FACULDADE DE MOTRICIDADE HUMANA

Boarding to FMH...

March 2026

FACULDADE DE MOTRICIDADE HUMANA

Exchange Students Guide

2026/2027

March 2026

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March 2026

1. Institution

Universidade de Lisboa, Faculdade de Motricidade Humana,

Erasmus Code: P LISBOA109

Address: Estrada da Costa, 1499-002 Cruz Quebrada - Dafundo, PORTUGAL

How to get here:

- **BUS**

  In Algés, at Praça D. Manuel I, take bus no. 776 (Carris) to FMH.

- **TRAM**

  Take tram 15E from the city centre. The journey starts at Praça da Figueira, passing through Cais do Sodré, and ends at Algés (Praça D. Manuel I). From there, take bus no. 776 to FMH.

- **TRAIN**

  From Cais do Sodré station, take the train towards Oeiras (stopping at all stations). You may get off at:

  - Algés station: exit the station (right-hand side). Once outside, take bus no. 776, which stops opposite the faculty;
  - Cruz Quebrada station: exit towards the back of the station (in the direction the train came from), go down the stairs and pass under the bridge. Then go up the stairs, turn right, cross the bridge, and Estrada da Costa will be on your right at the crossroads. FMH is approximately 500 metres ahead.

- **CAR**

  From Lisbon, head towards Cascais/Estoril via Avenida Marginal (N6). After passing Algés, follow the signs for “Estádio Nacional/FM H”. FMH is located approximately 500 metres from Avenida Marginal.

Campus Facilities and Services at FMH:

- **Insurance**

  FMH provides school insurance for all students, covering accidents occurring both within and outside the faculty facilities (e.g., outdoor classes, day trips). This insurance is arranged during the admission process and requires a payment of €2.10.

  In the event of an accident, it must be reported to FMH within a maximum of 8 days. Students may seek treatment from a healthcare provider of their choice and subsequently request reimbursement of the incurred expenses.

  The following documents must be submitted:

  - Accident report form, available here: Accident report form
  - The form must be signed by the policyholder (FMH). Once completed, it should be submitted to the Academic Services Office during opening hours;
  - Medical report from the first consultation;
  - Proof of medical expenses (invoice/receipt) and medical prescription.

- **IT Services**

  The IT Services manages the School's IT infrastructure and provides services to staff and students. All exchange students are granted a personal FMH email account, access to the e-learning platform (SGA), and Wi-Fi.

- **Student Card**

  All exchange students receive their student card upon arrival at the faculty. Students are advised to carry it at all times.

- **Study Room and Wi-Fi (Eduroam)**

  Study areas are available on campus, with free access to Eduroam Wi-Fi.

- **Library – “Noronha Feio”**

  The “Noronha Feio” Library is a national reference due to its extensive bibliographic collection and journal subscriptions (over 17,000 volumes and 720 journals, as well as digital databases).

  Students wishing to borrow books must obtain a library loan card.
- **Printing & Copy Service**

  Available at the library (Monday to Friday, 09:00–13:00 and 14:00–17:00).
- **Students’ Union**

  The FMH Students’ Union represents students’ interests and is composed of elected student representatives. It works in partnership with FMH governance bodies.

  The Union provides support, sports clubs, cultural and leisure activities, and volunteering opportunities.

  Further information is available upon arrival.
- **Gym**
- Free access is available, provided that no classes are taking place and subject to capacity limits.
- **Canteen and Cafeteria**

  Meals are available at the canteen (approximately €3.50 per lunch), as well as at the cafeteria.

2. Mobility Office

Mobility Coordinator:

Rita Jordão, e-mail: ritajordao@fmh.ulisboa.pt

Phone: (+351) 21 4149104

Application deadlines:

Winter/Autumn Semester: 15th June

Summer/Spring Semester: 15th December

Academic calendar:

The official academic calendar will be communicated to students as soon as it becomes available.

The academic year is typically structured in two semesters: the first semester runs from September to December, and the second semester from February to May. Exams for the first semester take place in January, and exams for the second semester take place in June.

