

Mobility Report

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

I am a third-year student studying at Telfer in the international management program. You have to take five courses with each course having a 3-hour lecture and a 1-hour and a half workshop. The five courses I am enrolled in is design thinking, social economics, international management, social philosophy and ethics, and strategy. For each course the lecture portion is where the professor covers the course material, and the workshop is where you gather with your group members to go over assignments and presentations that you have to complete as a group. The course format for courses that are more economic based such as social economics and international management mainly consist of tests and quizzes throughout the semester. Other types of courses such as design thinking, strategy and philosophy include group projects that make up a portion of your grade. Class sizes are typically smaller than at uOttawa most likely due to the fact they are English classes in a Portuguese speaking country, but this can enhance your learning experience as it can be easier to ask questions. The format surrounding midterms differs to that at uOttawa, at Católica there are two weeks designated for midterms. The first week is at the end of March and the second at the end of May. During these weeks similar to final exams at uOttawa you do not have class as they give you additional time to study and better prepare for exams. Also, most courses that have midterms will have two midterms, but they give you the option to drop the mark of the lower test.

2. The timetable (academic calendar, registration dates, orientation, beginning and end of classes, exams, holidays, number of semesters, etc.).

Registration for classes begin at the end of October and they give you roughly a week to select your courses for the semester. Oftentimes, some courses may overlap so it is good to keep in mind a couple back up courses just in case because course selection is not like uOttawa with the listed classes times as the timetables are formulated afterwards. The semester in Porto begins in February and ends in June. Classes begin on February 10th and the week prior they do orientation activities such as a winery tour and rock climbing. During midterms they give off the weeks similar to final exams at uOttawa to help you better prepare for the tests. There are two big breaks they give a week off around Easter and the other is a week off in mid-May around a holiday called Queima das Fitas.

Queima das Fitas is like a party week for students in Portugal and there are numerous parties that you can attend with your friends during this week. They also have a couple other one day holidays throughout the semester. However, for these one-day holidays they schedule replacement classes to help students catch up on the course material. Final exams start at the beginning of June over a two-week time period. With all classes and exams finishing on June 20th. Afterwards, they also have re-sit exams for difficult courses that students would like to retake to get a better mark on the exam. Regarding, class times unlike at uOttawa where class can begin as early as 8:30 am and end as late as 10pm, at Católica the latest class ends at 7:00 pm. However, it is important to note that due to less time options you will have less time in between classes.

3. 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.

The host institution has an international department that help solve any issues you may have. They are very attentive and respond within 24 hours of you reaching out to them.

They have an international office on campus that you can utilize them to answer any questions and queries you may have. Registration begins at the end of October and classes may be switched up to a week into class. They also designate a buddy to each exchange student who is a Portuguese student who can help with any potential questions you may have. Social activities organized by the school are mainly done in the week leading up to the start of classes mainly consisting of their orientation activities. There are various clubs and teams you can join to help better integrate yourself in the university as well which can be provided by the International Exchange Office.

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

Prices on airplane tickets can vary depending on when you book your tickets, if you book them on short notice, they can be possibly more expensive. I booked my tickets a couple days before I left and paid around 1600 dollars. Due to the size of Porto, there are no direct flights from Toronto to Porto meaning you will have to take a connecting flight which I did through Lisbon. The school does not have housing but do have third-party platforms that you can use to help find accommodation. There are also other websites online that you can use with Uniplaces being a popular choice amongst students in Portugal. I pay roughly 749 euros for my apartment, but you can find cheaper alternatives

further away from the university. The busing system in Porto is notoriously unreliable which is something to keep in mind when attending classes to budget time for late buses. In terms of vacation costs, travelling within Europe is very inexpensive meaning you can travel either by train or plane at a low price. The university gives two weeks off throughout the semester which will give you the opportunity to travel and on weekends you can take advantage of the close proximity of neighbouring countries. I would recommend taking advantage of this in the first few months as it will be low season meaning cheaper prices and you will just be beginning the semester so you will have more time to travel before group projects and exams begin. All course materials are provided online at no additional cost with everything being on blackboard which is their version of Brightspace. For meals you can purchase from either a local grocery store, restaurant or on campus. Prices are generally cheaper for European goods, but I noticed when purchasing popular brands from Canada they can be quite expensive.

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

To be able to apply for your visa you need to have the acceptance letter, a criminal record check, proof of funds, proof of housing and health insurance. All these documents are required to book your in-person appointment. This in-person appointment is necessary and after the appointment your visa should arrive around 6 to 8 weeks afterwards. If you wish to travel for the summer months once your exchange finishes it is important to mention this in your appointment. I would recommend having everything prepared as it is a lengthy process so once the acceptance letter arrives you can immediately apply. Course registration begins at the end of October, and you also have to get the courses approved

by Telfer. My housing deposit was required 48 hours prior to my check-in date at a cost of 749 euros, the equivalent of one month's rent for me.

6. Address and description of housing. Cost of housing.

My residence was a location close to the university that was a close walking distance from the school with the address being Rua do Paraíso da Foz, 281, 4050-566. It is an apartment building that has studio apartments with a private bathroom and a kitchenette. It also has amenities inside the building such as laundry machines and public spaces. The housing was also a very close walk from the beach which is something I took advantage of as the weather began to get warmer. The cost of housing in this location varies depending on your apartment mine was 749 euros a month.

7. Other comments or recommendations.

Make sure create a ucp account which is the equivalent of Brightspace at uOttawa to be able to see the announcements, syllabus, assignments, etc. Also, you must create a Católica email as this is where they send you the locations for your exams and other important information. For communication with fellow students, I would recommend downloading WhatsApp if you do not have it as it is utilized much more than Snapchat and Instagram which are the more popular platforms that I am accustomed to using in Canada. In terms of the language barrier, Porto is a very touristic city meaning you can get by with English to communicate your way around the city. The classes are a blend of other exchange students and Portuguese students studying in English. The university also does not have many areas to charge your computer so I would always recommend trying and have it fully charged for each class. Lastly, the visa process is lengthy so I would recommend once you receive an official acceptance letter to immediately begin the

application process to be able to receive the visa promptly. In order for this to be possible I would try to get ahead about finding an apartment, insurance and a criminal record check as you cannot proceed until you have all these documents. Lastly, I would recommend contacting your cellular provider to inform them of your exchange and either see if they can provide you service in Portugal or find a local provider. I chose finding a local provider which was a more inexpensive option and worked wonderfully for me.

8. Add a description of about five to seven sentences summarizing your experience...

Overall, my experience so far on this exchange has been very interesting. Living in another country you truly immerse yourself in the culture of the place you are living. In such a short period of time I feel I have learned more than I ever would have previously imagined. Being an exchange student, is such a unique experience as you learn so much valuable experience. Porto is a great city that does not overwhelm you as it has a small town feel to it. It is also right beside the beach and the warmer months are a great time to spend at the beach. It has been a great opportunity to learn about myself as being so out of my comfort zone makes you try things you normally wouldn't have, and it overall has been a very rewarding experience. In terms of the schooling, the classes are a little longer because all workshops are mandatory, but class difficulty is similar to that at uOttawa. The semesters are a month longer meaning there is more downtime, and I would take advantage of this to travel and explore different places around Porto.