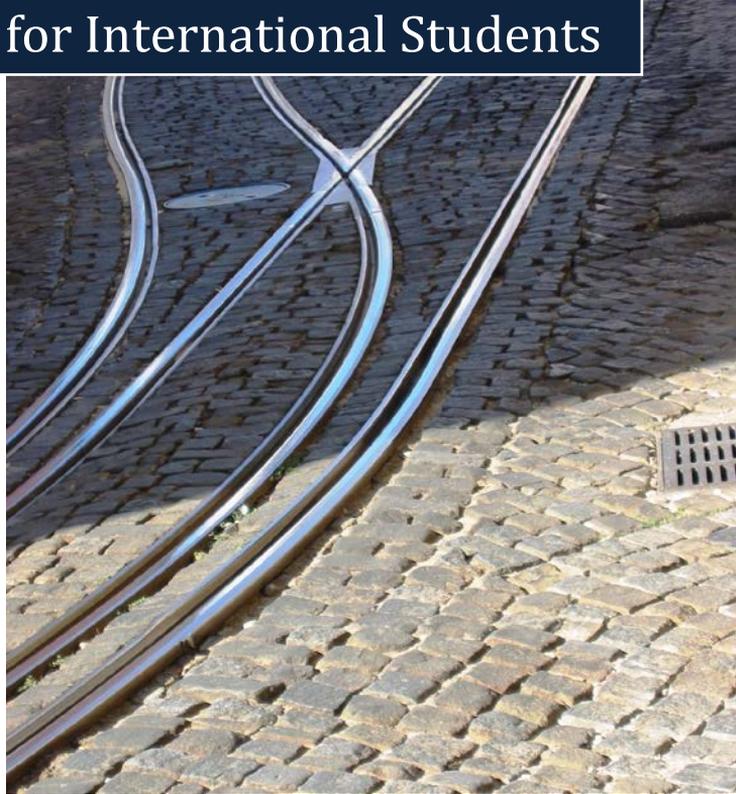


2014

**YOUR WAY TO PORTUGAL:
A Guide for International Students**



Purpose of the Guide

Arriving in a new country to live and study is always a challenge.

The purpose of this guide is to make this challenge easier for students wishing to study in Portugal. It provides practical information about life in Portugal and about procedures that students will have to carry out before and upon arrival, as well as tips provided by students that had this experience.

We hope this guide will be helpful for all international students interested in studying in Portugal to fully embrace and enjoy a mobility period in our country.

It was prepared by the Unit for Recognition, Mobility and International Cooperation, from the Portuguese Directorate General for Higher Education (DGES) – Ministry of Education and Science.

You may visit our website:

www.dges.mec.pt/en/pages/drmci_pages/mobility/mobility.html

www.studyinportugal.edu.pt

Colophon

Editor

DRMCI - Unit for Recognition, Mobility and International Cooperation

DGES - Directorate General for Higher Education

Av. Duque d'Ávila 137

1069-016 Lisboa

Portugal

Coordination and Editing

Ana Mateus

Leonor Santa Clara

Manuela Paiva

Sarah Fernandes

Hugo Sena

No reproduction, no copy, transmission or translation of this publication may be made without written permission. Please cite this publication.

TABLE OF CONTENTS

1. PORTUGAL	3
GENERAL INFORMATION.....	4
2. STUDYING IN PORTUGAL	6
2.1. PORTUGUESE HIGHER EDUCATION.....	6
2.2. LIBRARIES.....	9
2.3. LEARNING PORTUGUESE.....	9
3. BEFORE DEPARTURE	10
3.1. ENTRY REQUIREMENTS.....	10
3.2. TRAVEL ARRANGEMENTS	11
4. ACCOMODATION	12
5. AFTER ARRIVAL	13
5.1. RESIDENCE CONDITIONS	13
5.2. HEALTH.....	14
5.3. MONEY	15
6. LIVING IN PORTUGAL	16
6.1. CULTURAL ASPECTS	16
6.2 FOOD AND DRINK.....	17
6.3. SPORTS	19
6.4. COMMUNICATIONS.....	19
6.5. SERVICES	20
7. TRAVEL & LEISURE	21
7.1. GETTING AROUND	21
7.2. CULTURE & PLACES TO VISIT	22

1. PORTUGAL

GENERAL INFORMATION



Located at the extreme southwest of Europe, the Republic of Portugal is constituted by the continental territory and two Autonomous Regions, the archipelagos of Madeira and Azores (*Açores*). The Continent is divided into 18 districts. Portugal's total area is approximately 92.000Km² and there are around 10 million inhabitants. The Portuguese Republic borders Spain North and East and has an extensive maritime coastline South and West that bathes the Atlantic Ocean. The country's capital is Lisbon and the official language is Portuguese.

History

Portugal was founded in 1143, being one of the oldest countries in Europe. Until the 5th October 1910, when the foundations of the Modern Portuguese Republic were laid, the Portuguese monarchy had developed a long history of discoveries and conquests in Africa, India and Brazil. In 1926, the parliamentary regime was replaced by a military dictatorship leading to the formation of the *Estado Novo* in 1933. Democracy was restored 41 years later, on the 25th April 1974, through a nearly bloodless coup, later nicknamed the Revolution of the Carnations, which are still a national symbol of freedom. In the following years, mostly as a consequence of the restoration of democracy, independence was granted to some of Portugal's last colonies: São Tomé & Príncipe, Angola, Guinea-Bissau, Mozambique and Cape Verde.

A special relationship has been maintained with these Portuguese speaking countries, along with Brazil and East Timor, and developed through

the Community of Portuguese Language Countries (CPLP).

Portugal is part of diverse international organizations (e.g. United Nations, OECD, NATO, CoE) and is a member of the European Union (EU) since 1986.

Political system

Portugal is a Parliamentary Republic. The President is directly elected by universal adult suffrage every 5 years. Executive power is exercised by the Council of Ministers. Legislative power is vested in both the government and the Parliament. Since 1975 the party system is dominated by the Socialist Party (*Partido Socialista*) and Social Democratic Party (*Partido Social Democrata*). Other political parties include: *Bloco de Esquerda*, *Partido Comunista Português*, *CDS/Partido Popular*.

