



My Erasmus + adventure in IPT during Winter semester 2019/2020

Hello, my name is Anastasia, I am 22 years old and I choose IPT in Tomar, Portugal, for my first Erasmus experience. I was wondering a lot about the country and the university and I wasn't sure about Portugal, because it is far away from home- my home university is in Bulgaria. But I decided to face my doubts and to choose a country, not so popular as a variant back at home.

Despite my doubts, I was happy with my choice. Tomar turned out to be a wonderful small city and Portugal- an amazing country with very different culture, mild weather, quality food and welcoming people. My biggest fears when coming to Tomar were the language barrier, the different culture and the opportunities to practice my favorite hobby- sport. But as I arrived, those fears disappeared. I started learning Portuguese, but all teachers in IPT showed

understanding and helped with the material and learning process in English. All the people I met were very different and the differences between us made communication even more interesting. I had all the opportunities to practice sport and be active- two parks in Tomar, a swimming pool and a stadium, and a nice gym in the center. I managed to combine my hobby and interests with travelling around Portugal and visit cities such as Lisbon, Évora, Porto and Sintra and take part in some major events such as the Lisbon and Evora half marathons. I also did a Halloween night party run in Porto, tried their wine in the Calem celery, and ran a 10k in the Pena Longa Resort, while visiting Pena Palace, the Moorish castle and The Convent of the Capuchos with some other new Erasmus friends.

The program gave me the change to study in a different university and use different languages than my native ones, to “have the guts” to integrate in Tomar, although I didn’t spoke good Portuguese, to meet a lot of new people, not only Erasmus, but the people from ESN, with whom we had some great events, my other classmates and all the people from my surrounding. I tried new things, such as kayaking, the fish “Bacalhau”, the dessert “Pastel de Nata”, I visited Tomar’s Friday market and pastelaria “Tropical”, the “Convento do Cristo”, the aquaduct of Tomar and some other places. I spent some very good time here. So good, that I actually decided to stay and for the second semester, with the hope to manage to visit more cities, meet more new people and learn more Portuguese, while studying at IPT.

Universidade: University of National and World Economy, Bulgaria

