



Erasmus  
Mundus



# MFAMILY GUIDEBOOK

Second edition, revised by the 6th Cohort on April 2019



# WELCOME TO OUR FAMILY!

Hello Scholars,

We would like to congratulate you all on your selection into the MFamily programme. We are pleased to have you as part of our family. This guidebook is an effort to direct you on your next 2 years journey here. The intercultural experience in this programme will be a significant learning for your whole life, we believe.

We are, luckily, the 1st cohort in respect of being coordinated by the University of Stavanger, Norway though we started our 1st semester in ISCTE-IUL, Portugal. This guidebook will be a comprehensive one (2018-20) whereas now we have tried to gather our own experiences, learnings and understandings about daily life and lifestyles in Portugal and Norway in this edition.

If you have further queries, please feel free to contact any of us anytime. Our contact details are in the last part of this guide. We also would like to request future generations to update this guide.

Melhores desejos para você!  
Lykke til!

**MFamily 6th Cohort (2018-2020)**

Ola, Bom Dia!

Welcome to the family everyone!  
Warmest greetings from all of us in the 5th cohort.

Yes! You might have a lot of questions as sure as we were during our first semester. That is why we decided to update this guide to give you the "latest" of Lisbon as we experienced it.

We hope that you will find this guide a helpful one as you live on your first semester in ISCTE. If there are other queries we did not cover. Please feel free to contact any of us anytime. Our contact details are in the last part of this guide. We will be more than willing to assist you.

Meantime, read on! And be ready to have the best experience you will ever have.

**MFamily 5th cohort (2017-2019)**

Our family is getting bigger ...

It has been almost a year since we arrived to Lisbon... what great memories! The first day we met each other (of course we have had a lot of talks before by e-mail and on whatsapp) the "ice breaking" exercises, the challenge of remembering faces, names and countries; the need to find a place to live,

take the right metro, pay in euros, order a coffee, don't get lost at ISCTE (I think no one succeeded in that), etc etc etc... and we all loved and enjoyed that!

You probably have several questions about visa, accommodation, money, food, lectures, classmates etc.... so please just breath, relax and don't worry, everything will be perfect

and you will find a solution for any situation; besides people in Portugal is extremely kind and ISCTE and the MFamily team will do their best to support you ... and ... you are not alone, luckily for you, there was a first generation before you, so we know and understand all that mix of feelings before moving to another country, maybe the anxiety of uncertainty ... but remember "when nothing is sure, everything is possible" =3

We wish you a lovely experience during your first semester (you will, Portugal is amazing), so in this short guide we have written some of the basic things we would like you to know before your arrival in Lisbon. We hope it will be useful for you, and please don't forget to add new things according to your own experience, future generations will appreciate it.

For you, you are about to begin one of the greatest experiences in your life.

**MFamily first generation (2013-2015)**

## NETWORKING

Welcome to our family! Join us in the official **Facebook group of MFamily!**

<https://www.facebook.com/groups/587194334704314/?ref=ts&fref=ts>

Most importantly, **open a WhatsApp group for your batch** so that you all can share your updates about receiving emails and documents, accommodation, visa, flight and others. It will definitely MAKE YOUR LIFE EASIER.

And don't forget to register in the Erasmus Mundus Association! You can get in touch with people from all around the world, sharing ideas, projects and experiences, besides by being member, you can also get funding to assist to conferences or other academic events, participate in contests, promote Erasmus Mundus or be member of teams and projects to gain experience and develop your ideas <http://www.em-a.eu/>

Also, during our semester in fall 2018 there were also students from another Erasmus Mundus Master's program in Advanced Social Work doing their third semester in Lisbon. Meeting up with them is a nice opportunity to network and share experiences.

## ACCOMMODATION

Lisbon is a cheap city compared to some other cities in Europe, accommodations are not as expensive as other countries. Over the years, finding accommodation has not been that easy for most of us considering the length of stay that we are to rent out. Some very few lucky people will get the university residence though this residence is 30 minutes away from the school. But **it is very vital to apply for the university residence right after you get your admission notification**. You will get the link of university residence in the ISCTE (see below). After you apply, you also need to follow up on your application.