Economy

After the accession to the EU in 1986, Portugal benefited from a significant economic growth and development throughout the 90s, largely thanks to the funds allocated by the European Union to improve the country's infrastructures. Portugal is a modern economy where the service industry, particularly tourism, is playing an increasingly important role. Today Portugal is also part of the "euro area" (Economic and Monetary Union).

Currency

Since January 2002 the Euro has replaced the Escudo as the national currency.

Religion

Although Portugal is a laic country, most Portuguese citizens are Roman Catholics and many holidays have a religious character.

Climate

Mainland Portugal is blessed with both an Atlantic and Mediterranean climate, providing mild year-round weather with no excessive variations of temperature (usually between 10° C in winter and 30° C in summer).

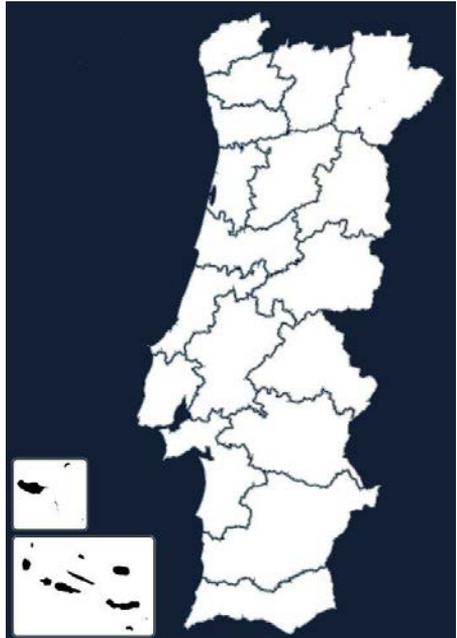


Safety

Portugal is considered, by international standards, a safe country with low levels of crime. However, there may be some risks, namely of pick pocketing in tourist areas. You should use common sense and avoid some areas namely in big cities.

Time Zone

Continental Portugal and the Madeira archipelago adhere to the Greenwich Mean Time (GMT). In the Azores archipelago it is one hour earlier than in the rest of Portugal and Madeira. From October to March, Portugal (continent & islands) uses the daylight saving time.



USEFUL LINKS

Portuguese Government:
<http://www.portugal.gov.pt/en.aspx>

Portuguese Parliament:
<http://www.en.parlamento.pt>

Visit Portugal:
<http://www.visitportugal.com/en>

2. STUDYING IN PORTUGAL

2.1. PORTUGUESE HIGHER EDUCATION

History

In Portugal, before the 1960s the attendance of Higher Education Institutions was very low and usually restricted to members of middle and upper class families. Higher Education Institutions were very few (the oldest one being the University of Coimbra, founded in 1290). The illiteracy rate was extremely high for Western European standards. However, during the last decade of the *Estado Novo* regime, secondary and university education experienced the fastest growth of Portuguese education's history. Today Higher Education is generalised and many secondary education students enrol in Higher Education.

The Higher Education System

The Portuguese Higher Education system has been undergoing a profound reform. This objective is part of a European-wide strategy for the modernisation of Higher Education promoting the knowledge-based economy and society. A series of measures have been introduced in the last years for the accomplishment of the **Bologna Process**¹ with the aim to widen access to Higher Education, particularly for new publics, guaranteeing quality evaluation, modernising and internationalising Higher Education.

Higher Education in Portugal is divided into two sub-systems, university education and non-university Higher Education (polytechnic education).

The network of **public Higher Education Institutions** comprises 14 Universities, 20 Polytechnic Institutes (non-university Higher Education Institutions) and 6 institutions of military and police Higher Education.

The network of **private Higher Education Institutions** comprises 33 Universities and 54 non-university Higher Education Institutions (polytechnics).

Universities are usually organised into *faculdades* (faculties), *institutos* (institutes), *escolas* (schools) or other units (e.g. departments). Polytechnics, on the other hand, are mainly organised into *institutos* (institutes) and *escolas* (schools).

Degrees Offered

Higher Education provides the following academic degrees: *licenciado* (first-cycle degree/bachelor), *mestre* (second-cycle degree/master) and *doutor* (third-cycle degree/PhD).

Both university and polytechnic institutions confer first-cycle and second-cycle degrees, while only universities are entitled to award third-cycle degrees.

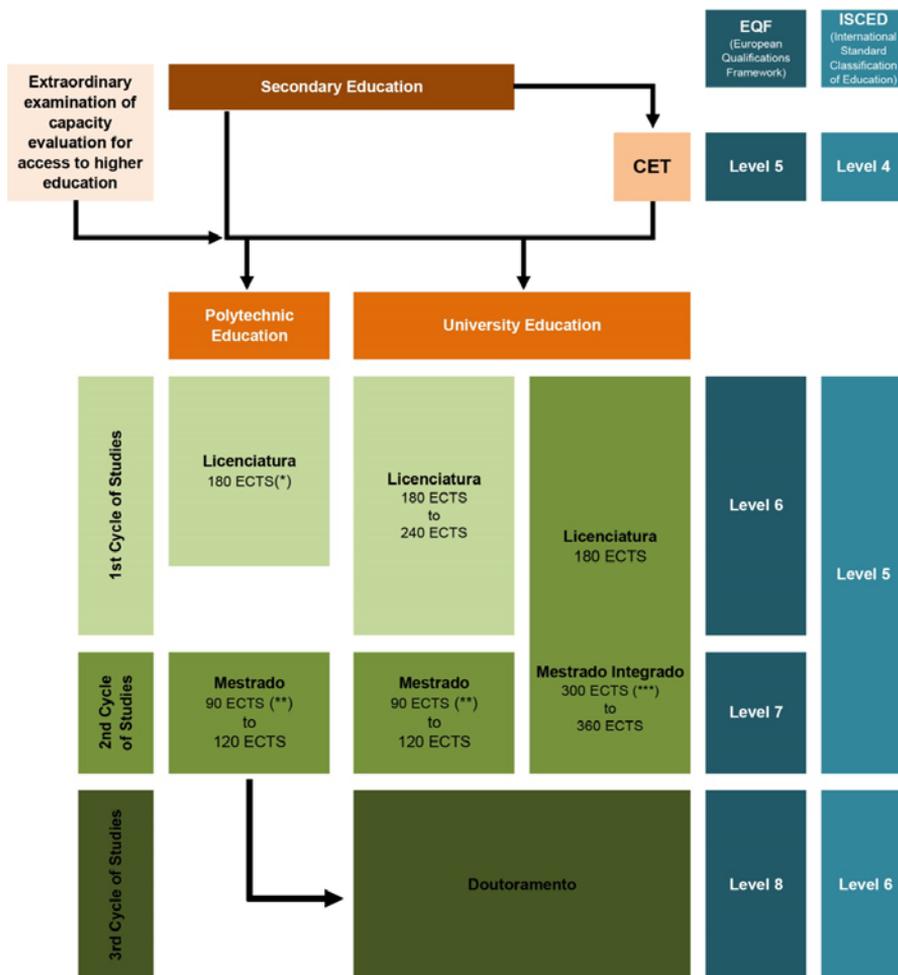
In polytechnics, a *licenciado* degree normally involves six semesters, which corresponds to 180 credits. In universities a *licenciado* degree normally lasts from six to eight semesters, which corresponds to 180 or 240 credits.

