

ERASMUS MUNDUS



Health and Wellbeing
across the Lifespan



STUDENT HANDBOOK

ERASMUS MUNDUS JOINT MASTER DEGREE HYGIEIA

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GENERAL DESCRIPTION

The HYGIEIA master is a 2 years (4 semesters) program corresponding to 120 ECTS credits. The program involves mobility in Higher Education Institution Partners from 3 European countries: University Lusófona (ULus) from Portugal, the University of the Balearic Islands (UIB) from Spain, and the University of Belgrade (UoB) from Serbia.

Hygieia was the Greek Goddess of cleanliness, sanitation, and health, adored by her power to prevent – not cure – sickness. This symbolic image seems relevant in today's world, where two-thirds of chronic diseases are preventable. The HYGIEIA master aims to provide its students with the knowledge and fundamental skills that enable a holistic approach to health and wellbeing based on the potential synergies established through the use of non-drug products, nutritional and lifestyle education. Students receive high-quality training and achieve qualifications in the field of healthy lifestyles, including nutrition and physical activity, and non-pharmacological products (dietary products, including food supplements and cosmetic products. This master targets professionals wishing to tackle significant societal challenges and undertake a career in the industry and businesses relevant to health and wellness.

HYGIEIA CONSORTIUM

The program is based in an alliance of Higher Education Institution Partners from 3 European countries:

- University Lusófona (ULus), Lisbon, Portugal
- University of the Balearic Islands (UIB), Palma de Mallorca, Spain
- University of Belgrade (UoB), Belgrade, Serbia

Associated Partners:

In the last semester of the master's the students will acquire an academic specialization using research and innovation activities developed in the most suitable participating elements of the consortium. Students will have the opportunity to deepen connections with top-class research labs, companies, healthcare providers, NGO's, whilst learning in the field how to develop and apply health and wellbeing strategies based in non-drugs, nutritional and lifestyle education. To provide students with an enriched academic, scientific, and cultural experience, the HYGIEIA consortium involves on associated Higher Education partners from outside of Europe. Also, the consortium has already onboard several companies, research centers, healthcare providers, medical societies, and organizations. These entities actively collaborate with the consortium to more clearly identify the essential competencies, knowledge, and skills to train the professionals that can boost Europe's health products industry and health and well-being promoting practice at the individual, community, healthcare system, and policy levels.

For more information about our associated partners, please have a look at [HYGIEIA website](#).

I UNIVERSITY LUSÓFONA

Universidade Lusófona (ULus) is the largest private university in Portugal. The name of the university comes from the term "Lusophony", which comprehends all the Portuguese-speaking countries and their common linguistic and cultural background. ULus is a community of people, ideas, achievements and projects driven by the desire to produce, share and transfer knowledge and scientific, technological, cultural and artistic know-how.

Its School of Health Sciences and Technologies offers 1st cycles in **Nutrition Sciences** and in **Beauty and Wellbeing**, an **Integrated Master in Pharmaceutical Sciences**, and a Master degrees in **Health Products and Food Supplements**, **Clinical Nutrition**, and **Chemistry of Natural Bioactives**.

Regarding research, ULus encompasses CBIOS, the Research Center for Biosciences and Health Technologies. Being a university-based unit, CBIOS is privileged to operate within a broad-minded, multidisciplinary environment essential to foster innovation, promote advanced learning, and attract dynamic young researchers from different backgrounds and cultures.

The research center CBIOS fosters the development of integrated health strategies through its labs in: Natural Bioactives and Circular Economy; Nutrition and Wellbeing; Formulation Strategies and Nanosolutions; Functional Immersion and Biometrics; Models and Molecular Mechanisms. ULus has an established track record in the development of EU-financed projects and European Partnerships for Excellence.



II UNIVERSITY OF THE BALEARIC ISLANDS

The University of Balearic Islands (UIB), located in the Balearic Islands archipelago, Spain, ranks among the top five Spanish universities for innovation, technological development, and research quality.

The UIB is home to nearly 18.200 students, 1.000 lecturers and researchers, and 500 administrative and services professionals.

Nutrition and Lifestyle are key areas for the research and teaching activities of UIB. This university offers degrees in Biology, Biochemistry, Medicine, Human Nutrition and Dietetics, and soon in Pharmacy; Master Degrees in Food and Human Nutrition, in Health and Quality of Life Research, and in Occupational Health; as well as PhD programs in Human Nutrition and related pathologies, in Nutrigenomics and Personalized Nutrition, and in Global Health. Also, the research groups operating at UIB denote the expertise of this institution in different biomedical areas, including Community Nutrition and Oxidative Stress.



III UNIVERSITY OF BELGRADE

The Faculty of Pharmacy (FoPh) is a part of UoB's University of Belgrade (UoB) is more than two centuries old state university, representing a group of 31 Faculties and 11 Institutes, whose more than 100.000 students and 5000 teaching and research staff work in more than 350 study programs across numerous academic fields. Being one of the largest universities in the region, and top-ranked at global lists, the University of Belgrade has highly developed medical group of Faculties that educates and trains experts competent in all aspects of medicines and work in clinical laboratories, as well as providing services in all fields of pharmaceutical practice. The FoPh students acquire knowledge and skills necessary for active participation in the manufacturing, distribution, and marketing of medicines, promotion of health, prevention, and treatment of diseases, as well as for laboratory work and applying laboratory analyses for diagnosis, monitoring, and prognosis of diseases.

