



OPINIAO

How ISEG's welcoming spirit made us more resilient and mature

ISEG has been educating leaders of thought and action since 1911. Today, at a time when society recognizes the importance of good economic management more than ever, we are here to build solutions: ISEG - 113 years of a School of Firsts

Deciding to leave our comfort zone and face a totally different life to the one that we were used to has not been an easy task. When we arrived here at ISEG, we felt completely lost, facing a reality which we had never experienced before. It was strange to walk into a lecture room and realise that, while our peers were up to speed, we were lagging behind, due to both differences in the education system and the time lost in obtaining visas. Everything was completely new: the environment, the teaching methodology, the education system, and also the people. We felt helpless. However, in the middle of all of this, we felt very welcome, thanks to our professors and colleagues, all of whom were always willing to help us and gave us a warm welcome. In addition, ISEG's Academic Services guided us and offered support at crucial moments, helping us adapt to the University's requirements and procedures. This welcoming spirit is one of the things that we most like about ISEG. We enjoy studying here, because we feel that we are surrounded by supportive colleagues, which motivates us to study even more.



Mayara Silene Gomes da Graça
2nd Year student of the Bachelors in Applied Mathematics for Economics and Management

Although we felt welcomed, there were times when we felt lonely. We missed our family and friends back in Cape Verde. At first, we hardly understood anything that the professors said – it was as if they were speaking another language. It wasn't a question of not understanding Portuguese, but rather that we weren't used to the pedagogical system and methodology, which made everything more difficult. That's why we had such a hard time keeping up with our peers.

It wasn't easy, but with effort and determination, and with the support of the faculty, we managed to overcome these barriers. Little by little, we adapted and became better prepared to face these and other challenges.

We can now truly say that ISEG has changed us. We became more resilient and mature people, thanks to the constant support of the faculty, who were always available to answer any questions we had. The exam periods, no matter how demanding, taught us to stay focused and deal with pressure. Living together at university helped us learn to interact with people from different countries and cultures, while the friends and colleagues we made became an essential part of our journey.



Camila Nita Correia Duarte
2nd Year student of the Bachelors in Management

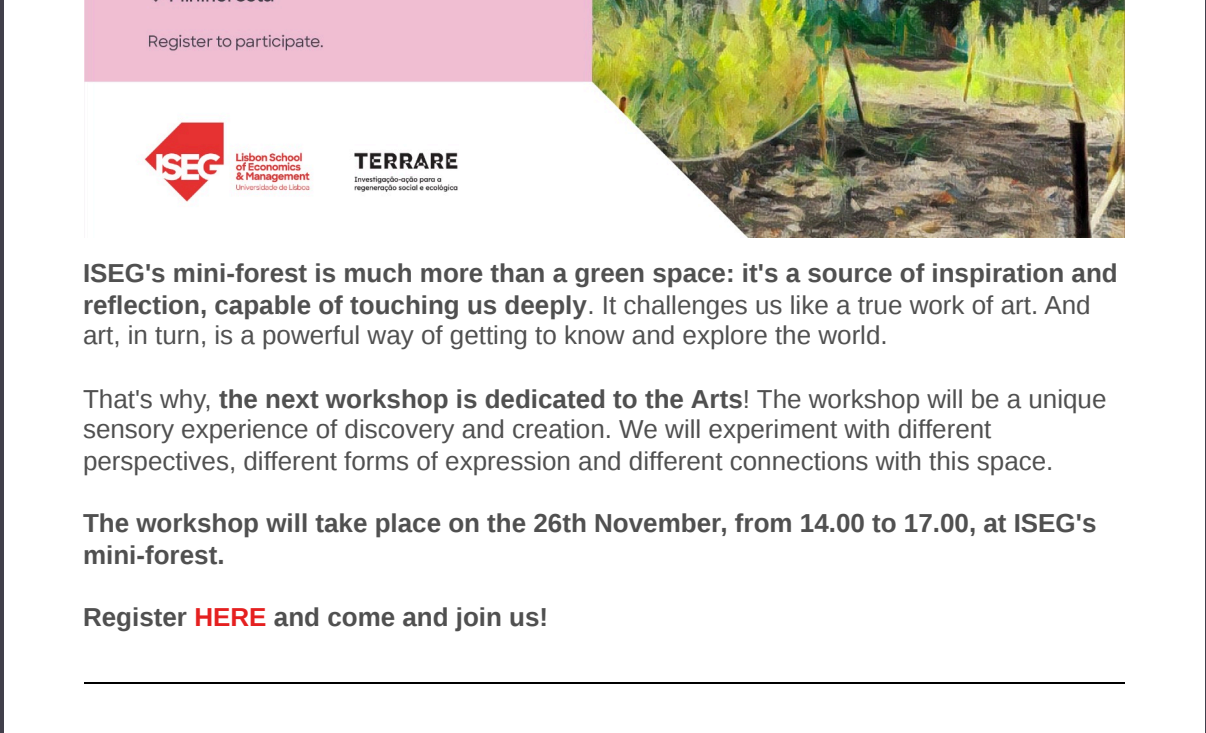
We would also like to highlight the 'General Mathematics Topics' course organised by ISEG last semester, which was key to helping us to better understand the subjects and build a solid foundation for our studies.