The study cycle that leads to the *mestre* degree lasts between three and four semesters, both in universities and polytechnics, corresponding to 90 or 120 credits. In universities and for certain fields of study that lead to some professional activities (e.g. architecture, medicine, dentistry, etc...), a *mestrado integrado* of 300 to 360 credits is awarded after an integrated cycle of studies.

Universities confer the degree of *doutor* after concluding the study programme of the *doutoramento* (doctorate) and publicly defending the thesis.

¹ http://ec.europa.eu/education/policy/higher-education/bologna-process_en.htm

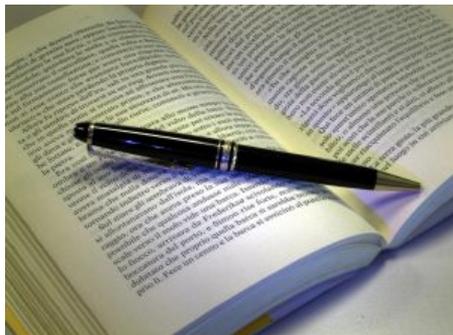
Diagram of the Portuguese Higher Education System according to Bologna



(*) Except when in order to exercise a certain professional activity requiring education and training rating between 210 and 240 ECTS.

(**) In exceptional circumstances, and subject to the fulfillment of every requirement relating to the definition of the objectives of the degree and the conditions for acquiring the latter, a cycle of studies leading to a *Mestre* degree in a specialized field may be amount 60 credits resulting from a stable and consolidated practice in that specific field at international level.

(***) A *Mestre* degree may also be granted following an integrated cycle of studies of which the duration, for the purposes of obtaining access to a professional activity, a) is established by European Union regulations; and b) results from a regular and consolidated practice within the European Union; in such cases, a *Licenciado* degree is granted to students having obtained 180 ECTS (3 years, 6 semesters).



Portuguese Higher Education Institutions may also offer other certificates after completion of a programme of studies at undergraduate or post-graduate level, which do not confer any academic degrees, as well as short-cycle programmes.

More and more courses are also being developed in a foreign language, namely in English. There has also been an increase in the creation of new joint courses with national and international Higher Education Institutions.

You may consult the courses available through the following website:
www.studyinportugal.edu.pt

Application to Higher Education

To apply for first-cycle Higher Education courses, students must go through a competitive process with access being regulated by the *numerous clauses* system.

More recently a new specific access system was introduced for third country students, that is managed directly by the Higher Education Institutions (www.studyinportugal.edu.pt).

Application for postgraduate studies (2nd and 3rd cycles) should always be made directly at the Higher Education Institution.

Most Higher Education Institutions have international offices that may provide you with additional information.

Academic Calendar

The academic year is divided in two semesters the first starting in September and ending in January and the second semesters takes place between February and June.

Assessment

Assessment can be either continuous or final, depending on the course or the module taken.

In a continuous assessment scheme, during the academic year, students have to submit one or two essays (*trabalhos*), prepare presentations (*apresentações*) or sit for short tests. At the end of the academic year or of the module, final examinations take place which are usually written, although oral exams are also possible.

Grading System

The Portuguese grading system is based on a scale of 0 to 20. In order to pass a subject, you must achieve a minimum mark of 10.

0-9	insufficient
10-13	sufficient
14-15	good
16-17	very good
18-20	excellent

USEFUL LINKS

DGES - DG for Higher Education

www.studyinportugal.edu.pt

www.dges.mec.pt/en/

2.2. LIBRARIES



A full list of Portuguese libraries (national, municipal, university based, etc.) can be found at the

following addresses:

<http://bibliotecas.wetpaint.com/>

<http://bibliotecas.universia.pt/>

One of the most spectacular libraries in the world is the *Biblioteca Joanina* of the University of Coimbra (<http://bibliotecajoanina.uc.pt/>). This Baroque library owes its name to King João V who sponsored its construction in the 18th century.

King João V is also responsible for the construction of the Mafra National Palace which holds one of the finest libraries in Europe, decorated with precious marble and exotic wood (<http://www.palaciomafra.pt/en-GB/Library/ContentList.aspx>)

2.3. LEARNING PORTUGUESE

Of Latin origin, Portuguese is the third most widely spoken European language in the world and is mother tongue to about 200 million people in Angola, Cape Verde Islands, Guinea-Bissau, Mozambique, S. Tomé and Príncipe in Africa and Brazil in South America. The most commonly spoken foreign languages are English, Spanish, and French. German is also known in some tourist regions of the country.

Despite its similarities to Spanish, Portuguese sounds more like a Slavic language than a Romanic one to an untrained ear. It will therefore take you some time to get acquainted with Portuguese pronunciation.