<https://www.iscte-iul.pt/conteudos/iscteiul/about-us/university-residence/1129/applications>

Nevertheless, these are the private places in Lisbon where we stayed that you guys might want to check:

- erasmusu (<http://www.erasmusu.com/>)
- Color House (<https://www.facebook.com/Lisboncolorhouse>)
- Onda City (<https://www.ondacity.com/>)
- Airbnb Lisbon, Portugal (<http://www.airbnb.com/>)
- Bquarto (<https://www.bquarto.pt>)

### Location of Accommodation

We recommend finding accommodation that is near to any metro line. There are 4 lines (Green, Red, Blue and Yellow) for metro in Lisbon. However, you don't need to worry. When you go to the metro station, you will find notice board showing the

lines and stoppages. Try to take a photo of the notice board. Also, there are people who will help you. BETTER TO LEARN HOW TO USE GOOGLE MAP. With regards to safety, we felt safe in most areas of the city. Being a few minutes' walk from a metro line, or a night bus route, is a good idea if you are going out late at night.

## Visa: Most Crucial Part

As soon as you get your admission and scholarship letter, contact the embassy or consulate who is responsible for your visa. Prepare your documents for Portuguese visa according to their instructions and requirements. It is a very important issue. **Some of us have missed the 1st month of the class at ISCTE-IUL because of visa delays.** Some embassies take a lot of time (3 months or more) to process the visa. In some cases, you may have to go to your neighbouring countries to submit your documents. Apart from the embassy, you must contact the MFamily coordinator about your visa issue. It is confirmed that you will get your visa, DO NOT PANIC.

## Air-Ticket

When you get your visa, do not wait for shopping. **JUST BOOK YOUR FLIGHT.**

## Major Documents to Bring with You

A list of documents that you need to bring with you:

- i. Photocopy of your passport (Background page and visa sticker pages);
- ii. Passport Size Photograph (European Size- 3.5'\*4.5');
- iii. Main Copy of Academic Certificates and Transcripts;
- iv. Attested Photocopy of Academic Certificates and Transcripts;
- v. Photocopy of Police Clearance Certificate from your country;
- vi. Letter of Admission;
- vii. Scholarship Awarding Letter;
- viii. Insurance Letter;
- ix. Residence Declaration-Proof of Accommodation;
- x. NOC from Last University (if needed).



## ARRIVING IN PORTUGAL

If you are arriving in Portugal from anywhere other than Schengen countries, you will get an arrival stamp in your passport at the airport. But if you are entering Portugal from any Schengen country, you will not get the arrival stamp at the Lisbon airport.

After arriving at the airport, if possible, go to the nearest metro station to go to your accommodation. But taxi is the most convenient transport at that time as you will have baggage with you, and you do not know the city. Remember to bring some cash in hand. The taxi from the airport to the area around ISCTE will cost approximately 15-25 € (but of course you better bring more, just in case!).

Those who will get **Portuguese visa for 4 months and want to stay more time**, they will have to **book an appointment at the SEF office** (link below) as soon as possible for extending their residence permit. Though this is just a formality, it is very important. Maybe you will get your SEF appointment date in the next year when you will be in Norway.

<https://www.sef.pt/pt/Pages/homepage.aspx>

## BANK and FINANCES

### **Bank Cards**

Included in the first week activities is the bank account opening. Caixa Directa is the bank that the MFamily partners with. Thankfully, the bank is just located at Cidade Universitaria, which is very close to ISCTE campus, so bank transactions are quite convenient. You can also look out for other branches of Caixa banks in town which can also assist you, but it may be helpful to go to a branch where you can find an English-speaking staff to help you.

For the account opening, most documents are prepared by the MFamily staff, but do not forget to always have your passport and a few passport sized pictures (2x2 ID picture) in the first few transactions.

Be patient with the banking process. It may take up to two weeks or more to get your cards from the time of application. That is why it is important to bring with you sufficient cash to live on while waiting for the scholarship allowance. Any amount not less than 500 € would be more likely enough but it largely depends on your expenses.

