

Boarding to FMH...



Exchange Students Guide

2024/2025

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Institutional

Universidade de Lisboa, Faculdade de Motricidade Humana,

Erasmus Code: P LISBOA109t

Address: Estrada da Costa, 1499-002 Cruz Quebrada - Dafundo, PORTUGAL



How to get here:

- **BUS**

In Algés, at Praça D. Manuel I, take Bus no. 776 (Carris) to FMH;

- **TRAM**

Take Tram 15E from the city centre. The journey starts at Praça da Figueira, passing through Cais do Sodré Station, to Algés/Praça D. Manuel I. Then take Bus no. 776 to FMH;

- **TRAIN**

Leaving from Cais do Sodré station, take the train to Cascais (stops at all stations). You can get off either at Algés train station and then get Bus 776 (at Algés, leave the railway station (right handside). Once outside the railway station, ask for bus 776, which stops right opposite the Faculty), or at Cruz Quebrada station (please note that this is the only place in the area that is not safe, except during rush hours, if you are coming alone, especially girls), then head towards the back of the station (towards Lisbon, where the train came from), go down the stairs and go under the bridge beside. Go up the stairs, turn right, cross the bridge and Estrada da Costa is on the right of the crossroads. You can walk to the FMH, which is about 500 metres further on.

- **CAR**

Head from Lisbon towards Cascais/Estoril along Avenida Marginal (N6). Once you have passed Algés, keep an eye out for the entrance to the National Stadium/FMH. FMH is about 500 metres from Avenida Marginal.

Campus Facilities and Services at FMH:

- **Insurance:** FMH provides school insurance for all students, which covers accidents occurred in and outside the faculty facilities (outdoor classes, day trips, etc.). This insurance is guaranteed at the admission process, and requires the payment of 2,10€. It is important to point out that, in case of accident, the student should immediately contact the Student's Academic Services, in order to activate the insurance.
- The **IT Centre** manages the IT infrastructure of our School and provides a range of IT related services to the staff and the students. All exchange students are entitled to a personal FMH email address, access to the e-learning platform (SGA), and Wi-fi.
- **Student Card:** all exchange students receive their Student card upon arrival to the faculty. We strongly recommend always carrying this card with you.
- **Study Room** and free Wi-Fi (Eduroam).
- The **Library** "Noronha Feio" is a reference at national level, due to its bibliographic collection and the investment in journal subscriptions (more than 17.000 volumes, 720 journals and different CD-ROM databases). Students wishing to borrow books from the library must have a loan card.
- **Printing & Copy** service available at the Library (open Mon-Fri from 9 am to 1 pm and from 2 pm to 5 pm).
- **Students' Union:** FMH Students' Union represents the students' opinions and views. It is made up of Student Officers elected each year by FMH students.
The Student's Union works in partnership with the FMH governance bodies, representing the students' voice.
The Students' Union provides advice, sports clubs, cultural and leisure activities, and volunteering opportunities.
To find out more about these activities, and to join them, you should visit FMH Students' Union upon your arrival.
- Free access to the **Gym** (as long as no classes are running and with limited number of students using it simultaneously).
- **Canteen** (€3,10/lunch) and **cafeteria**.



1. Mobility Office

Mobility Officer:

Rita Jordão, e-mail: ritajordao@fmh.ulisboa.pt

Mobility Coordinator:

Isabel Morais, e-mail: imorais@fmh.ulisboa.pt

Phone: (+351) 21 4149104

Application deadlines:

Autumn Semester: 15th June

Spring Semester: 15th December

After the application deadline, and after being nominated by your home university, you will receive an e-mail with all the details on how to submit your application.

Office Hours:

Open Mon-Fri from 10 am to 4H30 pm (closed for one hour at lunchtime)



2. Application

We are in the process of implementing a new application procedure, which is meant to be available by late November.

As soon as the new application is on, we need the following documents from you:

1. Photo

Coloured passport type photo, in .jpg format, with good quality.

THIS PHOTO MUST CLEARLY SHOW YOUR FACE, DIRECTLY LOOKING AT THE CAMERA, IN A WHITE BACKGROUND.

Photos copied or digitally scanned from passports, driver's licenses or other official documents will not be accepted.

2. Copy of Passport or ID Card

Copy of your ID card or Passport

3. Copy of your European Health Insurance card/ Health insurance (for non-European students)

4. Transcript of Records from your Home University



3. Learning Agreement

Students are expected to complete their Learning Agreements online (OLA). If your university is not using OLA's, please send a PDF of your LA to this email address: ritajordao@fmh.ulisboa.pt, duly signed by you and your Coordinator.

Information you need to complete your OLA (Online Learning Agreement):

RECEIVING INSTITUTION: Universidade de Lisboa

FACULTY/DEPARTMENT: Faculdade de Motricidade Humana

ERASMUS CODE: P LISBOA109

ADDRESS: Estrada da Costa - 1495-688 CRUZ QUEBRADA

COUNTRY: PT - Portugal

CONTACT PERSON NAME; EMAIL, PHONE:

Rita Jordão: ritajordao@fmh.ulisboa.pt

+351 214149104

RESPONSIBLE PERSON AT THE RECEIVING INSTITUTION: Isabel Morais, Mobility Coordinator

Attached to this email you will find the list of courses likely to be attended by Erasmus students (with support in English) in the coming semester (Please note that we cannot guarantee all these courses will open, as some of them require a minimum number of students registered in the course).