Fluency in Portuguese can also facilitate integration and better understanding Portuguese habits and customs.

There are many ways to improve your linguistic skills:

- attending a Portuguese language course in your home country
- doing an online Portuguese language course
- enrolling in a language course offered by your university
- enrolling in a language course offered by local municipalities in Portugal. These courses are often free of charge and are usually taught after working hours
- attending a language course in a private school

USEFUL LINKS

Portuguese Language Centers and Cultural Institutes abroad:

<http://www.instituto-camoes.pt/>

Euraxess Portugal - portal providing information for Researchers in Portugal:

<http://www.euraxess.pt/incoming/language.phtml.en>

Tips:

- ✓ An additional way of learning Portuguese can be by going to the cinema. In Portugal, foreign films are not dubbed but are subtitled instead. Subtitles can be a very useful means of picking up some Portuguese, namely idioms and typical expressions.

3. BEFORE DEPARTURE



3.1. ENTRY REQUIREMENTS

Portugal is part of the Schengen Area, a group of 26 European Countries which have abolished all border controls between each other. Hence, most citizens of the EU, the European Economic Area (EEA – Andorra, Iceland, Liechtenstein and Norway) as well as Switzerland need only an identity card in order to enter Portugal.

For short stays (up to 90 days) visitors from the following countries can enter Portugal with Passport Only: Argentina, Australia, Bolivia, Brazil, Brunei, Bulgaria, Canada, Chile, Costa Rica, Croatia, El Salvador, Guatemala, Honduras, Israel, Japan, Malaysia, Mexico, Monaco, New Zealand, Nicaragua, Panama, Paraguay, Romania, San Marino, Singapore, South Korea, United States of America, Uruguay, Vatican, Venezuela and Special Administrative Regions of the People's Republic of China in Hong Kong and Macao. Citizens from countries not mentioned above need a VISA to enter Portugal.

This list may change, so you should confirm with your local Portuguese Embassy or Consulate.

Visas for Third Country Nationals

Any type of Visa can be requested at any Portuguese Embassy or Consulate in one's home country.

Student & Researcher Visa

As a general rule, the necessary documents for student visa applications for entry in Portugal are:

- Passport or other travelling document (Expiration date not less than three months later than visa's)
- Three passport size photos
- Criminal register
- Health insurance certificate
- Lodging certificate in Portugal
- Proof of funds upon arrival in Portugal
- Academic registration document
- Vaccines bulletin
- Academic qualifications document (certified by the local Portuguese Embassy/Consulate)

Additional documents may be required, so this information should be confirmed when requesting a Visa.

Tips:

- ✓ Apply for the Visa as soon as possible! Visa issues demand some time and attention.
- ✓ Check with the relevant Embassies/Consulates regarding which documents you need to obtain a visa.
- ✓ Double check all forms and the information you fill in. Sometimes small mistakes may result in the refusal of the visa request.

Always keep copies of the originals you submit! You may need them.

USEFUL LINKS

Portuguese Embassies and Consulates in the world:

<http://www.secomunidades.pt/web/guest/PostosConsulares>

<http://pt.embassyinformation.com/>

3.2. TRAVEL ARRANGEMENTS

Arrival²

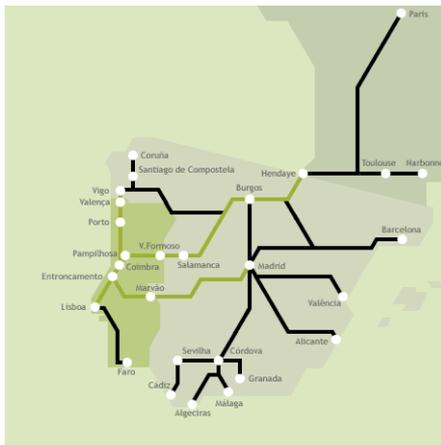
In most cases you will be arriving by plane, Lisbon's airport being the main international entryway, and it offers connections to other Portuguese cities. All overland connections are, of course, through Spain.

BY PLANE In Portugal there are the following international airports: Lisbon, Oporto, Beja, Faro, Funchal (Madeira), Ponta Delgada (São Miguel Island-Azores) and Lages (Terceira Island-Azores). In addition, several low-cost airlines which operate various routes around Europe (e.g. Easy Jet; Vueling; German Wings; Ryanair) also fly to Portugal.

BY CAR: As in most Western European countries, traffic in Portugal is on the right hand side. The Portugal-Spain border can be crossed through various locations such as: Valença do Minho, Chaves, Bragança, Guarda/Vilar Formoso, Elvas, Serpa and Vila Real de Santo António.

BY BUS: Buses can be a cheaper option—especially for under-30, students or seniors. Two of the options for European long-distance bus travel are Eurolines and Busabout.

BY TRAIN: Daily international trains run between Paris-Coimbra-Lisbon (*Sud Expresso*); between Madrid-Coimbra-Lisbon (*Lusitânia Comboio Hotel*); and between Vigo-Oporto (*Celta*).



Source: www.cp.pt

USEFUL LINKS

TAP-Air Portugal
www.flytap.pt

Airports in Portugal
www.ana.pt

Eurolines
www.eurolines.com

Busabout
www.busabout.com

CP (Caminhos de Ferro Portugueses)
www.cp.pt

² Source: Agência Nacional PROALV, *Portugal, A Student's guide for Higher Education*, 2009

4. ACCOMODATION



The majority of Portuguese Higher Education Institutions offer accommodation in Student Residences. These are usually spread out around the city/town. Higher Education Institution campuses which include housing facilities are rare in Portugal.

Although the easiest and often cheapest option for students is to stay in Students' Residence, you may want to rent your own room/flat. If so, check:

- local newspapers (e.g. *Ocasião*)
- Internet (e.g. *EasyQuarto*; *BQuarto*; *Erasmus Lisboa*, OLX, etc.)
- Pin-walls inside Higher Education Institutions buildings'

Sharing a flat with other students is very common in Portugal. Prices vary significantly depending on the city (Lisbon is e.g. more expensive than other Portuguese cities) and the area (living in the outskirts is, obviously, less expensive than living in town centre). Prices range roughly from 150€ up to 350€ depending on location, facilities, and the landlord's common sense!

