



# GUIDE FOR MOBILITY STUDENTS

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## Clinical Traineeships

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# Mobility at FMV-ULisboa

## As boas-vindas (Welcome)

Dear student,



Welcome to Portugal, welcome to the historical city of Lisbon and especially welcome to our University and our Faculty! Bem-vindo!

Erasmus+ serves as the European Union's initiative aimed at supporting education, training, youth, and sport across Europe. Within the Erasmus+ program, studying and performing traineeships abroad holds a central position and has demonstrated a positive impact on future employment prospects. It presents a valuable opportunity to enhance language proficiency, gain self-assurance and independence, and fully immerse oneself in a novel cultural setting.

Now is the perfect time and place for you to embark on a voyage of discovery, reminiscent of the explorations undertaken by Portuguese sailors in the 15th and 16th centuries. It is an extraordinary opportunity to shape your academic, professional, and personal future. As you study abroad, you will have the remarkable chance to engage with students and professors from diverse countries, while immersing yourself in one of the world's oldest and most captivating cities. This is your moment to embark on a transformative journey towards a truly global experience!

We are proud that FMV is the oldest institution of Higher Education in the area of Veterinary Sciences in Portugal, promoting its teaching since 1830. It is also a fully accredited European evaluation institution (EAEVE) since 2017. At our institution, we prioritize the quality of teaching, research, and all the services we offer, namely having a busy Teaching Hospital. We are dedicated to providing excellence in education, conducting impactful research with our Centre for Interdisciplinary Research in Animal Health -CIISA, and ensuring that all services provided meet the highest standards.

The entire mobility office and FMV-ULisboa staff, including myself, is dedicated to ensuring that your time here is not only enjoyable but also unforgettable. If you encounter any practical or technical issues during your stay Dr<sup>a</sup> Alexandra Matos secretary of the Erasmus Office team will offer excellent support for any bureaucratic or organizational matters, you may encounter. You can count on us to make your experience as smooth and enriching as possible.

We are very excited to have you here and we hope you will have a wonderful, valuable, and interesting stay.

We know the first days at a new Veterinary Faculty can be very confusing and perhaps stressful. This guide is developed to help you during the first days of your stay at our faculty. If you have any questions prior to or during your stay you can always contact [erasmus@fmv.ulisboa.pt](mailto:erasmus@fmv.ulisboa.pt).

We are looking forward to meeting you in person.  
On behalf of the mobility office,



Ana Mafalda Lourenço  
Coordinator





## General information

### *Buildings*

FMV is made up of 9 buildings (from A to I in the image). The identification of each room is done as follows:

Building- Floor- Room Nº

For example, the practical classes of Histology I and II are in laboratory C1.18. So, the class is in building C, 1st floor, room nº18.

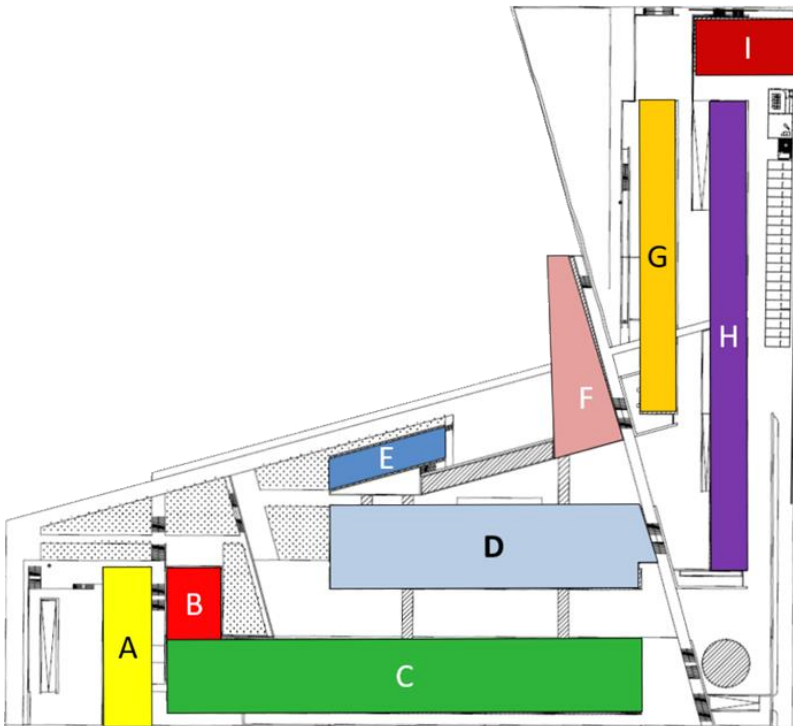


Figure 1. FMV main buildings  
(special thanks to GAPE's mentors group for providing this image)