Besides providing education, FoPh is engaged in educational, scientific, health care, professional, and business projects, as well as library and museum activities. The FoPh offers various programs of integrated academic (2 study programs), master academic (1 study program), specialist (10 academics and 8 specialization programs for health professionals), and doctoral academic studies.

Among 11 Centers, FoPh has a **Center for Dermalpharmacy and Cosmetology** and a **Center for Dietary Products**.



HYGIEIA IN BRIEF

ACADEMIC CALENDAR

First year

- Start of the first semester: 1st September
- Winter holidays: 2 weeks December/January
- End of January: end of the first semester
- First week of February: mobility for the second semester
- End of June: end of the second semester
- Summer holidays: August

Second year

- Start of the third semester: 1st September
- Winter holiday: 2 weeks December/January
- Middle of January: end of the third semester
- Start of the project: February
- Master thesis defense / graduation: July or September

MOBILITY SCHEME



CURRICULUM

ULus Semester #1		ECTS
Public health and health promotion		6
Toxicology and the exposome		6
Digital Tools and Healthy Living		5
Regulatory framework of Non-drug Products		5
Entrepreneurship and Sustainability		5
Option 1		3
	TOTAL	30
UIB Semester #2		ECTS
Nutrition Throughout the Lifespan		6
Nutrition and Feeding in Physical Activity and Sports		3
Physical Activity across the Lifespan		6
Lifestyle and Health		6
Food and Sustainability		3
Methods and Techniques in Health and Wellbeing Research		3
Option 2		3
	TOTAL	30
UoB Semester #3		ECTS
Formulation, production, and testing of cosmetic products		5
Starting Materials for Non-drug Products: Environmental Impact		5
Health economics and quality of life		4
Evidence Based Use of Dietary products		5
Formulation, production, and testing of food supplements		5
Communication and Health Literacy		3
Option 3		3
	TOTAL	30
(ULus, UIB or UoB) Semester #4		ECTS
Dissertation/ Master Thesis		30

STUDYING AT UNIVERSIDADE LUSÓFONA



Before You Arrive

Confirm your checklist:

- That you are carrying your identification document and/or Passport with you (pay attention to the validity period);
- That, if you are a non-EU citizen, your study VISA is ready
- That you are carrying your European Health Insurance Card (for EU-citizens), or your Health Insurance Policy Statement;
- That you have the acceptance letter from the University/Institute you are going to be studying at;
- That you have pocket money with you (Currency used in Portugal – Euro);
- Medicines: Pack any necessary medications and a basic first-aid kit for your health and well-being;
- Accommodation Proof: If you haven't arranged housing in Lisbon, carry proof of your accommodation reservation (hotel, hostel, Airbnb).

VISA AND RESIDENCE PERMIT

EU STUDENTS

Citizens of the EU/EEA/Switzerland or the Principality of Andorra only need to have a valid Identity Card or Passport. However, those who have stayed in national territory for more than 3 months (90 days) should formalize their right of residence within 30 days after the 90-day period by obtaining a Certificado de Registro (Registration Certificate) from the Lisbon City Hall (Câmara Municipal de Lisboa - CML). You can find more details in the [Permits section](#) of this document.

NON-EU STUDENTS

International students from outside the European Union need to apply for student visa at Portuguese Consulate or Embassy nearest to their area of residence (see <https://portal das comunidades.mne.gov.pt/pt/rede-consular> the information on Portuguese consular network).

Once you have identified the relevant Embassy/Consulate, contact them to inquire about the application procedure and required documents. They may ask for different documents, so it is very important to contact them as soon as possible. It is crucial to initiate this process as soon as possible, as different embassies may have varying document requirements. Additionally, visa processing times may exceed the estimates provided by the Embassy/Consulate/VFS. While the legal processing time is a maximum of 3 months, some cases may take longer, up to 3 or 4 months. Please note that visa applications can only be submitted 3 months before the start of the master's program.

We recommend you to apply for the **E6 visa - Temporary Stay Visa for Periods of Over 3 Months**. The general documentation required for this type of visa includes:

- Application Form;
- 2 Passport-size Photos;
- Passport;
- Valid Travel Insurance;
- Return Ticket;
- Proof of Legal Residence in your Country;
- Request for Criminal Record Enquiry by the Immigration and Border Services (SEF);
- Certificate of Clearance Issued by your Country Police Force;

- Proof of Means of Subsistence;
- Certificate of Enrollment;
- Proof of Accommodation (some embassies may accept hostel or Airbnb bookings, but this should be verified).

The Application Form and additional documents can typically be found on the Embassy's website. We recommend contacting the Embassy to confirm the requirements and inquire about the application submission methods (e.g., email, courier, or in person).