**IMPORTANT REMINDER!** Do not lose any paper that the bank gives you. Portuguese banks have very strict security controls. The data they will usually ask for in verification of transactions are written in the documents given to you, however they are all in Portuguese and Google translate (there is a camera function in Google translate) will be helpful when you want to understand everything on these documents.

Further, upon arrival of your cards, they will give you a matrix code which you will use in almost all transaction online. **BE CAREFUL NOT TO LOSE IT. The matrix code gets blurry with time so better make a copy if it. Another alternative is to request a printed matrix on a card which could be very helpful and less probable to fade.**

**BANK TIP!** Once your cards are available, download the bank application immediately and ask the bank for assistance on your log-in credentials. The app should look like the image below.

It is also important to have your Portuguese phone number which you would later use for your 3D verification; a system used to protect your account. Also do not forget to ask the bank anything you need to use their services. Always make sure your contact person understands English.

The bank also has a dedicated customer service centre which you can call whenever you have any issues. Try to resolve all issues before you move to Norway because it becomes difficult when you have to deal with the bank far away from Portugal.



Caixadirecta app

### **Credit card**

Caixa Directa provides a credit card which also serves as an international student ID. Just a little trivia to add here, the international student ID can be shown in different museums, heritage sites and tourist spots which could earn you some types of student discount. The good news is that some heritage sites and museums are free for international students!

The credit card has a maximum limit of 150 € and can be topped up online or via the Caixadirecta app just in case your transactions are above the minimum. Again, your

matrix codes are very crucial in these transactions so keep it safe always especially when you are out of Lisbon. The matrix codes works for both the main account and the credit card and anytime you print out a new matrix card automatically the older version becomes outdated. Using a wrong matrix card can lead to your account getting blocked. Be informed that the credit card has some inherent charges if you overspend the minimum of 150, be sure to check the current fees when you get your cards.

### **Money Transfers**

Transferring money via bank application is super costly except transferring money within same bank which does not have a fee.

For our money transfer needs, we used WorldRemit and TransferWise. These are tried and tested online transfers which we often use to transfer rent payments. The mobile apps looks like the ones shown below:



WorldRemit app



TransferWise app

## **TRANSPORTATION**

Even if you are living near the university, it still pays to get a transport card as you might want to move around the city.

First step to get one is **to bring your passport**, a **filled in form** that you can get in the train station and ID pictures to Marques de Pombal or Entre Campos station, you may need to stand in line for several hours, we personally found out that Entre Campos was less crowded. The price for only the card depends on the waiting time to get it, if you want it the next day (express delivery), it costs 13 € or 10 days after (standard delivery) the cost is 7 €. For those younger than 23 years old, the cost is reduced by 50%. You may have to wait a long time in line also to pick up the card, although try to ask the officers if you need to stand in line to pick it up.

In our time, we paid 36.70 € per month for transportation, those younger than 23 years paid 27.55 € per month. To refill the monthly card (also the first time), you can use the machines and you do not have to stand in line again. This is good for submetro, tram and bus this helps you move around easily. You might also be able to use it for some parts of train rides to the greater Lisbon area (after Belém or a bit on the way to Sintra), but check this because it is likely you will need a separate paper Viva Card to charge money for this.





Metro LX app



Viva Card (monthly card with owner's detail on the back)

You may also download the Metro LX app to see the current transport updates of the Metro lines. Transportation in Lisbon may fail in certain times, so it pays to always check if the lines and bus are working for that day to avoid delays in travel or be late in class.

## ERASMUS CARD

During our semester in Lisbon, there were two very active Erasmus student organizations. One is Erasmus Student Network (ESN), a student organization active in many university cities around Europe. The other is Erasmus Life Lisboa (ELL). Both organizations offer many activities and trips, especially during the first half of the semester. Also, they both have different membership cards one needs to have to take part in (most of) their activities. For ESN membership, the cost was 10 € in 2018. For the ELL card, the price was 20 € in 2018. Besides the opportunity to take part in activities and trips, the memberships offer discounts on, for example, parties, group travels, and gym membership. The ESN membership is valid for a year and was very useful in fall 2018 for flight discounts.

