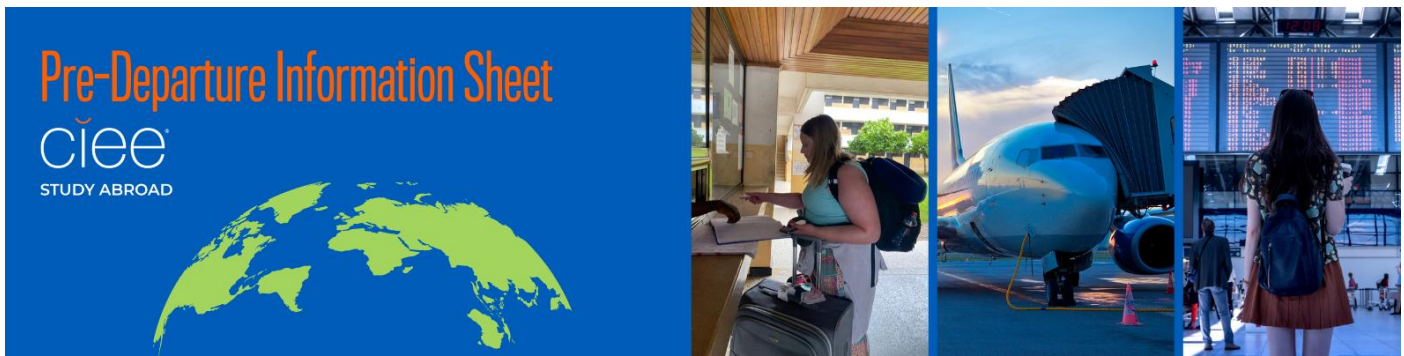




University of Wisconsin-Madison: Movement as Medicine in Portugal (June 2025)

Congratulations!

Your Lisbon adventure is about to begin! Please be sure to bring a copy of this sheet with you when you fly to Portugal.

Arrival Day Information

Arrival Information: The pick-up time at Lisbon Airport (Humberto Delgado Airport) is 12.00PM on June 16th, 2025. If you arrive after the final designated pick-up time, or if you are arriving at a different location, you are responsible for getting to Turim Lisboa Hotel on your own.

The meeting place for pick-up is at the arrivals hall, at the airport by the Yellow Meeting point sign. CIEE staff will be at the arrivals hall wearing bright orange t-shirts and holding a sign with the CIEE logo so you will not miss us! If you have trouble finding the group, you can contact CIEE staff by calling +351 917072813 upon arrival.

IN CASE OF DELAYED/LOST LUGGAGE: Report dellost luggage to the airline BEFORE YOU LEAVE THE AIRPORT. Make sure you get a receipt with a claim or reference number, and a phone number to call the airline to verify whether the bag has been located. CIEE is not responsible for tracking down lost luggage-that is your responsibility. Center staff will do everything possible to help students, but airlines are responsible for lost luggage. Please pack at least two days' worth of toiletries, medication, and clothes in your carry-on bag in case your luggage is lost. Be sure to check with your airline for carry-on restrictions.

Accommodation Information

During your program, you will be staying at:

Turim Lisboa Hotel
R. Tomás Ribeiro 42, 1050-230 Lisboa
Phone number: +351 21 047 7520

This accommodation includes shared rooms (mattress cover, sheets, blanket, pillow, and towels provided), free WIFI, and breakfast every morning.

Academic Information

Please refer to your faculty member for the academic requirements for your course.

Program Itinerary

You will receive a complete and final* itinerary when you arrive on site. However, here are some key dates and activities for the first few days of your program:

Monday, June 16th: Arrival day. Airport pick-up, City Tour. Welcome dinner.
Tuesday, June 17th: Orientation. Survival Language Course. Cooking Class.
Wednesday, June 18th: Classroom time.

*Itineraries are subject to change.

Packing Tips and Guidelines

Dress code for visits and lectures is business casual. Jeans are acceptable.

Do not forget to bring:

- ☐ **Your passport**
- ☐ This Pre-departure Info Sheet (containing the important emergency information you will need)
- ☐ Proof of primary health insurance
- ☐ Prescription medications - be sure to bring enough to last the entirety of the program
- ☐ ATM card for withdrawing money from your home bank account

Please leave the following information with your emergency contact before your departure and make sure your Faculty/School knows who your emergency contact is:

- ☐ A photocopy of your passport
- ☐ Copy of your flight itinerary
- ☐ Banking information-including account, debit, and credit card numbers
- ☐ A copy of this Pre-departure Info Sheet

CIEE Location Contact Information:

CIEE Lisbon:

Av. Berna 26C Gab. D009

1069-061 Lisbon-Portugal

Phone Number (from 9am to 5pm): +351 217908387

Emergency Phone Number: +351 917072813

CIEE Lisbon Staff:

Madalena Rocha – Program Coordinator– mrocha@cieee.org

Joana Almeida – Center Director – jalmeida@cieee.org

In addition, you may contact CIEE at any point by calling our general US based phone number: 1-800-407-8839. This phone line is open Monday-Friday from 9am – 5pm Eastern and is also monitored for emergencies during off hours.

Program Specific Health, Safety and Security:

Never carry your passport with you during activities; leave it in the hotel safe. Don't carry too much cash on you, you can withdraw money easily in Lisbon and most places accept cards. On arrival, you will receive an emergency card with emergency numbers and medical information that you should carry with you at all times. We will be here to support you and help you navigate any kind of emergency and/or medical need.

Cultural Expectations and Resources

When traveling to another country, you should expect to notice many differences – especially cultural – in comparison to your life at home. As a guest to this country, it is important to be aware of the cultural perspective you bring and how this may influence your expectations for interactions and communication on site. Differences can be apparent or subtle, ranging from how you approach conversation to standards associated with your housing/accommodations. Remember to keep an open mind, ask questions, and reflect; the more you can learn in advance, the better prepared you will be to adapt onsite.

CIEE Center Staff **highly** recommend doing individual research before you arrive, and have recommended the following books, articles, and movies to familiarize yourself and prepare for your international and intercultural experience:

WEBPAGE: <https://www.ciee.org/go-abroad/college-study-abroad/programs/portugal/lisbon/language-culture>

INSTAGRAM: <https://www.instagram.com/cieelisbon/>; <https://www.instagram.com/lisboalive/>

YOUTUBE: "[Lisbon Diaries](#)" - Vlogs and travel guides by locals and expats living in Lisbon.

BOOKS:

- "Night Train to Lisbon" by Pascal Mercier - A philosophical novel that explores the city through the eyes of a Swiss professor.
- "The Book of Disquiet" by Fernando Pessoa - A classic work by one of Portugal's most famous writers, offering deep reflections and poetic prose.

MOVIES:

- "Lisbon Story" (1994) - Directed by Wim Wenders, this film captures the essence of Lisbon through the journey of a sound engineer.
- "Night Train to Lisbon" (2013) - Based on the novel by Pascal Mercier, this movie explores themes of identity and history in Lisbon.
- "Amália" (2008) - A biographical film about Amália Rodrigues, the famous Portuguese fado singer, showcasing Lisbon's cultural heritage.

Further recommendations:

- Buy a journal to write down your goals and capture how you are feeling before leaving home – what are you excited for? What challenges do you anticipate facing? How will you push yourself to adapt and grow?
- Speak to someone who has been to this city/country before
- Remember to take a moment to reflect – this experience will be life changing!