



INTERNET OF THINGS

Anything, Anywhere, Anytime!

Survival Guide

Autumn Course Aveiro 2017



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Introduction

A warm welcome from BEST Aveiro!

In this **Survival Guide** you can find all the information you'll need to know while getting ready for this Autumn Course. You can start with a brief overview of the city and Portugal in general. Then, don't forget to check the list of things to bring to the course and see the instructions on how to get to the Meeting Point. You can also find here some other useful info for your stay in Aveiro and get a brief introduction to our culture, gastronomy and history.

General Information

Date: 29 August to 6 September.

Accommodation: You will be hosted at the dorms of the University of Aveiro (UA), by the campus.

Meals: The meals will be cooked and served by your helpful organisers. If you have dietary restriction, don't worry. We will take that into account.

Travel and visa: You must tell us about your trip details as soon as possible, so we can help you in case of any delays or other types of issues. Additionally, if you require a **visa** to get to Portugal, let us know as soon as possible so we can send you an official invitation.

Portugal, Aveiro and our University

Portugal is a nation in south-western Europe, in the west of the Iberian Peninsula. To the north and east it is bordered by Spain and to the south and west by the Atlantic Ocean. The Azores (Açores) and the Madeira islands, both located in this ocean, are the autonomous regions of Portugal. The Portuguese population is around 10.5 million people and the capital of Portugal is Lisbon. Its other important cities are Porto, Coimbra, Braga, Aveiro, Faro, Funchal, and Ponta Delgada.



Top left: Lisbon. **Top right:** Bragança. **Bottom:** Porto.





Portugal is known for its warm weather, beautiful beaches and welcoming people. This is underlined by the growing attractiveness of Portugal as a holidays destination. In fact, did you know that Porto was voted as the Best European Destination of 2017? Or that the Algarve region, in the south of Portugal, received a World Travel Award as Europe's Leading Beach Destination in 2016? Or that, according to TripAdvisor, Portugal is one of the 10 most popular destinations in Europe?

Of course, Portugal is much more than a nice spot to get a tan. Our culture, greatly influenced by a long history of maritime exploration, is just as appealing. Many of the traditions that identify Portugal are well preserved in our literature, music and gastronomy. Speaking of which, who doesn't like to eat?! In Portugal, you get to enjoy some incredible dishes. At the heart of many of them is cod (bacalhau). In fact, there are more than a thousand different ways to prepare the traditional Portuguese cod! Other types of fish and seafood, as well as meat dishes such as the famous "Cozido à Portuguesa", also contribute to the unique taste of Portugal.

To enrich the experience of a traditional Portuguese meal you have our prime quality olive oil, several unique cheeses and, of course, the Portuguese wine. While Port wine is a widely known example, the whole country produces a great variety of wines, identified by the well-defined regions from which these wines come.

Aveiro

Also known as the Portuguese Venice, the city of Aveiro is full of canals, bridges, and painted boats called "moliceiros". These boats were used to remove the excess vegetation in the canals and to carry animals and goods. Nowadays they are a picturesque way to go sightseeing. Due to its proximity to the sea, Aveiro has relied on economic activities related to it, such as salt production. Many salt beds are now used for fish farming.



Top left: moliceiros. **Top right:** salt beds. **Bottom left:** Aveiro Cathedral. **Bottom right:** the central canal.



Aveiro is also known for its characteristic buildings with Art Nouveau details, such as the use of tiles and curved lines. Some of these are located near the “Praça do Peixe” (fish square), known for its fish market. This square is a great spot for a night out due to the many bars around the market.

Among some other attractions of the city are the Cathedral of Aveiro, the Cultural and Congress Center (located in a beautiful defunct ceramics factory) and the Aveiro Museum. You can also enjoy a relaxing walk in one of the several beautiful parks spread around the city, or head to the beach, where you can find the tallest lighthouse in Portugal.