Tips:

- ✓ Try to see the room in person before renting it. Pictures on the internet are often misleading.
- ✓ If possible, contact other students of your institution to get advice on how to find a room to rent in the city where you plan to study next. If you are lucky, he/she will even offer you his/her room for the following semester.
- ✓ Bear in mind that in Portugal it is still very common for old people to rent a room in their own house/apartment. If you want to avoid this kind of accommodation, look for flats '*sem senhorio*' (without landlord).

USEFUL LINKS

www.easyquarto.com.pt
www.uniplaces.com/pt/
<https://home-4-students.com/>
www.home2students.com/
www.spru.pt/
www.erasmuslisboa.com
www.esnporto.org/
www.erasmuspalace.com/
www.bquarto.pt/
www.ocasiao.pt
www.olx.pt/

5. AFTER ARRIVAL



5.1. RESIDENCE CONDITIONS

Citizens of the EU, Iceland, Norway, Liechtenstein and Switzerland, whose stay in national territory lasts more than 3 months must formalise their right of residence through a *Certificado de Registo* in the Municipality (*Câmara Municipal*) of the area of residence or the nearest Foreigners' Department (*Serviço de Estrangeiros e Fronteiras /SEF*) of the area of residence. EU students/academics only have to present a valid identity card/passport and proof of academic registration.

Third Country nationals planning to stay in Portugal for longer than 90 days must apply for a *Autorização de Residência* upon arrival in Portugal. Applications must be submitted at the nearest *SEF* (there are offices in most major cities). For third-country nationals, the required documents are similar to the ones required for visa applications:

- Passport or other travelling document
- Valid Visa (where applicable)
- Two passport size photos
- Criminal register
- Health insurance certificate
- Lodging certificate in Portugal
- Proof of funds upon arrival in Portugal
- Academic registration document
- Vaccines bulletin

Tips:

- ✓ WHAT TO DO IF YOUR VISA EXPIRES BEFORE YOU LEAVE THE COUNTRY...
 - Call *SEF* (808 202 653) and schedule an interview to renew your visa. Due to the high number of queries, your call is more likely to be taken early in the morning (8am) or late in the evening (7pm).
 - After you schedule your interview (probably in a month's time) you will need to gather the documents they ask for you to renew your visa (See: 3.1 Residence Conditions).
 - After you gather all these documents you go to *SEF*, wait patiently, and pay. Then you receive a receipt that you **MUST** keep, for this will be the only proof that you have renewed your visa. Give one to two months for your visa card to be finally ready.
- ✓ HOW TO OBTAIN A LODGING CERTIFICATE:
 - If you live at a Students' Residence: this will be included in the letter from the institution.
 - If you don't live at a Students' Residence: you will need to go to the corresponding *Junta de Freguesia* (which is a kind of city hall of each neighbourhood) and ask for a *comprovativo de morada*. That might be a little complicated given that at *Junta de Freguesia* they will ask for two witnesses to confirm that you really live wherever you say you live. It's certainly a good way to practice your Portuguese! If you have received any commercial letters, i.e. bank, newsletters, at your Lisbon address, it should work as well.
- ✓ HOW TO OBTAIN A CRIMINAL REGISTER
You can get this document from the Police Office at *Loja do Cidadão*.

USEFUL LINKS

[SEF \(Serviço de Estrangeiros e Fronteiras\)
www.sef.pt](http://www.sef.pt)

[Portal do Cidadão
www.portaldocidadao.pt](http://www.portaldocidadao.pt)

5.2. HEALTH



The National Health Service (SNS) in Portugal has a network of bodies and services which provide complete healthcare to the whole population, through which the State guarantees peoples' right to health.

The SNS is made up of all the public entities that provide healthcare - hospitals, local health units, health centres and family health units, or groups of health centres³.

Under EU legislation on Social Security, nationals from the EU member states, Iceland, Liechtenstein, Norway and Switzerland enjoy the same benefits as Portuguese citizens in terms of access to free or reduced-cost healthcare. In order to benefit from these services, the citizens falling in the category mentioned above need to show the **EHIC (European Health Insurance Card)**.

Third Country nationals must hold medical insurance or benefit from other special medical

coverage/arrangements for the entire stay in Portugal.

Third Country nationals, who have been residing in Portugal for more than 3 months (90 days), may wish to apply for the **National Health Service Card (*Cartão do Utente do SNS*)**. The card is free of charge and gives you access to Portuguese Public Health Service. The card can be obtained in local Health Centres (*Centros de Saúde*) or in any *Loja do Cidadão*, upon presentation of residence permit (See 3.1)

Loja do Cidadão

Based on the concept of One Stop Shop, the *Loja do Cidadão* (literally, Citizens Shop) is a public service aiming at providing a multitude of citizens-oriented services (such as social security, health, immigration, etc) within a same location.

Pharmacies

Pharmacies are open on weekdays between 9 am and 7pm (some close for lunch from 1 to 3 pm) and on Saturdays between 9am and 1pm. When open at night and/or on Sunday, pharmacies display an illuminated green cross outside. Otherwise, they have information posted on the entry indicating the nearest pharmacies that are open at night and/or on Sunday.

USEFUL LINKS

DG of Health
www.dgs.pt

Portal do Cidadão
www.portaldocidadao.pt

List of Local Health Centres
(*Centros de Saúde*)
www.portaldasaude.pt

Social Security Portal (*Segurança Social*)
www.seg-social.pt

³ <http://www.portugal.gov.pt/en/the-ministries/ministry-of-health/about-this-ministry.aspx>

5.3. MONEY



Bank Account

Opening a bank account in Portugal is recommendable to third country nationals as withdrawal from foreign banks can be rather expensive and foreign credit cards may not always be accepted.

The procedure to open a bank account is quite simple. You will need: your passport or international ID card, an address in Portugal and a Portuguese fiscal number which can be provided in the Citizen Shop (Loja do Cidadão).

