

UW Movement as Medicine in Portugal

Lisbon, Portugal

Program Handbook

Summer 2025

The UW Movement as Medicine in Portugal program is offered by International Academic Programs (IAP) at the University of Wisconsin-Madison in conjunction with CIEE: Council on International Educational Exchange. This IAP Program Handbook supplements handbook(s) or materials you receive from CIEE as well as the **IAP Study Abroad Handbook** and provides you with the most up-to-date information and advice available at the time of publishing. Changes may occur before your departure or while you are abroad.

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CONTACT INFORMATION

On-Site Program Information

Program Leaders

Your primary contacts in Lisbon will be UW Program Leaders, Professor Jacob Meyer and Morgan Shields, both from the Department of Kinesiology.

Morgan Shields
Program Leader
mrshields@wisc.edu

Jacob Meyer
Program Leader
jdmeyer3@wisc.edu

CIEE Study Abroad Lisbon Center

The program is administered through the CIEE Study Abroad Lisbon Center. The CIEE staff will also be there to assist you and help you with any issues you may encounter.

CIEE's Address: Av. Berna, 26C, Gab. B608, 1069-061 Lisbon
Phone: +351917072813

Home University Contact Information

University of Wisconsin-Madison

International Academic Programs (IAP)
University of Wisconsin-Madison
301 Red Gym, 716 Langdon St.
Madison, WI 53706
Tel: 608-265-6329 Fax: 608-262-6998
Web: www.studyabroad.wisc.edu

Emily Warnke
Study Abroad Advisor
Phone: (608) 265-8265
emily.warnke@wisc.edu

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Study Abroad Enrollment Manager
Phone: (608) 265-6329
emma.hetzel@wisc.edu

Emergency Contact Information

IAP Emergency Number

In case of an emergency, contact your on-site staff first using the emergency contact information provided on-site. For IAP emergency contact, call the main IAP number **(608) 265-6329** between 8:00 a.m.-4:30 p.m. Monday-Friday; after-

hours or on weekends call the IAP staff member on call at **(608) 516-9440**. If you call the main IAP number after hours, the message will direct you to call the emergency number, so it's a good place to start if you're not sure about the time difference.

Emergency Numbers in Portugal

European Emergency Number: 112

You can find other useful numbers (help lines, crisis lines) here:

<http://lisbon.angloinfo.com/information/healthcare/emergencies/>

Embassy Registration and Information

All program participants who are U.S. citizens must register at the U.S. Embassy before departure as this will help in case of a lost passport or other mishap. You can register on-line at <https://mytravel.state.gov/s/step>. If you are not a U.S. citizen, register at your home country's embassy or consulate.

U.S. Embassy Portugal

American Embassy

Avenida das Forças Armadas, Sete-Rios

1600-081 Lisbon

Portugal

Emergency Phone: +(351) (21) 770-2122 or +(351) (21) 727-3300

Embassy Phone: +(351) (21) 770-2122

Fax: +(351) (21) 727-2354

Website: pt.usembassy.gov

PROGRAM DATES

The online, asynchronous portion of your course will run from June 9 through June 13, 2025. The on-site portion of your program in Lisbon will be held from Monday, June 16 through Tuesday, July 1, 2025. Detailed program dates are provided in your MyStudyAbroad account.

PREPARATION BEFORE LEAVING

Refer to the Pre-Departure Checklist in the IAP Study Abroad Handbook for essential information. Be certain to read all of these materials carefully, as they answer many common questions about cultural, academic, and health matters abroad.

Immigration Documents

Passport

A passport is needed to travel to Portugal. **Apply immediately for a passport if you do not already have one.** Passport information and application forms can be found on the U.S. State Department website (<http://travel.state.gov/passport>). If you already have your passport, make sure it will be valid for at least 6 months beyond the length of your stay abroad.

Starting in 2025, U.S. citizens may need to get an [ETIAS travel authorization](#) to travel to Portugal. The start date of ETIAS has not been confirmed and may not be put into place until after your program. Keep checking for updates, and wait for information from your Study Abroad Advisor. ETIAS is valid for three years or until your passport expires, whatever

comes first. If you are not a U.S. citizen check the ETIAS travel authorization web page to determine if ETIAS or another visa is required.