**A0**

Academic and human resources division - secretariat

**A1**

Auditorium A1.14- theoretical classes

Presidency

School, scientific and pedagogical councils

**A2**

Division of financial resources

auditorium A2.16

**A3**

Library

**B 0-1**

Auditorium B

**C0**

Student union (Associação de Estudantes)

Copy store

Student union store

Auditorium C0.12

C0.31 - practical classes Molecular Biology of the Cell

**C1**

Bruno's bar and Student union's bar

Auditorium C1.12

C1.18- classes

C1.21 - classes

Nutrition laboratory

**C2**

Terrace

**C3**

Teachers' offices

Research laboratories and service provision

Technical rooms and classrooms (C3.77)

Mobility office (C3. 26)

**C4**

Bridges to D building

Teachers' offices

Research and service delivery laboratories. technical rooms

**D 0-1**

School hospital (also E)

Bioterium

Metabolic pavilion

Reproduction and Obstetrics

Teachers' offices

**Auditorium F**

Classes and Tuna rehearsals

**G**

Practical rooms for Anatomy and Pathological Anatomy  
 Practical classes of Anatomy I and II  
 Equine intensive care  
 Isolation Unit

**H**

Stables for goats, sheep, cattle and horses.  
 Practical classes

**I**

Arena  
 Equine Box  
 Horse ridding classes  
 Artificial insemination center

## ***Where to eat at the faculty?***

You can always bring your own food and use the available microwaves to heat it. We also have one vending machine near the Small Animal Hospital; two cafeterias in building C (first floor) where you can have a complete meal for a low price; and one dining hall at 8 min walking distance (dining Hall do Alto da Ajuda) where you can eat between 12.00 and 14.30h starting from 2,85 euros. Most of these places allow their customers to choose one of the available dishes. Options vary between meat, fish, diet or "ovo-lacto vegetarian". In addition to these options, you have other dining halls and bars, cafeterias, snack bars and restaurants available to the entire academic community, check them out @ <https://www.ulisboa.pt/en/info/dining-halls>.



*Figure 4. Dining Hall in Alto da Ajuda*

**Please be aware that eating at the FMV-ULisboa Teaching Hospital is forbidden.** We do have tables outside for this purpose where you can also enjoy the sun.



## How to get to FMV?

Avenida da Universidade Técnica  
1300-477 Lisboa | PORTUGAL

By BUS



nº 723 at Marques de Pombal station (blue and yellow line)

nº 729 at Pontinha station (blue line)

nº 760 at Martim Moniz station (green line)

By Train



**Sintra Line** - Connecting with buses

nº 729, in Benfica

nº 760, at Praça do Comércio (exiting at Rossio)