Office Hours:

Open Monday, Tuesday, Thursday and Friday

9:30 am to 12:30 pm

3. Application documents

For the application, students must submit the following:

1. **Application Form:**
   https://forms.gle/ByZzxZ4HhiotYPWs8
2. **Photo**
   Passport-style colour photo (.jpg format, good quality)
3. **Passport or ID Card**
   Scanned copy of a valid identification document
4. **Health Insurance**
   Scanned copy of the European Health Insurance Card or equivalent health insurance (for non-European students)
5. **Learning Agreement / Online Learning Agreement**
   Duly signed by the student and the sending university

All documents (photo, valid identification document, health insurance and Learning Agreement, if in paper form) must be sent together in a single email to erasmus@fmh.ulisboa.pt. Documents sent in separate emails will not be considered.

All documents must be submitted in PDF format (except the photo, which must be in .jpg format). Documents sent in other formats (e.g., image files or Word documents) or not complying with the requirements will not be considered.

4.Online Learning Agreement (OLA)

Students are required to complete their OLA. If the sending university does not use OLA, a PDF version of the Learning Agreement must be sent to erasmus@fmh.ulisboa.pt, duly signed by the student and the coordinator.

Information required to complete the OLA:

- **RECEIVING INSTITUTION:** Universidade de Lisboa
- **FACULTY/DEPARTMENT:** Faculdade de Motricidade Humana
- **ERASMUS CODE:** P LISBOA109
- **ADDRESS:** Estrada da Costa, 1495-688 Cruz Quebrada
- **Country:** PT – Portugal
- **CONTACT PERSON:** Rita Jordão; Email: ritajordao@fmh.ulisboa.pt; Phone: +351 214149104
- **RESPONSIBLE PERSON AT THE RECEIVING INSTITUTION:** Rita Jordão, Mobility Coordinator

5. List of Courses

Together with this guide, students will receive a list of courses taught with support in English. Please note that course availability is subject to a minimum number of enrolled students and cannot be guaranteed.

"Support in English" may vary depending on the course. In some cases, students may attend dedicated classes for Erasmus students; in others, they may complete assignments or presentations in English, or follow practical/theoretical-practical classes where language is not a barrier. In all cases, assessment can be carried out in English.

The courses *Didactics of Sports Activities (DAD's) I, II, III and IV* are practical sports courses composed of different modules, as indicated in the course list.
When completing the Online Learning Agreement (OLA), each selected module must be listed individually, for example:

- ✓ *Didactics of Sport Activities II – Introduction to Fitness – 1.8 ECTS*

If selecting the full course, students should indicate:

- ✓ *Didactics of Sport Activities IV – 6 ECTS*

Students may choose courses from the available list. However, courses from the Dance Bachelor are not recommended without a strong background in dance.

Master's level courses are only available to students who are in at least the 3rd year of their Bachelor's degree.

Students who can demonstrate sufficient proficiency in Portuguese may also choose courses outside the list.

6. Portuguese Language Course

The University of Lisbon offers Portuguese Language Courses for Erasmus students across different faculties. One of these courses (A1 level) may be held at the Faculty of Human Kinetics (FMH).

Level: A1 (other levels available at ULisboa, held at different faculties)
Schedule: Twice a week (Mon/Wed or Tue/Thu)
Time: 18:00 – 20:00 or 18:30 – 20:30
Workload: 56 hours – 6 ECTS
Fee: 75€
Location: FMH (in person)
Application: Applications are submitted through the ICLP online platform. The application period will be communicated when available.

Students must complete a linguistic profile and upload the required documents (ID/passport, photo, proof of Erasmus+ status and payment).

More information:
https://www.iclp.letras.ulisboa.pt/en/erasmus/

Contact: iclp@letras.ulisboa.pt

7. Evaluation and Grading System

Once enrolled, students will have access to the FMH academic management platform, FenixEdu, where they can consult their academic records.

The exam periods for each semester are defined and published in the academic calendar.

Assessment is based on continuous evaluation. If a student does not successfully complete it, they may take the resit exam (students are automatically enrolled). In some courses, students may also be required to take an exam during the regular exam period in order to obtain a final grade.

In Portugal, the Higher Education system uses a grading scale from 0 to 20, with 10 being the minimum passing grade:

ECTS Grade	FMH Grade	Meaning
A	19-20	Excellent
B	17-18	Very Good
C	14-15-16	Good
D	12- 13	Satisfactory
E	11-10	Sufficient
F	<10	Not Approved

Assessment components (tests, essays or exams) may include decimal grading (e.g., 9.5). The final grade is rounded down when the decimal value is ≤ 0.4 and rounded up when it is ≥ 0.5.

