MAIN GOAL:
Welcome the International Students and help them with their integration in the academic, cultural and social life at Técnico and in Lisbon in collaboration with NAPE.
RECEPTION WEEK

Services that participate in the reception week:

- NMCI – Mobility and International Cooperation Office
- Student’s Support Unit
- GOP - Pedagogic Organisation Office
- Treasury Unit
- Student Association

3 Bank Agencies:

- Caixa Geral de Depósitos
- BPI
- Santander
How is the week organised

Students are distributed during the week according to their *master programmes*

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerospace</td>
<td>Chemical</td>
<td>Civil Electrical</td>
<td>Biological</td>
<td>WELCOME CERIMONY + Visits Departments + WELCOME PRESIDENT LUNCH</td>
</tr>
<tr>
<td>Biomedical</td>
<td>Materials</td>
<td>Environmental</td>
<td>Naval Architecture</td>
<td></td>
</tr>
<tr>
<td>Physics</td>
<td>Computer</td>
<td>Architecture</td>
<td>Mechanical</td>
<td></td>
</tr>
</tbody>
</table>
RECEPTION WEEK

Services help students...

✓ get informed about the Mobility Coordinators, the Portuguese Language Course and other relevant information;
✓ get the forms to make changes to the Learning Agreement;
✓ get enrolled in the classrooms;
✓ pay for the insurance;
✓ open a bank account;
✓ have a mentor who will help them during the whole exchange period;
✓ have a campus visit.
Cultural Clash

Culture Shock: What is it?

Feelings of disorientation, confusion, uncertainty and discomfort, from being immersed in a new culture, way of life or a set of attitudes.
In Portugal you need...

A peculiar language...

Patience!

Let's shake the helmet!
"Vamos abanar o capacete!"

Best friendships and best deals...

Greetings
One kiss?
Two kisses?
A hand shake?
Three kisses?
A hug?
Four kisses?

...are made at the dinning table!
Cultural Clash

Weather in Portugal

- It’s fine to wear both!

When in trouble...

Or...

Mobility and International Cooperation Office
Takes place on **Friday** morning

**PRESENTATIONS**

✓ Vice-President for the International Affairs

✓ NMCI Coordinator
Takes place on **Friday** morning

**PRESENTATIONS**

✓ Student’s Support Unit

✓ Lisbon Police
Takes place on **Friday** morning

**GOAL OF THE PRESENTATIONS**

- Vice-President for the International Affairs – welcome the students and give additional information about Técnico
- NMCI Coordinator – give information about the different mobility programmes and some recommendations
- NAPE – give information about their different activities
- PSP – give some recommendations on how to keep safe in Lisbon

After the presentations the Mobility Coordinators are introduced to the students
OTHER ACTIVITIES

✓ Group Photo
OTHER ACTIVITIES

✓ Group Photo
OTHER ACTIVITIES

✓ Visits to the Departments
ACTIVITY ASSESSMENT 2016/2017

- **Mobility Coordinators Survey:** 76.2% answer rate

- **Impact on Students Participation, Compared to What Was Expected:**
  
  Comparing to Coordinators expectations, the activity had a great impact.

  For 71.4% of the Coordinators above 80% of the students participated in the ceremony.
WHAT TO KEEP AND TO ENHANCE IN THE WELCOME CEREMONY

- The model is very positive, comparing to the previous
- Early interaction with the students
- Bigger involvement in the academic community

SCHEDULE AND TIMINGS OF THE PRESENTATIONS:
- A tighter schedule was implemented from 2017/18

EXCESSIVE INFORMALITY IN SOME PRESENTATIONS:
- The guests are coached so that their messages are aligned with TÉCNICO Lisboa message
ORIENTATION WEEK | Before Arrival

We are the Student Support Team and we would like to welcome you to Técnico Lisboa.

Our team has the mission of supporting students and promoting their integration into our school. You can count on us during your studies at Técnico Lisboa because we are here to make sure your experience abroad will not be forgotten and we are organizing some of the most memorable days of your next semester. **Técnico Orientation Week** from the 15th to the 21st of September will allow you to get to know many of the things Lisboa has to offer and to have a lot of fun!

If you wish to take part in this unique experience, you just need to fill out the online form. Please note that we will use these forms only for statistical purposes so that we can guarantee your participation during the reception days. Please check the page below for detailed information.

