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INTERNATIONAL STUDENT GUIDE



Lisbon - living and culture

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Culture and Lifestyle

Lisbon is a diverse and multicultural city, with a rich history, which is reflected in the cuisine, architecture and overall habits of Lisboetas.

Portuguese history and architecture

Lisbon takes great pride in its history, particularly around the time of the Discoveries, which brought great wealth and glory to the Portuguese people during the 15th and 16th centuries. During this period Lisbon was the European hub of commerce and main gate of exotic goods, from cinnamon and nutmeg to all other exotic spices and textiles from India, China and Japan. This rich era in Portuguese History is reflected in the UNESCO World Heritage Sites of Belém Tower (ancient fortress) and Jerónimos Monastery. These buildings date from the 16th century and have a unique architecture found nowhere else, which mixes Gothic and nautical elements. This style of architecture is called Estilo Manuelino, 'Manueline'.

Lisbon suffered a downfall during Spanish rule in the late 16th century until the mid-17th century. After years of revival brought by the gold coming from Brazil, Portugal was able to rebuild its empire, though at a much smaller scale than before.

In 1755 Lisbon suffered a major earthquake that essentially razed the whole capital along with entire cities in the Algarve. The event marked Lisbon forever. The entire area from Terreiro do Paço to Praça Marquês de Pombal was rebuilt from scratch, following a new organization method and new, more modern, architecture styles of the time, using techniques to avoid another collapse in Lisbon in case another earthquake should take place.

In 1908 the then King of Portugal and the heir to the throne prince were shot dead in Terreiro do Paço. In 1910 a revolt overthrew the monarchy and sent the last King of Portugal, Manuel II, into exile. An unstable Republican system followed, which resulted in constant government reforms and chaotic leadership.

From the 1920s until 1974 Portugal lived under a right-wing dictatorship. This regime was initially led by António de Oliveira Salazar and then by Marcelo Caetano.

Since 1974 Portugal has been a stable and democratic Republic with the Prime Minister in the main executive role while the President assumes a representative role with limited veto power over laws.

The Discoveries still make a deep impact today. Expo 98 was themed on the Discoveries and over the years we have looked back to the Discoveries for inspiration to achieve new and bolder things. This is also reflected in the name of the streets and public buildings.

Climate

The weather in Lisbon is characterized by cold winters, which are not as extreme as other European countries as it never snows and temperatures usually reach an average minimum temperature of 8°C to 10°C. Summers are hot and dry. Portugal is among the hottest countries in Europe and despite its proximity to the sea, it may record up to 40°C in July and August. The average temperature during the summer tends to be around a maximum of 30°C.

Food and drink

Lisbon, along with Portugal overall, has a rich cookery tradition based on olive oil, parsley, garlic, onions, cod ('bacalhau') and sardines, potatoes and other ingredients such as pork, seafood or eggs.

There are several legendary dishes in the Portuguese repertoire, including Sardinhas Assadas (particularly popular during the 'Santos Populares' festivals), Bacalhau à Brás (although Portugal is known for having over 1000 ways of cooking cod), Carne de Porco à Alentejana, Francesinhas as well as Cozido à Portuguesa to name but a few.

Along with cod, coffee is intrinsic to the Portuguese. People drink it either with friends or alone, after waking up or right after lunch. There is no exact appropriate time to have one. In Portugal there are many ways to have an espresso, one can order a bica (standard coffee), a café curto (half-filled cup), an abatanado (coffee in cup, generally less concentrated), a garoto (light coffee), among several others

Dish

Description



Grilled sardines typically served with bread and/or potatoes and salad



Cod mixed with fried potatoes, scrambled with egg and parsley



Pork with fried potatoes and clams season with parsley



Bread with tomato and cheese sauce with either beef or pork



Mix of pork and beef served with cabbage, beans and baked potatoes.

Pastries

Portugal is also famous for its pastries, mainly those from Belém (Pastéis de Belém), Sintra (Travesseiros), Aveiro (Ovos moles) and Tentúgal (Pastés de Tentúgal), all of which are based on sugar and egg yolk.

The best place to buy Pastéis de Belém is its official and exclusive factory, located in Belém right next to Jerónimos Monastery and Starbucks. On the other hand, Travesseiros are best enjoyed in either one of the two “Piriquita” pastry shops located in Sintra.

Fado

Fado is a typical and unique feature of the Portuguese music scene and Portugal itself. It can be traced back to the early 19th century, however it is believed to be much older than that.

Its lyrics and melodies are based on nostalgia and longing for someone or something. Most lyrics are in the form of a lament over bygone times or long-lost people. The singer (‘fadista’), is usually accompanied by a couple of Guitarra Portuguesa players. This instrument is loosely based on the standard guitar but perfected to produce a unique sound.

The most well know fadista is Amália Rodrigues, who passed away in 1999. Her voice and talent forever marked Fado and she is considered to be the best fadista ever to have lived. Nowadays, Mariza and, more recently, Carminho have developed a more modern approach to Fado and have boosted this form of art to the international scene.

Mouraria is the neighbourhood of Lisbon whose history is most closely associated with Fado. It is also the place with the most and the best Casas de Fado (fado houses) in Lisbon.

Sightseeing and museums

Given its unique history, Lisbon shows vestiges of its glory and downfall periods throughout the city. From the reconstructed area of Baixa up to Marquês de Pombal, following the 1755 earthquake, the Belém Tower along with the Jerónimos Monastery in Belém as well as Portuguese painting and works of art immortalized in Museu de Arte Antiga and Museu do Azulejo, Lisbon is able to accommodate all different tastes and preferences.

Over the years, Lisbon has renovated itself, featuring new and more innovative buildings along with modern art and cutting-edge collections, such as the renovated Parque das Nações and Museu Berardo.

Monuments

Belém Tower



Belém Tower

Description

Belém tower is a monumental tribute to the age of the Discoveries which was built to defend Lisbon's entry by sea. It was built in 1513 in the Manueline Style and depicts several nautical elements. The views from the tower over Belém and the river are breathtaking.