Reflecting on our experience at ISEG triggers a mixture of emotions. It took courage to leave our country, our families, and all we knew to embark on this new life. From the small challenges such as learning to use public transport, to sharing a house with strangers, every moment was a lesson.

The most beautiful thing about all this is looking back and realising how far we've come, thanks to our efforts, the dedication of the faculty and the Cape Verdean friends we've met here, and with whom we feel a real family.

Seminar on 'Challenges and Opportunities for PALOP Students studying at Universidade de Lisboa'

Today, the 22nd November, the Rectorate of Universidade de Lisboa hosted the seminar on 'Challenges and Opportunities for PALOP Students studying at Universidade de Lisboa', as part of the Project to Promote Success and Reduce the Dropout Rate in Higher Education.



The seminar brought together students, faculty, and experts to discuss the main challenges facing students from Portuguese-speaking African countries (PALOPs) and identify strategies designed to improve their integration and academic performance.

ISEG was represented by the team involved in this project, comprising **Filipe Oliveira**, Professor and Vice-Chair of the Pedagogical Board, **Sónia Domingues**, Director of the Academic Services, and **Olga Arsenio**, Senior Technician in the Academic Services.

The opening address was delivered by the Vice-Rector of ULisboa, **Professor Luís Castro**, who highlighted the importance of the project. This was followed by a detailed analysis of the profile of PALOP students in Portugal, presented by **Professor Clara Carvalho** (ISCTE-IUL).

There was also a round table in the morning, moderated by **Professor Filipe Oliveira** (ISEG-ULisboa), which brought together names such as **Ana Mateus** (Directorate General for Higher Education), **André Bexiga** (ISCS-ULisboa), **Alexandra Ferreira** (Faculty of Law-ULisboa), **Alicione Paulo** (Modern Languages Faculty-ULisboa), and **Mayara Graça** (ISEG-ULisboa). We also discussed challenges and strategies designed for improving student integration.