Almost synonymous with the city itself is the **University of Aveiro**. Created in 1973, beginning mostly with engineering courses, it quickly became one of the most dynamic and innovative universities in Portugal. Now a public foundation under private law, it continues to develop and implement its mission to provide undergraduate and postgraduate education, to generate research and promote cooperation with society.

Attended by about 15,000 students on undergraduate and postgraduate programmes, the UA has achieved a significant position amongst higher education institutions in Portugal, being one of the top universities regarding the quality of its infrastructures, the strength of its research and the excellence of its staff.

Most of the buildings are located in the Santiago campus. Some of them were designed by a team of renowned Portuguese architects, in 1986. Three of these buildings are from Álvaro Siza Vieira, who designed the library (image on the left) and the water tank (try to see a ruler, a pencil and an eraser in the middle image), Vítor Figueiredo, who designed the building known as “Caloiródromo” (the round white building in the middle image) and Eduardo Souto Moura, who planned the geosciences department (the image on the right).



Left: the library. **Centre:** “caloiródromo” and the water tank. **Right:** the geosciences department.





Things to bring

We won't teach you how to pack (if you need some tips, [check here](#)) but check this list and make sure nothing is left behind.



ID, passport (with Visa, if required);



Travel and health insurance. You should bring your European Health Insurance Card, if you have one;



Student Card. This might be useful to get discounts on stuff;



Notebook for the lectures;



Some **additional money** for your personal expenses (souvenirs, shopping items, etc.);



Medicines (if needed);



Casual clothes. The weather at the time of the course is expected to be warm (25°C-30°C), but it is advisable to bring at least one sweater or light jacket, especially for the nights;



Swimwear and sunscreen;



One or two sets of **fancy attire** for some of the more formal events, such as the opening ceremony;



Sleeping bag;



Traditional food and drinks from your country. These will be important for the International Evening. You can also cook your traditional meal here, as long as it doesn't take much time (1 hour at most). As for any ingredients you might want to buy here, send us an email (with photos!) so we can check whether those ingredients are available in Portugal. You are also encouraged to bring objects representative of your country, such as **flags**, instruments, hats and traditional costumes.

This **Survival Guide!**



More importantly, don't forget to leave home all you insecurities and inhibitions! We want to see your **enthusiasm, energy** and **outgoing craziness!!!**

Getting here

Getting to Aveiro

Mainland Portugal has three major airports: Francisco Sá Carneiro (Porto), Portela (Lisbon) and Faro Airport (Faro). Below you can find information on how to get to Aveiro from each one of these three airports.

Porto



1. At the airport, follow the indications leading to the metro station called **"Aeroporto"**.
2. Find a ticket machine and get a **Z4 ticket** (1,95 € + 0,60 € for the "Andante" card).
3. Usually there are staff members nearby helping with the ticket machines.
4. Get on a **line E** metro headed towards the "Estádio do Dragão" station.
5. Get off the metro at the **"Campanhã"** station. The trip takes around 30 min.
OR Get off the metro at the **"São Bento"** station.
6. Both the "Campanhã" and the "São Bento" metro stations are also train stations, so there you can **buy a train ticket to Aveiro**. There are several categories of trains, the cheapest one being the "Urbano" (an all yellow train), leaving Porto more or less once every hour. The ticket to Aveiro costs 3,45 € and the trip takes around 1 hour.