Not all of us bought the cards. We recommend you check if the card/-s are helpful for your interests and lifestyle before buying it. If you want to know more about the offers, look at their websites, Facebook pages or visit their offices in Bairro Alto (be mindful about their opening hours and that there might be lines) to get more information.

<http://esnlisboa.org/>

<https://erasmuslifelisboa.com/>

## ENJOYING FOOD

Portugal has delicious food to try, and for sure you'll try bacalhau and sardinhas (in many different versions), different types of wine (you need to try vinho do Porto and vino verde and refreshing sangria).

Sea food is delicious, and for those who love sushi (not very Portuguese but delicious) there are many places "all you can eat" for only 10 €. Of course, you will also find a lot of Chinese restaurants and kebab places with very affordable prices, and good vegetarian and vegan options.

Here are some of the restaurants Cohort 6 and previous cohorts enjoyed during our time in Lisbon, and surely you will add more to this list.

- **Restaurant Ideal.** Situated at Anjos (ask professor Carmo for the address). This is a typical Portuguese restaurant with delicious and inexpensive dishes, besides sangria there is really good.
- **Cova Funda.** Situated in Intendente. Very nice restaurant with Portuguese menu. A little bit more expensive than Ideal, but still quite cheap. You can enjoy your dinner in the terrace.
- **A Licorista O Bacalhoeiro.** Rua dos Sapateiros (Rossio). Good quality and not expensive Portuguese restaurant in the city center.
- **Cantinho da Amizade.** Restaurant usually open for lunch and Friday evening, cozy and warm environment, very good dishes. Thank you to Professor Claudia Pereira who brought us there. In the evening, they have fado session, it is amazing! There is a store behind this place, you have to go! (Cohort 5)
- **Japanese Restaurant Dao.** Rua Palma (Martim Moniz, Intendente). Sushi all you can eat for a very cheap price. The place is informal and the variety is not huge, but they have to compensate the price somewhat, and one's always been satisfied.
- **Angolano.** In one of the streets of Martim Moniz, this tiny place serves lunch or dinner for 3 €, great to go there with friends to eat something and have a jar of wine.
- **Pavilhão Chinês.** Even if it's quite expensive (for Lisbon standard), you can go there just to take a cup of coffee and to enjoy the decoration insight (be sure to visit all the rooms, they have hundreds of small objects all over the walls).
- **Lost In.** On av. Pedro V, this place offers a great view of Lisbon. It is decorated with a hindu-hippy style, ideal to go there and enjoy sunset while drinking a cup of tea.
- **Eating at university.** At some of the canteens at ISCTE, you can have a complete meal for 2.40 €. You can also buy dinner in those canteens.

And, don't forget the **desserts**. You definitely must eat pastéis de Belem (at the traditional place, decorated with blue and white mosaics), and salame de chocolate. De-li-cious!

- **Ze da Mouraria and Ze da Mouraria 2.** Visit these two for good homemade wine and the best bacalhau in the city.
- **Illegal Chinese restaurants** are ideal for quick and cheap meals. They are located in Martim Moniz station. Just Google around it.
- **Jardim das cerellas.** For those vegan and vegetarians, this is an amazing place to visit, they have buffet for 10 €. The food is really good and you have many options to eat.

- **Natraj Tandori.** An Indian restaurant located in the centre of Lisbon. The food is delicious and the price is affordable.
- **Huang He.** This Chinese restaurant is located quite close to ISCTE. It is a nice place with delicious food and reasonable prices.
- **The Green Affair.** One more option for vegans. This pretty place have good options and is not pricy. If you decide to go in a group, you better book the table in advance.
- Around **Vasco da Gama shopping center** by Oriente metro station and **Time Out Market** by Cais do Sodre have lots of food options.
- **Vicente Lisboa** in Graça. A small, lovely café with both food and sweets.

\*If you have the opportunity to spend Christmas in Portugal, try to do it with a Portuguese family. It is a whole day of unstoppable eating! (but all dishes are delicious!)

\*Also, download Zomato app to find more recommended restaurants!

