



## Fact Sheet for Student Exchange Programs 2025–2026






Faculty of Human Sciences | FCH  
Universidade Católica Portuguesa  
(Erasmus code: P LISBOA01)

### CONTACT DETAILS:

Address	Palma de Cima, 1649-023 Lisboa
Telephone Number	+351 21 721 42 04 / +351 21 426 97 99
Website	<a href="http://www.fch.lisboa.ucp.pt">www.fch.lisboa.ucp.pt</a>   <a href="#">Incoming Students</a>   <a href="#">FCH Católica</a>
UCP Institutional Coordinator for International Relations	<b>Prof. Nelson Ribeiro</b> <a href="mailto:nelson.ribeiro@ucp.pt">nelson.ribeiro@ucp.pt</a>   Tel.: +351 21 726 58 38 <i>Vice-Rector for Transformation, Collaboration and International Affairs</i>
FCH Responsible Person for Incoming Students	<b>International Relations Coordinator for Incoming Students Experience</b> <b>Prof. Carla Ganito</b> ( <a href="mailto:carla.ganito@ucp.pt">carla.ganito@ucp.pt</a> ) <b>Incoming Students Specialist</b> <b>Leonor Bibas</b> ( <a href="mailto:lbibas@ucp.pt">lbibas@ucp.pt</a> )   Tel.: +351 21 426 97 99
FCH Responsible Person for Outgoing Students	<b>International Relations Coordinator for Outgoing Students</b> <b>Prof. Adriana Martins</b> ( <a href="mailto:adrimartins@ucp.pt">adrimartins@ucp.pt</a> ) <b>Outgoing Students Specialist</b> <b>Jessica Pereira</b> ( <a href="mailto:jesspereira@ucp.pt">jesspereira@ucp.pt</a> )
Contact Person at the FCH International Relations Office	<b>International Relations Specialist</b> <b>Clementina Santos</b> ( <a href="mailto:c.santos@ucp.pt">c.santos@ucp.pt</a> )   Tel.: +351 21 721 42 04

ACADEMIC INFORMATION 2025–2026	Fall Semester	Spring Semester
Nomination Deadlines	15 May 2025	30 October 2025
Application Deadlines	31 May 2025	15 November 2025
Guidance Sessions	Early September 2025	Early February 2026
Academic Semesters	Early September 2025 to January 2026	Early February to June 2026
Appeal Examinations	July 2026	



Standard for Languages of Instruction	Portuguese — CEFR Level B1 English — CEFR Level B2
LAC (Liberal Arts Curriculum)	<p>Universidade Católica Portuguesa offers a <i>Liberal Arts Curriculum</i> in English in the 2025–2026 academic year.</p> <p>This <i>curriculum</i> allows incoming students to attend some course units lectured in English available in other faculties and institutes of the <a href="#">Lisbon campus</a>. Students must, however, enrol in at least 51% of their total ECTS credits at the Faculty of Human Sciences.</p> <p>Students who are interested in taking course units under the LAC should ask information about the availability of these courses at the beginning of the application process.</p>
Academic Programmes	<p>Courses offered in English and in Portuguese:</p> <ul style="list-style-type: none"><li>- <a href="#">Undergraduate Study Program</a></li><li>- <a href="#">Master's degrees</a></li></ul> <p><b>Undergraduate Degrees:</b></p> <ul style="list-style-type: none"><li>- <a href="#">Philosophy, Politics and Economics (PPE)</a>  </li><li>- <a href="#">Communication and Cultural Sciences</a> </li></ul> <p>(Media and Journalism, Communication, Marketing and Public Relations, Cultural and Touristic Communication and Audiovisual and Multimedia.)</p> <ul style="list-style-type: none"><li>- <a href="#">Social Work</a> </li><li>- <a href="#">Psychology</a> </li><li>- <a href="#">Applied Foreign Languages (LEA)</a> </li></ul> <p>(Specialisation in Business Relations and Translation)</p> <p><b>Master's Degrees:</b></p> <ul style="list-style-type: none"><li>- <a href="#">Communication Studies</a>  </li></ul> <p>(Specialisation in Communication, Marketing and Advertising, Strategic Communication and Leadership, Communication and Digital Transformation; Journalism and Media and Entertainment.)</p> <ul style="list-style-type: none"><li>- <a href="#">Asian Studies</a> </li><li>- <a href="#">Culture Studies</a> / <a href="#">The Lisbon Consortium</a> </li><li>- <a href="#">Psychology in Business and Economics</a> </li><li>- <a href="#">Master in Psychology and Environmental Sustainability</a> </li><li>- <a href="#">Psychology of Wellbeing and Health Promotion</a> </li><li>- <a href="#">Social Work</a> </li><li>- <a href="#">Translation</a> </li></ul>



### INFORMATION FOR INCOMING EXCHANGE STUDENTS:

<b>Portuguese Language Course</b>	<b>Portuguese Course</b> (6 ECTS) Four hours and a half (4h30) a week during the semester. <b>Fee:</b> 250.00€ For further information contact <b>Clementina Santos</b> ( <a href="mailto:c.santos@ucp.pt">c.santos@ucp.pt</a> ).
<b>Health Insurance Requirements</b>	<b>EU students:</b> European Health Insurance Card (EHIC) <b>Non-EU students:</b> Private Health insurance
<b>Online Application</b>	Students will receive an email with the hyperlink to the online application form after being nominated by their home university. Students should submit their application online and provide additional documents: transcript of records and identity card or passport.
<b>Accommodation</b>	The International Relations Office provides a list of suggestions with websites and platforms that announce accommodation offers. We suggest students start looking for accommodation well in advance, due to the high-level of demand in Lisbon nowadays.  Universidade Católica Portuguesa has a private <a href="#">Female Student Residence Hall</a> in Lisbon. Students should contact the Residence Hall for further information.
<b>Lisbon: Cost of Living</b>	Living in Lisbon is affordable. Students can spend an average of <b>€750/€850 per month</b> . <ul style="list-style-type: none"><li>• Housing (per month): €450 to €800</li><li>• Food (per month): €300 to €400</li><li>• Meal in the university canteen: ~ €5</li><li>• Meal at a restaurant: €12 to €18</li><li>• Coffee (Espresso): €0.75</li><li>• Transportation (monthly pass): ~€30 (Lisbon only), ~€40 (Greater Lisbon Area)</li><li>• Subway ticket: €1.80</li><li>• Cinema: €6.90 -10€                      Museum: ~€15</li><li>• Nightclubs: about €15 / €20</li></ul>

*Lisbon, September 2025*