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EXCHANGE REPORT **ESCS**

Kamille Dalum
FALL SEMESTER 23'

GENERAL INFORMATION

WHERE AND WHEN DID YOU STUDY ABROAD?

I took my 2023 fall semester at Escola de Superior de Comunicação Social (ESCS) which is a faculty of Politécnico de Lisboa. It's located in Benfica which is just a train ride away from Lisbon city center, Portugal.

WHAT KEA PROGRAM DID YOU ATTEND AT THE TIME?

I studied Entrepreneurship and Design at Copenhagen School of Design and Technology (KEA)

WHAT CLASSES DID YOU TAKE DURING YOUR SEMESTER ABROAD?

In order to complete the semester, it's mandatory that we had a total of 30 ECTS points. Each course offered by ESCS was 5 ECTS points, meaning I had to take a total of 6 classes.

The classes i attended were:

#1 Graphic Design	5 ECTS Points
#2 Video Post-Production	5 ECTS Points
#3 Photography	5 ECTS Points
#4 Digital Media Laboratoy	5 ECTS Points
#5 Integrated Communications Laboratory	5 ECTS Points
#6 History and Politics in the Contemporary World	5 ECTS Points

Total of: **30 ECTS Points**



AT BENFICA TRAINSTATION ON
OUR WAY HOME FROM SCHOOL

GENERAL INFORMATION

MY WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	NO SCHOOL	8-11 Integrated Com. Lab.	8-11 Graphic Design	NO SCHOOL
11-14 Video post- production		11-14 Photography		
15-18 History and politics				
		17-20 Digital media lab.		



FIRST DAY OF SCHOOL

RICCOMMEND!

GRAPHIC DESIGN

ABOUT

This course might have been my favorite. If you like graphic design this class will definitely give you some new tools and tricks to improve your skills in graphic design. The course is mostly built around the Adobe programs; Illustrator and InDesign. Prior experience in these programs will be helpful.

There's a lot of small tutorials and exercises for every class but they are all very doable and interesting. The bigger assignments are built up in a way where you have small deliverables before the final one, ensuring that you can get feedback throughout the process.

The teacher was a huge help whenever you needed it and was gave very constructive feedback. You felt seen in this class. In contrast to some of the others, who easily could make you feel stupid if you had a question.

If you are interested in graphic design or would like to learn it, I definitely would recommend this class. It can also help you with other creative projects in the future, as it's always nice to know some basic knowledge of the Adobe programs so you can make visual elements for future projects (and other school assignments).





Copenhagen

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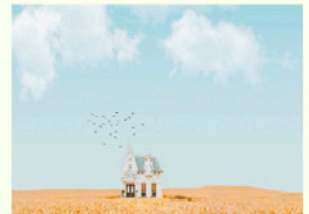
Lisbon

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Unveiling the Aesthetics of Lisbon and Copenhagen - A Visual Journey into the Unique Graphic Design Styles and Inspirations Shaping Two Distinctive Metropolises

The minimalistic elegance

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COPEN

HAGEN

VIDEO POST- PRODUCTION

DON'T RECOMMEND!

ABOUT

This course was mainly about the editing of movies, scenes etc. and a lot of focus on methods that were essential to cut a good movie. The teacher in this course seemed to have a very specific idea of what he thought was good and bad editing and therefore was very bias about all assignments we had to submit. His classes could be very long and boring, often just sitting in a dark basement room watching different clips he thought was good editing (which seemed a little bit of a shame when it was 28 degrees in Lisbon and full sun). The teacher also has a quite dull way of approaching the lesson, which makes it even less interesting.

Near the end of the semester he gave us 2 big assignments which was pretty much 80% of our grade. So have in mind that the classes throughout the semester will be very long and to the boring side, but he still expects very high quality assignments near the end of the semester. If you like movies and want to learn more about the post-production process, I would recommend this course, but if it's not in your interest I think you will find this course very irrelevant to your studies.



