


International and Mobility Office

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Content

Our School	3
Introduction	3
History and mission	4
Plan of the school and details	7
International and Mobility Office	19
Accommodations and Transport	21
The application process for Erasmus +	22
After your departure	23

Our School

Introduction

Welcome to the Portuguese Red Cross Health School - Lisbon!

This document provides an overview of our institution, its history, mission, and objectives. As a private higher education health school supported by the Portuguese Red Cross, we strive to educate qualified health professionals with a focus on the humanitarian principles of the Red Cross and Red Crescent International Movement. We offer a range of undergraduate courses, postgraduate options, and short-term programs for healthcare professionals.

Our mission includes delivering high-quality services, promoting scientific knowledge, and fostering social integration while respecting individuality and equality. In this document, you will find details about our aims, premises, academic information, mobility opportunities, the application process for the Erasmus+ program, accommodations and more.

We strive to provide a welcoming and enriching experience for all students. If you have any questions, please don't hesitate to reach out to us.

History and mission

The Portuguese Red Cross Health School – Lisbon is a private higher education health school that is embedded in and supported by the Portuguese Red Cross, a non-profit institution, along with two other schools in Portugal.

Our school was established in 1948/49 as a Nursing School and expanded in 2003 to include undergraduate courses in Physiotherapy, Cardiopneumology, Medical Imaging and Radiotherapy, Osteopathy and Podiatry, as well as short-term and postgraduate courses for health professionals. Our school stands out in the higher education health schools' scenario due to its specific nature, the formative portfolio in emergent areas, and its alignment with the humanitarian principles of the Red Cross and Red Crescent International Movement.

We aim to educate qualified health professionals who possess scientific and technical skills to deal with risk and human rights-threatening situations, both in Portugal and worldwide. These situations may include war and catastrophe scenarios aiding populations at risk or under-protected such as in cases of violence against women, children, and other segments of the population, as well as social segregation.

It is the mission of our school to follow the seven principles of the Red Cross (Humanity, Impartiality, Neutrality, Independence, Voluntary actions, Unity, and Universality), to educate health professionals that will deliver high-quality services, disseminate and produce adequate and relevant scientific knowledge, and promote the integration of all individuals in society while respecting their individuality.

Having these principles in mind, our school has the following goals:

- 1.To provide teaching that will allow our students to achieve academic degrees, following the national law;
- 2.To offer specialisation, extension, and perfection courses,
- 3.To ensure access to diverse technical and professional courses,
- 4.To promote technological and scientific research,
- 5.To support solid cultural and technical higher education training,
- 6.To provide scientific knowledge of theoretical and practical nature focusing on the requirements for the student's professional activity;
- 7.To encourage the participation and inclusion of students in their professional active lives,
- 8.To guarantee services to support the community and promote its development,
- 9.To collaborate with institutions, organisms, public and private entities, or personalities that ask for our school support whenever considered relevant and aligned with our school values, and
- 10.To conduct and support events to disseminate and perfect technical and scientific knowledge in Health.

To fulfil these aims, our school focus on the following parameters:

1. Human and civic education and professional development.
2. High ethical standards focusing on rigour and transparency in all activities.
3. Incorporation of learning objectives related to human rights, community aid, social inclusion and intercultural communication skills.
4. Guaranteed scientific, cultural, artistic and technological freedom and plurality, combating any form of discrimination.
5. Inclusion and equality in access and interaction.
6. Representation of all stakeholders in academic life (teachers, students and non-teaching staff).
7. Promotion of voluntary actions.

Plan of the school and details

The Portuguese Red Cross Health School – Lisbon (ESS CVP Lisbon) is located at Avenida de Ceuta n° 1, 1300-125 in Lisbon (Figure 1).