8. Estimated Monthly Expenses

Please note that the following values are approximate and may vary depending on lifestyle and accommodation conditions:

- **Accommodation (room):** 500€ – 800€/month
- **Meals:** 250€ – 350€/month
- **Public transport pass:** 40€/month

Additional expenses to consider:

- Utilities (if not included): 40€ – 80€/month
- Mobile phone / data plan: 10€ – 25€/month
- Leisure and personal expenses: 100€ – 300€/month
- Occasional transport (e.g. Uber/Bolt): 20€ – 60€/month

One-time costs:

- Accommodation deposit (usually 1–2 months' rent): 500€ – 1.600€
- Portuguese Language Course (optional): 75€
- School insurance (mandatory): 2,10€

Estimated total monthly cost:

- 1.000€ – 1.500€

9. Accommodation

When choosing between living in Lisbon or near FMH, please note that practical classes often start early in the morning. The commute from Lisbon to the Faculty can take approximately one hour by public transport.

Below you can find a list of accommodation options, including some partner organisations that offer benefits to our students:

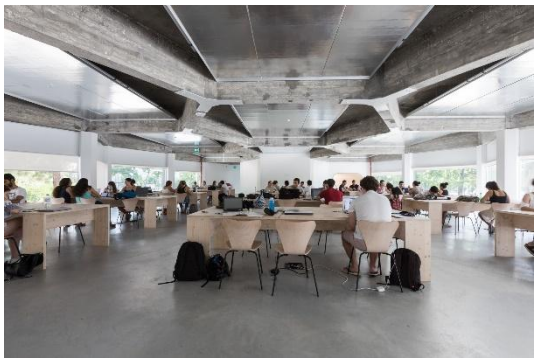
- https://erasmuslifehousing.com/
- https://www.coolivin.com/ **(FMH's partner, with benefits for students)**
- https://inlifehousing.com/
- https://www.milestone.net/location/milestone-carcavelos-lombos/
- https://www.nidoliving.com/en/
- https://xior.pt/en/
- https://www.collegiate-ac.pt/residencia-universitaria/lisboa/marques-de-pombal/
- https://www.bquarto.pt/?a=&linga=uk
- https://www.esnlisboa.org/student-residences
- https://www.facebook.com/FlowermindPT/
- https://www.fundacaocidadedelisboa.pt/pt/
- https://www.spru.pt/zone-spru-lisboa-3/
- https://www.studentscorner.pt/

10. Places to Study

Caleidoscópio (ULisboa)

Campo Grande

Located in the Campo Grande Garden, the Caleidoscópio Building offers a panoramic study room (175 seats), an exhibition area, an amphitheatre, Eduroam Wi-Fi and printing services. This space is open 24 hours a day and is accessible to the entire academic community.



Sala de Estudo FMH

A dedicated space for individual study and group work at FMH, open from 08:00 to 20:00.

Centro Cultural de Belém (CCB)

Belém

A quiet study space available with a free access card. Please note that the area is small and often full, depending on the time of day. Alternative seating may be available in the terrace café.

NOVA SBE

Carcavelos

The campus offers approximately 800 study spaces across the Main Deck and Gallery, both indoor and outdoor, suitable for individual or group work.

As part of an open campus policy, these areas are accessible to the wider community, subject to compliance with campus regulations.

Fundação Calouste Gulbenkian

Avenida de Berna, 45

A quiet study environment set within a landscaped garden, suitable for individual study.

Ler Devagar (LX Factory)

A well-known bookstore located in LX Factory, often listed among the most beautiful bookshops in the world, particularly within restored industrial spaces.

11. When to come...

Students are required to arrive one week before the start of the semester in order to settle in. The welcome week will take place during this period. The date and time of the initial meeting for registration and schedule setup will be communicated once defined.

Important Information – Schedule Changes and Learning Agreement:

- After receiving the first draft of the schedule, students have one working day to report any changes proposed by the FMH Erasmus Office to their sending university.
- After classes begin, students have two weeks to request changes to their schedule at the Erasmus Office.
- Changes are only considered official if requested in person at the Erasmus Office and registered by an Erasmus Officer.
- After this two-week period, students have one additional week to formalise the approved changes by updating their Online Learning Agreement (OLA).
- All OLA changes must be signed by the student and the sending university in order to be considered valid.
- If the courses listed in the OLA do not match the final schedule, the OLA will be declined.
- If, for any reason, the system used to complete the OLA is not working, students must inform the Erasmus Office by email and wait for further instructions.