RECOMMEND!

PHOTOGRAPHY

ABOUT

The first half of this course was very technical and practical. We learned how to navigate in a camera and use the different settings. In the assignments given there was more space to get creative and find your own photo style. I think this course was very useful and interesting. The classes could at times get dragged out a little with a lot of repetitions, but overall a great experience.

I would definitely recommend that if you have a camera yourself, you should bring it. Otherwise you have to rent cameras from the school which you can only keep for 24 hours.

*MY LAST ASSIGNMENT*

RECOMMEND!

DIGITAL MEDIA LABORATORY

ABOUT

The core of this class was actually quite interesting. The classes led up to a final project, where we had to make a prototype website for a campaign of a self-chosen Portuguese brand. Everything was done in the online program Figma. I had no prior experience in this program but was able to follow along and master it by the end of the semester.

The lessons however are very much the same every time and with an extremely stressful teacher. She goes through everything in Figma extremely fast so you have to pay close attention in this class or you will get lost in the program. Again, not a lot of time to ask “stupid” questions as everything seemed quite rushed.

I would recommend this class as I feel like I learnt the most, despite the fast pace. There was also room to get creative and go your own direction.

APP PROTOTYPE
FOR MY CAMPAIGN



RECOMMEND!

INTEGRATED COM. LABORATORY

ABOUT

This course was all about PR. It was heavy on lectures and methods in the first part of the course. Most things I had already learnt from KEA. For the other half of the course we had to create a communication plan for a Portuguese brand. This was interesting and fun because there was plenty of room to brainstorm and get creative with different ideas.

I would recommend this class, but make sure to choose a good group to work with since you will be spending a lot of time together!



RECOMMEND/DON'T RECOMMEND:
DEPENDS ON YOUR INTEREST IN HISTORY

HISTORY AND POLITICS

ABOUT

This class was super heavy. We covered a new historical subject for each class, for example: Facism, Anti-semitism, Feminism, Nationalism etc. All very interesting and relevant topics but the teaching method could be a little boring at times. The classes were built up with a presentation/lecture in combination with 'debates' where the students could add in whatever they wanted. For each topic we also watched a movie to visualize it better.

There was some class to class reading and some bigger assignments near the end of the semester. The biggest two being an essay on a self-chosen topic we had covered in class and a group presentation.

I think this class was very useful for some general knowledge on the world, but it had zero opportunities to get creative and was very much just an 'old school history class'. So it might be a little heavy for some if history isn't something you find interesting.



ACADEMIC EXPERIENCE

HOW HELPFUL WAS THE RECEIVING SCHOOL IN THE PROCESS OF CHOOSING CLASSES AND SETTLING YOU IN?

I chose all the classes myself from reading on ESCS website and testimonials from earlier students on KEAs website. ESCS had a lot of trouble in the beginning which resulted in us starting school 3 weeks later than planned. This was a complete chaos and ESCS were horrible at informing the students with any updates. We were walking around for almost 3 weeks hearing nothing, and then getting a schedule where we even had overlap of some classes, which we had to make sure to fix ourselves. The front desk at the school couldn't speak English and therefore couldn't guide us with our troubles. We had to go to GRIMA (the international office) which always had a huge line because of the many troubles.

I hope they won't have this technical problem for the next year since it obviously pushed all classes resulting in all assignments being due the last two weeks and an extremely stressful end of the semester.

MOST REWARDING CLASSES

- Graphic Design
- Photography
- Digital Media Laboratory
- Integrated Communications Laboratory

LEAST REWARDING CLASSES

- Video Post-Production
- History and Politics in the Contemporary World



SANDWICH AT BUNA
SO GOOD!!



BRING AN UMBRELLA!
YOU'LL NEED IT

PRACTICAL EXPERIENCE

HOW WAS THE APPLICATION PROCESS? WHAT DID KEA HELP YOU WITH?

