

Personal Information

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Degree Program at TAU: MBA

Host University: Catolica Lisbon

Exchange term (including the duration): Fall semester 29/8/25-20/12/25

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Exchange Experience

Please use the outline below to write your report:

- **About the country and city**
- **About the host university – campus and school atmosphere, location, staff attention and care.**
- **Courses and professors**
- **Extra curricula – orientation, social activities, student union, etc.**
- **Career center (if applicable)**
- **Business and Network Development**
- **Accommodation – dorms and other solutions**
- **Visa**
- **Transportation**
- **Insurance and health services**
- **Living expenses**
- **Food**
- **Night life**
- **Tips**
- **How did this exchange experience add value to your studies at Collier?**
- **Photos**

Please note that the Collier School of Management may publish your report on its website.

For any further information, please contact the Global Engagement Lead – Outgoing,

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Exchange Experience Report – Lisbon, Portugal – Naama Roth

Host University: Católica Lisbon School of Business & Economics

Home University: Collier School of Management, Tel Aviv University

About the Country and City: Lisbon, the capital of Portugal, is one of Europe's most welcoming and livable cities. Portugal offers a high quality of life at a relatively affordable cost compared to many other European countries, combined with a mild and pleasant climate. The city is known for its scenic landscapes, rich history, and warm, open culture. The relaxed pace of life, together with vibrant neighborhoods and a strong sense of community, created an ideal environment for both academic focus and personal well-being during the exchange period.

About the Host University – Campus and School Atmosphere: Católica Lisbon School of Business & Economics is a modern and well-organized academic institution, located in a convenient and accessible area of the city. The campus is professional and international in atmosphere, with a strong academic culture and supportive administrative staff. Faculty and staff were attentive and responsive, which made academic and logistical processes clear and efficient.

One important structural aspect of my experience was that Católica does not offer an MBA program. As a result, I was enrolled in the Master in Management (MiM) track. This created a noticeable social and professional gap, as most of my classmates were significantly younger and at an earlier stage in their careers. While the academic environment was positive, this structure limited opportunities for peer-level professional exchange and career-oriented networking within the program.

Courses and Professors: The courses I selected were engaging and well-structured. Professors were professional, approachable, and committed to creating an interactive classroom environment. Teaching methods emphasized case studies, group work, and open discussions, which encouraged practical thinking and collaboration. The academic experience provided valuable exposure to different pedagogical approaches and international perspectives, complementing my studies at the Collier School of Management.

Extra-Curricular Activities: The university organized an orientation program at the beginning of the semester, which helped students integrate academically and socially. Throughout the term, various social events and student-led activities were available. These initiatives were well-organized and welcoming, although they were primarily oriented toward younger, early-career students in the MiM program, which made social integration less natural for me as an MBA exchange student.

Career Center: My interaction with the Career Center was limited. Most of the services and recruitment activities were designed for early-career students rather than for professionals with prior work experience. As a result, I did not make extensive use of these resources during my exchange.

Business and Network Development: From a professional networking perspective, opportunities within the academic environment were limited due to the gap in age and professional experience between myself and most students. However, Lisbon as a city offers a growing international and entrepreneurial ecosystem, which provided alternative

opportunities to connect with professionals and international communities outside the university.

Accommodation – Dorms and Other Solutions: Accommodation was easy to arrange. My partner and I rented a furnished apartment for several months through local Facebook housing groups and online listings. The process was efficient, and we were able to secure comfortable and affordable housing without relying on university dormitories.

Visa: A visa was not required, as I hold European citizenship. The same applied to my partner who joined me during the exchange, which made the relocation process simple and smooth.

Transportation: Public transportation in Lisbon is reliable and affordable. The metro system connects most major areas of the city and is easy to use. In addition, ride-hailing services such as Uber and Bolt are widely available and inexpensive, providing a convenient alternative for daily commuting and late-night travel.

Insurance and Health Services: We arranged standard international travel insurance for an extended stay. During the exchange period, we did not need to use the local healthcare system and therefore did not have direct interaction with Portuguese medical services.

Living Expenses: The cost of living in Lisbon is significantly lower than in Tel Aviv. This allowed us to maintain a similar standard of living while working part-time remotely. Rent, transportation, food, and daily expenses were generally affordable, making Lisbon a financially sustainable choice for a multi-month academic stay.

Food: While Portugal is not widely known for culinary diversity compared to some other European destinations, Lisbon offers a broad range of high-quality dining options as a European capital. In addition to Western cuisine, the city's large immigrant communities contribute to an excellent selection of affordable and authentic Asian and international restaurants, which became a major highlight of the local food scene for me.

Night Life: I personally enjoyed Lisbon's nightlife. Although Portugal has a more relaxed and "chill" culture compared to the fast-paced nightlife scene in Israel, weekends in Lisbon offer a wide range of vibrant options. The city provides everything from casual bars and live music venues to lively clubs and rooftop spaces. The overall atmosphere felt social, balanced, and welcoming, making it easy to enjoy evenings out in a comfortable and enjoyable way.

Tips: I highly recommend the exchange experience from both an academic and personal perspective. However, it is essential to carefully review the academic structure of the host program in advance. For MBA students in particular, it is important to verify whether placement will be within an MBA cohort or another program, such as a Master in Management. This distinction can significantly affect the academic environment, social experience, and professional networking opportunities.

How Did This Exchange Experience Add Value to Your Studies at Collier? This exchange enhanced my academic and professional development by exposing me to a different educational culture and business school environment in Europe. It strengthened my ability to work in international and multicultural teams and increased my adaptability in unfamiliar academic and social settings. The experience also broadened my global business perspective, which directly complements the strategic, managerial, and analytical frameworks I study at the Collier School of Management.

Overall Reflection and Personal Experience: Overall, this exchange was a unique and meaningful experience. It was the first time I lived in Europe for several months, and I deeply

appreciated the landscapes, people, pace of life, climate, and affordability of daily living. Sharing this experience with my partner and building a temporary life abroad made the period especially memorable and impactful.

I was the only Israeli student at the university, which was sometimes challenging, but it also encouraged me to step outside my comfort zone and engage more actively with students from diverse cultural and professional backgrounds. This aspect became one of the most personally and professionally developmental parts of the exchange.

Photos:



The view from the balcony in our apartment in Lisbon:

