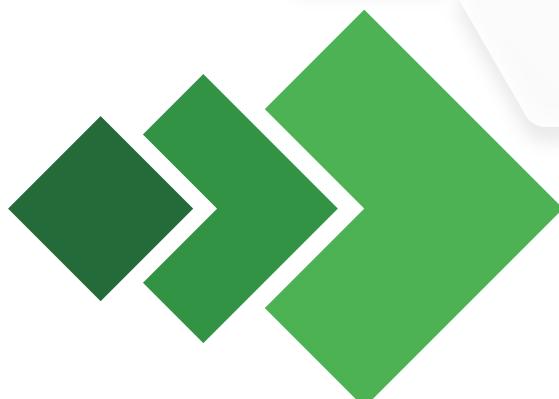
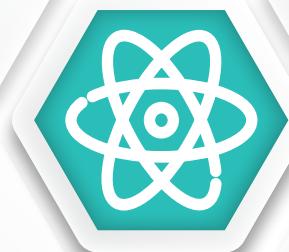
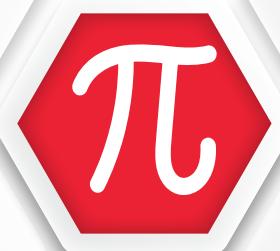


Survival Guide

Lights, Camera, educACTION



BEST
SYMPOSIA ON EDUCATION



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Intro

Hello there!!

1st of all Congratulations!! If you're reading this it means you are thinking about joining the BEST "BEST Symposium on Education" ever made or it means you were already selected, either way you have an excellent taste!!

So let me introduce myself... I'm your Survival Guide and I would really love to help you on this journey that, hopefully, will end with you passing some of the greatest days of your life with the amazing BEST Aveiro!!! So I hope we can become friends for the time being...

Inside me, I know weird expression, you will find all the information needed to get ready for our fantastic Symposium on Education. I will start by giving you a brief overview about Portugal and, especially, Aveiro and our University. You will also find a checklist with the things you should bring to our course, as well as "how to get to the meeting point?" and also a bunch of useful information about our culture, gastronomy and history!

General Info

Date: August 23th until August 31th

Accommodation: You will be hosted at the dorms of the University.

Meals: The meals will be cooked and served by your helpful organizers. Any dietary restriction must be reported to us and we will take that under consideration and provide an alternative.

Travel and Visa: You must report to us your traveling details as soon as possible, so we can help you in case of any delays or other issues that may occur.

In case you need a visa to get to Portugal, please let us know as soon as possible so we can send you an official invitation.

Portugal, Aveiro and our University

Portugal

Capital City: Lisbon

Currency: Euro

Population: +10,500,000

Language: Portuguese

Portugal is located in the Iberian Peninsula (southwestern Europe), lying between Spain in the north and east and the Atlantic Ocean in the west and south. It also includes 2 archipelagos, Azores and Madeira, which provides Portugal of one of the biggest exclusive economic zone being the 4th largest in the EU and the 20th world wide. It's one of the oldest countries in Europe(since 1143) and is a part of the European Union since 1986. Portugal is also a great spot to travel in your holidays having become one of the tourist top choices lately.



Lisbon

Portugal

The warm weather combined with amazing beaches, and of course great wine and beer combined with the affordable cost of living are just a few of the many reasons why you should think about joining us. You can also expect the warm welcome of the Portuguese people as well as a terrific cuisine! Have you ever tried codfish? Well not only is one of our most consumed fishes it actually merges with our culture, being one of the most important and even for many the traditional dish for Christmas Eve. Well such an important part of our culture deserves a special praise, that's why we have more than 1000 different ways to prepare cod, and also why our amazing Local BEST group have adopted this name to refer to our beloved members "the codfishes" (or in Portuguese "Bacalhaus"). Other Portuguese delicacies include "Cozido à Portuguesa" Oporto's "Francesinha" and Aveiro's "ovos moles".



Porto

Aveiro

Also known as Portuguese Venice, the city 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, this being a major source of income for centuries, being able to produce enough to supply the entire country and even export. Unfortunately nowadays the production has decreased significantly.



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. You can also enjoy some of Aveiro's typical sweets such as "ovos moles" and "tripa".

University of Aveiro

Somewhere down the line you will be provided the opportunity of getting to know this amazing University. Funded in 1973 mostly with engineering courses, the university of Aveiro is a public university located in Aveiro that soon began to grow to be one of the major, most dynamic and innovative universities in Portugal. This institution counts with over 15000 students and over 1000 staff members, that work daily to improve the quality of the University.



Most of the buildings are located in the Santiago campus. Some of them were designed by a team of renowned Portuguese architects, such as Álvaro Siza Vieira, Vitor Figueiredo and Eduardo Souto Moura.

