

UFG Report, Auslandsmobilität / Mobility Abroad

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Erasmus+ Auslandsstudium
 Erasmus+ Study mobility

Erasmus+ Auslandspraktikum
 Erasmus+ Traineeship mobility



UFG-Mobilitätsstipendium
 UFG-Mobility Grant

UFG-Auslandsstipendium
 UFG-Abroad Grant

Studienrichtung an der UFG
 Study program at the UFG

Basehabitat/ Architektur

Aufnahmeeinrichtung (falls eine Gastinstitution besucht wurde)
 host institution (if applicable)

Cooperativa Integral Minga CRL

Nur bei Auslandsstudien: Studienrichtung an der Gastinstitution
 Study mobilities only: Study program at the host institution

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Gastland / Stadt
 Host country / city

Portugal/ Montemor-O-Novo

Aufenthaltssemester
 Semester of the mobility

5

Anreise ins Gastland (Empfehlungen, Schwierigkeiten)

Travelling to the host country (recommendations, difficulties)

As I had decided not to use the plane for environmental reasons, I travelled by train and long-distance coach. I travelled by train to Paris and then took a long-distance bus directly to Lisbon. From Lisbon, I was able to take a regional train to Casa Branca - the place where I was living during my stay. In total, I was travelling for over 35 hours. The advantage of this route was that I only had two changes, but the long overnight bus journey was extremely tiring and cold, so I fell ill the following week. In hindsight, I would probably decide in favour of travelling without a long-distance bus and only by train, even if it meant more frequent changes. It would also be a good idea to plan a longer stopover halfway through the journey. The fact that the journey could have been made by plane in just 3 hours and for half the price makes the decision in favour of ecological means of transport really difficult.

Leben im Gastland (Kultur, Unterkunft, Öffentlicher Transport, Essen, Lebenskosten)

Life in the host country (culture, accommodation, public transport, food, costs of living)

I really enjoyed my stay in Portugal. The accommodation and the work in Casa Branca, a village with only 60 inhabitants, was a special experience. Despite the language barrier, the cosy atmosphere meant that I was often in contact with the mainly elderly inhabitants of the village and learnt a lot about their way of life. At the same time, there was always a lot going on in Montemor (about 20 minutes to the north and home to my host institution) and I was able to take part in many cultural events and meet a lot of inspiring people. The cost of living was very low, as I was able to live in Casa Branca in a house, which is managed by my host institution. There was a small restaurant in the village with very cheap coffee and a small village shop. I was in Evora in under 10 minutes by train and in Lisbon in about an hour. Nevertheless, it was very helpful to have a car, as otherwise public transport was very limited.

Bei Auslandsstudien: Reflektion über das Studium

(Lehrveranstaltungen, Sprache, Lehrende, Studierende, Auslandsbüro an der Gastuniversität)

Bei Auslandspraktika: Reflektion über das Praktikum

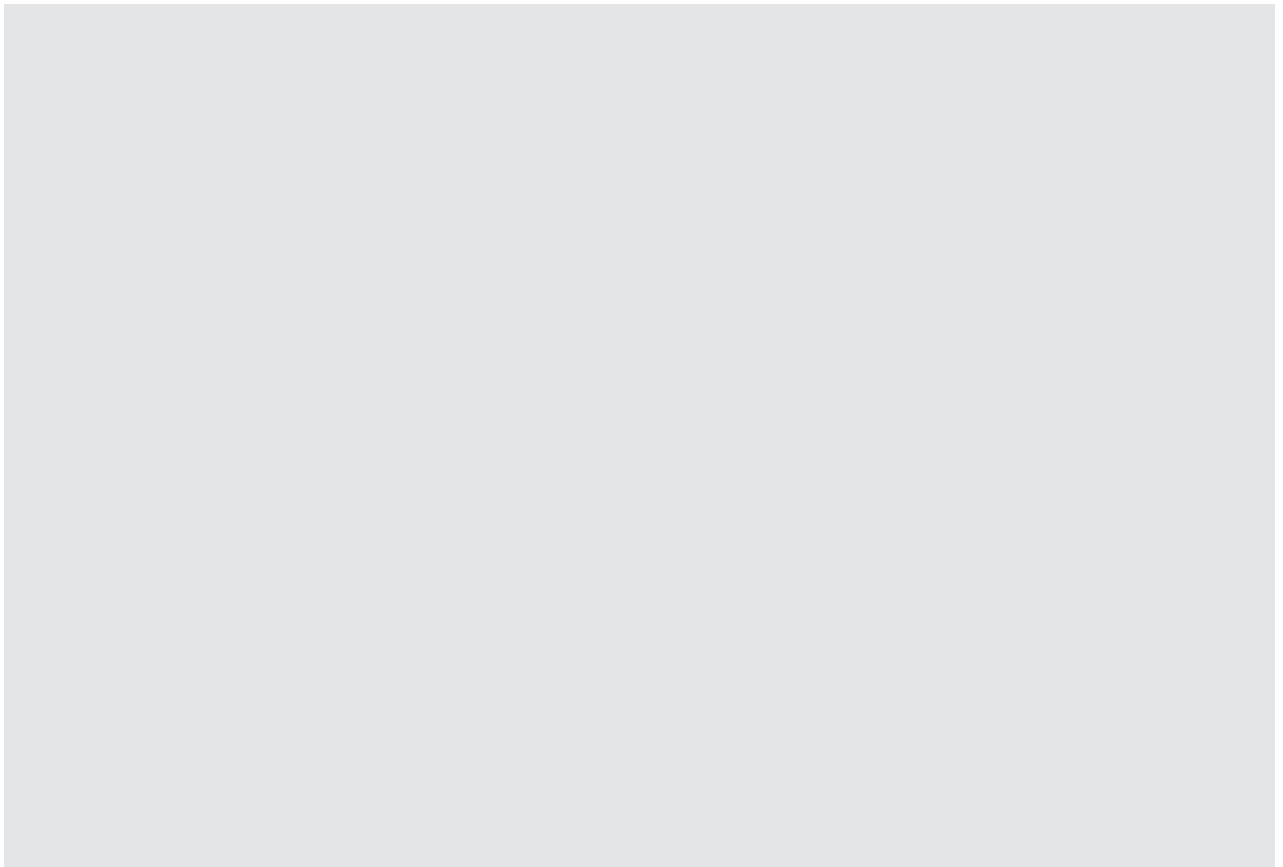
(Art des Unternehmens, Arbeitsaufgaben, Betreuung)

Study Mobilities: reflection on the study program

(courses, language, teachers, students, International Office at the host university)

Traineeship Mobilities: Reflection on the internship program

(Type of enterprise, work tasks, support)



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