Packing and Baggage

Try to organize and pack at least several days prior to departure so that you can judge if you'll be able to carry your bags (you must be able to do this). Some students have even practiced by carrying their bags around the block! Also, by packing early you'll have time to rest before the long trip.

What are the baggage limits?

Each airline has individual requirements so you will want to be sure and check with the airline you have booked through to determine what your baggage limits are for your time in Portugal.

Climate

The average temperature in Lisbon in late June/early July on a typical day ranges from a high of 79 degrees Fahrenheit to a low of 62 degrees Fahrenheit. In June and July, there is a low chance of rain on an average day and is moderately humid.

Clothing

Plan to dress much as you do in the United States. The key is to pack lightly!

U.S. students have often said they took too much clothing. Don't forget that nothing ruins traveling abroad more than having too much luggage, especially when you have to carry it yourself. You can save packing space by coordinating your clothing so that shirts can be worn with different accessories and pants. Bring comfortable walking shoes.

Toilet Articles

Bring with you anything you frequently use that may be specific and available only in the US like vitamins, products from special brands or medicines that require a prescription. Most toiletries will be available in Portugal for approximately the same cost if you forget something, however we recommend bringing toothpaste, shampoos, soaps and conditioners so you don't have to buy them when you arrive.

Electrical Appliances

The electrical current in Portugal is 220 volts, whereas the US is 110 volts. A plug adapter will be needed to fit the sockets abroad (two round prongs instead of our flat plug). An electricity converter may be necessary for certain electronic items. If you buy an adapter/converter, make sure it will work for the specific item for which you need it.

If you use a hair dryer, you may want to consider buying one when you get to Portugal. If you bring one from home, you will need a converter, and even then, it may not always work. In addition, they are very inexpensive to purchase in Portugal.

TRAVEL AND ARRIVAL INFORMATION

You will arrange your own flight to Lisbon, Portugal. CIEE will arrange one group transfer at the beginning of the program. International flights generally arrive to the Lisbon International Airport (LIS) between 9:00-11:00am. CIEE staff will be available to meet you at the airport and bring you to the CIEE Center between 10:00am-1:00pm on arrival day. If you arrive outside of this window, you will be responsible for your own transportation to your accommodations.

THE ACADEMIC PROGRAM

Course Information

In this class, students will examine sedentary behavior, physical activity, physical inactivity, and associations with health outcomes in the United States and across the world. We will cover the determinants and consequences of sedentary behavior in children, adults, and special populations. Students will learn about social, behavioral, community-based, and environmental approaches to promoting physical activity and what these might look like in different countries. Each day the group will take part in a Portuguese experience (visits to historical and cultural landmarks, guest lectures, opportunities to be active) to introduce socio-cultural context, economic systems, and healthcare structures contributing to health outcomes. Students will learn about strategies and policies that exist in Portugal designed to increase physical activity at local and national levels. The main objective of this course is to introduce students to the ways that culture and social factors impact access to physical activity and sedentary behavior and the overall health of populations.

The classroom portion of your abroad experience will be held at the Universidade Lusófona. Up to two Universidade Lusófona students will attend classroom activities related to Kinesiology 250: Sedentary Behavior in the U.S. and Abroad.

Registration

IAP will register you for a special “Study Abroad Course” for the classes you will be taking abroad; therefore, it is not necessary for you to register on the UW-Madison campus. This is a temporary registration, which will be replaced with the final grade and credit you earn after completion of the program.

Course Equivalent & Credits

To establish a UW-Madison course equivalent for your program course, you will submit a Course Equivalent Request (CER) through the Academic tab in your MyStudyAbroad account. You should use Option 1: Pre-Approved CER if you wish to receive the pre-approved equivalent for the course, Kinesiology 250, Sedentary Behavior in the U.S. and Abroad. If you want to request a different UW-Madison course equivalent for the course, use Option 2: New CER.

You will earn 3 credits after successfully completing this course.

Pass/Fail/Drop/Audit

Please refer to the IAP Study Abroad Handbook for academic policies. A Pass/Fail option will be available in the Course Equivalency Request. The due date for Pass/Fail submission can be found in the Academics tab of your My Study Abroad account.

Grades and Grade Conversions

Your course will use the UW-Madison scale, and therefore, no conversion is needed.