For visa application purposes, please consider the program dates as September 1st, 2025, to January 31st, 2026.

All documents must be provided in English or Portuguese, unless specifically required otherwise. Additionally, some documents may require an Apostille as per the Hague Convention. It is advisable to keep copies of all submitted documents.

Also, non-EU students are required to send a copy of their flight itinerary and the visa awarded by the Embassy/Consulate to Rita Luís at hygieia@ulusofona.pt as soon as they are available. The type of visa obtained will determine the subsequent legal steps that need to be followed. Additionally, please note that stopovers during your flight may entail additional legal procedures.

HOW TO ARRIVE TO UNIVERSIDADE LUSÓFONA

Universidade Lusófona is located on the eastern side of the Campo Grande park, at a walking distance from the Campo Grande metro station.

Address:
Lisboa
Campo Grande, 376
1749-024 Lisboa, Portugal
Tel.: 217 515 500
email: info.cul@ulusofona.pt



- **By aeroplane:** Lisboa International airport (Airport Humberto Delgado) is only 7 km from the city centre and around 5 km from Campo Grande. From the airport, you can opt by:
- **Aero-shuttle:** (from 7.00 a.m. to 9.00 p.m.; runs every 20 min.); Drop on Campo Grande and you will see information about Universidade Lusófona - 3m walking.
- **Regular bus:** (Autocarro, check [Carris for possibilities and schedules](#)). Options to get off are Campo Grande and Campo Grande/Av. Brasil.
- **Taxi:** Taxis stop at the airport main lobbies.
- **By train:** To buy tickets and to check schedules, go to [CP site](#). The three main train stations in Lisbon are Santa Apolónia (downtown and near river Tagus); Oriente (in the region of Expo/Parque das Nações) and Entrecampos. The closest train stations are Entrecampos and Oriente. Subway is then available for any of these stations; subway station to get off is "Campo Grande".
- **Subway system:** the closest subway station is "Campo Grande". For details on the Lisbon subway check [Metropolitano de Lisboa](#). Please note that you can pay for individual metro tickets directly at the tourniquets with your debit card.
- **By car:** Speed limits are 120 Km/h on motorways, 90 Km/h on other roads and 50 km/h in towns. Besides driving license, an insurance and the green card are obligatory. Lisboa is reachable by several highways in Portugal, check [Brisa](#).

For daily mobility within the city, the Navegante public transport [Monthly card](#) offers practicality and convenience.

ACCOMMODATION

We advise you to commence your housing search as early as possible, considering the increasing demand for rooms and apartments each year, particularly from students relocating to Lisbon for their studies.

To ensure a smooth transition, we recommend that students arrive in Lisbon ideally at least one week before the start date of their program. This allows sufficient time to familiarize yourself with the city and its surroundings, as well as to personally inspect the conditions of your chosen accommodation for the semester.

Lisbon boasts numerous housing agencies offering a variety of accommodation options. Room prices vary depending on factors such as apartment features, location

within the city, and included services. However, it is typically possible to find suitable accommodation ranging from 450 to 600 Euros per month.

Some commonly used students residences are: [Residencia Manuel da Maia](#), [XIOR](#), [Uniplaces](#), [Spotahome](#), [Beroomers](#) or [Collegiate](#).

It's worth noting that some rental properties may not include utilities such as electricity, water, gas, and Internet in the monthly rent. Additionally, kitchen and household equipment, as well as cleaning services, may not be provided. Therefore, it's essential to clarify with the landlord or housing agency which costs are covered in the monthly payment and if any additional fees apply, especially if you plan to host visitors for short stays.

To avoid unnecessary expenses, it's advisable to arrange accommodations from September to December. Establishing a formal and legal contract with the landlord or housing agency is recommended to protect your rights as tenants. Avoid sub-renting to individuals whose contractual terms with the landlord are unknown, as this could lead to eviction without legal recourse. Cheaper housing options may ultimately incur higher costs, so it's essential to consider the long-term implications.

For a better understanding of general expenses, we recommend visiting the [Cost of Living](#) website. However, please treat the provided prices as estimates and use them as reference points. For instance, monthly meal expenses typically range from 200 to 400€, depending on individual dining preferences and habits.

WHEN YOU ARRIVE

Upon your arrival in Lisbon, please proceed to find and settle into your accommodation.

Afterward, make your way to Lusófona University and meet with Rita Luís at Building B, 1st Floor, Room 1.3.

If you require assistance in locating the HYGIEIA office, please don't hesitate to ask the staff at the PUI (Information Point). You'll find the PUI, indicated by a red sign, approximately 50 meters ahead after crossing the main entrance, in Building C. The acronym "PUI" stands for the reception desk of the entire campus.



Upon arrival, identify yourself as a HYGIEIA student. The reception staff will have a list of your names, and Mr. João Figueiras, the head of security, will also be informed. While the reception staff may not be fluent in English, they will do their best to assist you in finding the course's secretariat office and other campus facilities.

Rita will be available in the office from 9:00 AM to 1:00 PM and from 2:30 PM to 5:00 PM.