KEA was a big help always informing me what the next step for the process was. Furthermore, it was possible to contact Hanne any time and she was always available and extremely helpful to getting things done.

WHAT HELP DID YOU RECEIVE FROM YOUR SCHOOL ABROAD?

Most things were done through KEA and my international coordinator Hanne so I didn't speak much with ESCS until I arrived. They were extremely slow though to send back documents that needed to be signed. This was quite frustration as I wasn't 100% sure that I was approved for the school until 1 month before.

DID YOU HAVE ANY PRACTICAL DIFFICULTIES SETTLING DOWN AT YOUR DESTINATION? HOW HELPFUL WAS THE RECEIVING SCHOOL IN THIS PROCESS?

I had found an apartment before I moved to Lisbon with a classmate from KEA. After arriving at the apartment I found it very easy to settle down in Lisbon. It's a rather small city so if you try to get to most areas within the first few weeks you can find your favorites and spend most time there.

ESCS had sent out some portals to some student housing but I didn't end up using any of them. Instead I used a portal called spot-a-home. It's like a portuguese Airbnb for longer stays.

WHERE DID YOU LIVE?

I lived in Martim Moniz which is right by the central station of Lisbon City. It was an okay area but I wouldn't recommend it. A lot of homeless people during the night. I would recommend looking at places to stay in **Sao Bento**, **Bica**, **Mercês** or **Lapa**. Very cozy, cool and safe areas, with a lot of nice cafes and restaurants around every corner.

WAS IT DIFFICULT TO FIND ACCOMMODATION?

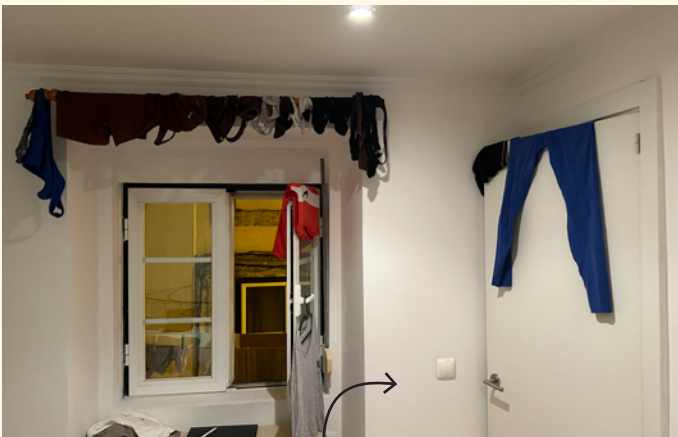
We did spend a lot of time to make sure to find the right accommodation, but there's plenty so it's all about your preferences and budget.

PRACTICAL EXPERIENCE

WAS IT EXPENSIVE?

The housing prices were shockingly expensive actually. We ended up paying €1250 a month, exclusive water, electricity etc. And this was a tiny old apartment which was falling apart. I have heard of others finding much more decent places to a cheaper rent though, so maybe we might've just been unlucky.

I would sign up for some facebook groups with housing in Lisbon. I think you can find the best places here for the best price.



DOING LAUNDRY IN OUR TINY APARTMENT
WHEN IT WAS RAINING OUTSIDE (WHICH
WAS OFTEN!)

WHAT KIND OF EXPENSES DID YOU HAVE IN GENERAL?

PER MONTH

- Rent + electricity bills etc.: €750
- Transportation: €40 for a train/metro card i filled up regularly
- Food: Food is super cheap in Lisbon so you can really save some money here if you wish. Even eating out is pretty much half the price of Copenhagen.

PRACTICAL EXPERIENCE

DID YOU SPEND MORE OR LESS MONEY THAN YOU BUDGETED WITH?

I ended up spending around what I estimated. With the cheap food prices it was doable to have a high rent. It all balanced out nicely. In general, Lisbon is a cheap place, so you have the budget to treat yourself!