The courses Didactics of Sports Activities (DAD's) II and IV are practical Sports courses. You have the modules corresponding to each of them in the attached list.

Each module you choose, when completing your OLA has to be written according to the example below:

Didactics of Sport Activities II - Introduction to Fitness- 1,8 ECTS

Didactics of Sport Activities II - Gymnastics 2 - 1,8 ECTS etc.

Didactics of Sport Activities IV - Football II - 2 ECTS ...

If you choose to do the whole course, you just write:

Didactics of Sport Activities II - 9 ECTS

or

Didactics of Sport Activities IV - 6 ECTS

You can choose any course from the list of courses. However, we don't advise you to take courses from the Dance Bachelor if you don't have a strong background in Dance. As for the Master courses, you can only choose them if you are already attending your 3rd year).

Spanish and Brazilian students can choose any course, as well as students who have at least a B1 level in Portuguese.

The courses Internship/Internship Activities are not available for Erasmus students



4. Portuguese Language Course

We will organise a Portuguese Language course during the semester (56hours – 6 ECTS). A fee for the course will be charged (75€).



5. Evaluation and Grading System

As soon as students are enrolled, they will be able to access FMH Academic management platform, FenixEdu, where students can access their entire academic record.

The evaluation periods in each academic year are defined and publicized in the academic calendar.

Students are evaluated by continuous evaluation. If a student fails the continuous evaluation, he/she can try to pass it in the re-sit exams period (you will be automatically enrolled). In some courses, however, teachers may require students to pass an exam in the regular exams period to get the final grade)

In Portugal, our Higher Education System uses a grading system from 0 to 20, 10 is the minimum grade to obtain approval:

ECTS Grade	FMH Grade	Meaning
A	19-20	Excellent
B	17-18	Very Good
C	14-15-16	Good
D	12- 13	Satisfactory
E	11-10	Sufficient
F	<10	Not Approved

Tests, essays or exams are graded by using decimal values, such as 9,5. However, the final grade is always rounded down if the decimal value is $\leq 0,4$, or rounded up if the decimal value is $\geq 0,5$.



6. Expenses

Meals: 225€/month;

Renting a room: 400-600€/month

Public transport pass: 40€/month



7. Accommodation

When deciding about living in Lisboa or in the neighbourhood of FMH you should consider that the practical classes start rather early in the morning, and that it will take almost 1 hour to get from Lisboa to the Faculty by public transport.

Below you'll find a few links with suggestions for accommodation, some of them our partners, with benefits for our students:

<https://erasmuslifehousing.com/>

<https://www.coolivin.com/> (FMH's partner, with benefits for students)

<https://inlifehousing.com/>

<https://www.milestone.net/location/milestone-carcavelos-lombos/>

<https://www.nidoliving.com/en/>

<https://xior.pt/en/>

<https://www.collegiate-ac.pt/residencia-universitaria/lisboa/marques-de-pombal/>

<https://www.bquarto.pt/?a=&linga=uk>

<https://www.esnlisboa.org/student-residences>

<https://www.facebook.com/FlowermindPT/>

<https://www.fundacaocidadedelisboa.pt/pt/>

<https://www.spru.pt/zone-spru-lisboa-3/>

<https://www.studentscorner.pt/>



8. Places to Study

Caleidoscópio (ULisboa)

Campo Grande

The Kaleidoscope Building, in the Campo Grande Garden, has a 175-seat panoramic study room, a 140m² exhibition area, a 72-seat amphitheatre, an Eduroam wi-fi network, and printing services. This space at ULisboa, mainly for students, is open to the city's entire academic community 24 hours a day, every day.



Sala de Estudo FMH

A room dedicated for studying and group working at FMH (open 8 am-8pm).



Centro Cultural de Belém (CCB)

Belém

You need to get a card (free of charge), but it's a really quiet place to study. However, it's very small and it's usually full, unless you go at strategic times! If it's full, there's always the terrace café in the CCB.

**NOVA SBE**

Carcavelos

There are around 800 study spaces in the Main Deck and Gallery, indoor and outdoor, adequate for group or individual study. As part of an open Campus policy, these areas are open to the community and not exclusive of Nova SBE. The use of these areas must comply with Campus Regulations.

**Fundação Calouste Gulbenkian**

Avenida de Berna, 45

A quiet place, for quiet studying, surrounded by a beautiful garden

**Ler Devagar (LX Factory)**

Considered to be one of the 20 most beautiful bookshops in the world (or of the Top10 if the selection is limited to bookshops in restored buildings).

**✈️ 9. When to come...**

Students are advised to come one week before the beginning of the semester in order to get settled. The orientation week will take place during that week (information will be sent to students later).