When you arrive to register with Rita, please ensure you have the following documents with you. Your registration will not be complete without them, and we will be unable to provide you with the necessary documents for applying for a public transport pass, among other things:

- Photocopy of your Passport + Visa
- Photocopy of your Most Recent Diploma (with Apostille and translated as per requirements, the apostille needs to be in the photocopy)

PERMITS

For EU Citizens:

Citizens of the EU/EEA/Switzerland or the Principality of Andorra only need to possess a valid Identity Card or Passport. However, those who have stayed in the national territory for more than 3 months (90 days) should formalize their right of residence within 30 days after that period by obtaining a Certificado de Registro (Registration Certificate) from the Lisbon City Hall (Câmara Municipal de Lisboa - CML). The address is Campo Grande, nr. 25, 1749-099 Lisboa, and the office is open Monday to Friday, from 8:00 AM to 8:00 PM. The City Hall is conveniently located near the Entre Campos subway station (yellow line).

Upon arrival at the CML's building, proceed to the ground floor and obtain a line ticket. Please wait for your turn. The documents required for registration are as follows:

- Valid EU Identity Card or Passport
- Declaration Letter from Lusófona University
- AON's Insurance Certificate or card
- Proof of Accommodation (***)
- Fee: 15,00€

Please note that the required documentation may be subject to updates, so we recommend verifying the information provided here before proceeding with your application here.

For non-EU Citizens:

Some of you, upon obtaining your Portuguese visas from your respective countries, will be assigned an appointment with AIMA (Agência para a Integração Migrações e Asilo - Agency for Integration, Migration, and Asylum) for your residency card. However, for those who do not receive an appointment with their visas, and if your visas expire before the start of the second semester, you will need to contact AIMA to schedule an appointment to obtain your residency card(*). The following documents are required for the residency card application(**):

- Passport
- Proof of Accommodation (***)
- Declaration Letter from Lusófona University
- AON's Insurance Certificate or card

- Proof of Funds (if applicable, such as a scholarship declaration letter)
- Criminal record certificate from your country

It's important to note the following:

- AIMA can be difficult to reach, and some students spend months trying to schedule an appointment. Therefore, there is no guarantee that you will be able to secure an appointment on time.
- Residency cards typically take 30 to 90 days to be processed and issued, sometimes even longer. Hence, when applying, you must provide proof of accommodation where you can receive your card, even if you have already left the country.
- We strongly recommend that those who will be residing in Portugal for the second year prioritize applying for residency cards, as they will likely require them the most. However, it is ultimately your decision, and you must be prepared for any potential delays that may occur.

(*) – While your visa may expire, you will not be considered illegal in Portugal, as AIMA "extends" all visas within the country due to appointment delays. However, we cannot guarantee that you will be able to travel. Therefore, it is advisable to leave before your visa expires or obtain another legal document allowing you to travel.

(**) – Please note that the required documents are subject to change. Therefore, it's essential to confirm the specific requirements when preparing your documents.

(***) – If you do not have a housing contract in your name or any other document proving your residence in Lisbon, you must first visit the Junta de Freguesia (Parish Council) of your district and request an Atestado de Residência (Resident Credential).

INSURANCE

Students from EU countries should obtain the European Health Insurance Card in their country of origin prior to traveling to Portugal. The European Health Insurance Card gives access to the Portuguese public health system (National Health Service).

HYGIEIA has entered into an agreement with AON - International Health Insurance, through which you will receive an Insurance Certificate covering the four semesters of the entire program.

AON ICS Complete Health Insurance offers comprehensive global coverage and is not restricted to a predefined list of doctors or hospitals. This means that students have the freedom to seek medical assistance from any hospital or doctor of their choice, although prior authorization from AON may be required.

To locate a suitable hospital or medical service, you should first contact AON's call center at (+31(0) 10 448 82 60), which operates 24/7. Based on your specific medical condition, they will advise you on the most appropriate hospital or doctor to consult.

For minor claims, you are required to pay the medical bill upfront and then request reimbursement from AON by submitting all necessary documents via email to students@aon.nl.

In the case of major claims or treatments, AON Health Insurance will directly settle the payment with the hospital.

For more information about the claims process, please refer to <https://www.aonstudentinsurance.com/en/newclaimpublic> and for service-related details, visit <https://www.aonstudentinsurance.com/legal/serviceinformation/>.

HEALTH ADVICE

In Portugal, access to certain medications is possible without a prescription, but for most, a prescription is required. Therefore, we recommend first considering common medications you're accustomed to and verifying if it's permitted to bring them from your home country to Portugal, as there may be differences in regulations. Additionally, if you rely on prescription medicines, remember to bring your prescriptions with you.

OPEN A BANK ACCOUNT

Opening an online bank account is the ideal choice for non-European students, especially considering the mobility program and the user-friendly rules and rates. We highly recommend online banks such as:

- Wise (available globally);
- Revolut (available in Europe);
- N26 (available in Europe).

For multi-currency operations, Wise is the best option. It can be particularly helpful if you need to manage both euro and non-euro currencies, including your scholarship's subsistence costs and day-to-day expenses. You can open an account in your country of residence before arriving in Portugal, ensuring you're prepared for any financial needs that may arise.