**Cascais Line** - Connecting with buses

nº 723 and 729, in Algés

By Underground



connecting with

nº 723 - Algés - Desterro

nº 729 - Algés - Bairro Padre Cruz

nº 760 - Martim Moniz - Ajuda Cemitério

nº 742 - B.º Madre Deus - Casalinho Ajuda

nº 771 - Sete Rios - Centro Universitário da ajuda

*Helpful apps to get around:*

Moovit

Metro LX

## Where to stay?

<https://goo.gl/maps/GBjRJMwBbMQ53MeVA>

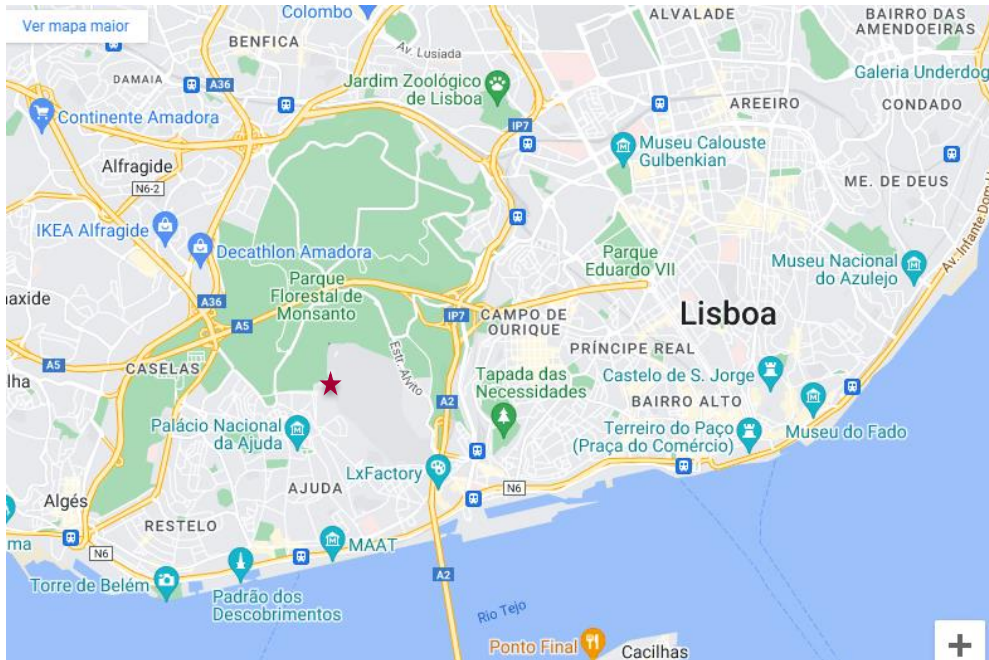


Figure 1- FMV-ULisboa (red star)

You can always investigate sites like TripAdvisor or Booking for availability, prices, details and reviews on accommodations. Alternatively, we can give you some ideas:

### Housing Anywhere

The "Housing Anywhere" website offers you the possibility to register and obtain information about accommodation. For this purpose, consult the website <https://housinganywhere.com/pt/>

### Coolivin

Coolivin is an accommodation brand that promotes and manages various Coliving spaces for students and young workers/researchers, in friendly and central locations in Lisbon. The respective website contains all the spaces, as well as all the relevant information: [www.coolivin.com](http://www.coolivin.com)

### Inlife

You can choose to visit the places in real time or by video call, before sending the reservation request.

1. Enter your accommodation preferences. If you prefer, you can receive immediate recommendations from Inlife advisers;



2. Choose the desired location, then:

- a) Send instant booking requests, OR
- b) Ask to visit first.

More information at <https://inlifeportugal.com/>

## Associations

There are some Erasmus associations that intend to support and integrate international students in Lisbon by organizing cultural, sports and local entertainment activities and helping to find accommodation.

Erasmus Life Lisboa has an accommodation support service to help displaced students. You can clear any doubts directly with members of the Erasmus Life team via Skype, just access the following link and make an appointment: <https://www.erasmuslifehousing.com/accommodation-call/>

## Disclosure:

*The mentioned websites and corresponding information concern only the named institutions, not FMV-ULisboa which does not hold responsibility for these institutions, websites or information provided by them.*

## Where to go on the first day?



Figure 2. FMV-ULisboa main buildings (A, C, Hospital)

You will always start at the mobility office. After you entrance in the building C, take the first lift to the 3<sup>rd</sup> floor; go straight to find on your left, office C3.26. There you will meet Dr<sup>a</sup> Alexandra Matos, our secretary (Fig 2). She will go

with you to meet your contact person depending on the service you are attending and give you the first insights on how to get around.



*Figure 3. Mobility office and Drª Alexandra Matos*

Whenever possible one of the Mobility office coordinators will also meet with you. Please be sure to email the mobility office ([erasmus@fmv.ulisboa.pt](mailto:erasmus@fmv.ulisboa.pt)) at least one week ahead to plan for your arrival.

You are always welcomed to the mobility office if you have any question or concerns during your stay. Mobility office is open from Monday to Friday between 8.30 until 13h; then from 14 until and 16.30h.

## Specific information regarding the clinics

All ERASMUS+ students doing traineeship at our hospital will do a rotation between the different services of the hospital at the Veterinary Faculty. You will receive information about your personal schedule at the moment of your arrival at the clinic. If you are attending the Small Animal Teaching Hospital the very experienced and friendly Dr. Gonalo Vicente oversees assigning you to the different services. If you are going to Equine Hospital Dra Teresa Velez or other colleague from this team will kindly welcome you and give you directions. You are in good hands! We will always do our best to tailor your rotations according to your interests, just let us know!

The clinical work starts at 8.00h in the morning shift, but students are sometime allowed to come at 9.00h. You are supposed to go directly to the service you are assigned to, already fully dressed and equipped.

You are supposed to stay at the clinic until all the work is finished for that rotation. Usually, morning shifts will end by 16h. Afternoon shifts will finish by 21h. No night duties are usually given to ERASMUS students in the small animal hospital service, but please feel free to ask to join if you value the

experience. Night shifts finish by 9 in the next morning. On the other hand, if you are to join the Equine service you will be called to do night shifts.

Please ask the permission of the veterinarian to leave. During clinics, please announce yourself as being an Erasmus student and kindly ask the veterinarian to speak English if he/she would forget to do so spontaneously. This only improves communication and will make you feel much happier at the Hospital. Please be aware all our consultations are in Portuguese so the discussion in English can be postpone to after the client leaves the room.