Opening hours and location

Opening hours: Tuesday to Sunday: 10.00 to 18.30

The crowds can be intense on weekends, especially on Sundays.

Address: Avenida da Índia, in front of Mosteiros do Jerónimos

Price: €4

Jerónimos Monastery



Jerónimos Monastery façade

Opening hours and location

Opening hours: Tuesday to Sunday:
10.00 to 18.00

Address: Praça do Império

Price: €6

Description

The monastery is a UNESCO listed monument commissioned by Manuel I in honour of Vasco da Gama's discover of a sea route to India in 1498.

It was one of the first buildings in Lisbon to be constructed in the Manueline Style and was first a home to monks of the St Jerome order.

Inside the church are the tombs of Vasco da Gama and Luís de Camões, two important people of the Discoveries era.

When inside, visitors see symbols of the Discoveries era like the armillary sphere and the crosses of the military order. Some surprising gargoyles and fantastic views may be found.

Avenida da Liberdade



View up the avenue from Praça dos Restauradores

Opening hours and location

Address: Avenida da Liberdade, between Restauradores (south) and Praça Marquês de Pombal (north)

Description

Avenida da Liberdade is one of the finest parts of Lisbon. Here you can find all the most upscale stores as well as some embassies and companies' headquarters. This avenue is rich in architecture and life, given its prime location at the heart of Lisbon.

Praça da Comércio



View of Praça do Comércio

Opening hours and location

Address: Praça do Comércio

Description

This square and its 18th century arcades still seem like the gateway to Lisbon. At the centre of the square is a statue of José I, King of Portugal during the 1755 earthquake. Praça do Comércio was the stage for the beginning of the fall of the monarchy in 1908 when King Carlos I was assassinated.

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View up the avenue from Praça dos Restauradores

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Sé



Sé and its surroundings

Description

Sé is a fortress-like church built in 1150, one of the oldest buildings in Lisbon, built just after control over Lisbon was taken by the Christians from the Moors.

The building was restored several times and several additions were made throughout the years, including reconstruction of some chapels following the 1755 earthquake.

Opening hours and location

Opening hours: Monday and Sunday: 9.00 to 17.00

Tuesday to Saturday: 9.30 to 19.00

Address: Largo da Sé

Price: €2.5 for the cloisters and €2.5 for the treasury

Castelo de São Jorge



Castelo de São Jorge and surrounding neighborhood

Opening hours and location

Opening hours: Every day from 9.00 to 21.00

Address: Castelo de São Jorge

Description

Castelo de São Jorge has one of the most amazing views over Lisbon given that it was built on the highest hill of the city. The castle has survived the Visigoths, Moors, Christians and Royals until the 16th century and has been influenced by them all.

Parque das Nações



View of Torre Vasco da Gama and Ponte Vasco da Gama in Parque das Nações

Description

Parque das Nações was built from scratch for Expo 98 replacing the polluting factories that once dominated the city.

Today it has a mix of contemporary style buildings, river-front cafés, gardens and attractions such as the Pavilhão Atlântico and the Oceanarium.

Museums

Two things should be remembered about museums. First, they are closed on Mondays, as this is generally the day off for these institutions. Second, admission is free to the public on Sundays and Bank Holidays until 14.00.

Museu Nacional de Arte Antiga



Building of Museu Nacional de Arte Antiga

Description

This museum is inside a 17th century palace and hosts collections of European and Asian paintings as well decorative arts.

The collection includes works from Nuno Gonçalves, Albrecht Dürer and Gustave Coubert.

Opening hours and location

Opening hours: Tuesdays: 14.00 to 17.30

Wednesday to Sunday: 10.00 to 17.30

Address: Rua das Janelas Verdes, no. 9

Price: €5

Museu do Azulejo



Traditional blue and white tile panel in Museu do Azulejo

Description

This museum is in a 16th century convent featuring tiles from early Ottoman geometry and 'zinging' altars.

The star exhibits are a 36meter long panel depicting preearthquake Lisbon, a Manueline cloister with blue and white tiles (the traditional Portuguese tile) and a goldsmith-ered baroque chapel.

Opening hours and location

Opening hours: Tuesday: 14.00 to 18.00

Wednesday to Sunday: 10.00 to 18.00

Address: Rua Madre de Deus, no. 4

Price: €5

Fundação Gulbenkian



View from Avenida António Augusto de Aguiar of Fundação Gulbenkian

Opening hours and location

Opening hours: Tuesday until Sunday:
10.00 to 18.00

Address: Avenida de Berna, no. 45 A

Price: €4

Description

Calouste Gulbenkian has one of the biggest collections of western and eastern art. There are highlights of Egyptian mummies, Persian carpets and Qing Porcelain. In terms of western art, masterpieces include those of Rembrandt, Van Dyck, Rubens and Rodin. This complex also has a centre of modern art.

Colecção Berardo



Entrance of Centro Cultural de Belém and Colecção Berardo

Opening hours and location

Opening hour: Everyday from 10.00 to 19.00

Address: Praça Império, inside Centro Cultural de Belém

Price: Free

Description

Colecção Berardo is accommodated in Centro Cultural de Belém and shows a collection of abstract, surrealism and pop art in its minimalist gallery. Don't miss Andy Warhol's blue-eyed girl Judy Garland.

Nightlife

Lisbon nightlife is vibrant and spread across the city, from Bairro Alto, near Baixa, to Santos and Docas as well as the discos around Avenida 24 de Julho.

Bairro Alto is the prime location for hanging out and having a good time, as it has a lot of small affordable bars where you can drink in the street and meet other people. Santos has a similar atmosphere in terms of nightlife. Drinks typically cost from €1 to €5, depending on the drink and the size you order.

Avenida 24 de Julho has discos such as Kapital and Loft, and leads on to others such as Lux in Santa Apolónia and Urban Beach on the riverfront next to Docas. Such establishments usually charge up to €15 for entrance, possibly more for certain events, and drinks vary a lot, from €4 to €12.