In many places where card payments are accepted, foreign bank cards may not be usable. While card transactions are increasingly common, especially in modern or tourist-oriented establishments, cash remains the preferred payment method. Therefore, it's advisable to carry some cash with you at all times.

Portugal boasts a nationwide network of ATMs identified by the MB (Multibanco) symbol, allowing for cash withdrawals 24/7 (up to 2x200€ per day). If you're withdrawing from another Euro account, there may be no charges. However, if you're withdrawing from an account in another currency, your bank may impose a fee.

ATMs provide various convenient services, including mobile phone top-ups, charging your monthly Lisbon transportation pass, and more. However, opening a local (Portuguese or European) bank account typically requires obtaining a Portuguese National Fiscal Number (NIF), which involves paperwork and time. If you're considering opening a local bank account, please consult with Rita to understand the necessary steps in detail.

For online bank card withdrawals, it's essential to verify the withdrawal limits, even if you have local currency, as they usually operate based on the currency of the country where you opened the account.

The most widely accepted credit cards in Portugal are Visa, MasterCard, and Maestro. However, ATM withdrawals using credit cards often incur fees.

- Tip: When prompted by the ATM, opt-out of currency conversion and choose to be charged in Euros. ATM conversion rates can be unfavorable, often worse than those charged by your bank.

In the event of a lost or stolen Visa or MasterCard credit card, seek assistance through the following phone numbers:

- Visa: 800 811 107
- MasterCard: 800 811 272

Exercise caution with ATMs lacking the "Multibanco" or "MB" designation, as they may impose substantial withdrawal fees (up to 13% of the total amount).

- Tip: These ATMs are commonly found in airports and near hotels.

Very important: If you choose to open a bank account in Portugal, remember to close it after the two years of study if you don't intend to continue using it. This simple procedure prevents possible fees on inactive accounts.

USEFUL INFORMATION

The campus is accessible 24 hours a day, including weekends and holidays.

Mobile Data

During your stay in Lisbon, it's crucial to maintain regular access to your personal email and to be easily reachable by mobile phone for urgent school matters. Once you acquire a Portuguese mobile number, please share it with us for our records.

If your mobile phone is not unlocked, allowing for the simple insertion of a local operator's SIM card or eSIM, we recommend purchasing a budget-friendly phone and a SIM card from one of the main local service providers (Vodafone, MEO, or NOS).

A monthly mobile plan with 10GB of data typically costs around 10 euros. Many providers offer specialized plans for students or young people with additional benefits, including coverage for Portugal, Europe, and the UK at reasonable prices. For cost-effective options, consider exploring UZO, a smaller network provider. It's advisable to compare various plans to find the one that best suits your needs.

All telephone numbers in Portugal consist of nine digits. To call from abroad, dial the international access code 00 followed by the country code 351.

Internet:

Wi-Fi access is available in various cafés, public facilities, restaurants, shopping malls, post offices, and more. At Lusófona University, you can access "freeulht", the campus wireless Internet, although with limited bandwidth

Voltage and Plug Type in Portugal

Due to the variety of electrical socket types worldwide, it's essential to carry travel adapters when traveling abroad. It's important to note that these adapters do not convert voltage or frequency.

In Portugal, there are two associated plug types: C and F. Plug type C features two round pins, while type F includes two round pins with two earth clips on the sides, with type F being the most commonly used in the country. Additionally, Portugal operates on a 230V supply voltage and 50Hz frequency.

Health and Medical Services

In moments when you're experiencing minor health issues like headaches, sore throats, or allergies and find yourself without medications, you can easily purchase them at a pharmacy. You can refer to this [link](#) to check the “Medicamentos não sujeitos a receita médica” (Medications not subject to prescription). Look for the DCI (International Non-proprietary Name) column to find the name of the drug you're

seeking, and in the "Nome do Medicamento" column, you'll see its local name. This link serves only as a reference to assist you.

Pharmacies are generally open on weekdays between 9:00 AM and 7:00 PM, although some may close for lunch from 1:00 PM to 3:00 PM. Many pharmacies are also open during weekends until 7:00 PM, and a few operate 24 hours every day. Pharmacies open in the evening display an illuminated green cross outside. Check detailed info about the nearest open pharmacies [here](#).

In case of a serious condition requiring urgent assistance, you should call the national emergency phone line (dial 112) or turn to the emergency services (Urgências entrance) of the hospital closer to your neighborhood. You can find the location of the city's main public hospitals [here](#).

You should head to the emergency entrance of a public hospital only in case of serious situations (traumatism, intoxication, burnings, thrombosis, breathing difficulties, etc.). In case of severe illness, before running to the Hospital you should get prior medical counseling by calling the [National Health Service hotline](#) at 808 24 24 24 which can be dialed at any time of day or evening (choose option 9 for English).

As a beneficiary of AON's health insurance, you may alternatively seek treatment at a private hospital in the city such as CUF Hospitals, Hospital da Luz, or Hospital dos Lusíadas, which, while more expensive, typically have shorter waiting times.