During your stay, you should keep record of your attendance in the clinic. You will be given sheets to do so.

At the end of your stay, the coordinator of the clinical program will make an evaluation of your performance during your stay at our Faculty and the mobility will send the document to your Faculty.

You will receive your personal schedule during the initial days at our faculty. When you are assigned to clinics, it is expected that you arrive directly at the designated service, fully dressed and equipped. It is important to remain at the clinic until all the tasks for that rotation are completed, but not beyond your schedule, as it affects the number of students present at the hospital. Punctuality is crucial both at the beginning and end of your clinic sessions.

While attending clinics, please identify yourself as an Erasmus student and kindly request the veterinarian to communicate in English if they happen to forget to do so spontaneously. This practice enhances communication and contributes to a more fulfilling experience for you at the hospital. Please note that all consultations are conducted in Portuguese, so discussions in English can be postponed until after the client leaves the room. Additionally, always seek permission from the veterinarian before leaving.

## **DRESS CODE AND BEHAVIOUR AT CLINICS**

- Groomed hair, long hair (> shoulder length) should be kept together and tied especially for procedures.

- Short nails are requested. No nail polish, no artificial nails is ideal, but it is not mandatory.
- No rings, no bracelets, no wristwatch, no long earrings, no long neck jewellery above medical jacket.
- Preferably no visible piercings (other than short earrings).

At the welcome day you receive a badge from the immobility office at the faculty. It is mandatory to always wear your badge when in the clinics as well as in the consultation rooms.

- In any contact with the owner you must behave professionally (clean clothes/hair, pay attention to verbal and body language, no hands in pockets, no leaning against walls or tables, not talking when the vet discusses something with the owner).

Please wait until the owner is gone to address questions to the vet in charge of the case.

#### SMALL ANIMAL CLINICS:

- Medical jacket with short sleeves and pants; underneath this jacket preferably short sleeves are worn; during cold weather a (T-) shirt with long, retractable sleeves may be worn. You can bring your own or we can give you one medical jacket on the first day of clinics and a deposit of 20 euro will be asked. This money will be returned when you hand in your clothes at the end of your stay.
  - Shoes: no flip-flops, sandals with visible toes, no high heels
  - Make sure you always wear clean clothes
- Clothing should be clean (wash your clinic suits regularly) and should only be worn at the hospital. Do not go to the cafeteria wearing these clinic suits.

Materials: Watch, stethoscope, thermometer, scissors, pen

Other: Food (but you can always buy at one of the cafeterias or vending machine) 😊. Sleeping materials (sleeping bag, pillow etc.), towels, and all personal items will be needed ONLY if you are doing night duties. Sleeping arrangements are provided for students in these cases. If the service is quiet, you are allowed to go to bed.

#### EQUINE CLINICS:

- You are supposed to wear a medical jacket with short sleeves and pants; underneath this jacket preferably short sleeves are worn; during cold weather a (T-) shirt with long, retractable sleeves may be worn. You can bring your own or we can give you one medical jacket on the first day of clinics and a deposit of 20 euro will be asked. this money will be returned when you hand in your clothes at the end of your stay.
- Shoes: no flip-flops, sandals with visible toes, no high heels. Shoes with steel tips are highly recommended.
- For Surgery you are supposed to wear scrub suits and clean rubber boots.
- Clothing should be clean (wash your clinic suits regularly) and should only be worn at the hospital. **Do not go to the restaurant wearing these clinic suits.**

It is mandatory that you are vaccinated against Tetanus. Therefore, please be sure you were vaccinated against Tetanus in the past 20 years.

If needed, you can buy medical equipment at the students Union' shop (for the complete list and prices have a look @ <https://aefmv-ulisboa.wixsite.com/aefmv/loja-aefmv>). FMV hospital scrubs can be bought on-site at the begging of each academic year.

## CLINICAL ROTATIONS IN SMALL ANIMALS

Clinical training (clinics)rotations will include depending on your learning agreement:

Hospitalisation / Intensive care unit  
 General Medicine  
 Internal Medicine  
 Surgery  
 Anaesthesiology  
 Medical Imaging (X-ray, TC, MRI, Ultrasound)  
 Cardiology  
 Dermatology  
 Ophthalmology  
 Oncology  
 Neurology

Exotic animals (birds, small mammals, reptiles)  
Orthopaedics  
Preventive Paediatric Medicine  
Pain management and life-long palliative support  
Isolation Unit (you may visit upon request)

Please be aware that some variations in rotations are possible.

*Acknowledgments*

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