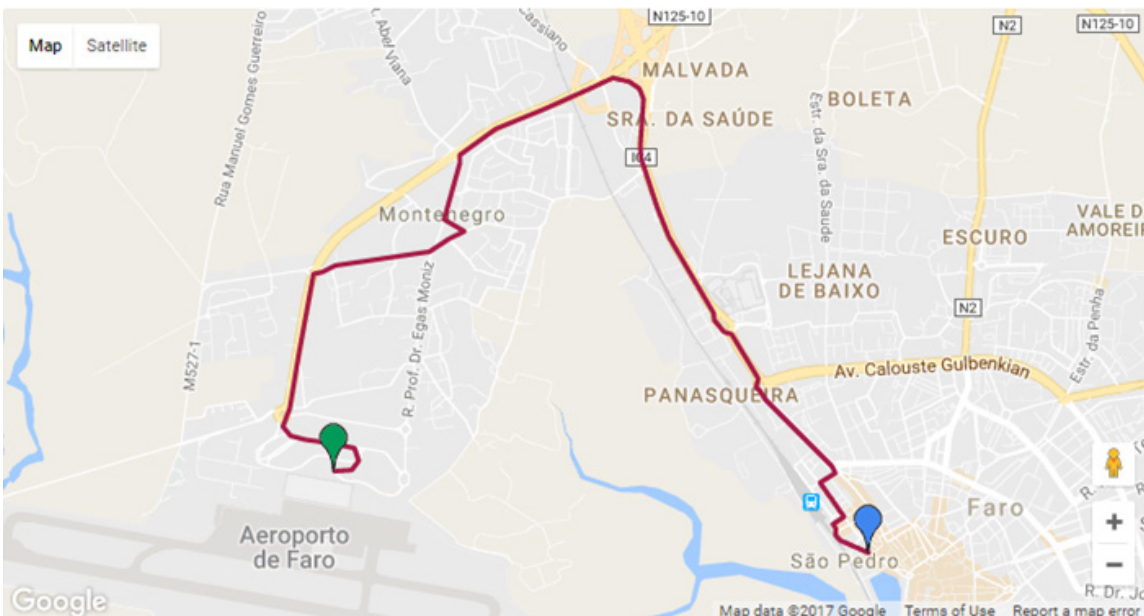
Lisbon

1. At the airport, get to the metro station called "**Aeroporto**".
2. Get a **Carris/Metro ticket** (1,45 €).
3. Get on a "**Linha Vermelha**" (red line) metro headed towards the "S. Sebastião" station.
4. Get off the metro at the "**Oriente**" station. The trip takes around 10 min.
5. The "Oriente" metro station is also a train station, so there you can **buy a train ticket to Aveiro**. The cheapest option is the "Intercidades" train, costing 20,20 € (15,15 € for passengers under the age of 25, as long as you show your ID). As you buy the ticket, it might be a good idea to ask what the platform number of your train is, as it doesn't appear on the ticket (alternatively, you can check the information displays, but those are in Portuguese). The trip takes around 2h20min.



Faro

1. At the airport, get to the bus stop. You're looking for the **bus number 16**.
2. Get on the bus and **buy a ticket from the driver**. It costs 2,22 €.
3. Get off the bus at the **train station**. The trip takes around 20 min.
4. Buy a **train ticket to Aveiro**. The cost is 37,60 € (28,20 € for passengers under the age of 25, as long as you show your ID) and the trip takes around 3h32min. As you buy the ticket, it might be a good idea to ask what the platform number of your train is, as it doesn't appear on the ticket (alternatively, you can check the information displays, but those are in Portuguese).





Getting to the Meeting Point

The meeting point will be at the University Dorms, close to the Rectory Building, where you will be staying. Below are maps with the way from the various arrival places to the meeting point.