In addition to hospitals, you'll easily find other specialized medical services in all areas of the city. Our university has an agreement with a clinic near the Campus, which is Clínica São João de Deus. For inquiries or appointments, please contact them at 217 987 700.

Useful Contacts

Police Useful Contacts

In the Lisbon area, the Metropolitan police, known as PSP (Polícia de Segurança Pública), can be reached through the following contacts:

- Lisbon Tourism Police Station: 213 421 623
- PSP/ Lisbon Metropolitan Police Command: 217 654 242
- PSP / Traffic: 217 501 200

Outside the metropolitan area, the police authority falls under GNR (Guarda Nacional Republicana). Here are some relevant contacts:

- GNR / General Command: 213 217 000
- GNR / City of Sintra: 219 244 925
- Cascais Tourism Police Station: 214 863 929

Emergency Services

For urgent medical assistance, fire emergencies, or other critical situations, utilize the following emergency service contacts:

- Health Hotline: 808 24 24 24
- Ambulance: 112
- Fire Department: 117

STUDYING AT UNIVERSITY OF THE BALEARIC ISLANDS

VISA AND RESIDENCE PERMIT

NON-EU STUDENTS

Non-EU students need a student's visa to enter Spain which can be requested from a Spanish consulate or embassy in the country of permanent residence (see here <https://www.exteriores.gob.es/es/EmbajadasConsulados/Paginas/index.aspx> the information on Spanish consular network).

Since the processing of documents can take time, make sure to apply in advance, preferably two to three months before traveling.

More information at: [Conditions for entry into Spain](#)

For a letter of invitation, please contact Relations Office at the UIB (email: direccio.internacionals@uib.es). The Relations Office at the UIB will provide support and advice on the visa process but not it's processing.

Non-EU students who are going to remain in Spain for more than three months must apply for the residence card during their **first month** in Palma. You should go to the Oficina d'Estrangeria, located in C/ de la Ciutat de Querétaro, s/n (tel.: +34 - 971 98 91 70).

Documents required for application for residence permit

- Visa
- Valid passport or personal ID card and photocopies to be certified
- 3 passport-sized photographs
- UIB registration form
- Evidence of insurance to cover all risks of illness and accidents
- Evidence of sufficient funding to support yourself during your stay (for instance, a grant)

EU STUDENTS

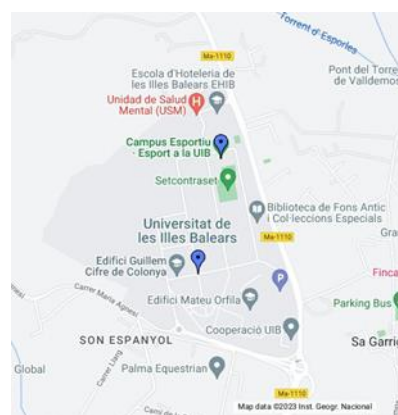
EU students (and students from Switzerland, Iceland, Norway and Liechtenstein) have the right to enter and reside in Spain with their valid passport or identity card. In this case, it is optional to apply for the residence card.

HOW TO ARRIVE TO UNIVERSITY OF THE BALEARIC ISLANDS

The University of the Balearic Islands is located on Carretera de Valldemossa, 7.5 km, Palma.

Address:

Universitat de les Illes Balears.
Cra. de Valldemossa, km 7.5.
07122 Palma (Illes Balears).
Tel.: (+34) 971 17 30 00.



Bus: The number 19 runs between Palma and the UIB campus every 10 minutes during term time. Bus tickets can be cheaper if you purchase special passes or apply for the Tarjeta Ciudadana travel card. There are also inter-urban buses that run between the UIB and other towns in Majorca. Lines L202 (Estellencs-Esporles-Palma) and L203 (Port de Sóller-Valldemossa-Palma) both stop at the campus.

Metro: Metro line 1 runs between Palma city center and the university campus. It departs from Plaza de España station, and the UIB is the last stop. The journey takes 13 minutes, and trains depart every 15 minutes in term time.

Bicycle: There is a bike lane alongside Carretera de Valldemossa connects the city center and the UIB campus.

Car: Take the MA-1110 road heading towards Valldemossa. The UIB is at kilometer mark 7.5.

On foot: Although the UIB campus is on the outskirts of the city, it can also be reached on foot via Secar de la Real.

To consult route, timetables and prices, see:
<http://emt.palmademallorca.es/EMTPalma/Front/index.ct.jsp>.

To use the bus at reduced prices, you can buy special multi-journey bus tickets or apply for the citizen card.

ACCOMODATION

We recommend that you book accommodation for the first week in Palma at the Bartomeu Rosselló-Pòrcel Hall of Residence. During this week you can check accommodation options and find a flat to share with other students.

Remember that it is down to you to find somewhere to live.

You need to start looking as soon as possible as reasonably priced housing can be hard to find.