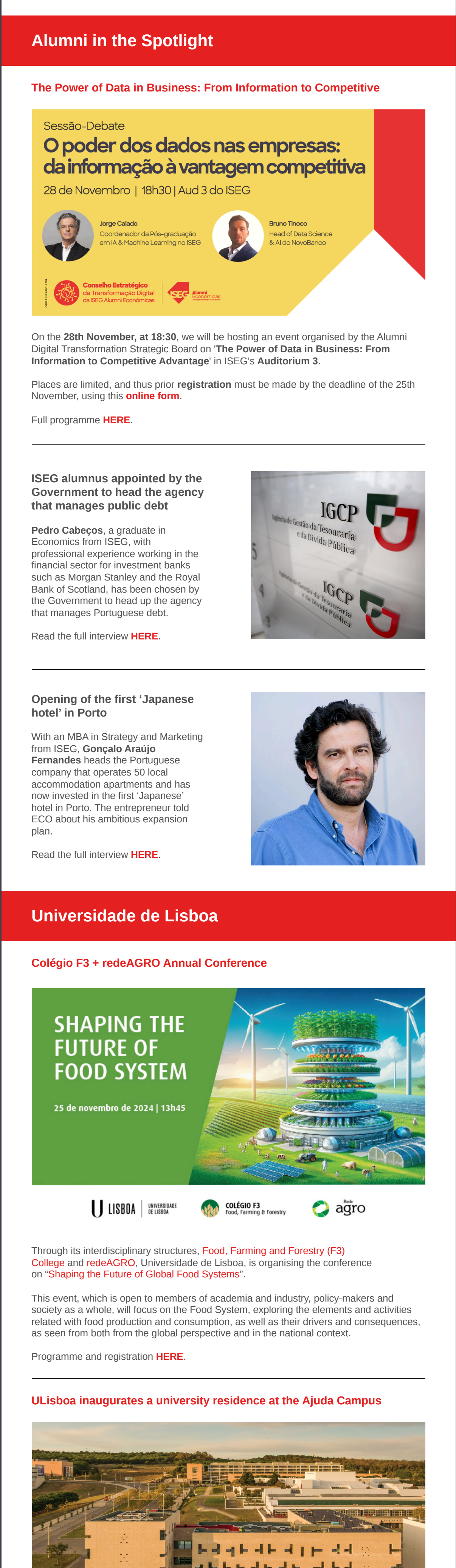
The afternoon was dedicated to discussing crucial topics, including pre-university education, academic integration difficulties, technological skills, mental health, financial support, and the ongoing evaluation of integration initiatives.

This event reinforced Universidade de Lisboa's commitment to promoting equity and academic success by creating an inclusive environment for all its students. The closing session included a collective reflection, which consolidated the proposals and ideas shared throughout the day.

The project's academic community representatives are **Luís Castro** (Vice-Rector of ULisboa), **Carla Costa**, **Ana Paula Ferreira**, and **André Bexiga** (ISCS), **Filipe Oliveira**, **Sónia Domingues** and **Olga Arsenio** (ISEG), and **Lilía Aguardanteiro Pires** and **Ana Graão** (Faculty of Modern Languages).

In this week's issue, we highlight the 'Challenges and Opportunities for PALOP Students studying at Universidade de Lisboa' seminar, the emergence of art in our Mini-Forest, the debate on 'The Power of Data in Business: From Information to Competitive Advantage', the meeting on 'Specific Educational Needs: Universal Design for When?', and the 'Mindfulness' and 'Study Methods' workshops. We also highlight the launch of the book entitled 'Rua d'Além', the OAIP seminar – 'AI as a co-supervisor: AI Tools for Research Productivity', as well as the news in the Research, Students, and Alumni sections.

The following are cited in this number: **António Afonso**, **António Mendonça**, **Carolina Amaral**, **Francisco Nunes**, **João Duque**, **João Jalles**, **João Ferreira do Amaral**, **José Alves**, **Maria Teresa Garcia**, **Patrícia Melo**, **Paulo Trigo Pereira**, **Ricardo Cabral**, **Sofia Monteiro**, and **Rafael Marques**.