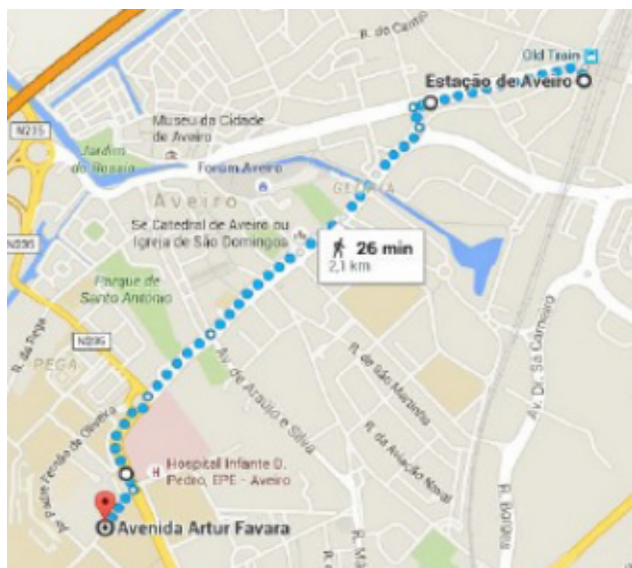
1. Arrival by bus

You will arrive at the beautiful Ria de Aveiro, from here it is about 15 minutes walk to the University Campus.



2.Arrival by train

You will arrive at the Avenue Doutor Lourenço Peixinho, from here it is about 30 minutes walk to the University Campus.



Additional information

Not all the Portuguese people speak English, but most youngest generations can speak and understand well. Just in case, you can find some useful phrases and words below.

Useful phrases and words

Portuguese	English
Olá! Como estás?	Hi! How are you?
O meu nome é _____	My name is _____
Como te chamas?	What's your name?
Bom dia!	Good morning!
Boa tarde!	Good afternoon!
Boa noite, até amanhã!	Good night, see you tomorrow!
Adeus	Goodbye
Sim	Yes
Não	No
Que horas são?	What time is it?
Obrigado	Thanks
De nada	You're welcome
Pode trazer-me o menu, por favor?	May I have the menu, please?





Portuguese	English
Cerveja	Beer
Quanto é?	How much is it?
Fala inglês?	Do you speak English?
Não falo português.	I don't speak Portuguese.
Não compreendo.	I don't understand.
Autocarro	Bus
Comboio	Train
Queria um bilhete/cartão para...	I would like a ticket/card for...
É este o autocarro para...?	Is it the bus to...?
Partida	Departure
Chegada	Arrival
Direção	Direction
Pode ajudar-me?	Can you help me?
Onde fica...?	Where is ...?
Como posso chegar a...?	How do I get to...?
Virar à direita	Turn right
Virar à esquerda	Turn left
Seguir em frente	Move on
Posso oferecer-te uma bebida?	Can I offer you a drink?
Queres dançar comigo?	Do you want to dance with me?
Desculpe Senhor Polícia, será a última vez!	Sorry Mister Policeman, it will be the last time!
És boa como o milho!*	You are really hot!

*You should be careful, because **in Portugal catcalling can lead to jail** (we're **not** joking!).



Timezone

At the date of the event the timezone is Western European Summer Time (UTC+1).

Weather

August and September are some of the warmest months in Aveiro, but due to the city's proximity to the ocean the temperatures rarely get higher than 30°C. Another characteristic of Aveiro's weather is that it can be quite windy and the nights are relatively cold.

Electricity

The electric current used throughout Portugal is the European standard 220-240 V, A.C. 50Hz. The sockets are two-pin, and adapters may be bought at most electrical stores.



Money

The currency in Portugal is the single currency of European Union, the Euro. The banks are open from 8:30 to 15:00 (or until 15:30, in some cases), and since we are the country that invented the interbanking system “Multibanco”, there are ATMs almost everywhere. However, it’s always better to have some cash on you (10€ or so), given that some of the party locations may not have ATMs nearby. It’s always a good idea to bring 2 bank cards, in case something happens to one of them.

Price	Product
0,10 €	Bread (small)
0,12 €	Water (0,5 L)
1 €	Beer (0,5 L)
0,44 €	Cookies
6 € - 15 €	Porto Wine
5 €	Ovos Moles (small pack)
1,70 €	Ice cream
1 €	Chocolate bar
7 € - 12 €	Meal (restaurant)
4,50 € - 6,00 €	Meal (fast food)
0,65 € - 0,75 €	Coffee

Contacts



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