the International Exchange Office include course registration, assistance with timetable conflicts/timetable changes, and assistance with paperwork submitted to university or otherwise (e.g. learning agreement, paperwork for student bus/metro pass).

**D) Budget outlining the cost of studying abroad (i.e. airplane tickets, housing, vacation and daily travel costs, textbooks, meals, etc.).**

The price of my airplane tickets is likely to be different than the average student due to the fact I bought my tickets to and from Portugal separately, paying a lot more. This was because I was planning on traveling and visiting family in Romania in July after the end of semester, so my cost breakdown for the plane tickets looks as follows:

YUL (Montreal) -> OPO (Porto) : \$838.85 (Trip was two flights with layover in Lisbon)

OPO (Porto) -> OTP (Bucharest) : \$288.40 (This is for the purposes of traveling to see family, would not normally be included in price for other students)

OTP (Bucharest) -> YOW (Ottawa) : \$883.50 (Flight back home to Ottawa, two flights with layover in Paris)

Total flight costs: \$2010.75

Total flight costs (not including trip in between): \$1722.35

To note, this is the costs including one extra luggage for each flight (you will likely want 2 large luggages to bring everything when going away for 5 months).

Generally, if you were to book plane tickets round trip rather than one way ahead of time, it would be several hundred dollars cheaper. This has just been my experience and amount I have had to pay based on my personal needs.

When it comes to housing, we live in an excellent area. I was matched with a colleague from uOttawa in Porto, and we decided to find living together while here. We found an apartment beside the Casa da Musica opera house, where we are essentially right outside the immediate downtown but still in a central and populated area. Our location gives us access to a metro station one street away from us (3 min walk), three different bus stations; one including the direct line to our university (also 3 min walk away), and we are a 25 minute walk from the core downtown. With the location and the fact that there is so much demand for student housing in Porto now, we are paying a bit more. We also had a one time 350 € booking fee through the website that we booked it through. Here is the breakdown of living costs:

Monthly rent: 530 € (5 months total)

One time security deposit: 530 €

One time booking fee 350 €

One time fee for weekly cleaning common areas: 75 €

Total housing costs: 3075 € (not including security deposit as will be returned)

\$4616.87 CAD

Now, in terms of transportation Porto offers a student card pass with access to all metro lines and bus lines. Per month, it costs 30 € to obtain. You must refill the card before the beginning of every month, otherwise you risk being kicked off the bus as there is a no tolerance rule here; you must *always* tap your pass or pay. Also, if ever it is necessary to take an Uber or Bolt (Bolt is recommended as it is cheaper than Uber), it is incredibly cheap in comparison to Ottawa prices. A bolt ride to the university (if you missed the bus) is approximately 3-4 €, and that goes for practically any trip you may take within the city. If you are planning on taking a much longer ride, expect to pay more; however, I have never paid more than 18 € for any trip within Porto, including to the airport.

Total costs for transportation: 150 € (\$224.61 CAD)

Vacation costs are one that is incredibly different for every student. For my experience, myself and my group of friends decided to take multiple trips together to Lisbon (3 days), Manchester (3 days), Barcelona and Madrid (6 days), Madeira (5 days), and as of now we are in the process of planning a 2 day trip to Coimbra, and a 4 day trip to Algarve after final exams. Between Lisbon, Barcelona and Madrid, I have spent somewhere around approximately \$1500. This is all from transport (plane, train, bus, and metro tickets), housing (all hostels, paid around 30 € a night), meals (we went to many restaurants and did not budget tightly here, so we spent approximately 30 € a day on drinks and meals while being out), and finally all the miscellaneous spending (going out, entrance tickets etc) was what cost the most. Plane tickets round trips have been less/around \$200 per trip that we fly for. Flixbus tickets traveling within Portugal cost approximately/less than 15 €.

At Catolica, we do not have any textbook fees as the teachers provide us with all the readings/pdfs online.

For meals, groceries cost me about 30-35 € per week. This is including meat, dairy, snacks, bread, etc. However, we do also go out to dinner a few times a week while here (usually paying around 10 € whenever we go out) and eat lunch at the university when we have our full day of classes on Friday. Meals at the university are super reasonably priced, and for a lot of food. You can get the meal of the day which costs about 4 € for a soup, and main course. Otherwise, they have plenty of other regular options that range from 2 € to 7 € all around the campus, with the main two being in the courtyard and main building. All in all, I would say I spend approximately 200 € on food a month (\$300 CAD/month, \$1500/5 months)

In total, including the tuition paid to uOttawa (\$3586.10), the cost breakdown for this semester is as follows:

Tuition: \$3586.10

Total flight costs (not including trip inbetween): \$1722.35

Total housing costs: \$4616.87 (not including security deposit as will be returned)

Total costs for transportation: \$224.61

Total food costs: \$1500

**TOTAL COST OF EXCHANGE:** \$11,649.93 (not including any vacation)

### **E) Application procedures before your arrival (visa deadlines, documents required for visa, course registration, housing deposit, etc.).**

My situation for application procedures before arrival was much simpler than many students'. I am a Romanian citizen, which with my passport gives me full access to the EU without any necessary visas or further paperwork. So, in terms of working with the embassy all I needed was to call to ensure that everything was in check, and they said I would have no problems whatsoever getting into Portugal with my passport. When I arrived I was asked very briefly how long I was here for by airport security (they saw how many luggages I had), I responded that I am here for Erasmus for 5 months and I am Romanian, and they let me through without asking for any further information.