## FUN IN LISBON

Of course, you're in Lisbon to learn and study, that's your major responsibility. But if you are well organized with your time, you will have a lot of opportunities to have a great time in this city. Here are just some (of many) examples:

### **OutJazz**

Go to OutJazz every Sunday at the beginning of the semester! It's a great way to start or finish (according to your own calendar) your week. It starts at 5:00 p.m. so grab your things for a picnic and enjoy the music, people and sun with your friends.

### **Miradouros**

Miradouros or "lookouts" are great places to meet friends, read, watch the city or sunset and have coffee or a drink. Explore the different ones and see which you like most!

### **Rooftop bars**

Check out the different rooftop bars in the city for a drink at sunset! "Park" is one, located in the Bairro Alto area and very popular.

### **Casa Independente**

It's an alternative restaurant/cafe/bar situated on Largo do Intendente and you can go there to drink something, dance, watch a movie etc. The idea is for relaxation and the ambiance is really good (besides they have a really nice project named "Fruta fella" where you pay an amount of money per week and then receive a bag with fruits and vegetables that local producers can't sell on supermarkets, because it's not as beautiful as others)

### **Paragem Bus Cultural**

Another restaurant/caffe/bar in Anjos. They have more cultural and artistic activities such as movies, concerts, workshops, etc and is a nice place to hang out during afternoon with some friends.

### **Quintal & Primeiro Andar**

Nice places to hang out on Thursday or Friday night, for having dinner or just enjoying a drink there (in Quintal you will have a beautiful view of Lisbon's sky and stars at night).

### **Bairro Alto, Cais do Sodre and Pink Street**

If you like to party or have fun with your friends (or meet new friends) you'll like Bairro Alto and the area around Cais do Sodre/Pink Street a lot! Bairro Alto is full of bars and restaurants, you'll surely find one that you like. The area around Cais do Sodre is also full of bars and also night clubs. Some examples are:

**Pensão Amor**, a bar/discoteque/something on the third floor of an old building in Cais do Sodré (the Pink Street). If you go there during afternoon, you can have a coffee or a drink there and take a look around the place which is decorated with interesting pictures and articles; otherwise you can arrive after 11pm or 12pm when the music starts and continue dancing until around 3am.

**Bicanela**, a cute bar/caffe on Bica street to have some drinks and listen good music (wifi almost never works inside, according to previous cohorts).

**Lounge**, is a small discoteque in between Bairro Alto and Cais do Sodré, usually people go there after other places are closing. Nice to go and dance a little bit more at the end of the night.

**Cargo**, for some good live music and well-priced drinks.

**Tasca do Jaime**, Rua da Graça 91. A small and informal bar/restaurant where you can listen fado without being surrounded only by tourists.

**Pastel do Fado**, a quite affordable restaurant where you can listen to fado.

If you like art, go and take a look at the **Escola de Belas Artes**. They offer a lot of workshops (and also places to rent). There you can have more information about official (and non official) artistic events in Lisbon. The city also has a lot of museums you can visit! All of them are really interesting and fun!

### **Wine festivals/ wine tasting.**

If you love wine don't miss the chance to participate in some wine tasting where different wine cellar present their wines. You can use Facebook to find different events near you.

## CREATE A GREAT CLASS EXPERIENCE

Considering the fact that this opportunity is once in a lifetime where we come into contact with people from so many different cultural backgrounds, as a group we found it fun and rewarding to engage in outside classroom activities to help us bond as a class and to understand our individual cultures and experiences. We in Cohort 6 recommend you organize activities together outside of the classroom. The park Campo Grande is close to campus and great for picnics and games.

You will probably be asked to elect class representatives in the beginning of the semester in Lisbon. We recommend you have a session for this, and have re-elections in the beginning of the other semesters.

To make the most of our experience, we in Cohort 6 have organized ourselves in committees. The purpose of the committees is to create different opportunities for us to do things together. The committees were created during a brainstorming session, based on the interests in the class. The committees for Cohort 6 are: parties/birthdays, sports/hikes, travel, movie-nights, food & culture, graduation planning, academic team and editorial team (for example updating this guide).