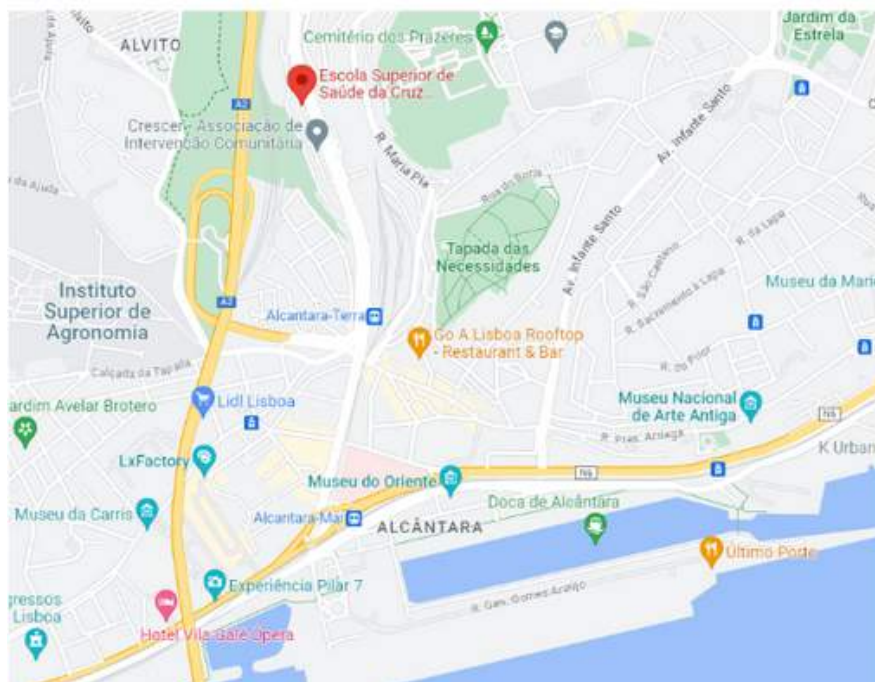


Figure 1. Location of the Portuguese Red Cross Health School – Lisbon

Our school has 15 floors that will be briefly described (Figure 2). All the facilities are operational and in good condition for their respective purposes and wheelchair accessible, if needed.



Figure 2. Building of the Portuguese Red Cross Health School – Lisbon

On the ground floor, the school features a reception with a security guard, the Medical Imaging and Radiotherapy laboratories (Figure 3 and 4), the customised insoles laboratory for the Podiatry course (Figure 5), and three gyms for the Physiotherapy course (Figure 6).



Figure 3. Medical Imaging and Radiotherapy Laboratory



Figure 4. Nuclear Medicine Radiopharmacy laboratory



Figure 5. Podiatry Laboratory



Figure 6. Physiotherapy Gyms

Also, the Academic Clinic is located on the ground floor and has seven offices, two rooms for surgical interventions with an adjacent observation room, reception, a waiting room and a storage room (Figures 7 and 8).