The transparency of the 2025 State Budget

>> **António Afonso**, **Francisco Nunes**, **João Jalles**, **Maria Teresa Garcia**, **Patrícia Melo**, **Ricardo Cabral**, **João Ferreira do Amaral**, and **Sofia Monteiro** were part of the Scientific Advisory Board for the 2024 edition (OE2025) of the Institute of Public Policy's (IPP) OE2025 Budget Watch Report, which was coordinated by **Paulo Trigo Pereira** and **José Alves**. [see more](#)

>> **Paulo Trigo Pereira** analyses the positive and negative aspects of the 2025 State Budget. [see more](#)

>> **António Mendonça** says that Portugal needs a new impetus, in line with the tradition of convergence between economists and engineers. [see more](#)

>> **Rafael Marques** examines the loss of confidence among the Portuguese in 2023. [see more](#)

>> **João Duque** writes about RTP's funding model, highlighting advertising as a source of independence. [see more](#)

>> **João Duque** explains what the election of Donald Trump means for the trade war between the US and Asia. [see more](#)

>> **Carolina Afonso**'s statements on the challenges and opportunities of AI applied to e-commerce at the e-Commerce Awards 2024. [see more](#)

What's Up @ ISEG

Practical Mindfulness and Qi Gong Workshop

Don't miss the 'Practical Workshop on Mindfulness and Qi Gong (or Chi Kung)', on the 23rd November at ISEG, from 09.30 to 12.30.

During this workshop, Professor **João Carvalho das Neves** combines the theory and practice of Mindfulness with energy management exercises (chi kung) to improve your health and well-being, providing tools for daily life, with specific moments of interaction to clarify questions and doubts.

The workshop is free, but places are limited. To take part in the workshop, please register by email: ritasilvacosta@hotmail.com

Programme [HERE](#).

ISEG Mini-forest | The next workshop is dedicated to the Arts

ISEG's mini-forest is much more than a green space: it's a source of inspiration and reflection, capable of touching us deeply. It challenges us like a true work of art. And art, in turn, is a powerful way of getting to know and explore the world.

That's why, the next workshop is dedicated to the Arts! The workshop will be a unique sensory experience of discovery and creation. We will experiment with different perspectives, different forms of expression and different connections with this space.

The workshop will take place on the 26th November, from 14.00 to 17.00, at ISEG's mini-forest.

Register [HERE](#) and come and join us!

Workshop | Study Methods

The 'Study methods' workshop will be held at ISEG (Santander Room) on the 29th November, with the objective to highlight practical strategies and appropriate study methods and promote study efficiency. The training will take place from 14.00 to 16.00.

This training is part of the Programme to Combat Failure and Dropout in Higher Education, organised by Universidade de Lisboa.

Enrolment [HERE](#).

Book launch - 'Rua d'Além'

ISEG will host the presentation of the book 'Rua d'Além', by **Margarida Chagas Lopes** on the 29th November, at 18.00, in the CGD Auditorium.

The book will be presented by **Sara Falcão Casaca**, an ISEG professor, and **Miguel Montez Leal**, a professor at Universidade Nova de Lisboa.

As part of the event, there will also be a special musical moment, featuring Lourenço Reigado (alto saxophone) and Duarte Teixeira (horizontal flute).

Free admission.

'Specific Educational Needs, Universal Design for when?' meeting

The 'Specific Educational Needs, Universal Design for when?' meeting, promoted by the NEE NETWORK of ULisboa, took place on the 19th November at the Universidade de Lisboa Rectorate.

The 18 schools of ULisboa were invited and ISEG was represented by **Helena Gata** (professor and coordinator of the Different Minds, Academia Inclusiva), **Ana Filipa Loureiro** and **Cláudia Moura**, both from the Academic Services, as well as **Adriana Cruz** (a student and tutor of the Different Minds project).

The event shone in terms of its exchange of experiences and reflection on the implementation of Universal Design, which benefits all students, promoting an increasingly inclusive academic environment. The participation and involvement of all those present was key to the event's success.

OAIP Seminar | AI as a co-supervisor: AI Tools for Research Productivity', with Prof. Tiago Gonçalves

On the 20th November, the OAIP-Observatory of Pedagogical Action and Innovation had the pleasure to receive Professor **Tiago Gonçalves**, an ISEG professor, to hold the seminar 'AI as a co-supervisor: AI Tools for Research Productivity', which was presented in Room 101 - New Quelhas.

