

SUMMER 2026

June 20 - July 10, 2026 (3-weeks)

# Clinical Shadowing Lisbon, Portugal



**Outset**



## **We're so excited you're interested in shadowing physicians in Portugal with Outset Abroad!**

Lisbon is one of Europe's most dynamic cities – a place where centuries of history meet a thriving modern culture, set against the backdrop of the Atlantic coast. With its distinctive neighborhoods, world-class food, and warm, welcoming energy, Lisbon offers an extraordinary setting for pre-med students ready to explore medicine beyond the US.

During the Portugal Clinical Shadowing program, students spend three weeks inside Hospital da Luz – one of Portugal's leading private hospitals. During the three week program, students will rotate through multiple specialties alongside practicing physicians. With a 1:1 or 2:1 student-to-doctor ratio and a cohort of 8 students, every day in the hospital is personal, firsthand, and clinically meaningful.

Beyond the hospital, students explore Lisbon together – from group dinners at some of the city's best restaurants to full-day excursions into the Portuguese countryside and coastline. These shared experiences are built into the program by design, giving students the time and space to connect with their cohort, experience daily life in Portugal, and make the most of three weeks abroad.

**Apply Now**

# Medicine in action

The Outset Abroad: Clinical Shadowing program gives pre-med students direct access to practicing physicians inside Hospital da Luz – one of Portugal's leading private hospitals. Over three weeks, students rotate through a new specialty each week, observing real patient care, following physicians through their daily routines, and gaining a firsthand understanding of how medicine is practiced in an international hospital setting.

With a cohort of 8 students and a 1:1 or 1:2 student-to-doctor ratio, this is not a program where you watch from the back of the room. By the end of the program, students will have logged 60+ AAMC-compliant clinical hours across multiple specialties, building the comparative perspective and real-world exposure that medical school applications and interviewers notice.

## **Specialty Rotations:**

Students rotate through one specialty per week. Exact specialties are confirmed closer to the program start date and may include (departments will be confirmed closer to program dates):

- Internal Medicine
- General Surgery
- Cardiology
- Emergency Medicine
- Orthopedics
- Oncology

## **What students observe and experience:**

Each rotation gives students a window into the full scope of a physician's work, including:

- Patient consultations and physician-patient interactions
- Clinical decision-making and diagnostic reasoning
- Rounds, case discussions, and team-based care
- Procedural observation in relevant specialties
- How Portugal's healthcare system approaches patient care – and how it compares to medicine in the US





# Exploring Portugal and building friendships

Outset students don't just shadow physicians together – they explore one of Europe's most exciting cities, share meals at great restaurants, and build friendships that last well beyond three weeks. Each summer, we thoughtfully plan our social and cultural schedule around the location and the group, ensuring students get the most out of their time in Portugal.

After the shadowing day in the hospital wraps up, Lisbon is waiting. Afternoons and evenings are yours to explore – wandering the colorful hilltop neighborhoods of Alfama and Bairro Alto, riding the iconic yellow trams, discovering local cafés, snacking on the famed pastel de natas of the city, or heading down to the waterfront along the Tagus.

Some students use weekends to take day trips to nearby cities like Sintra or Porto, where castles, coastline, and some of the best food in Europe are all within easy reach.

Built into the program are shared experiences designed to help students connect: weekly group dinners at some of Lisbon's best restaurants, a full-day excursion with transport and activities included, and an Outset team that's with you every step of the way. Meals in Portugal are a highlight in their own right – from pastel de nata at a neighborhood bakery to fresh seafood and a proper Portuguese dinner with your cohort. These moments are where friendships form, and where three weeks start to feel like a lot more.

*Note: Specific activities are finalized closer to the program start date and will be shared with enrolled students during pre-departure calls with staff.*



# Your time in Portugal

Below is an **example** of what a week in Outset's Lisbon program looks like. Each summer we tailor the schedule to the group and the hospital, blending shadowing hours, free time in the city, and shared experiences that bring the program to life. Your full schedule will be shared in May 2026.

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- Saturday** Arrive in Lisbon, settle into housing, and meet your fellow students and the Outset team. Welcome dinner together at a local Lisbon restaurant.
- Sunday** Orientation day – city walkthrough with your cohort and group leader, hospital prep session, and an evening exploring Lisbon together.
- Monday** Hospital shadowing, your week 1 specialty, 9:00am–2:00pm. Afternoon free to explore the city – neighborhoods, cafés, trams, and the waterfront.
- Tuesday** Hospital shadowing 9:00am–2:00pm. Afternoon free. Evening group dinner with your cohort and group leader at one of Lisbon's most authentic restaurants.
- Wednesday** Hospital shadowing, 9:00am–2:00pm. Afternoon free or optional guided activity with Outset staff.
- Thursday** Hospital shadowing, 9:00am–2:00pm. Wrap up Week 1 shadowing. Evening free.
- Friday** Free day – no shadowing. Explore Lisbon, take a day trip to Sintra or the Cascais coast, or rest up for the weekend.
- Saturday** Free day – plan your own adventure or explore with your cohort. Or maybe you're on a full weekend trip - this is a great time to explore!

Each of the three weeks follows a similar rhythm – mornings at Hospital De Luz shadowing physicians Monday through Thursday, afternoons and evenings free to explore Lisbon, and shared moments built in throughout. What changes week to week is the specialty rotation, giving you exposure to a different area of medicine each week.

# FAQs

## What are the program dates?

The 2026 program dates for Outset in Lisbon are **June 20 – July 10, 2026 (3 weeks)**. Students will need to arrive in Lisbon on June 20 and depart on July 10. Most students traveling from the U.S. will need to depart the day prior to account for overnight flights and time zone changes.

## Is there a language requirement?

No. All shadowing and program activities are conducted in English, and the physicians you'll work with are conversational in English. Portuguese is not required – though we always encourage picking up a few words before you arrive!

## Do I need a visa to travel to Portugal?

No special visa is required. All U.S. students can enter Portugal on a tourist visa, which is granted upon arrival and does not require prior application.

## Is there an eligibility requirement?

Outset in Lisbon is open to college students who are pre-med or pre-health. Students must be 18 years or older to participate.

## Admissions deadline & process?

There is no deadline – we have rolling admissions. Applications are reviewed on a first-come, first-served basis, and spots are limited to 8 students.

## What is the cost?

**The program fee is \$5,995 for 3 weeks.** This includes 24/7 staff support, housing in Lisbon, all breakfasts, one group dinner per week, lunch on excursion days, 60+ hours of clinical shadowing, transportation to and from hospital, weekly full-day excursion, and travel health insurance. Roundtrip airfare to Lisbon is not included.

## Is there financial aid?

Yes. If you need financial aid, please indicate this on your application. We are not able to guarantee aid but we take every request seriously.

## What type of staff support is there?

Outset staff are available 24/7 throughout the program to support and guide students. Our staff provide a safety orientation upon arrival and are reachable at all times during your stay in Lisbon.

## Will I have free time to explore?

Absolutely. Most afternoons and evenings, as well as weekends, are yours to explore Lisbon and the surrounding area. Some students take day trips to nearby cities like Sintra or Porto on weekends.

**More Questions? Contact Us**



Ready for 3 weeks of  
shadowing in Portugal?

**Apply Now**