## CHURCH

For people who would want to associate with a faith group especially a church in Lisbon, the two churches some of us attended were the Riverside International Church and Hillsong Church. The churches also served as a place to network and meet other people who became family. Riverside had an English service whereas Hillsong had a Portuguese service but with translation in English. The churches also provided volunteering opportunities for some of us who attended.

## OTHER ESSENTIALS

### *SIM Cards*



There are different cell phone companies in Portugal. During our orientation days, we received the WTF student SIM cards which we could use for free, for a period of time and then pay a small fee each month to continue using.

Most of us went to the WTF booth in different malls (Colombo or Vasco da Gama) and bought the WTF SIM which cost around 10 € and everything was free for three months, then we either pay or terminate the SIM. The best part about WTF SIM is we never run out of data.

However, looking ahead, we also had colleagues who acquired the Vodafone SIM cards (Yorn), which were discounted for students aged 25 years and below and would also be used in Norway and Sweden.

Another easy and temporary option would be, if you arrive early and want a temporary number which lasts for a month, go to any small shop with the sign Lyca mobile and ask for one-month Lyca SIM. Use that for a month and then after you figure out places and stuffs switch to a permanent plan.

### **Health and Insurance**



As an Erasmus Mundus Student, you are entitled to a medical insurance. However, the medical department of Lisbon, promoting healthy sexual behaviour, also offers free and confidential blood analysis for HIV and other STIs. You can have more information at **Juntas da Freguesia** in Anjos, Martim Moniz and Rato.

For our insurance, it is best to communicate with our insurance provider first before you make use of its services except during emergency cases. This is for you to have a clear and detailed guide on the claims and as to what and how much you can claim for.

**Bring passport size pictures with you.** This comes in handy for any requirement that may come. Also, it would help if you keep copies of your important documents just in case you needed to submit copies of them.

### **Aestheticians**

When you move in a new country, it is always difficult to find a new aesthetician that you like. We can recommend two different ones in Lisbon. One is **Melu Beauté & Esthétique**, Rua do Loreto, in the city centre. It is very clean, European prices, and they speak English. The second one, is Estética Rose in Graça which is more informal, very cheap, they do not speak English, but they are super nice!

### **Travel**

Travel as much as you can because it is one of the best ways to learn from the world, others and yourself! Portugal has many different places to discover, and it has also a lot of connections and cheap flights with other places in Europe. On arrival through the welcome package you will be given a guide booklet for Lisbon that could help you out on the choices of the places you would like to tour.

We also discovered that traveling in groups is way much fun and sometimes it is easier to get discounts on things like transportation if these are sought collectively. So, take any opportunity you can and travel! Besides, there are many options to travel with a low budget: look for cheap flights, travel by car with Blabla Car, Ryan Air, and Flix Bus (links below).

[www.blablacar.com](http://www.blablacar.com) [www.ryanair.com](http://www.ryanair.com) [www.flixbus.com](http://www.flixbus.com)



Stay at hostels and share with other travellers, [www.worldhostel.com](http://www.worldhostel.com) or [www.booking.com](http://www.booking.com), [www.airbnb.com](http://www.airbnb.com). Try Couchsurfing and discover a whole new world of possibilities, travellers and positive energy [www.couchsurfing.org](http://www.couchsurfing.org).

### **Shopping and Grocery**

You may already have preferred brands and shopping places in mind, but if you are on tight budget our usual go to for groceries are LIDL, Pingo Doce and Continente Bom Dia (you can also get a membership card that gives you discounts on every purchase).

For cheap clothing needs, you may visit Primark and Lift. They are all in the mall in Colegio Militar/Luz stop (Colombo). Besides that, Oriente (Centro Vasco da Gama) and Colombo are the bigger malls which has all the brand shops with food courts and movie theatres as well.

Also, if you plan to buy electronics, visit Worten, Fnac and Mediamarkt, they have sale for different items all around the year, be the lucky one to find the sale!

### **Fitness**

Supera is a sports complex located at Arreiro, some of our friends went there for gym and yoga. Therefore, if you are quite interested in staying fit and passionate, it would be a good adventure to try it out. Fitness Hut is another good fitness centre.