The application process with Catolica was a bit more complicated. They had required a lot of paperwork and documents in the application process and course enrollment. We had to complete an application survey online first that they sent us through email, and then we had just under one month to provide them with all of the following documents: ID Data sheet (provided by them), official transcript of records, English knowledge certificate B2 level, learning agreement (signed off by uOttawa), proof of European health insurance, and a passport-sized picture of you. For course registration, all that was required was to

submit your course selection and the international office automatically made your schedule; so you have no say in what times your courses are.

For my housing contract, all that was required was my full name, full address in Canada, copy of passport, and the security deposit + cleaning fee paid a week before arrival.

#### **F) Address and description of housing. Cost of housing**

Address: Rua Nossa Senhora de Fátima, 442

4050-426, Porto

My home in Porto is a 5 bedroom, 4 bathroom apartment on the second floor of a building near Casa da Musica. I reserved the largest room for 530 € a month, which includes a king sized bed, two desks, two closets, a balcony, and an ensuite connected to the inside of my room. We have the main area at the front of the house when you first walk in, where there is one of the bedrooms, but then we have the living room and kitchen as our common space. We have a laundry machine included as well that is located in the kitchen, and access to a building patio (that is almost done being constructed) that is open to everyone who lives in the complex and will have space for people to sit and enjoy their time out there.

In regards to where I found this home; I made my reservation on Uniplaces.com. It is a reliable website where landlords are verified to prove they are legitimate. This is a warning for incoming students: there are an incredible amount of housing scams in Porto due to the housing crisis going on. Do not ever book through any website such as Facebook marketplace, or any non-reliable website that does not background check the landlords who are putting their properties up online. Two of our friends got to Porto after booking with what seemed like a legitimate landlord; they had a contract, contact with them, and paid the security deposits, only for no one to be in the building when they arrived and finding out it is a fake scam apartment building for students. This has happened to so many people, and it is always the same story. It is just important to know before booking, as Catolica told us when we received our acceptance letter that they do not offer any sort of student housing, and that we must find our own housing ahead of time. Porto has become a student city with many international Erasmus students arriving, and there is not enough housing for the demand of people who are coming.

#### **G) Other comments or recommendations**

- Be sure to book your housing through a reliable website to avoid being scammed. Start looking as soon as you receive your acceptance letter!

- The metro system is great, fast, and always running on time. The busses are always either early, or very late. It happens often that the bus is late on the way to school; make sure you take the earlier option.
- Attendance in school is mandatory and graded, no skipping classes!
- Information within the university about courses and exams will be given to you later in the semester: the syllabus system is done by weeks (week 1, 2, 3, etc) rather than dates. You will not receive the dates of your tests until closer to the examination period, and it is normally outside of class time.
- Sign up for an ESN Card upon arrival; it is a 20 € card that gives you access to many Erasmus events, parties, trips etc. where you meet many students and have an amazing time. It also gives you discounts on transport (Flixbus and Ryanair 10% off), in some stores, and waives entrance fees in some places (counts as student card).
- The cafeteria serves lunch only within specific hours, so you may need to bring food from home if you have long hours.
- Exams and midterms are all written in-person; if you have COVID-19 you are still expected to come to class (unless you have very severe symptoms and a doctors note if for an examination)
- Almost all apartments have no heating here. In February and March my room was so cold I slept with two big blankets and still had to buy a heater. You may need to buy a blanket or heater

#### **I) Add a description of about five to seven sentences summarizing your experience**

My experience in Porto just in the first few months has been absolutely incredible; a truly life-changing experience. I met a big group of friends on our very first day of orientation, and while some came and left, 13 of us stayed and we are all very close and are traveling all over together. The university is also a completely different experience than what I am used to, with professors requiring attendance and knowing you on a first-name basis. They truly care about their students here and make sure we are on track. I have travelled over long weekends and holidays with my friends, and we have made so many memories. While there is still two months of school before it is done completely, we are almost done all lectures (lectures end a few weeks earlier before exams). Honestly, the thing I will cherish the absolute most from this experience are the memories and especially people I have met, and knowing that I will have friends all around the world now is something that means so much to me. While yes, even with friends it gets lonely sometimes, remembering that this is a once in a lifetime experience and making the absolute most of it is the biggest thing I could say. After living in Porto and seeing how wonderful it is, I am seriously considering coming back here again for Erasmus, or move there after university.