ESCOLA SUPERIOR DE EDUCAÇÃO

GABINETE DE RELAÇÕES INTERNACIONAIS

P.PORTO

Erasmus+ & Other Mobility Programmes

Mobility Guide 2025 - 2026

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Introduction

Welcome to the Erasmus+ and other Mobility Programmes Guide 2025-2026. This guide includes general information regarding application procedures, the city of Porto, academic calendar, eBuddy programme, accommodation and a course catalogue, divided into broad subject areas and listing modules available in both the 1st/Winter and 2nd/Spring semesters of our graduate (licentiate) and master degrees. The courses listed in this document are subject to change due to revalidation of the study plan or may not open because they haven't reached a minimum number of enrolled students. Occasionally, some courses do become oversubscribed and this could also prevent you joining those.

If you have any questions regarding our courses, please do not hesitate to contact the International Relations Office: gri@ese.ipp.pt.

A.Application procedures

The application deadlines for incoming students for each academic year are:

- Winter Semester & full year mobilities – June 1st
- Spring Semester – November 15th

The documents which must be submitted are the following:

- Student application form (or provide your university application form);
- Online Learning agreement learning-agreement.eu
- Transcript of Records;
- Copy of your passport/ID card;
- Document certifying the Portuguese or English language level (B1).

All the forms concerning incoming exchange students should be sent by email directly to the International Relations Office (gri@ese.ipp.pt).

OLA Guidelines

To access the guidelines on how to fill in the Online Learning Agreement, kindly visit the following website: https://erasmus-plus.ec.europa.eu/sites/default/files/2021-09/learning-agreement-studies-guidelines-final-2021_0.pdf.

Receiving institution: choose the country (Portugal), then "Instituto Politecnico do Porto", indicate the faculty (School of Education), and the name and email address of the responsible person at the school.

Receiving responsible person: Sílvia Barros (gri@ese.ipp.pt) – Head of the International Relations Office.

If you have any further questions or concerns, please don't hesitate to reach out to the International Relations Office (gri@ese.ipp.pt).

B. Guide to Porto

Porto is one of the oldest tourist destinations in Europe and benefits from a privileged geographic location, complemented by a modern transport and communications network. The richness of its monumental and artistic heritage, Port Wine, numerous leisure facilities and its cultural attractions invite you to visit this contemporary and inspired city well-known for its hospitality. Learn more here!

How to get to Porto

Porto has one of the most modern and best airports of the world. Francisco Sá Carneiro International Airport – OPO (+351 229432400) is located only 11 Km of the city centre. With more than 30 international airlines, including low cost companies, flying to and from Porto is very easy.

https://www.aeroportoporto.pt/pt/opo/home

To reach any part of the town from the airport you can use:

Metro - line E (violet) connects the airport to Estádio do Dragão Station and has other connections to all the other lines of Metro's network. https://en.metrodoporto.pt/

Buses - there are three regular lines – (601, 602, 604) from the airport to the centre and outskirts of the city and one late night line (3M). The ticket costs less than 2 euros.

https://www.stcp.pt/en/tourism/from-and-to-the-airport/daytime-and-night-network/

Taxi Services – Taxi services and other Rent-a-Car services are available at the airport. Uber and other digital platforms services can also transport you wherever you want very quickly.

Living and studying at Porto

Climate

Located on the border of Europe with the Atlantic Ocean and at the middle of the North hemisphere, the climate of Porto is a pleasant one with annual mean temperatures of 15 Celsius degrees, being the average temperature at Summer 25° and at Winter 6°. Therefore, it is better if you bring warm clothes for the nightfall, especially during colder seasons. The annual average precipitation is 53mm.

Accommodation

You can choose different types of accommodation, namely:

- A flat (shared with other students)
- A room in a "family home"

In both cases students should confirm the reservation with the landlord previously to their arrival.

There are other types of accommodation available like hotels, hostels, apartments and private residence halls.

Meals & Where to eat

Porto has quite a typical Mediterranean diet with lots of fish and olive oil. Nevertheless, there are various options of meat, for instance the amazing *Francesinha*. You could also choose from a wide variety of wines – Portuguese wine is the best in the world! - and you will find food from almost every part of the world due to Porto's history as well as the cosmopolitan restaurants, which can be found everywhere around the city. Alongside with restaurants (from cheap to expensive), you can also eat at cafés and bars that have light and cheaper meals and snacks.

Cost of living and currency

Porto has a low life cost when compared with other EU Member States. For instance, with 10 euros (euro is the official currency in Portugal) you could have a good and complete daily meal at a restaurant. The price for an accommodation ranges from 300 to 400 euros/month. The Andante monthly pass costs less than 40 euros for students. For the time being, if you're under the age of 23, the Andante is free of charge (however, you still have to renovate the pass monthly).

Transportation

You can use the large network of public transportation Andante, a ticket that allows three ways of traveling within the city:

- the bus services (mainly from STCP https://www.stcp.pt/en/travel/lines/);
- *the subway system* https://en.metrodoporto.pt/frontoffice/pages/396;
- the urban trains (CP) https://www.cp.pt/passageiros/en/how-to-travel/oporto-urban-trains.

If you prefer you could only use one or two of the previous means of transportation.

Telecommunications

Portugal's international code is +351 and the regional code of Porto is 22. You have many telecommunication providers such as Vodafone, MEO, NOS, which can offer you a mobile, telephone, internet and TV services at a reasonable price. The internet is usually fast and reliable.