LIVING ABROAD

Educate yourself about your host country. Read the Preparing to Live in Another Culture section of the IAP Study Abroad Handbook. Remember- it won't be possible to prepare yourself completely. There will be situations you will not have anticipated and your flexibility will determine in great part the kind of experience you will have while abroad.

Accommodations

CIEE will arrange hotel accommodations for the duration of the program. Rooms are single or double occupancy. Roommate assignments will be made by CIEE Center Staff in Lisbon based upon a Housing Questionnaire that you will complete through your MyCIEE portal.

Handling Money Abroad

The currency in Portugal is Euros. As of January 2025, the exchange rate is: 1.00 USD = .97 Euros. For the latest currency exchange rate, visit [Oanda](#).

Health

All travelers should consult with their personal doctors before traveling abroad. The CDC currently recommends that all travelers are up to date on their routine vaccinations and should consider additional vaccinations such as Hepatitis A and Typhoid. You are encouraged to read through the Traveler's Health Information sheet from the CDC for Portugal prior to departure and to make an appointment with either the [University Health Services \(UHS\) Travel Clinic](#) or your personal provider to discuss your upcoming travel. Make sure to schedule this appointment as soon after acceptance as possible to ensure that you have enough time to secure all recommended inoculations.

Safety information for Lisbon

While Lisbon is considered a relatively safe city, the city's growing popularity as a tourist destination has meant an increase in pickpocketing. As with any large city, you must be careful about what you do and where you go. You will hear about safety in your pre-departure orientation as well as in your onsite orientation conducted by CIEE. Read the following information carefully and read the "Safety" section of the IAP Study Abroad Handbook to prepare yourself to take appropriate precautions for your personal safety while in Lisbon. If you are the victim of any crime while abroad, alert your Program Leaders immediately.

General Suggestions about safety:

- Tourists are common targets of pickpockets. Be aware of your backpacks and phones, especially on crowded buses and tourist locations.
- Keep valuables in the hotel safe. Do not carry large sums of money, wear expensive jewelry, or obviously display valuable items (phones, iPods, laptops, etc.) when you walk on the street. Only carry the amount of money you need with you; leave credit cards, debit cards, and additional cash, etc. locked in the hotel.
- Do not carry your passport with you on a daily basis. A photocopy of the front page should be adequate.
- If you are robbed, give the robber your possessions; do not resist.
- Use common sense just as you would in any other big city. Do not walk alone at night, go with other students, and use public transportation recommended by the CIEE onsite staff to get back to your housing.
- Go into a shop or ask security personnel for directions. Do not stop strangers in the street.
- Avoid exploring unfamiliar areas of town on your own.
- If you use a card (ATM, debit, credit), be sure to monitor your account closely for fraudulent charges. When using an ATM, it should be accessed only during the business day at large protected facilities (preferably inside commercial establishments, rather than at glass-enclosed, highly visible ATMs on streets).
- Report to the Program Leaders, any incident, harassment, or threatening situation that you may experience. They can assist you with filing a police report if necessary although it is highly unlikely that stolen items will be found.
- Know where you can reach someone in case of an emergency. Carry your IAP emergency card on you at all times.

You are encouraged to read the State Department's Country Specific information on Portugal that can be found here:

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Portugal.html>

Cell Phones

Students are required to have cell phones that function in the host country, and which cannot rely solely on Wi-Fi connections for communications. Look into international plans offered by your current provider; alternatively, you could consider acquiring an E-SIM or SIM card.

ADDITIONAL RELEVANT INFORMATION/WEBSITES OF INTEREST

Get a Good Guidebook

Past participants recommend that you purchase a good guidebook and read a lot of it before you go! *The Lonely Planet* series is useful. Other guidebooks include the *Let's Go*, and *Real/Rough Guide* series. *Insight* guides provide good background and cultural information. Pay particular attention to sections on obtaining maps and other information from tourist offices, customs of the host country, currency exchange, telephoning home, safety, transportation, and general travel advice.

Tap Other Resources

Other good ways to learn about your study abroad destination:

- Contact your study abroad office for useful services and information.
- Surf the web. Many websites, such as www.lonelyplanet.com, offer travel information, slide shows, and tips from other travelers.
- Check libraries for detailed information and keep yourself informed of current events through the news media.