During the seminar, the potential of AI (ChatGPT and other similar tools) in carrying out research assignments, especially in the context of TFM (Final Masters Works), Professor **Tiago Gonçalves** demonstrated how these tools can not only leverage research work, but can also support the supervision of students during their TFM, as long as the various risks are mitigated. Practical examples of the tools were presented, ranging from the exploration of the topic through to the final editing of the report.

The seminar was a success and was attended by many colleagues who shared their experiences and actively participated in the discussion, which provided a moment for socialising and the exchange of ideas.

Research News

ISEG Research Seminar with Yannick Hoga

The next ISEG Research Seminar will take place on the 27th November, with the participation of **Yannick Hoga**, from the University of Duisburg-Essen, who will present the paper on 'Regulators under Adverse Conditions'.

The seminar will be held from 13.00 to 14.00 in Lecture Theatre 4 (Quelhas, 4th Floor).

Free admission.

Highlights | EIMS – European Journal of Management Studies

The new issue of the European Journal of Management Studies, ISEG's academic publication in the field of Management, is now available (Volume 29, Issue 3).

It can be consulted [on this LINK](#).

Student News

A dose of Economics podcast: 'Argentina in the hands of Javier Milei'

In this episode, we analyse how the Javier Milei phenomenon came about, what his thinking is, and what the results of his mandate have been so far.

You can listen to it [HERE](#).

The podcast results from a partnership between ECO and the ISEG Young Economics Society.

Alumni in the Spotlight

The Power of Data in Business: From Information to Competitive

On the 28th November, at 18:30, we will be hosting an event organised by the Alumni Digital Transformation Strategic Board on 'The Power of Data in Business: From Information to Competitive Advantage' in ISEG's Auditorium 3.

Places are limited, and thus prior registration must be made by the deadline of the 25th November, using this [online form](#).

Full programme [HERE](#).

ISEG alumnus appointed by the Government to head the agency that manages public debt

Pedro Cabecoes, a graduate in Economics from ISEG, with professional experience working in the financial sector for investment banks such as Morgan Stanley and the Royal Bank of Scotland, has been chosen by the Government to head up the agency that manages Portuguese debt.

Read the full interview [HERE](#).

Opening of the first 'Japanese hotel' in Porto

With an MBA in Strategy and Marketing from ISEG, **Gonçalo Araújo Fernandes** heads the Portuguese company that operates 50 local accommodation apartments and has now invested in the first 'Japanese' hotel in Porto. The entrepreneur told ECO about his ambitious expansion plan.

Read the full interview [HERE](#).

Universidade de Lisboa

Colégio F3 + redeAGRO Annual Conference

Through its interdisciplinary structures, **Food, Farming and Forestry (F3) College** and **redeAGRO**, Universidade de Lisboa, is organising the conference on "Shaping the Future of Global Food Systems".

This event, which will open to members of academia and industry, policy-makers and society as a whole, will focus on the Food System, exploring the elements and activities related with food production and consumption, as well as their drivers and consequences, as seen from both from the global perspective and in the national context.

Programme and registration [HERE](#).

ULisboa inaugurates a university residence at the Ajuda Campus

Yesterday, the 21st November, Universidade de Lisboa inaugurated the new **Residência Ventura Terra** at the Ajuda Campus. The ceremony was attended by the Prime Minister, **Lúis Montenegro**, the Minister of Education, Science and Innovation, **Fernando Alexandre**, and also the Mayor of Lisbon, **Carlos Moedas**.

With 307 beds, the new residence includes 123 additional places, the result of an investment of 2.4 million euros, funded by the National Higher Education Accommodation Programme (PNAES) and the Recovery and Resilience Plan (PRR). The project was designed by CVDB Arquitectos.

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