

REPORT Internship Lisbon, Portugal, August 2017

I really enjoyed my stay in Portugal, which is an amazing country.

During the period of my internship, I got the chance to meet lots of new people from different countries all over the world.

The thing I liked most was the social program in Lisbon. It was very good, because there was a different program every day! One weekend we went to Porto, this excursion was extremely well organized!

Here are a few examples of the social program: surf class in the Atlantic Ocean, walking tour through the old streets of Lisbon, meeting at one of the beautiful viewpoints to see over the city, visiting Sintra (castles near Lisbon), going to beaches and so on ...

The Portuguese CPs from Lisbon were enthusiastic about spending time with us and we had lots of fun.

It was also no problem to do things on my own, if I needed one day for myself.

Lisbon is the PERFECT city to be for one month. There are so many things to do and see, you never get bored.

It's also well located to explore the rest of Portugal: within one month, I saw Lisbon, Porto, Coimbra, Sintra, Berlengas, the Algarve in the South and the western coast (so pretty much the whole country)

The weather in August was also nice: very warm, but also a little bit windy.

My stay in the hospital was okay. In Portugal, it is normal to just observe, even for Portuguese students. I expected to be allowed to do more stuff, so I was disappointed at the beginning.

I choose Gynecology as department, which was interesting and a good choice if you are not fluent in Portuguese.

I spent most of the time in the OR, because it was the easiest way to avoid lots of Portuguese conversations, although I can speak basic Portuguese.

I would say, the doctors in general were not really motivated to explain a lot! Some didn't care at all. It was also a habit to let us exchange students wait for two hours, before a doctor showed up and told us where to go.

The lodging was perfect! I was placed in a student's flat, which was good located, huge and very clean. I had a washing machine, a fridge, my own bathroom and kitchen equipment.

I never met the girl, in who's flat I stayed, in person but we had contact via facebook.

At the beginning of my internship, I got picked up at the airport.

One thing I really need to add is, that in Portugal, you must wait everywhere and every time!!!! So please don't be impatient, otherwise you have a very rough time. (In the beginning I was so annoyed, but then I got used to it)