Dining

There are several options for good Portuguese dining to choose from before going out. Below are some restaurant ideas.

- **Faca e garfo**
Rua da Condessa, no. 2. Open from Monday to Saturday.
- **Mar adentro**
Rua do Alecrim, no. 35. Open from Monday to Saturday.
- **Adamastor**
Rua Marechal Saldanha, no. 24. Open from Monday to Saturday.
- **Rock in Chiado**
Rua Paiva de Andrade, no. 7. Open from Monday to Saturday.
- **Orange**
Rua São Pedro de Alcantara, no. 21. Open from Monday to Saturday.

Precautions

There are few precautions one should have, given the overall safety of Lisbon. However, bear in mind that like any other city, petty crime can happen, such as having your cell phone or wallet stolen when you are not paying attention to your personal belongings carefully.

Taxis are not dangerous and are usually the most convenient and efficient way to get home after a night out.

Bureaucratic issues

Embassies

Outside Europe

South Africa

Nearest subway station: Picoas and Parque



Address:
Avenida Luis Bívar, 10
1069-024 Lisboa

Public opening hours: n/a **Contacts:**
+ 351 21 319 22 00

E-mail: consular@embaixadaafricadosul.pt

Website: <http://www.embaixadaafricadosul.pt/>

Argentina

Nearest subway station: Saldanha



Address:
Avenida João Crisóstomo, 8 R/c Esq
1000-178 Lisboa Portugal

Public opening hours: n/a

Contacts: + 351 21 797 73 11

E-mail: eport@mrecic.gov.ar
embargpi@mail.telepac.pt

Website: n/a

Australia

Nearest subway station: Avenida



Address:

Avenida da Liberdade, 200, 2º
1250-147 Lisboa Portugal

Public opening hours: 9.00 to 17.00

Contacts: +351 21 310 15 00

E-mail: austemb.lisbon@dfat.gov.au

Website: <http://www.portugal.embassy.gov.au/lbonportuguese/home.html>

Brazil

Nearest subway station: Jardim

Zoológico



Address:

Estrada das Laranjeiras, 144
1649-021 Lisboa Portugal

Public opening hours: 9.30 to 13.00

Contacts: +351 21 724 85 10

E-mail: geral@embaixadabrasil.pt

Website:

http://lisboa.itamaraty.gov.br/ptbr/a_embaixada.xml

Canada

Nearest subway station: Avenida



Address:

Avenida da Liberdade, 198-200 3º
1269-121 Lisboa Portugal

Public opening hours: 8.30 to 12.30 and
13.30 to 17.00

Contacts: +351 21 316 46 00

E-mail: lsbon@international.gc.ca

Website: <http://www.canadainternational.gc.ca/portugal/officesbureaux/embassyambassade.aspx?lang=eng&view=d>

Chile

Nearest subway station: Saldanha



Address:

Av. Miguel Bombarda No. 5 – 1º
1000-207 Lisboa Portugal

Public opening hours: 9.00 to 14.00

Contacts: +351 21 314 80 54

E-mail: consulado.echile@net.novis.pt

Website: <http://www.emb-chile.pt/>

China

Bus lines: 748 and 799



Address:

Rua de São Caetano, No. 2
1249-024 Lisboa Portugal

Public opening hours: 9.00 to 12.00
and 14.00 to 16.00

Contacts: +351 21 390 12 40

E-mail: seccaoconsularchina@hotmail.com

Website: <http://pt.china-embassy.org/>

South Korea

Nearest subway station: Saldanha



Address:

Av. Miguel Bombarda, No. 36, 7º
1051-802 Lisboa Portugal

Public opening hours: 9.00 to 12.30
and 14.00 to 17.30

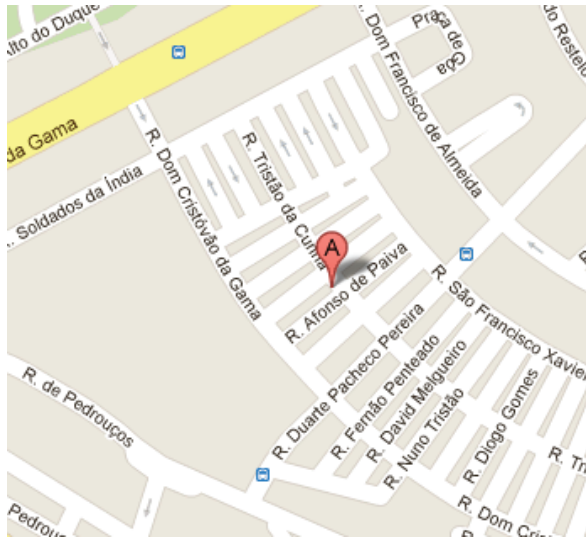
Contacts: +351 21 793 72 00

E-mail: embpt@mofat.go.kr

Website: <http://prt.mofat.go.kr/eng/eu/prt/mission/greetings/index.jsp>

Costa Rica

Bus lines: 723 and 750



Address:

Rua Tristão da Cunha
1400 Lisboa Portugal

Public opening hours: n/a

Contacts:

E-mail: consulado@costarica.pt

Website: <http://www.costarica.pt/>

United States of America

Nearest subway station: Jardim

Zoológico



Address:

Avenida das Forças Armadas
1600-081 Lisboa

Public opening hours: Monday to Thursday
8.00 to 17.00

Contacts: +351 21 727 33 00

E-mail: lisbonweb@state.gov

Website: <http://portugal.usembassy.gov/>

India

Bus lines: 28, 31, 49 and 141



Address:

Rua Pero da Covilhã, 16 - Restelo
1400-297 Lisboa Portugal

Public opening hours: n/a

Contacts: +351 21 304 10 90

E-mail: consular@indembassy-lisbon.org

Website:

<http://www.indembassylisbon.org/index.html>

Japan

Nearest subway station: Marquês de Pombal



Address:

Avenida da Liberdade 245
1500-033 Lisboa Portugal

Public opening hours: 9.30 to 12.30
and 14.00 to 17.30

Contacts: +351 21 311 05 60

E-mail: cultural@embjapao.pt

Website: <http://www.pt.emb-japan.go.jp/>

Mexico

Bus lines: 750 and 764



Address:

Estrada de Monsanto, 78
1500-462 Lisboa Portugal

Public opening hours: 9.00 to 18.00

Contacts: +351 21 762 12 90

E-mail: embamex.port@mail.telepac.pt

Website: <http://www.sre.gob.mx/portugal>

Despite the overall diplomatic presence of countries in Portugal, not all countries hold embassies in Portugal, with diplomatic representation provided by third-party countries or through embassies in other countries (generally located in Paris or London). Such is the case with Taiwan and Singapore, which have no embassy in Portugal.

