

**Hello Everyone! It's time for a new story about an Erasmus experience! Wiktoria will tell us about her adventures in Lisbon :)**

*Hello Wiktoria! Please tell us something about yourself :)*

Hello! My name is Wiktoria but everyone calls me Wiki :) I am 21 years old and I am a student of International Business at the University of Opole. My hobbies are traveling, fashion and social media marketing.

*Could you tell us what place you decided to choose as your Erasmus internship destination and what was your first feeling when you arrived there? What did you hear about this city before and what you were excited about?*

I chose Lisbon in Portugal as my Internship Erasmus destination. I was very excited when I arrived there, because I love adventures but on the other hand I was also a little bit scared because it was the first time when I moved alone to a big city like this one. Before I came there I heard from people's stories that Lisbon is one of the most beautiful capital cities in Europe so it was very exciting to move there and also meet new people.

*Why did you decide to choose Lisbon as your Erasmus destination?*

Mostly, because I heard a lot about it and it was always on my travel bucket list :)

*Can you tell us a little bit more about the application process. Is it hard? Do you have any suggestions to students who want to take part in Erasmus+ internship program as well?*

It was my second Erasmus mobility so it wasn't that hard for me to apply. Of course, you need a little bit of time to fulfill all the documents but I think it is really worth it. What I can suggest is to look for the Internship offers a little bit earlier and use different websites to look for it and if you really like a specific company, email them and ask, maybe they will actually look for an Intern.

*Did it take you much time to be 100% sure that you want to go there? What ultimately convinced you?*

For me it was a spontaneous decision, normally I don't plan too much in my life. When I decided to look for my internship abroad, I was during my Erasmus in Spain so I knew that moving to a different country will be so much fun for me! :)

*What do you like the most about this place?*

I really love Lisbon! I met amazing people there! The city itself was stunning and full of new things to explore everyday :)

*Why do you think it's a good idea to study in a different country? What are the advantages and disadvantages of this decision?*

To be honest, I am surprised that people are scared to do that. It has so many advantages. I think studying or doing an internship abroad can really help you develop yourself. You can make friends all around the world and practice languages. What I think is the most important is the fact that sometimes you have to go out of your own comfort zone and that is the best to

fight your own barriers and learn new things.

*How was your internship? What were your tasks?*

My internship was a nice experience, I met very nice people there and had a lot of fun. My tasks were mostly connected with Marketing and advertising, what I really enjoyed :)

*Any recommendations on what to do/see in Lisbon? How can you spend your free time there?*

If you want to spend your Erasmus there, I really recommend joining different Facebook groups for people from abroad living there. That's the best way to meet people and spend time exploring Lisbon together. In Lisbon you can do a lot of things, you can go for a walk close to the river, read a book in the park, take a 20 min train to the beach and take a surfing class. You will never be bored there.

*What are your favorite places in Lisbon and close to this city? What are the best places to visit? Did you visit other places in Portugal too?*

When you go to Lisbon everybody will tell you to go to see the pink street but my heart stole green street and the neighborhood around it. It is a very artistic place with cute shops and restaurants. I would also recommend to go to the other side of the bridge and see beaches and nature there.

With people that I met on my internship I went to Algarve which is a stunning place. We rented a car there and explored amazing beaches there and also saw a breathtaking sunrise. I also went to a beautiful Porto which I highly recommend.

*Your favorite Portuguese food! What can you recommend to non-Portuguese people?*

Hahah that's a good question. To be honest I haven't tried too much during my 2 months but still they have delicious pastries. My favorite is Pastel de Nata which you have to try in Belem (beautiful neighborhood in Lisbon) where in my opinion is the best place to try it.

*How about the transport? Is it hard to find buses / trains / flights to other places? Is it expensive/cheap?*

Transportation is super easy there; you have 4 metro lines and you need max 3 days to get to know them. One ticket costs 1,5 euro what I think it's quite cheap for a capital city. What I would recommend to students, it's to get a monthly ticket which costs 40 Euros and you can use it for everything even the trains to get to the beach and areas close to Lisbon.

*Can you describe Portuguese people? What are they like?*

They are very open and welcoming people. They will always help you.

*Is it difficult to communicate with them in English? Do they know English or foreigners should know at least a little bit of Portuguese?*

It was very surprising for me but lots of Portuguese people could speak a very good English and also, it's a funny story but during my first days there I tried to speak in Spanish to them and they were responding in English and looking very angry at me, that way I got to know that they hate when you speak Spanish to them.

*Is it an expensive country?*

For sure it's more expensive than Poland where I normally live. Food prices are fine, but accommodation and when you want to go out can be a little bit expensive for students.

*Are there any disadvantages of choosing Lisbon as your Erasmus+ internship destination?*

I don't think so. You will enjoy going there for sure!

*Would you recommend to others to come here or in general take part in Erasmus+ program? Why?*

I would totally recommend it! Erasmus was one of the best times in my life! I can even honestly say that it changed my life and made me do things that I would never do before :) You will never regret taking a part in Erasmus!

*Thank you so much for sharing your experience with us! :)*