Figure 7. Academic Clinic – Operating Room

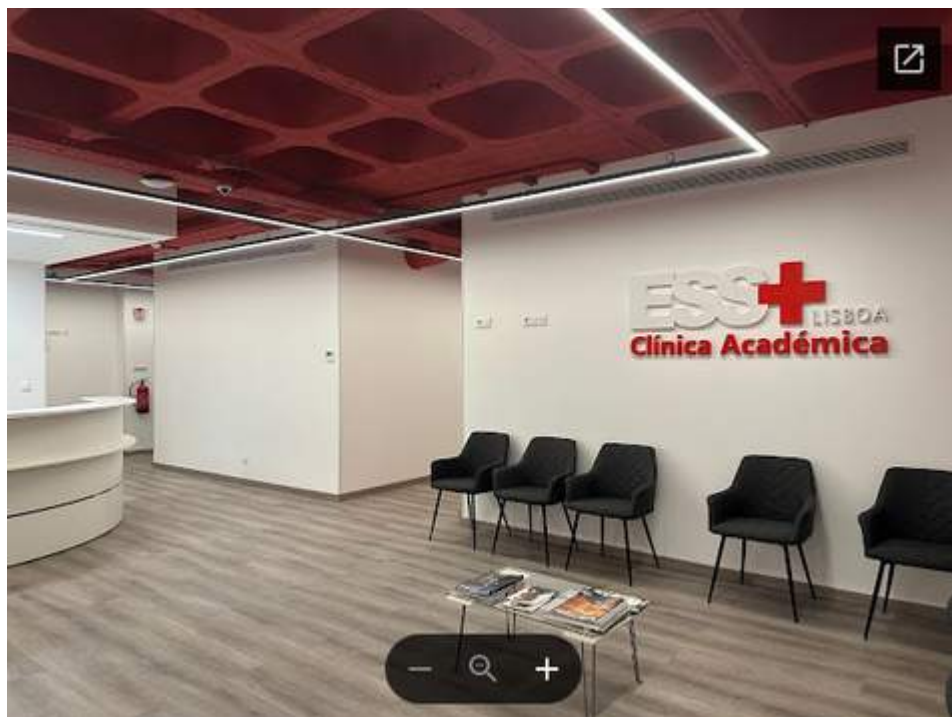


Figure 8. Academic Clinic – Reception room

On the 1st floor, we have our main auditorium, with 120 seated places, and also the cafeteria for students and staff (Figure 9).



Figure 9, Cafeteria for students and staff

On the 2nd floor, we have our students' support services: the secretariat, archives, informatics office, IT and innovation support office, communication and marketing office, and library with access to computers and anatomy virtual reality software (Figure 10 and Figure 11).



Figure 10, Student support services - Secretariat



Figure 11, Student support services - Archives

The 3rd, 5th, 8th and 9th floors have several classrooms and study rooms for students to autonomously work individually or in groups. On the 4th and 6th floors, there are several rooms with clinical simulation anatomical models as well as technical assessment and communication laboratories that are mainly used in the Nursing course (Figure 12). On the 4th floor, the school has several clinical practice laboratories with clinical simulation anatomical models as well as technical assessment and communication laboratories.



Figure 12. Simulation - Anatomical Models

On the 5th floor we have our laboratory for clinical dosimetry and multimodality imaging, for Radiotherapy treatment planning and dose calculation (Figure 13).