Most embassies are located in one of two areas, either in central Lisbon (Avenida da Liberdade to Saldanha) or in Restelo, a very wealthy and upmarket area of Lisbon next to Belém. Note that all bus lines mentioned refer to Carris, the biggest bus operator in Lisbon.

Europe

Austria

Bus lines: 748 and 799



Address:

Avenida Infante Santo, 43 - 4º
1399-046 Lisboa

Public opening hours: n/a

Contacts: +351 21 394 39 00

E-mail: n/a

Website: <http://www.bmeia.gv.at/pp/botschaft/lisboa/a-embaixada.html>

Belgium

Nearest subway station: Marquês de Pombal



Address:

Praça Marquês de Pombal, 14 - 6º
1269-024 Lisboa Portugal

Public opening hours: 9.00 to 13.00

Contacts: +351 21 317 05 10

Emergency: +351 91 981 00 31

E-mail: lisbon@diplobel.fed.be

Website: <http://www.diplomatie.be/lisbon/default.asp?id=1&mnu=1>

Czech Republic

Bus lines: 714



Address:

Rua Pêro Alenquer, 14
1400-294 Lisboa Portugal

Public opening hours: 9.00 to 12.00

Contacts: +351 21 301 04 87

E-mail: lisbon@embassy.mzv.cz

Website: <http://www.mzv.cz/lisbon/>

Denmark

Nearest subway station: Avenida



Address:

Rua Castelo, 14, 3^oC
1269-077 Lisboa Portugal

Public opening hours: 9.00 to 12.30
and 13.30 to 16.30

Contacts: +351 21 351 29 60

E-mail: lisamb@um.dk

Website: <http://portugal.um.dk/>

Finland

Bus lines: 720



Address:

Rua do Possolo 76-1^o
1350-251 Lisboa, Portugal

Public opening hours: 9.00 to 12.00
Contacts: +351 21 393 30 40

E-mail: sanomat.lis@formin.fi

Website: www.fnlandia.org.pt

France

Bus lines: 201 and 206



Address:

Rua Santos-o-Velho, 5
1249-079 Lisboa

Public opening hours: 8.30 to 12.00

Contacts: +351 21 393 91 00

E-mail: contact@ambafrance-pt.org

Website: <http://www.ambafrance-pt.org/>

Germany

Nearest subway station: Avenida and Intendente



Address:

Campo dos Mártires da Pátria, 38
1169-043 Lisboa Portugal

Public opening hours: 9.00 to 12.00

Contacts: +351 21 881 02 10

E-mail: info@lissabon.diplo.de

Website: <http://www.lissabon.diplo.de/>

Greece

Bus lines: 201



Address:

Avenida Alto do Duque, 13 Restelo
1449-026 Lisboa Portugal

Public opening hours: n/a

Contacts: +351 21 303 12 60

E-mail: gremb.lis@mfa.gr

Website: n/a

Norway

Bus lines: 201



Address:

Avenida Dom Vasco da Gama, 1
1400-127 Lisboa Portugal

Public opening hours: 09.00 to 16.00

Contacts: +351 21 301 53 44

E-mail: emb.lisbon@mfa.no

Website: <http://www.noruega.org.pt/>

Russia

Nearest subway station: Arroios



Address:

Rua Visconde de Santarém, 59
1000-286 Lisboa Portugal

Public opening hours: 09h45 to 12h45,
except Tuesday

Contacts: +351 21 846 24 23

E-mail: mail@embaixadarussia.pt

Website: <http://www.portugal.mid.ru>

Spain

Nearest subway station: Avenida



Address:

Rua do Salitre, 3
1299 Lisboa Portugal

Public opening hours: n/a

Contacts: +351 21 347 27 92

E-mail: cgesplisboa@correo.mae.es

Website: n/a

Slovenia

Nearest subway station: Avenida



Address:

Avenida da Liberdade, 49, 6º Esq
1250-139 Lisboa Portugal

Public opening hours: 09.00 to 17.00

Contacts: +351 21 342 33 01

E-mail: vli@gov.si

Website: <http://lisbon.embassy.si/index.php?id=33&L=6>

Sweden

Nearest subway station: Avenida



Address:

Rua Miguel Lupi 12-2º-Dto
1249-077 Lisboa Portugal

Public opening hours: 09.00 to 12.00

Contacts: +351 21 394 22 60

E-mail: ambassaden.lissabon@foreign.ministry.se

Website:

<http://www.swedenabroad.com/ptPT/Embassies/Lisbon/>

Switzerland

Bus lines: 202



Address:

Travessa do Jardim, 17, 6º Esq
1350-185 Lisboa Portugal

Public opening hours: 09.00 to 12.00

Contacts: +351 21 342 33 01

E-mail: n/a

Website: <http://www.eda.admin.ch/lisbon?id=33&L=6>

The Netherlands

Bus lines: 201



Address:

Avenida Infante Santo, 43 – 5º
1399-011 Lisboa Portugal

Public opening hours: 09.30 to 12.30

Contacts: +351 21 391 49 00

E-mail: nlgovlis@netcabo.pt

Website: <http://portugal.nlembaixada.org/>

Turkey

Bus lines: 202



Address:

Avenida das Descobertas, 22
1400-022 Lisboa Portugal

Public opening hours: 09.00 to 12.00

Contacts: +351 21 300 31 22

E-mail: info-turk@mail.telepac.pt

Website: <http://www.embaixadaturquia.pt/home.htm>

United Kingdom

Nearest subway station:

Rato



Address:

Rua de São Bernardo, 33
1249-082 Lisboa Portugal

Public opening hours: 09.00 to 13.00 and 14.30 to 17.30

Contacts: +351 21 392 40 00

E-mail: n/a

Website: <http://ukinportugal.fco.gov.uk/en/>

As is the case with embassies from non-European countries, the European embassies are located either in Restelo or in central Lisbon (Avenida da Liberdade or Avenida Infante Santo). Most of them are only open to the public in the morning. However, bear in mind that if you are a national from a member state of the European Union, any European Union embassy is obliged to give you assistance if you need it.