## **PREPARATIONS FOR SECOND SEMESTER (STAVANGER)**

It may seem too early to think about the second semester but trust me, time flies so fast that you will soon need to prepare yourselves for Norway. We therefore hope that this information will be helpful during your preparations for the second semester in UiS.

**Accommodation:** Before the semester elapses, you will receive emails from the university of Stavanger offering you accommodation that you will have to book and pay for on time before your arrival to ensure that you will have a place to stay on arrival. We all have got a place at the university residence. We recommend you talk to Professor Elisabeth Enoksen, the programme coordinator, about your accommodation in Stavanger when she comes for the lecture in Lisbon (Social Work Methodology) sometime in October, to fast-track things. Remember to apply right after you receive the accommodation offer. Many local and international students are also interested in getting rooms at the student residences as the price is relatively cheaper than private market (subsidised by Norwegian government) and some of them are located really close or within the campus.

**Visa:** Processing for your Norwegian Visa is highly dependent on the expiry of your Portuguese Temporary Resident Permit. Some of you may have to go to Madrid, Spain. MFamily coordinator from UiS will send your letter of admission and then you will have to start your visa application process according to the requirements of the Norwegian Embassy, Madrid. If you are a group of people, the embassy will book a day for your

appointments with your documents if you request them. Before the end of the 2nd month of the 1st semester, request the MFamily Coordinator (UIS) to send your admission letter. Applications and schedules can be made online.

And for those whose permits will still be valid until the next year, you will process your residence permit upon arrival in Norway. The cost of the student residence permit is shockingly 5,300 NOK! You got to prepare for that. (For all your Norwegian visa queries, please directly contact the embassy in Madrid for precise and detailed answers. Their details can be found in the web.)

**Bank Information:** Before leaving Portugal, ensure you have collected your matrix from the bank and that your Norwegian debit card and your ISIC credit card are properly activated. To activate the Norwegian debit card you would be given, we advise you visit the bank, after which you use the card on a Multibanco ATM to ensure it is working properly.

We also recommend that before leaving Portugal, you get a SIM card that can work outside of the EU (if you do not have one) and go to the bank to ask that the number be linked to the account, after which you activate 3D security (linked to your ISIC credit card). This is because you would be sent SMS tokens before proceeding with certain online payments.

If possible, before leaving Portugal, try to enrol your Caixa account in MB Way. MB Way is a partner of Caixa and through its mobile application you can generate virtual credit cards. This will come in handy for some of you if your ISIC ever fails or just for convenience sake, as you won't need to transfer cash from your debit to credit card for purchases above the credit card limit.

To activate MB Way, you can watch YouTube videos on how to do it, or conveniently ask a Caixa bank representative close to ISCTE for assistance. But the YouTube tutorial is pretty easy to follow, and you can do it in any MultiBanco ATM (which we also have inside the campus). YouTube link <https://www.youtube.com/watch?v=etqjR3bOuvY>

**Clothing:** Since Norway is way colder and a bit more expensive compared to Portugal, it would be better to acquire things like heavy sweaters, jackets, and any other prepared winter garments in Portugal to reduce the costs of buying the same items in Norway.

### **Shipping Luggage**

Carrying all your one semester worth of luggage with you for the holidays seems a bit stressful considering your mobility and comfort as you plan to spend it outside Lisbon. That is why some of us decided to ship our luggage to Norway as soon as we settled for a place to stay in Stavanger.

The best option is to use DHL although it is way expensive. Some of our colleagues have also used other mediums and agencies of shipment although they did not have a good experience whereby some of their luggage was delayed and some was declared missing. So, if possible, we advise you to either move with all your luggage or use DHL directly instead of using second party agencies of shipment.



**Important:** For more information on life as an international student in Stavanger, we recommend you check out the UiS international students' guide: <https://www.uis.no/studies/practical-information/international-student-guide-article78145-9578.html>

**PS: You might want to save up for your Norwegian life. It is really expensive here. HAHA! Oh yes! You need to save up. LOL.**

We from the 6th Cohort wish you a pleasant, positive and colourful semester in Lisbon. Enjoy your time there! If you have any questions, please feel free to message any of us in the following details:

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