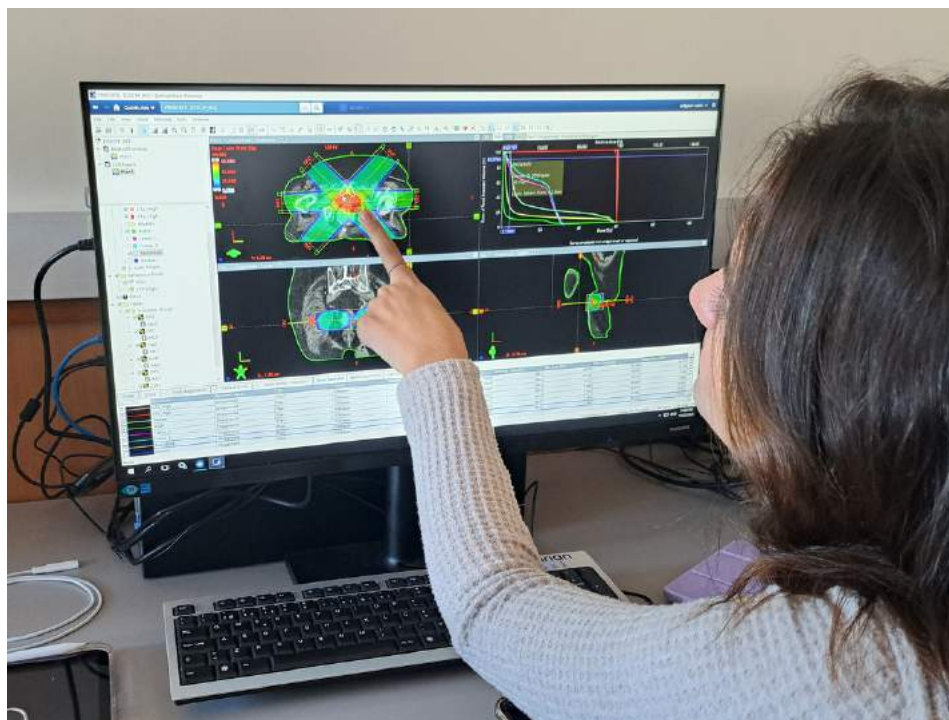


Figure 13. Clinical Dosimetry and Multimodality Imaging

On the 6th floor, the school currently has its simulation centre – the CrossSim Health Centre, which has international accreditation at the International Trauma Life Support level, as a chapter and of the Advanced Cardiovascular Life Support of the American Heart Association as a training site (Figure 14). These laboratories are mainly used in Nursing undergraduate and specialisation courses. At present, the CrossSim Health Centre has several other cooperation with national scientific associations allowing training in various subject areas.



Figure 14. CrossSim Health Centre

Also, on the 8th floor, there is a laboratory specifically equipped with the most recent technologies for teaching Cardiopneumology and for the course practical classes, such as an ultrasound machine, an electrocardiograph recorder, and a plethysmograph (Figure 15). There is another laboratory for Podiatry skills training, and an additional room for students to work, be in groups or relax (Figure 16).



Figure 15. Cardiopneumology Laboratory



Figure 16. Podiatry Laboratory

On the 9th floor, besides one study room and three classrooms, we have two gymnasiums for the Osteopathy course practical classes (Figure 17); and from the 11th to the 14th floors, we have several teaching and board offices, meeting rooms, and coffee break rooms (Figure 18).



Figure 17. Osteopathy Laboratory

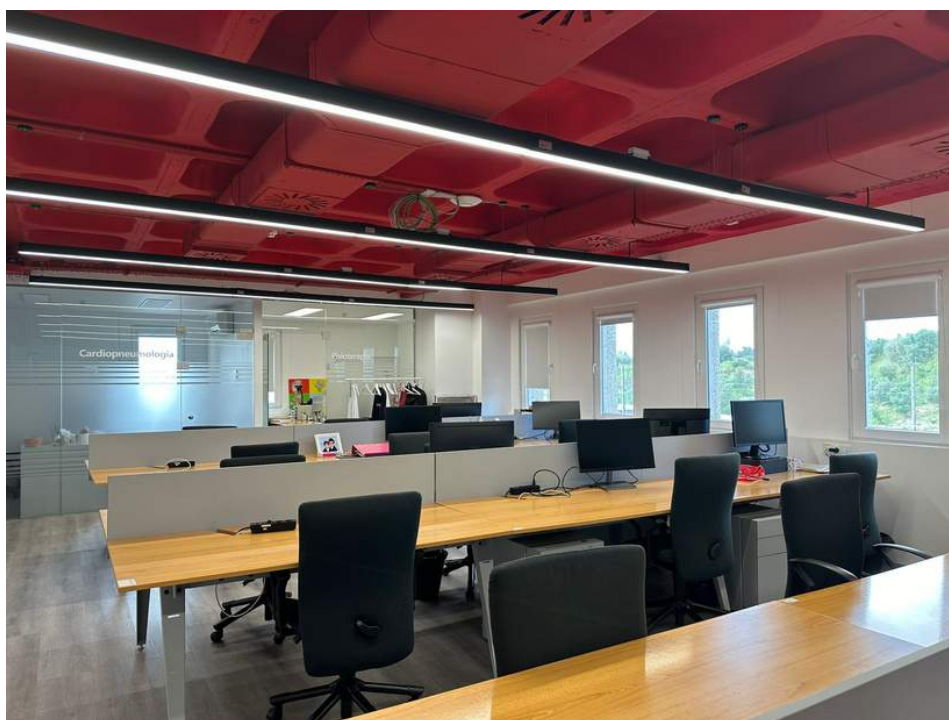


Figure 18. STAFF Offices

We would also like to highlight that, shortly, our building will undergo structural improvements (Figure 19).