Note that all bus lines mentioned refer to Carris, the biggest bus operator in Lisbon.

Hospitals

Lisbon has plenty of hospitals and healthcare facilities, so there are many options to choose from in terms of either public facilities or private institutions. If your health insurance coverage allows it, you should opt for the private institutions mentioned on the list below, as these usually do not carry any waiting time for procedures or tests, unlike many public hospitals. The quality of service should be high across all institutions chosen. The phone number for emergencies in Portugal is 112.

Public institutions

Santa Maria Hospital



Description

Santa Maria is the biggest hospital in Portugal. It offers all specialties, surgery services and doctors appointments. It also has an emergency ward.

Location and other info

Address: Avenida Professor Egas Moniz, 1649-035 Lisboa On the other side of the road from the CATÓLICA-LISBON.

Contact: +351 21 780 50 00

Transportation:

Bus: 731, 732, 735, 738, 755, 764

Metro: Cidade Universitária

Pulido Valente Hospital



Entrance of Pulido Valente Hospital

Description

Pulido Valente hospital provides assistance related to cardiology services, pneumonia, intestines and related organs. It operates a medical urgency department.

Location and other info

Address:

Alameda das Linhas de Torres, 117,
1769-001 Lisboa

Contact: +351 21 754 80 00

Transportation:

Bus: 36, 47, 108 and 701

Metro: Alvalade, Campo Grande or
Quinta das Conchas

São José Hospital



Entrance of São José Hospital

Description

São José Hospital is located in the heart of Lisbon and focuses on neurology, dentistry, ear complaints, and overall surgery. Like the previous hospitals, it has medical urgency services.

Location and other info

Address: Rua José António Serrano,
1150-199 Lisboa

Contact: +351 21 884 10 00

Transportation:

Bus: 20, 723, 767 and 790

Metro: Martim Moniz

Tram: 15E and 18E

Private Institutions

Luz Hospital



Facilities of Luz Hospital seen from Colombo Shopping Mall

Description

Luz Hospital is among the most recent hospitals in Lisbon. It holds a wide variety of services and medical specialities including eye medicine or dentistry. It has an emergency ward.

Location and other info

Address: Avenida Lusíada 100,
1500-650 Lisboa

It is located next to the Colombo Shopping Mall

Contact: +351 21 710 44 00

Transportation:

Bus: 729, 765, 799

Metro: Colégio Militar Luz

Lusíadas Hospital



Facilities of Lusíadas Hospital

Description

Lusíadas Hospital is comprehensive in terms of its specialties, from eye medicine to psychiatry. The medical institution was opened in 2008. It has an emergency ward operating 24 hours per day.

Location and other info

Address: Rua Abílio Mendes,
1500-473 Lisboa

It is located very close to CATÓLICA-LISBON

Contact: +351 21 770 40 40

Transportation:

Bus: 54 and 768

Metro: Alto dos Moínhos

Private Institutions

CUF Descobertas Hospital



Facilities of CUF Descobertas Hospital

Description

Located in Parque das Nações, CUF Descobertas has a strong background in surgery. Additionally it has specialties across medical subjects such as dermatology or dentistry.

Like all previous hospitals, CUF Descobertas has a 24hour emergency service available.

Location and other info

Address:

Rua Mário Botas,
1998-018 Lisboa

Contact: +351 21 002 52 00

Transportation:

Bus: 705, 710, 750, 768 and 114

Metro: Oriente

Shopping

Like any other European capital, Lisbon has all kinds of stores as well as most international brands, from Zara to Fnac or IKEA. Lisbon has observed a growing culture of shopping malls, which range from big complexes (holding more than 200 different stores), to smaller shopping malls (under 50 stores including food courts). Aside from this, Lisbon has shopping areas outside closed complexes, such as Avenida da Liberdade (although it is very upscale for the standard student's budget) and Chiado (with a great diversity of stores). Despite the overwhelming presence of shopping malls, Lisbon has a rich, yet declining, supply of street stores, which may provide an opportunity to buy less standardized items and pieces of clothing. These can be found in the Baixa area and Chiado.

Hypermarkets

The main hypermarkets in Portugal are Jumbo and Continente (typically found in shopping malls only). Several supermarkets exist throughout Lisbon, selling a medium range of products; these are Minipreço, Lidl and Pingo Doce. The former two are among the least expensive places to shop for groceries.

Electronics

In order to shop for electronics, Fnac, Worten and Vobis have a good range of computer- and mobile phone-related products available. These stores are often found in shopping malls.

Furniture

Cheap furniture and decorative objects can be found in IKEA (outside the city center) and Area (although it is more expensive than IKEA). The latter chain of stores may be found in most shopping malls.

Clothing and footwear

Clothing and footwear can be found either in shopping malls or in street-stores. All the big international chains are present in Portugal: Zara,

Bershka, Stradivarius, Billabong (through the Ericeira Surf Shop stores), Massimo Dutti, Mango, Cortefiel. These are located both in Chiado and in many other shopping malls. Additionally, several prominent Portuguese brands may be found across town, such as Lanidor, Ana Sousa, Quebramar or Red Oak.