For information on the different accommodation possibilities, below are a few links you may find useful:

[Erasmus Play](#)

[Fotocasa](#)

[Idealista](#)

[Uniplaces](#)

[Piso compartido](#)

[Rentberry](#)

[The housing section on the UIB website](#)

If you need help finding accommodation, you can contact
infopalmaroom@gmail.com

ADMINISTRATIVE PROCEDURES

- contact coordinator program at the UIB
- Admission of HYGIEIA program students is based on the information provided by coordinating university, ULus. No additional information or documentation is required to enroll students.

- pick up your UIB student card at the corresponding bank branch (the UIB student card you will have access to all computer rooms at the UIB, be able to borrow books from university libraries, get discounts on public transport, etc.)
- apply, if necessary, for the citizen card or buy multi-journey tickets to be able to use the public transportation (bus, metro) more economically

CITIZEN CARD (BUS CARD)

All students residing in Palma are eligible to apply for the citizen card. The citizen card works as an electronic card to pay for the bus, reducing the price of the ticket. If, on applying for the card, the condition of student is accredited, there will be an additional discount.

You can apply for this card at any EMT (Empresa Municipal de Transportes) or Ajuntament de Palma (Palma City Council) designated offices. By dialing 010 you can consult the location and opening times of the nearest office to your home address.

Documents required for application for citizen card

- valid personal ID, passport or resident card,
- UIB student's card or any other document accrediting your condition of student at the UIB (registration form)
- two passport sized photographs.

For updated information about the citizen card, consult the International Relations Office or www.emtpalma.es.

Until you get your citizen card you can buy a multi-journey bus card at tobacconists' (estancos) for cheaper travel.

INSURANCE

EU CITIZENS

EU students should obtain the European health card before leaving their country, in order to have access to the Spanish National Health Service (Seguridad Social). In case of the European health card not being operative in the home country as yet, students must acquire the E-128 or E-111 insurance form.

NON- EU CITIZENS

Students who are not European Union citizens are strongly recommended to acquire a health insurance policy to cover health care during their stay in Spain. If you have a private medical insurance policy, find out which Spanish health centers are available to you.

Besides, when students register at the UIB, they must pay the university insurance fee (approx. 6 euros), which is compulsory and covers damage by any mishap taking place within the university facilities and in the course of academic activities.

If you suffer from an ordinary illness, you should contact the Campus Medical Centre or the health centre (PAC) closest to your home.

STUDYING AT UNIVERSITY OF BELGRADE

VISA AND RESIDENCE PERMIT

ENTRY VISA

All information on regulations and procedures regarding visas and temporary stay of foreigners in Serbia are available online on the website of the Ministry of Interior of the Republic of Serbia: http://www.mup.gov.rs/cms_eng/home.nsf/inf-for-foreigners.h

There are many nationalities which do not need any entry visa for Serbia. However, please see the following link to check whether your nationality requires entry visa for Serbia:

<http://www.mfa.gov.rs/en/consular-affairs/entry-serbia/visa-regime>

Even though nationals of some countries (not everyone) may enter the Republic of Serbia with their ID cards only, students are required to have with themselves their valid passports to be able to obtain mandatory temporary stay visa, and therefore are strongly recommended to use it when entering the country as well. General entry requirements: <http://www.mfa.gov.rs/en/consular-affairs/entry-serbia/entering-serbia-requirements>

In case you do need visa, here are the general visa requirements: <http://www.mfa.gov.rs/en/consular-affairs/entry-serbia/visa-requirements>

Visa applications should be submitted to the Embassy or Consulate General of the Republic of Serbia abroad. Also, if you have any questions or concerns regarding entering the RS or your temporary stay as student/staff, we strongly recommend you ask your local Embassy of the Republic of Serbia for help. At the following link you can find the list of Serbian embassies around the world: <http://www.mfa.gov.rs/en/embassies/serbian-diplomatic-missions/serbian-embassies>

RESIDENCE PERMIT

As a foreign student, you will need to obtain your temporary stay visa (residence permit) for legal stay in the Republic of Serbia during your study. On the following link you can find the general list of required documents, as well as specific documents for the stay related to study: http://www.mup.gov.rs/cms_eng/home.nsf/terms-for-issuance-of-authorization-for-temporary-stay.h

You are obliged to register the Office for Foreigners of the Ministry of Interior, submitting the following:

- 2 photos
- Certificate from the University of Belgrade
- Certificate from the Ministry of Education
- Certificate from the University of Belgrade-Faculty of Pharmacy
- Form No. 8 (request for issuing a temporary stay visa – for foreign citizens - in Serbian: Zahtev za izdavanje boravišne vize – za strance) 3 copies, printed two-sided
- Proof of Accommodation (a certificate from the housing provider /hostel, dormitory, etc/, or
- personal presence of the flat owner in case of a private accommodation
- CV in Serbian

More information at: <http://www.mup.gov.rs/wps/portal/en/information>

HOW TO ARRIVE TO UNIVERSITY OF BELGRADE- FACULTY OF PHARMACY

Transport from the Belgrade International airport "Nikola Tesla"

Belgrade International Airport "Nikola Tesla" is located 18 km from the city center. There are a few travel options when traveling between Belgrade airport "Nikola Tesla" and the city center.