Emergency and security services

The emergency number is the 112.

There are two major hospitals at the city working 24/7: the *Centro Hospitalar São João* and the *Centro Hospitalar do Porto - Santo António*. There are also many other clinics and health centres, both public and private. In order to have access to public health care, you need to have the European Health Insurance Card. In this case you will only pay a symbolic fee. There are also a lot of pharmacies spread all over the city.

The most common police at the city is the PSP - Polícia Segurança Pública but you could also have the protection of GNR - Guarda Nacional Republicana and the local PM - Polícia Municipal.

Other services

You have a variety of companies under a national regulator that provide electricity and energy efficiently. A good system of water supply is provided by the municipal company *Águas do Porto*.

CTT company has post offices all over the city and you can send and deliver anything you want to everywhere in the world. The city has also many shopping centres and supermarkets where you can find everything you need, ranging from clothes to art crafts. A great variety of natural parks are available as well. The biggest one is called the *City Park* and it is a must-see place near the ocean.

Cultural references

In Porto one can encounter remains of many civilisations, namely: Roman, Arabic, Jewish. This is one of the reasons why the city was classified as a World Heritage city by UNESCO. The architecture of the city combines the old traces of medieval inspiration with modern and uplifting buildings.

The historical centre inside of a medieval wall (*Muralha Fernandina*) has a lot of monuments and buildings that represent many art styles from the gothic to the baroque giving to this cosy city an even more interesting charm. One of the most important and visited museum is *Casa de Serralves*, where you can appreciate contemporary art, but you have many others, namely *Museu Nacional Soares dos Reis* or *Museu Romântico* with permanent and temporary exhibitions. You should also see the city from above by climbing to the top of the *Torre dos Clérigos*, as well as visit the Porto wine lodges where you can have an insight of the history and production of one of the most famous wines of the world – Port wine.

Spread within the city you may also find many theatres and concert halls, like *Coliseu do Porto* and *Teatro Nacional São João,* and the amazing *Casa da Música* where you can enjoy many shows and performances all year round.

You must not forget to know the river by cruise, passing under the six bridges of the city, and discover *Foz*, where the river meets the ocean and you can contemplate beautiful sunsets while eating an ice cream or roasted chestnuts.

C. Course Catalogue

At the School of Education you have an exciting and practical range of courses in **Basic Education** (for Pre-Primary and Primary School level), **STEAM Education**, **Foreign Languages and Cultures**, **Heritage Management**, **Music Education**, **Social Education**, **Sports**, **Translation and Interpretation of Portuguese Sign Language** and **Visual Arts and Technologies**.

Our course catalogue lists the subjects available in both Undergraduate and Masters degrees, and incoming students may combine them to come up with the initial study plan proposal.

Language(s) of Teaching

Taking into consideration that most course units are held in Portuguese, we offer additional support for Erasmus+/Mobility students who do not speak Portuguese, namely:

- possibility to enroll in Portuguese as Foreign Language (A1 level) course - 6 ECTS
- Other types of support, including Teacher Tutorship (TT), Peer Tutorship (PT), Translated Materials (TM), Translation into another language (TL) and Content and Language Integrated Learning Approach (CLIL). Look for these types of support in the catalogue grids.

Support+

Besides that, we do offer a small selection of course units in different languages (mainly in our Foreign languages and Cultures degree):

Course units in English offered in Winter Semester

Course units in English offered in Spring Semester

Course units in French offered in Winter Semester

Course units in French offered in Spring Semester

Course units in Spanish offered in Winter Semester

Course units in Spanish offered in Spring Semester

D. Academic Calendar

	FROM	TO
Student Reception / InterNetworking Welcome Days	18/09/2025	1909/2025
First Semester	22/09/2025	31/01/2026
Exam sessions (regular and re-sit)	26/01/2026	14/02/2026
Student Reception / InterNetworking Welcome Days	12/02/2026	13/02/2026
Second Semester	18/02/2026	27/06/2026
Exam sessions (regular and re-sit)	22/06/2026	11/07/2026

E. Portuguese as Foreign Language Course (A1 Level - 6 ECTS)

Because we want you to learn more than the simple "Olá" (Hello) and "Obrigado" (Thank you), we challenge you to enhance your curriculum by learning the fifth most spoken language in the world, used in Portugal, Brazil, East Timor, Angola, Macau and in other countries.

You can take "Portuguese as Foreign Language" course at our School of Education. Enrolment is optional and more information will be provided during our *InterNetWorking Welcome Days*.

Please note that this is not a standard curricular unit to be included in your Learning agreement!

F. eBuddy Programme

Each incoming student will get the chance to get an eBuddy, a volunteer student from the School of Education who will welcome Erasmus students and help them get integrated. As an incoming student, you will benefit primarily from all the help you get settling in. The first weeks are known to be the hardest for any Erasmus, facing a different country and new language and habits.

G.Accommodation

We have a partnership with Uniplaces - a student accommodation search platform that operates all over Europe, including Porto. The best part about booking with Uniplaces is that you don't need to worry about finding a temporary room or crashing at a friend's while you look for your own place; Uniplaces lets you book in advance, even when you're still in your home country. Click here to book your room and use our Promo Code: ESE30 for a 30% discount in service fees!