Students can usually benefit from special arrangements between universities and banks which offer free or low service fees accounts.

Cost of Living

Although the cost of living has risen considerably in the last decade, Portugal remains less expensive than most other Western & Northern European countries. In particular, rents, food & primary goods, and entertainment are reasonably cheap: you can eat out for around 5€ at lunch time and have good meat or fish dish at a restaurant for less than 10€ for dinner. A full meal at the university canteen costs around 2,50€ and alcoholic drinks vary roughly from 0,80€ for a beer up to 5€ for a cocktail. A theatre ticket rarely costs more than 30€ and going to the cinema is rather inexpensive.

Tips:

- ✓ Be aware that if you withdraw money with a Portuguese credit card in another EU country you may be charged an extra fee. However, differently from what happens in other European countries, you will not be charged an extra fee for withdrawals from a cash machine of a different bank within Portugal.

6. LIVING IN PORTUGAL



6.1. CULTURAL ASPECTS

Describing a country's cultural identity is as fascinating as it is dangerous. What follows are some of the first, maybe superficial, traits of Portuguese culture that a foreign eye (or ear) notices...

Family

Family still occupies a very important place in Portuguese society. The native town is often referred to as '*minha terra*' (my land) somehow reflecting this strong parental tie.

Formalities

Portuguese are rather traditional and conservative. They retain a sense of formality when dealing with each other, which is displayed in the form of extreme politeness.

Meeting & Greeting



Initial greetings are reserved, yet polite and gracious. The handshake is accompanied by the appropriate greeting for the time of day.

Once a personal relationship has developed, greetings become more personal: men may greet each other with a hug and a handshake and women kiss each other twice on the cheek starting with the right, as can also be done between opposite sexes.

Titles

The proper form of address is the honorific title '*senhor*' and '*senhora*' with the surname.

Anyone with a university degree is referred to with the honorific title, plus '*doutor*' or '*doutora*' ('doctor') with or without their surname.

A very frequent form of addressing people in a semi-formal manner is by referring to them with their first name (preceded by article) + verb in the third person singular. E.g. "*A Maria quer almoçar conosco?*" = would you (Maria) like to have lunch with us?

Attachment to the Past

Portuguese people are very attached and proud of their past, especially (and for some, surprisingly) to their most glorious past, the so called '*época dos descobrimentos*' (discoveries). Portugal's *grandeur* is often re-evoked, used as a point of reference, talked about with a sort of nostalgic emotion. (see: *Saudade*).

Another historic reference you will often come across is the '*25 de Abril*' which marked the end of the dictatorship (see section 1. History).



Saudade

It turned to be a cliché, but Portuguese like to say that *saudade* is untranslatable. They are proud of it and cherish it as if it were a secret or distant memory. Originally, *saudade* referred to “a vague and constant desire for something that does not and probably cannot exist ... a turning towards the past or towards the future”. More recently, the word has started to be (mis)used in several different phrases such as ‘*tenho saudades tuas*’ (= miss you) or ‘*matar saudades*’ (to let ‘*saudade*’ disappear, e.g. by looking at a picture, by going back to a specific place, etc), somehow losing its original tone.

Football ⁴

In Portugal football⁵ is not just a game: it is a way of life. In fact, some might say it is something of a national obsession, certainly for the male half of the population, and if you happen to be in Portugal during an important football match you will see why. All the televisions in bars and cafés are showing the match, and all the men seem to be in the bars watching it. The main concentration of football activity in Portugal is around Lisbon and Porto as the country’s three major teams - FC Porto, Lisbon’s Sporting Clube de Portugal and SL Benfica - are based there. Not surprisingly, there is fierce competition between these teams.

National Holidays

1 January	New Year’s Day
25 April	Freedom Day
1 May	Worker’s Day
10 June	Portugal Day
15 August	Feast of the Assumption
8 December	Immaculate Conception
25 December	Christmas Day

Moveable public holidays:

- Carnival (February)⁶
- Good Friday (March/April)

6.2 FOOD AND DRINK

Portuguese cuisine is rich and varied, and having meals with family or friends is part of the national customs.

Olive oil

As most Mediterranean cultures, in Portugal olive oil is very important in the national diet. Portuguese olive oil is of prime quality and the olive tree is a common feature in the Portuguese landscape.

Wine

Portugal is a country with a strong winegrowing tradition and the whole country produces wine. The Port and Madeira wines are famous fortified wines, but you will find the *Douro*, *Dão*, *Alentejo* and many other table wines are no less superior.

You may be interested in visiting the Douro Valley, and see the man built terraces vines planted on the region’s rugged slopes around the river Douro. This landscape was classified by UNESCO as a World Heritage Site.

⁴ The text was adapted from:
<http://www.indigoguide.com/portugal/portugal-football.htm>

⁵ European football is what the Americans call soccer.

⁶ Festive day, although not an official public holiday.



Gastronomy

Portuguese food is distinctive and varied, featuring many regional specialities that have evolved from local traditions and ingredients.

A typical meal in Portugal starts with a selection of appetizers such as goat or sheep's cheese, pâté, olives, cornbread and delicious smoked ham called *presunto*.

Soup (*sopa*) is a regular feature on the restaurant menus, normally made on the premises with fresh ingredients bought at the local market.

Fish is a mainstay of Portuguese cuisine, particularly sardines (*sardinhas*) and the ever-present dried codfish known as *bacalhau*.

Portuguese meat is both tasty and safe to eat, particularly pork (*porco*) which for centuries has been an important livestock in the country's rural economy.

Eating Out

Eating out occupies an important place in Portuguese culture. Restaurants fill up very quickly especially between 12:30 am and 2 pm when workers have their lunch break and 'migrate' to the closest café/restaurant.

Eating a sandwich seems to be highly unpopular in Portugal: even the smallest cafés treat their customers with a fresh and plentiful hot dish of the day (*prato do dia*)!