Mini bus A1 - Runs every 20 minutes. The end point is Slavija square (Trg Slavija). A ticket can be purchased from the bus driver at the price of approximately 2,5 EUR (in dinars).

GSP bus 72 – Runs every 30 minutes. The end point is Zeleni venac. A ticket can be purchased at a kiosk or from the bus driver at the price of approximately 1,3 EUR (in dinars).

You will find the bus stop just outside the terminal (-1 level).

You may also take a **TAXI** to your destination. Please make sure to order yourself a taxi at the Taxi Info stand at the airport. One of the stands is exactly in front of the exit door of the International Arrivals hall (-1 level). You will immediately get a receipt, and you will pay at the end of the ride.

Please **be careful** about independently taking among the many taxies waiting in front of the airport, as you might be overcharged.

Just in case, here are the contact details of some of the official city taxi companies, where you can prearrange your transport from the airport to the city center:

- www.pinktaxi.info
- www.alfataxi.co.rs
- www.radiobeotaxi.co.rs
- www.beogradski-taxi.com/poslovni_taksi (business service)
- www.taxi.rs/

Transport from the city center to Faculty of Pharmacy

Faculty of Pharmacy is located in one of the largest streets in Belgrade, at 450 Vojvode Stepe street in Kumodraž.

You can reach the Faculty of Pharmacy by public transportation lines 25, 33, 39, and E9.

Adress:

University of Belgrade – Faculty of Pharmacy
Vojvode Stepe 450, 11221 Belgrade, Serbia
Tel.: +381 11 3972840
email: info@pharmacy.bg.ac.rs



ACCOMMODATION

The two most common types of accommodation used by foreign students at the University of Belgrade are renting a room at the Students' Centre Belgrade (student dormitory or one of their two hostels), or renting private housing.

Students' Centre Belgrade

Student dormitories in Belgrade are run and managed by the Students' Centre Belgrade (www.sc.rs). Within their offer they also have two hostels available for individuals or groups.

Important: Students' Centre Belgrade is an independent institution. Therefore, accommodation in all of their facilities is independently arranged by visitors themselves, directly with the management of the dormitory and the hostels.

Student Dormitory

“Rifat Burdžević” Student Dormitory is located at Milana Rakića 77, at Zvezdara. One part of the capacity is designated for accommodating foreign students. Owing to international exchange of students which functions on the principles of reciprocity, each year this hall is occupied by students mostly from Western Europe, Asia and North America. All rooms for foreign students are of the 1st category, with the characteristics of a small apartment.

Hostel „Studentski grad“

Hostel „Studentski grad“ is situated at Student town in New Belgrade and it offers accommodation in completely renovated and modern-equipped rooms with 39 beds. It is opened during the whole year and it is suitable for both individual and group visits. The Hostel offers accommodation in single, double and three bedded rooms with private bathroom and tea kitchen.

Rented Accommodation

Students can rent their own accommodation. The University of Belgrade does not mediate in renting private accommodation, but there are numerous online resources for finding accommodation. Also, you may wish to contact the Erasmus Students Network Belgrade (belupgrade.esn.rs) and ask for their help in finding suitable accommodation. They can also help you get in touch with peers from all over the world, so you can consider sharing accommodation.

ADMINISTRATIVE PROCEDURES

- contact coordinator program at the UoB
- Admission of HYGIEIA program students is based on the information provided by coordinating university, ULus. No additional information or documentation is required to enroll students.
- pick up your UoB student card at the Student office at the Faculty of Pharmacy (the UoB student card you will be able to borrow books from university libraries, get discounts on public transport, etc.)
- apply, if necessary, for the citizen card to be able to use the public bus transportation more economically

CITIZEN CARD (BUS CARD)

Belgrade city public transport is provided through a network of bus, trolleybus and tram routes run by GSP "Beograd" and bus services operated by private bus companies, on around 130 routes.

Single tickets can be bought:

- in public transport vehicles, from the driver or conductor (1 EUR)
- at kiosks marked with a ticket sales sticker (0.5 EUR)
- at GSP points-of-sale (0.5 EUR)

Monthly transportation

Prices for foreign citizens:

Monthly pass - €25

15-day pass - €15

365-days pass - €275

Please visit the official website of the public transportation ticket provider:
www2.busplus.rs

Documents required for application for citizen card

- valid personal ID, passport or resident card,
- UoB student's card or any other document accrediting your condition of student at the UoB (registration form)
- two passport sized photographs.

For updated information about the citizen card, consult the International Relations Office of UoB.

INSURANCE

Monthly health insurance for foreign students: €66

National Health Insurance Fund: <http://www.eng.rfzo.rs/>

CONTACTS

Administrator

Rita Luis

Email: ana.rita.luis@ulusofona.pt



Coordinator ULus

Catarina Rosado

Email: catarina.rosado@ulusofona.pt



Coordinator UIB

Josep A. Tur

Email: pep.tur@uib.es



Coordinator UoB

Snezana Savic

Email: snezana.savic@pharmacy.bg.ac.rs