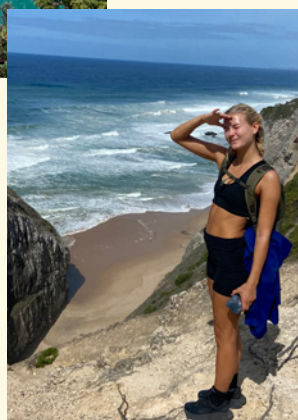
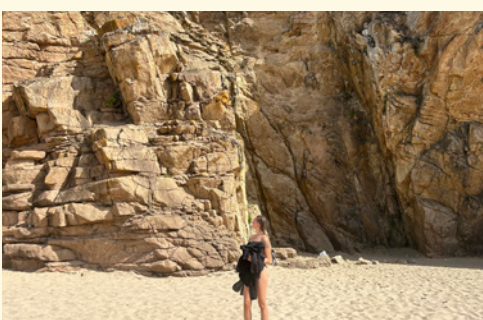
WHAT KIND OF INCOME DID YOU HAVE DURING YOUR EXCHANGE? DID YOU RECEIVE SU AND/OR ERASMUS?

I still had my SU every month and then the Erasmus Grant.

DID YOU APPLY FOR ANY GRANTS AND DID YOU RECEIVE ANY?

Unfortunately I didn't get to apply for any other grants than Erasmus. I think if you do take the time to do this though you might be able to get a small extra amount, probably around 5000–10.000DKK.

SALMON BAGEL FROM
RHODO BAGELS



HIKING TRIP TO
PRAIA DA URSA

CULTURAL/PERSONAL EXPERIENCE

WHAT CHALLENGES DID YOU EXPERIENCE CULTURALLY WHILE BEING ABROAD?

Everything works in slow motion in Lisbon and everything is very little digitalized. So often it requires you to go to offices, stations etc. to get things done. Expect the teachers to always be a little late. But it's part of the charm ;) So just enjoy it and ride on the same wave. Finally a time where you can allow yourself to take everything pretty chill and enjoy that morning coffee and book that you never would have done in Copenhagen.



WHAT WAS THE BEST CULTURAL/PERSONAL EXPERIENCE DURING YOUR STUDIES ABROAD?

I found out that it's a city full of international people. There's a lot of young people who either study abroad or work here. They are all very welcoming and nice, both the foreigners and the portuguese.

Also being in a southern climate like Portugals was absolutely amazing. The 14th of December it was 22 degrees and I was still wearing shorts to school. Enjoy it!



DIFFERENT BEACHES
ALONG THE COAST OF
LISBON

CASCAIS
(40 MIN. TRAIN RIDE)

CULTURAL/PERSONAL EXPERIENCE

WHAT ADVICE WOULD YOU GIVE OTHER KEA STUDENTS GOING TO STUDY ABROAD AT THE RECEIVING SCHOOL?

Enjoy the city and go to the beach in the beginning when the weather is still nice. Go out and eat often as it's almost the same price as cooking and the food is absolutely delicious everywhere. Even though the school is located in Benfica, don't live there! It will only take you 15–25 minutes to get from Lisbon city to the school and it's not worth it since you probably only will have 3 days where you have to go to the campus.

You will have a lot of free time and alone time so use it wisely. Take a surf class, find some cool workout classes, go to museums, bring a book and go to the beach etc.

In general I found Lisbon a great city to travel/live 'alone' in. You never get tired of walking the beautiful streets so you can keep yourself occupied.

I would advice you to actually use this time to be by yourself and challenge your social competencies and see where it brings you. You learn A LOT by doing things by yourself and the best thing you can teach yourself is to learn to love and enjoy your own company.

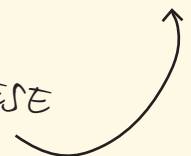
Below are some places to eat, see or do.



DINNER AND DRINKS AT
MAGNOLIA



SEE A PORTUGUESE
CEMENTARY



COFFEE AND
CROSSIANT AT
FABRICA

