

**EXCHANGE REPORT****Name**

Rasmus Rane

Year and semester for exchange

2023 HT

Exchange university

Instituto Superior Técnico

Degree programme

Naval architecture and ocean engineering

Great semester in Lisbon

Before departure

I applied for exchange studies because of my curiosity to experience something new. After 4 years of studying at KTH I was really excited to experience something else, as well as to meet people from all around the world. I chose Instituto Superior Técnico mainly because of Lisbon, I wanted to experience to live in a city that is buzzing with life, so I choose Lisbon. There is a bit of administration to be done before leaving, and it might be hard to find all the info necessary, but the Erasmus teams and exchange study coordinators both at KTH and IST are really helpful.

Upon arrival

I arrived approximately two weeks before the courses started. The first week I lived like a proper tourist, the second week there was an introduction week for international students at Técnico, activities including; surfing, city tours and BBQs. It is perfect opportunities to meet people.

Financials

I was a bit unlucky to travel when SEK was at its worst, but in general everything except accommodation was cheaper than Stockholm. So, with the income from CSN, with the extra loan for exchange studies, as well as the Erasmus grant I could live pretty well, with barely any worries about my financials. A big money saver is that the beer is so cheap.

Accommodation

I found accommodation through the website, inlifehousing.com. Where it was easy to find a place to live. At first different landlords (both companies and private persons) can upload their accommodation. However, I choose to live through a company called VIVHousing which is was a mistake. This company is notorious and well known by the international students in Lisbon where everyone knows about someone that had a horrible experience with them. Also, make sure you have a window in your room is a big recommendation! I chose a shared apartment with nine people, with the thought that it is a bigger possibility to find someone that I would get along with. And that was a big success, we all became one big family, quite diverse in nationalities and what we studied. So even though that the accommodation was a bit crap, living with that group made it all worth it.

University and studies

As I'm in Naval architecture, I mostly took naval architecture courses as; shipyard management, Transportation and Ports, Modelling of sea waves, but also some courses outside the maritime sector as Laminated Composite Materials and Impact assessment. Some courses were better than others, but

in general the courses had a good standard. The courses were generally based on having one or two projects and a finishing exam. The university has two campuses and has the same number of students as KTH. However, these campuses are a bit smaller, so it is a bit hard to find good study spots.

City and country

Lisbon is an amazing city to live in a lot of things to do, from drinking cheap beer at Erasmus corner to visit amazing museum. All of this tourist stuff is just one search on google away. However, I truly recommend to go out hiking and experience Portugal's amazing nature. Also, visiting Madeira might be something of the best things I've done.

Leisure and social activities

The campus itself has padel and squash courts on campus that you can rent for a cheap price! Lisbon also have a lot of museums to visit and the whole city is buzzing with social activity. I found that I spent more time with students from all different universities in Lisbon than just from IST and I was not the most active in finding out about university activities. However, even so I was up to my ears with events, hikes, scuba diving, surfing and beer drinking.

Sustainability

It was hard to find suitable sustainable transport between Stockholm and Lisbon, as train would have taken way too long time. Hence, the flight had to suffice.

Other recommendations and observations

Pasta, Tuna, Mayo