Other important information:

**Survival Guide** for Mobility and International Students
ORIENTATION WEEK | Before Arrival

SITE: Oweek.tecnico.ulisboa.pt
ORIENTATION WEEK | Before Arrival

EMAIL: E-mail de Boas-Vindas
ORIENTATION WEEK | Before Arrival

GRUPO FACEBOOK: Partilha de informações e eventos
SURVIVAL GUIDE: Conselhos e recomendações sobre a vida em Lisboa
ORIENTATION WEEK | Before Arrival

SURVIVAL GUIDE: Documento PDF de 20 páginas

Contents

1. Prior to Departure
   - Preparation and Departure for Lisbon
   - Housing for exchange students
   - Visa card
   - Checklist

2. Upon Arrival
   - Get to Técnico
   - From the Airport
   - From other Locations
   - Metro Tickets
   - Transportation Monthly Pass

3. Life in Técnico
   - Instituto Superior Técnico
   - Student Services
   - Survival in Alameda
   - Survival in Taguspark
   - Femis Introduction
   - Health Services

4. Cultural Activities
   - NAPE Activities for Mobility Students
   - Student Activities during the Academic Year
   - Get Involved
   - Clubs
   - Language Courses
   - Portuguese Academic Tradition

5. Life at Técnico
   - Since its creation in 1911, Técnico is the largest and most reputable school of Engineering, Science, Technology and Architecture in Portugal. It provides top quality higher education, focused on Research, Development and Innovation (R&D) activities, immersing all of us in a thrilling and global atmosphere geared towards solving the challenges of the future.
   - Nowadays, Técnico has 3 campuses:
     - ALAMEDA CAMPUS: built in 1952, it is located in one of the central most parts of Lisbon, between Saldanha and the Alameda D. Afonso Henriques, benefiting from a transport network that easily accesses the entire city.
     - TAGUSPARK CAMPUS: built in 2001. It is located in the council of Oeiras and integrated in the Science and Technology Park, a leading institution in this area.
     - TECHNOLOGICAL AND NUCLEAR CAMPUS: located in the county of Leiria, it is one of the most important technology parks in the country, particularly in the areas of nuclear science and nuclear techniques, as well as radiology protection and nuclear safety. At present, there are no classes in this campus, only research labs.

6. NAPE
   - NAPE (Núcleo de Apoio ao Estudante) is a student support unit that provides various services and activities to enhance the student experience during their time at Técnico.
ORIENTATION WEEK | Registration Days

Programa Mentorado

Registo OWeek

Coffee Break

#WELCOMETOIST

TÉCNICO LISBOA

NAPE
Núcleo de Apoio ao Estudante
ORIENTATION WEEK | Registration Days

Programa Mentorado

Registro OWeek

Coffee Break
ORIENTATION WEEK | Registration Days

Programa Mentorado

Registo OWeek

Coffee Break
ORIENTATION WEEK | Poster e Vídeo

14TH FRIDAY
WELCOME CEREMONY & PARTY

15TH SATURDAY
CITY RALLY
WELCOME DINNER
UP ALL NIGHT

16TH SUNDAY
SURF DAY
SINTRA TOUR
BEACH DAY
BOHEMIAN TOUR

MORE INFO:
ONEEK.TECNICO.ULISBOA.PT
ORIENTATION WEEK | Friday
ORIENTATION WEEK | Friday

WELCOME PARTY: Churrasco de boas-vindas
PORTUGUESE EVENING: Evento de gastronomia, música e cultura portuguesas
ORIENTATION WEEK | Friday

BOAT PARTY: Festa a bordo de uma caravela, com passeio pelo rio Tejo
ORIENTATION WEEK | Saturday
ORIENTATION WEEK | Saturday

CITY RALLY: Peddy Papper pela cidade de Lisboa
ORIENTATION WEEK | Saturday

WELCOME DINNER: Jantar com comida típica portuguesa
ORIENTATION WEEK | Saturday

UP ALL NIGHT: Saída para uma discoteca em voga
UP ALL NIGHT: Saída para uma discoteca em voga
ORIENTATION WEEK | Sunday
ORIENTATION WEEK | Sunday

SURF LESSON: Aula de Surf na Praia de Carcavelos
ORIENTATION WEEK | Sunday

BELÉM TOUR: Passeio histórico-cultural por Belém
ORIENTATION WEEK | Sunday

SINTRA TRIP: Visita à Vila de Sintra e Cabo da Roca
ORIENTATION WEEK | Sunday

CRISTO REI: Ponto de paragem inicial nas viagens
ORIENTATION WEEK | Monday & rest of the week

CULTURE CLASH

17th SEP
3 PM or 5 PM

Abreu Faro Amphitheater
ORIENTATION WEEK | Monday & rest of the week

PUB CRAWL: Peddy Paper pelos bares do Bairro Alto

CULTURE CLASH
17th SEP
3 PM or 5 PM
Abreu Faro Amphitheater

TÉCNICO LISBOA

NAPE
Núcleo de Apoio ao Estudante
TRIP TO CASTELO DE SÃO JORGE: Passeio pela zona da Mouraria e visita ao Castelo
CULTURE CLASH: Workshop sobre as principais funcionalidades do fénix

ORIENTATION WEEK | Monday & rest of the week

17th SEP
3 PM or 5 PM
Abreu Faro Amphitheater
THANK YOU!
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