Travellers' tips - www.lonelyplanet.com

Couvert: there's one essential commandment regarding Portuguese dining etiquette: whatever you eat you must pay for, whether or not you ordered it. Waiters bring bread, olives and other goodies to your table the moment you sit down. This unordered appetiser is called *couvert* and can cost anywhere from 1€ per person to over 12€. If you don't want it, you can send it away, no offence taken. There's also no shame in asking the price - '*quanto custa?*'

Vegetarians: fish-eaters will get by, but serious vegetarians might have problems in Portugal. Even vegetable dishes usually include meat. Markets offer fruit, vegetables, grains and nuts. The higher institutions canteen always offers a vegetarian and sometimes even a macrobiotic option.

Tipping: service is usually not added to the bill. It's customary to leave a few coins or 5% (or even 10%) in smarter places and/or if the service was exceptional.

Coffee

Similarly to what happens in other Latin countries, coffee is an integral part of Portuguese 'way of life'. Portuguese enjoy drinking strong, dark coffee several times a day, alone or with friends. Most of Portuguese people start their daily routine by having a quick coffee (*uma bica*, as they say in Lisbon) standing at the counter. Interestingly enough, Portuguese families rarely make coffee at home as they prefer the *café da rua* (literally, street coffee).

8 different ways of ordering coffee

Black coffee

1. *Bica*, *Expresso*, or just, *Café*: Small black coffee - served in a small cup
2. *Café Cheio*, Weaker small black coffee
3. *Abatanado* A large weaker coffee
4. *Café Descafeinado* A small black decaffeinated coffee

Coffee with milk

5. *Meia de Leite* or *Café com Leite*: Half coffee and half hot milk in a tea-sized cup
6. *Garoto*: A small coffee cup full of milk and a little coffee
7. *Galão* More hot milk than coffee in a tumbler glass
8. *Café Pingado*, or sometimes just *Pingo* A small black coffee with a drop of hot milk

⁷ The text was adapted from:

<http://www.portugaltravelguide.com/en/gastronomy>

6.3. SPORTS



As already mentioned before, Portugal is surrounded West and South by the Atlantic Ocean, having an extensive coast of around 850km² in continental Portugal. This way, there are many sports related to water activities being practiced, namely surf.

Portugal is an excellent surfing destination with waves for beginners and professionals. Outdoor sport activities are very popular due to the mild climate, namely football and jogging. More and more parks and facilities are being made available around the country for these activities.

In all major cities you will also find a vast number of sport clubs or gyms where you can practice diverse sport modalities.

6.4. COMMUNICATIONS



Telephones

There are public telephone booths where coins and special cards (sold in Portugal Telecom shops, post offices and kiosks) can be used.

All telephone numbers in Portugal are composed of nine digits. To call from abroad, it is necessary to dial the international access code 00 and the country code 351. To call abroad from Portugal, dial 00, the country code, the area code and then the number wanted. The dialling codes of the various countries are posted in public telephone booths.

Mobile Phones

There are main network service providers –Meo, Vodafone, and Optimus – that have roaming agreements with most international mobile phone companies providing users with a good coverage nationwide. Moreover, there are other network providers such as Phone-ix, Lycamobile, Mundio Mobile, Zon mobile.

Internet

Access is available in *cafés*, *cyber-cafés*, public services and in several post offices. In hotels and public facilities, like Airports, Conference centres, Restaurants, Service Areas in motorways and shopping centres, it is also possible to access wireless Internet. All University buildings offer wireless access to registered students & teaching staff.

Packages

There is an increasing number of packages that may include cable TV, telephone, mobile phone and internet, namely Meo, Zon, Vodafone and Cabovisão.

6.5. SERVICES



Shops

Shops are traditionally open from Monday to Friday, from 9 or 10am to 7pm. On Saturdays shops generally close at 1pm though in city centres some are open in the afternoon. Shopping centres usually open from 10am to 12pm every day of the week and supermarkets from around 9am to 9pm. Traditional shops with Portuguese products can be found particularly in city centres and older neighbourhoods of towns and cities.

Post Offices

Post offices (*CTT*) are open between 9am to 6pm from Monday to Friday. Airport offices and those located in city centres have extended opening hours and may be open on Saturdays and also on Sundays. Stamps are also sold in selling-machines placed in the streets.

Banks

Banks are open from 8.30am to 3pm from Monday to Friday. Portugal has a large national network of cash machines (**ATMs**) identified by

the symbol MB (**Multibanco**), from which you can withdraw cash 24 hours a day. The most commonly used credit cards are: Visa, American Express, Diners Club, Europay / MasterCard, JCB and Maestro. In Portugal, ATM machines also offer several additional services: you can top up your mobile phone, pay your bills... or even buy a train ticket!



National Emergency Number - 112

The national emergencies number is 112. The call is free and it can be dialled at any time of the day or night from anywhere in Portugal.

7. TRAVEL & LEISURE



7.1. GETTING AROUND

City Transport

Lisbon's extensive underground system is operated by *Metropolitano de Lisboa*, while trams and buses are provided by the *Companhia Carris de Ferro de Lisboa (Carris)*. The city's suburban rail lines, operated by *Portuguese Railways*, are useful for covering longer distances and *Transtejo ferries* ply the Tagus.

Porto also has an underground (*Metro de Porto*), trams and buses.

Tickets: Pre-paid booklets (*7 Colinas*, in Lisbon and *Andante*, in Porto) and Monthly Cards are the cheapest way of getting around in cities.

Taxis are cheap and readily available in major cities. No wonder that they are one of the most common means of transport in Portuguese cities. Taxi drivers are not generally tipped, but passengers commonly round up the fare.

USEFUL LINKS

BUSES:

Aveiro: www.moveaveiro.pt
Braga: www.tub.pt
Coimbra: www.smtuc.pt
Évora: www.evora.net
Faro: www.eva-bus.net
Funchal: www.horariosdofunchal.pt
Lisboa: www.carris.pt
Porto: www.stcp.pt
Vila Real: www.corgobus.pt

UNDERGROUND:

Lisboa: www.metrolisboa.pt
Porto: www.metroporto.pt

Air

Domestic flights are operated by:

- TAP - Air Portugal: between Lisbon, Oporto, Faro, Funchal (Madeira) and Ponta Delgada (Azores).
- SATA: mainly operating between the Azores archipelago and Madeira.