More specific sports gear can be found in Sport Zone, Foot Locker, Athlete's Foot, Nike or Adidas. These stores are typically found in shopping malls. Decathlon is a bigger-sized sporting equipment and footwear store mainly located on the other side of the Tagus (reachable on Fertagus trains), or in Alfragide or Cascais.

Telecommunications

In order to top up your cell phone or buy a new device you can go to any of the three main telecommunications providers in Portugal. All of them have representation through the electronic stores mentioned above as well as own-stores either on the high street or in shopping malls.

Department stores

Alongside these specialized stores, one can also find all kinds of home, clothing, groceries, electronics and other products in the department store El Corte Inglés (São Sebastião metro station).

Shopping malls

Lisbon has a strong culture of shopping malls. You can find all types of these establishments, from small to big, from specialized to more generic and diversified.

Colombo Shopping Centre



How to get there

Metro: Colégio Militar Luz

Bus: 750, 799 and 767

Colombo Shopping Centre (Colombo) is among the biggest shopping malls in Portugal. It is also very close to CATÓLICA-LISBON which makes it very convenient to make any last minute purchase or have a meal out. This mall has a vast hypermarket (Continente), cinemas, a small amusement center, a big food court with all international chains and several Portuguese franchises. The range of stores is very diverse, from electronics, services, post office, bureau de change, pharmacy, clothing and shoestore, jewellery or furniture, one can find pretty much anything in Colombo.

Amoreiras Shopping Centre



How to get there

Metro: Rato or Marquês de Pombal

Bus: 45, 53, 58, 74, 75, 83, 711, 723

Near Campolide one can go to Amoreiras Shopping Centre, which is an upscale shopping mall, one of the first of its kind in Lisbon. It has a medium-sized food court along with cinemas and premium stores, from Hugo Boss and Guess to Caroll and Lacoste. This shopping mall is very oriented towards upscale products and clothing, though a hypermarket is also present there (Jumbo).

Vasco da Gama Shopping Centre



How to get there

Metro: Oriente

Bus: 5, 10, 19, 21, 25, 28, 44,
50, 68, 114, 208 and 210

Vasco da Gama Shopping Centre (Vasco da Gama) is among the newest shopping malls to open in Portugal. It is located in the renovated area of Parque das Nações which hosted the Expo '98 world fair.

Vasco da Gama is similar in concept to Colombo though on a much smaller scale. It holds a similar range of stores along with a relatively big food court with all major international chains.

In addition to these three shopping malls, you can find smaller-scale shopping malls, which may provide a more pleasant shopping experience if you are not accustomed to this concept. These include:

Chiado Shopping Centre - In the heart of Lisbon, just by BaixaChiado metro station

Atrium Saldanha / Monumental – Centrally located at the end of Avenida Fontes Pereira de Melo, reachable through Saldanha metro station

Campo Pequeno – Housed in a former bull-fighting arena (some events still happen there), this shopping mall is served by Campo Pequeno metro station Note that all bus lines mentioned for each of the three shopping malls refer to Carris, the biggest bus operator in Lisbon.

Specialized stores

Lisbon has several specialized stores located outside the scope of any shopping mall. These are vast and very specialized stores that should be familiar to anyone, as they are strong international groups

IKEA



Side view of IKEA

Description

IKEA is an international chain renowned for its low cost furniture and décor items. It has:

- Furniture
- Bed linen
- Décoritens
- Food

Location

The only IKEA store serving the Lisbon area is located in Alfragide.

Bus: 45, 53, 58, 74, 75, 83, 711, 723

Decathlon



Description

Decathlon is an international chain specializing in sporting related items, holding a wide range of brands as well as its own brand. It has:

- Clothing
- Sports gear
- Sports equipment

Location

The most convenient Decathlon is located in Alfragide

Bus: 202

El Corte Inglés



Entrance of El Corte Inglés from Rua António Augusto de Aguiar

Description

El Corte Inglés is a pioneering, large department store. It has all kinds of products from a wide range of brands as well as its own discount brand:

- Clothing

- Groceries

- Sports equipment

- Telecommunication items

- Computer products

Location

El Corte Inglés is located in the centre of Lisbon, between Praça Marquês Pombal and CATÓLICA-LISBON. Given its prime location it is very easily reachable.

Metro: São Sebastião

Gyms

Lisbon has a wide range of gyms that offer a variety of services, classes and overall fitness programs. Most of them have their own personal trainers that help coach people towards a more effective and customized program.

The prices vary according to the positioning of the place, but most gyms charge prices from €40 to €60 per month, however they require contracts to last six months. In order to formalize your contract you only need to present an official document stating your identification. Some gyms may require a doctor's certificate stating that you are healthy and that going to a gym or practicing a sport will not harm you. This last document is generally waived unless you want to start a sport such as rugby, boxing or a similarly intense sport.

Some gyms ask for an additional cost of a lump sum payment on the act of signing the contract (which varies a lot from gym to gym but ranges from €0 to €200). Also, you may be required to pay an insurance premium to cover any injuries or sports-related accidents. This payment is usually very low at around €10.

Gym	Address and contact
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Fitness Hut	- Rua D. João V, no. 24, near Amoreiras Shopping Centre
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Health Club Gemini	- Rua Sousa Lopes, Lote PQ 36/70 Lisbon +351 21 761 31 80
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Holmes Place	- Avenida Defensor de Chaves, Avenida da Liberdade, Avenida 5 de Outubro, Amoreira Shopping Centre +351 21 351 13 00
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Solinca	- Colombo Shopping Centre +351 21 012 96 70
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Safety and law enforcement services

Lisbon is generally a very safe city either during the day or night. Police stations are spread across the city and it is common to see police officers walking the streets.

Police officers usually take a more constructive rather than a punishing approach when they detect a minor infraction of the law. As a result, one should not be too concerned about tickets and similar fines. This applies in particular to driving infringements.

There are exceptions to Lisbon's general safety, despite very low records of violent and serious crime (that is, excluding pickpocketing and muggings). Chelas and Martim Moniz are considered the most problematic areas of Lisbon.

