



ERASMUS-EXPERIENCE REPORT

Name: Anonymous

Field of study: Biotechnology

Host institution: NOVA University of Lisbon – ITQB Nova
Year of study: 2023

Duration of stay: from 03.11.2022 to 17.02.2023

Publication of the report

I consent to the publication of this experience report including the above data (field of study, host institution, year of study, duration of stay) on the website of BOKU-International Relations for the purpose of sharing information related to the study visit, so that future interested outgoings can inform themselves about your experience at the host institution.

yes no

The consent is voluntary and can be withdrawn at any time without giving reasons with immediate future effect. Any withdrawal can be declared at any time by e-mail to erasmus@boku.ac.at.

THE FOLLOWING ASPECTS WOULD BE INTERESTING FOR FUTURE OUTGOINGS:

1. City, country and people + social integration
2. Accommodation
3. Costs and expenses
4. Arrival and departure (mean of transport)
5. Other (visa, insurance, etc.)
6. Description of host institution/internship provider
7. Internship support on site
8. Registration process in advance
9. Tips and other things you should know
10. Summary

My previous Erasmus+ experience includes internship in Sweden, Stockholm in the period August-November 2021. I believe Erasmus+ is a great way to explore different cultures by studying or doing an internship and that is why I decided to spend my second Erasmus+ internship in Portugal, Lisbon. The city and country are perfect when staying in winter season (compared to Austrian winter season), and people are very hospitable. I really liked their energy and openness, but I did have problems or difficult situations due to the language barrier. English is not so widely spoken here, not even in the research institute I have been doing my internship at. That is why I would not recommend foreigners to work in Portugal – for studying I believe it is fine, but doing an internship not so much. I mostly hung out with my peers from Europe. Regarding the everyday expenses prices very similar to Austrian prices or slightly lower. On average every month I spent 0 euros on public transport (I walked to my lab everyday), 300 euros on food, 70 euros on leisure and 620 euros on accommodation. Arrival and departure to and from Lisbon was not quite smooth. I needed to take a 3.5h flight which can be quite tiring as there is also a time zone difference between Austria and Portugal. Since I am an EU citizen, I did not need to apply for visa. Regarding health insurance, I had EU health insurance card which is accepted in all health clinics/ordinations.

I did my Erasmus+ traineeship in the Lisbon metropolitan area, in the city called Oeiras, where my research institute ITQB Nova is located. My host lab was a biotechnology lab with few members (mostly PhD students). My stay at ITQB Nova lasted for 3.5 months. Since I am doing my PhD at BOKU, I came here for the reason of doing certain experiments that would be easier to do than at BOKU. I was occupied in the lab every day with certain tasks/experiments, which were planned a week in advance. I was supervised by a PhD student Andre Taborda and the head of the lab, prof. Ligia Martins. We had weekly meetings to discuss things to be done in the future or to discuss results of experiments. Both of my supervisors were very friendly, and I could reach both at any time and they always had time for me. Registration process from the BOKU side.

When going to do a traineeship abroad, I would advise the others to go to host countries they probably would not visit – I believe it is a great opportunity to broaden one's horizon. In addition to that, I would recommend others to stay for at least 3 months because only then one has a feeling how it is to live in another country.



In summary, I had a very interesting experience here in Portugal. I am of opinion that it made me more adjustable to different cultures and environments. I also believe that I learned immensely by doing an internship here and it will help me with my current studies at BOKU.