Figure 19. Plans for architectural changes

International and Mobility Office

ESS CVP Lisboa

As previously stated, the Portuguese Red Cross Health School – Lisboa is a higher education private health school that, along with two other schools in Portugal, is embedded and supported by the Portuguese Red Cross (Norte e Alto Tâmega).

The International and Mobility Office of ESS CVP Lisbon is responsible for coordinating and encourage the academic community in carrying our educational and scientific activities through protocols with international institutional partners.

The goals of the Office, in close cooperation with the Educational Areas of ESS CVP Lisbon are:

- Management of partnerships/protocols with foreign entities
- Dissemination of applications to international programs
- Management, selection and recruitment of students, faculty and staff
- Welcoming, academic and social inclusion of income students

The activity carried out by the International and Mobility Office is mostly (but not limited to) within the ERASMUS+ program, in conjunction with the other two Schools of Health of the Portuguese Red Cross in Portugal (Nore and Alto Tâmega).

The Office is led by the faculty members **Matilde Soares and Filipe Moura** which collaborates with at least on member from each Educational Area as liaison persons, as well as members of the secretariat of ESS CVP Lisbon.

The Office aims to strengthen its presence and impact on health with the increasing valorisation of international students and academic staff, promoting a culture of quality and institutional cooperation beyond borders.

Our ERASMUS CHARTER FOR HIGHER EDUCATION 2021-2027 available [HERE](#).

Accommodations and Transport

Our school is well-served by public transportation. If you come by train, the closest station is Alcantara Terra and walk North around 650 meters (around 10 min) towards Campolide.

If you come by plane, we suggest you come by taxi or Uber, as this would take around 15 minutes.

You also have a nearby bus stop (Quinta do Cabrinha, Avenida de Ceuta) for buses:

- 713 (Alameda Dom Afonso Henriques → Campolide)
- 751 (Campolide → Linda-a-Velha)
- 756 (Olaias → Junqueira).

We would like to highlight that if you come for a clinical traineeship, it will unlikely occur in our school facilities. So, please have it in mind before deciding where to rent a room for your stay in Lisbon.

We do not have a student residency. However, we have a collaboration with [Spotahome.com](https://www.spotahome.com). Our students (incoming or outgoing) have a 30% reduction fee if they use a ESS CVP promotion code. This will be provided to you by the international coordinator, upon request.

The application process for Erasmus +

ESSCVP-Lisboa incoming

Requirements

The student must be a student of one of the participating countries or be recognised as having an official status of refugee or stateless person or permanent resident according to national legislation.

The student must be registered at a higher education institution which holds an ERASMUS University Charter and to be enrolled in higher education studies leading to a recognised degree or other recognised tertiary level qualification up to and including the level of doctorate.

Regarding language proficiency, no certification is required, although a B1 English level is advisable, and a A1 Portuguese level may be helpful. The EU has launched the Online Language Support. At the EU Academy Portal, you may get access to language placement tests.

As an Erasmus+ student and receiver of the Erasmus+ grant, you will be asked to complete an online language placement test before your studies abroad.

You will be tested in the primary language of instruction. When finishing the test, you will get a certificate stating your language level. The result of the test will have no consequences for your Erasmus+ grant. The test is a tool you can use to improve your language skills.

After your departure

Regarding your Erasmus+ grant, we need to send your transcript of record to document that you have completed your studies abroad. Usually, it can take up to 5 weeks after the final exam before you and your host institution receive it.

In Portugal, our grades range from 0 (worst) to 20 (best), with a 10 being required to be considered as approved (see Table 1).

Portuguese grading scale	18 - 20	16 - 17	14 - 15	10 - 13	0 - 9
Definition	EXCELLENT	VERY GOOD	GOOD	SUFFICIENT	FAIL
ECTS Grade	A	B	C	D E	FX F

Table 1. Portuguese grading scale system

**Hope to see you soon
at **ESS** CVP Lisboa!**