Chelas

Chelas is one of the most problematic areas of Lisbon. Located next to Parque das Nações, Chelas is an unsafe neighbourhood with plenty of social welfare housing and some violence within that area related to drug trafficking. However, one should note that these issues are very restricted to this area and there is no spill-over to the surrounding neighbourhoods.

Martim Moniz area

Martim Moniz and the surrounding areas of Anjos and Intendente are also seen as less safe areas due to their high levels of prostitution and illegal immigrants. However they do not compare to Chelas: their problems are mostly restricted to the night and these areas are perfectly safe during the day.

Contacts

The standard emergency telephone number is 112, which can be dialled from any phone regardless of whether there is credit on your mobile phone.

The direct phone number of police services is +351 21 765 42 42, which spells +351 21 POLICIA (Portuguese for POLICE).

Police Stations in Lisbon

In case you need any assistance from a police station, below are six police stations located across town, with their addresses and telephone numbers:

<u>Central</u>	<u>Bairro Alto</u>	<u>Parque das Nações</u>
Rua do Arsenal,no.2 +351 21 342 73 79	Rua da Atalaia,no.138/144 +351 21 340 34 10	Rua Ilha dos Amores, Block 4390 -1J +351 21 895 58 10
<u>Benfica</u>	<u>Belém</u>	<u>Arroios</u>
Rua André Resende +351 21 710 82 20	Praça Afonso de Albuquerque +351 21 361 96 26	Rua de Arroios,no.164- A +351 21 316 36 70 +351 21 316 36 76

Overview of Lisbon safety

Below you can find a map with an overview of the least recommended places in Lisbon. The red shaded area is Chelas, which should be avoided, and the yellow area is Martim Moniz.



Transportation in Lisbon

Lisbon has several alternatives if you do not own a car. You can use the network of trams, metro, suburban trains and buses as well as any of the countless taxis serving Lisbon and its surroundings.

Usually the tickets purchased on board the mass transportation vehicles are expensive, but if you buy a monthly pass, this cost falls dramatically. If you buy a monthly pass combining several means of transportation, the cost falls even further in relative terms.

Bear in mind that all trams, metro and suburban trains require you to purchase a reimbursable card (as long as you keep the receipt and maintain the card in mint condition) at a cost of €0.50. Without it you will not be able to validate nor buy tickets. However, these are available in the same places that you buy your fare.

Mass transportation within Lisbon

Bus

The bus network still offers the most comprehensive means of public transportation in Lisbon. It has a map of routes for day and night, with the former much more complete than the latter.

The daytime map and night-time map of routes can both be found on the Carris website^{1,2}.

The standard fare (if you buy a ticket on board a bus) costs €1.75 and may only be used on the bus you initially boarded. If you have to use more than one route to get to your destination you need to buy the same number of tickets. However, if you are staying in Lisbon for a long time, you will want to buy the monthly pass, which costs €29 if you are over 23 years old and €21.75 if you are under.

Typically buses start operating from 5.00 to 6.00 and finish between 21.30 and midnight. There is a wide variety of schedules depending on the

1 www.carris.pt > clientes > balcão de informações > mapas carris > Rede Diurna

2 www.carris.pt > clientes > balcão de informações > mapas carris > Rede Noturna

connections made by the bus. Taking as example the circuits that go through CATÓLICA-LISBON's bus stop:

755 – 5.00 until 00.45, every 15 minutes

764 – 5.55 until 21.15, every 20 minutes

768 – 6.00 until 21.15, every 20 minutes

Tram

Currently there are very few tram lines going through Lisbon. Most of the existing routes are more tourist-oriented and will probably offer you a pleasant trip in a typical old-styled vehicle rather than an efficient means of transportation towards your final destination. The exception is the 15E, which links Praça da Figueira to Algés, a destination not easily reached by bus and not reached at all by metro.

The lines currently operated are:

12E - Praça da Figueira / Praça da Figueira (8.00 until 20.45, every 12 minutes)

15E – Praça da Figueira / Algés (5.45 until 01.00, every 12 minutes)

18E – Alfândega / Ajuda (6.20 until 20.15, every 29 minutes)

25E – Alfândega / Campo de Ourique (6.30 until 20.30, every 9 minutes)

28E – Martim Moniz / Campo de Ourique (5.40 until 21.15, every 11 minutes)

Trams in Lisbon



Old-styled trams



Modern trams

Metro

The metro in Lisbon serves as the city's prime and most efficient means of transportation, allowing you to travel across the most important sites and working places in Lisbon as well all major transportation hubs, such as railway stations, the airport and bus stations.

Currently the Lisbon Metro has 4 lines, the Blue, Yellow, Green and Red lines. The latter is the most recent line and links the centre of Lisbon (São Sebastião) to the new renovated area of Parque das Nações, popular during the weekends and site of Pavilhão Atlântico, a major venue of events such as concerts, dances and others.

The cost of a single ride through any line is €1.25.

Mass transportation outside Lisbon

Train

CP (Comboios de Portugal, translating as 'Trains of Portugal') is the main train operator in Portugal. It holds two types of services, suburban trains and medium/long range trains.

The suburban arm of CP has four different lines:

- Linha de Sintra – From Alverca, passing through Rossio to Sintra
- Linha da Azambuja – From Azambuja to Alcântara Mar or Santa Apolónia
- Linha de Cascais – Cais de Sodré to Cascais
- Linha do Sado – Barreiro to Praias do Sado ('Sado beaches')

A standard ticket costs from €1.55 up to €4.55, depending on the length of the trip chosen.

The trains typically start at 6.00 and end at midnight, though some circuits are shortened as hours pass and traffic decreases. All of this information can be found on CP's website in more detail.

The medium/long range arm links all of Portugal. Within this business it operates high-speed trains (Alfa-Pendular) between Lisbon, Oporto and the Algarve and regular trains (Inter-Cidades), which link all other connections. The latter are much slower and the trips may escalate to over three hours if you intend to travel a city far from Lisbon, as they may make multiple stops in several smaller cities prior to arriving at any destination.