Rail

CP - *Comboios de Portugal*, the Portuguese railway company, offers a vast rail network covering mainland Portugal.

There are a number of railway options:

- *Alfa Pendular* trains offer the fastest and most comfortable rail link between Lisbon and the Algarve and, in the north, Oporto or Braga, with stops in Coimbra.
- *Intercidades* or Intercity service covers the Lisbon-Oporto-Guimarães, Lisbon-Guarda, Lisbon-Covilhã, Lisbon-Évora-Beja and Lisbon-Faro routes.
- A vast network of regional, inter-regional and suburban trains covering the country.

Road

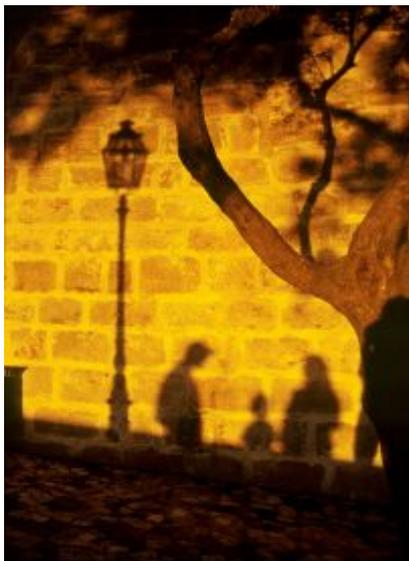
As already mentioned, traffic drives on the right. There is an adequate system of roads all around the country. Travel by motorway is subject to a toll according to the distance covered and the type of vehicle. Petrol stations are generally open 7am to 8pm, although some are open 24 hours.

- Bus: There are frequent coach services between all Portuguese cities. For further information, contact *Rede Nacional de Expressos*.
- Car hire: Available from major and local providers in main towns and airports, with or without driver.
- Regulations: The minimum age for driving is 18 (but drivers must be at least 21 to 25 if hiring a car). Cars may be imported for up to six months. Traffic signs are international. Speed limits are 50km/h (30mph) in built-up areas, 90km/h (56mph) outside built-up areas and 120km/h (70mph) on motorways.

USEFUL LINKS

TAP - Air Portugal
www.flytap.pt
Airports in Portugal
www.ana.pt
CP (Caminhos de Ferro Portugueses)
www.cp.pt
Rede Nacional Expressos
www.rede-expressos.pt

7.2. CULTURE & PLACES TO VISIT



General information on Portuguese cultural attractions can be found on VISIT PORTUGAL (www.visitportugal.com), the official portal for Portuguese tourism.

For more specific information on Portugal's cultural life, check the following links:

Arts & Culture⁸

Calouste Gulbenkian Foundation
www.gulbenkian.pt/index.php?langId=2

Casa da Música
www.casadamusica.com/Default.aspx?langSite=eng

Centro Cultural de Belém
www.ccb.pt/sites/ccb/en-EN/Pages/default.aspx

Centre of Modern Art Azeredo Perdigão
www.camjap.gulbenkian.org/

Luso-American Foundation Art Collection:
www.flad.pt/?no=5010002

Museu Grão Vasco
www.ipmuseus.pt/pt-PT/museus_palacios/ContentDetail.aspx?id=1113

Museu Machado de Castro
<http://mnmachadodecastro.imc-ip.pt>

Museu Nacional de Arte Antiga (Ancient Art Museum)
www.mnarteantiga-ipmuseus.pt/

Museu Nacional Soares dos Reis (Soares dos Reis National Museum)
<http://mnsr.imc-ip.pt/en-GB/default.aspx>

MUDE – Museu do Design e da Moda (Fashion and Design Museum)
www.mude.pt/en/mude_site.html

National Museum of Archaeology
www.mnarqueologia-ipmuseus.pt/

Port Wine (Vinho do Porto)
www.ivdp.pt

Serralves Foundation
www.serralves.pt/

Orient Museum (Museu do Oriente-Fundação Oriente)
www.museudooriente.pt/?lang=en

Cultural Events

Major events in Portugal
www.visitportugal.com/pturismo/Eventos/Eventos.aspx?Action=Search

Major events in Lisbon
www.agendalx.pt
<http://lecool.com/lisboa>

Major events in Porto
www.viva-porto.pt

⁸ texts adapted from: Agência Nacional PROALV, *Portugal, A Student's guide for Higher Education*, 2009

Science

Lisbon University Museum of Science

www.mc.ul.pt

Museum of Medicine (Lisbon University)

www.museudemedicina.fm.ul.pt/DesktopDefault.aspx

National Museum of Natural History (Lisbon University)

www.mnhn.ul.pt/

Orlando Ribeiro, the leading XX Century Portuguese geographer

www.orlando-ribeiro.info/en/home.htm

Physics Museum of the University of Coimbra

<http://museu.fis.uc.pt/indexi.htm>

Science Museum University of Coimbra

www.museudaciencia.pt/

The Pavilion of Knowledge

www.pavconhecimento.pt/

Architectural Heritage

Architectural Heritage (IGESPAR)

<http://www.igespar.pt/pt/>

Convento de Cristo (Convent of Crist)

<http://www.conventocristo.pt/pt/index.php#>

Monastery of Alcobaça

<http://www.mosteiroalcobaca.pt>

Monastery of Batalha

<http://www.mosteirobatalha.pt/>

Monastery of Santa Maria de Belém (Heronymites) and Tower of Belém

<http://www.mosteirojeronimos.pt>

Heritage

Museums (IPM)

<http://www.ipmuseus.pt/>

Portuguese Heritage classified by UNESCO

<http://whc.unesco.org/en/list>

Pré-Historic Rock Art Sites at the Côa Valle

<http://www.igespar.pt/en/monuments/53/>

World Heritage of Portuguese origin

<http://www.uc.pt/whpo>

Sintra

www.cm-sintra.pt