As an example, a Alfa-Pendular trip to Oporto in second class may cost €30, lasting two hours and 40 minutes, while to Algarve it costs €21, lasting two and a half hours. If you go to Évora it costs €12 and an hour and a half, while the trip to Santarém costs €11.5 and takes 45 minutes.

Fertagus operates only suburban trains, linking Setúbal or Coima to Roma-Areeiro. It is one of the most convenient ways to reach the south side of the Tagus and the Costa da Caparica beaches. When used with either TST (the bus operator on the south bank of the Tagus) or MTS (the tram operator on the south bank), one can easily reach these beaches from Pragal train station.

The cost varies widely. From Lisbon a ticket to Pragal costs €1.80 and the journey takes 10 minutes from Sete Rios train station. If you want to go to Coima it costs €3.15 and the journey lasts around 23 minutes. To Setúbal the cost goes up to €4.30 and it takes around 50 minutes.

The first train leaving Lisbon is at 5.43 from Roma-Areeiro, while the last train from Setúbal is at 00.18 and from Coima at 00.43.

Monthly Passes

As in any European city, transport in Portugal is available at a significant discount if you opt to purchase a monthly ticket rather than single tickets every day.

In Lisbon, the monthly pass is called the Lisboa Viva card. This card is a personal and non-transferable card that allows one person to purchase monthly passes from one or more operators in the greater Lisbon area. In order to apply for one of these, you just have to (1) fill in an application form, (2) hand in two passport-sized photos and (3) present a legal document verifying your identity. These documents can be handed in at the Marquês de Pombal, Campo Pequeno or Alameda Metro station. Your request will take up to 10 working days to process. By paying an extra fee you can have it processed in two working days.

If you are under 23 years old and studying, you are entitled to a 25% reduction on the costs of the monthly pass. To take advantage of this discount you just have to hand in a document certifying your status as a student at a

Portuguese education institution. This document will be handed to you in your first days at CATÓLICA-LISBON.

Taxi services

Lisbon has a vast taxi network, which serves the entire city area as well as Cascais/Oeiras and the south bank of the Tagus. Note however that taxi services are not cheap and long journeys (e.g. going to the beach in Costa da Caparica, on the other side of the river) may cost up to €50.

Taxis are best suited for short journeys when you are in a hurry or when the public transportation network is not convenient.

In Portugal, all taxis have standardized fares, regardless of company, and come in one of two layouts, shown below. The fares change according to the zone you are in (within or outside Lisbon), waiting time, journey time and length of trip.

Taxis in Lisbon



Taxi colouring layout 1



Taxi colouring layout 2

If you wish to call a taxi, you can call any of the following companies:

Rádio Taxis de Lisboa: +351 21 494 25 27

Cooptáxis: +351 21 793 27 56

Teletáxis: +351 21 811 11 00

Táxis do Restelo: +351 21 301 31 72

Taxiking: +351 21 859 86 93

Sightseeing in Portugal

Portugal is a great place to travel around. There are sceneries and entertainment for all people. Portugal offers great and trendy beaches in the south, with blue, clean and fresh water from the Atlantic bathing the whole Algarve area. This ocean is the same that has the most splendorous country side views and very rich natural sights in Azores and Madeira.

Moreover, it is not hard, nor expensive, to make a trip within national borders with the wide variety of transportation available for every budget.

This guide will provide students with just a glimpse of the wonders hidden in Portugal. Many more may be found and discovered by the most adventurous and eager to immerse and know more about the Portuguese culture travelers.

Where to go?

Continental Cities and Places

Oporto



What to see

Porto (Oporto according to English standards) is the second largest Portuguese city and it is well known by its bridges crossing the Douro river and the historical buildings that cover the whole city. Moreover, Oporto is a vibrant city with a very outgoing population and a very agitated nightlife.

The romantic Oporto enclosures many medieval relics, baroque churches and beaux-arts buildings which together with the village-style plazas and the roman ruins that set foundation for some of the many historical buildings granted the city center (Ribeira district) the classification of UNESCO World Heritage Site.

There are many attractions in the city that go well beyond its historic charm. A list of must-see locations and interesting festivals are available below.

Sightseeing

St. Francis Church

An austere gothic church façade that hides one of Portugal's most dazzling displays of baroque finery. The remodel of 1425, 15 years after the church was completed, was responsible for the rose window and reticulated

domes that ornament the church. In the 17th and 18th the eight altars were smothered with 100kg of gold leaves.

Opening hours: 9h00 to 19h00 (Oct-Mar) and 9h00 to 20h00 (Apr-Sept)

Price: €3,5 (adult) or €2,5 (student)

Location: Praça Infante D. Henrique

D. Luís I Bridge

It was completed in 1886 by one of Gustave Eiffel students and is a twodeck bridge. The upper deck is restricted to pedestrian traffic and one of the metro lines while the lower deck allows regular traffic with narrow pedestrian walkways lining the road. Its metallic foundation represents one of the first permanent bridges to connect both of the river sides.

Stock Exchange Palace

This is an amazing neoclassical monument honoring Porto's money merchants. Past the entrance visitors may appreciate the glass-domed Hall of Nations, where the stock exchange once operated). In order to have access to the most fascinating rooms, a guided tour is required. One of the most impressive rooms is the Arabian Hall, with Moorish designs and gilded with some 18kg of gold.

Opening hours: 9h00 to 19h00 (May-Sept) and 9h00 to 13h00 | 14h00 to 18h00 (Oct-Apr)

Price: €6 (adult) or €3 (student or senior)

Location: Rua Ferreira Borges

Ribeira Square

By the river, narrow streets open out onto a plaza framed by austerely grand, tiled town houses overlooking a picturesque stretch of the Douro river. The view to the other margin and over the bridges is one of the main attractions driving tourists from all over the country and the world to Oporto.

Clérigos Tower

The vertigo-inducing tower, which looms over all Oporto, has 76 meters and was built in the mid-1700. To reach the top visitors must scale a 225-spiral staircase. The 360 degree over the city is breathtaking and worth the tiring way up.