Things to bring

We won't teach you how to pack!

If you need some tips, check here: https://www.youtube.com/watch?v=Llk8v__Osm8

But check this list and make sure nothing is left behind:

- a) ID, passport** (with Visa, if required).
- b) Travel and health insurance.** You should bring your European Health Insurance Card, if you have one.
- c) Student Card.** This might be useful to get discounts on stuff.
- d) Notebook** for sessions.
- e) Money** for your personal expenses (souvenirs, shopping items, etc.).
- f) Medicines** (if needed).
- g) 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.
- h) Swimwear** and **sunscreen**.
- i) One or two sets of fancy attire** for some of the more formal events, such as the opening ceremony.
- j) 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.
- k) This Survival Guide.**

More importantly, don't forget to leave at home all your insecurities and inhibitions! We want to see your **enthusiasm, energy** and **BEST spirit!!!**

Getting to Aveiro

By Airplane

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.

Oporto

1. At the airport, follow the indications leading to the metro station called "Aeroporto".
2. Find a ticket machine and get a Z4 ticket (2,00 € + 0,60 € for the "Andante" card). Usually there are staff members nearby helping with the ticket machines.
3. Get on a line E metro headed towards the "Estádio do Dragão" station.
4. Get off the metro at the "Campanhã" station. The trip takes around 30 min.
5. 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 3,55 € and the trip takes around 1 hour.

You can also use the following link to seek information regarding train departure times and cost: <https://www.cp.pt/passageiros/en>

Keep in mind that you are coming **from Porto-Campanhã or Porto-São Bento** and going to **Aveiro** in the website!!



Getting to Aveiro

Lisbon

1. At the airport, get to the metro station called "Aeroporto".
2. Get a Carris/Metro ticket (1,45 € + 0,50€ for the card "Viva Viagem").
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 20,90 € (15,70 € 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 2h25min.

You can also use the following link to seek information regarding train departure times and cost: <https://www.cp.pt/passageiros/en>

Keep in mind that you are coming **from Lisboa-Oriente** and going to **Aveiro** in the website!!

Tip: While from Oporto the tickets are always the same cost so you can buy it in the same day, from Lisbon they increase exponentially so try to book your ticket in advance, or at least the trip back from Aveiro to Lisbon.



Getting to Aveiro

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 38,70 € (29,10 € for passengers under the age of 25, as long as you show your ID) and the trip takes around 6h10min. 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).

You can also use the following link to seek information regarding train departure times and cost: <https://www.cp.pt/passageiros/en>

Tip: While from Oporto the tickets are always the same cost so you can buy it in the same day, from Faro they increase exponentially so try to book your ticket in advance, or at least the trip back from Aveiro to Faro.

By Train

If you're coming by train the most likely scenario is that you're arriving in Porto-Campanha or in Lisbon-Oriente. In that case you just need to buy the train ticket to Aveiro there.

You can also use the following link to seek information regarding train departure times and cost: <https://www.cp.pt/passageiros/en>

Please put this address in your GPS system or smartphone: Campus Universitário de Santiago, 3810-193 Aveiro or the coordinates: 40.629284, -8.654963

Getting to Aveiro

By Car

Please put this address in your GPS system or smartphone: Campus Universitário de Santiago, 3810-193 Aveiro or the coordinates: 40.629284, -8.654963

By Bus or boat and others:

Please don't! I have no single idea... you're a grown person and decided to put yourself in that situation so unscrew yourself!!!

Just kidding please contact us so we can help you to arrive.

Getting to the Meeting Point

Once you get to Aveiro, our meeting point will be at the University if there's any change of plans that will be reported to you by our Participants Responsible or the Main Organizer of the event.

Arrival by Bus

Please put this address in your GPS system or smartphone: Campus Universitário de Santiago, 3810-193 Aveiro or the coordinates: 40.629284, -8.654963



Getting to the Meeting Point

Arrival by Train

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



Additional Information

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

Useful phrases and words

English	Portuguese
Hi! How are you?	Olá! Como estás?
My name is _____	O meu nome é _____
What's your name?	Como te chamas?
Good morning!	Bom dia!
Good afternoon!	Boa tarde!
Good night, see you tomorrow!	Boa noite, até amanhã!
Goodbye	Adeus
Yes	Sim
No	Não
What time is it?	Que horas são?
Thanks	Obrigado
You're welcome	De nada
May I have the menu, please?	Pode trazer-me o menu, por favor?
Beer	Cerveja
How much is it?	Quanto é?
Do you speak English?	Fala inglês?
I don't speak Portuguese.	Não falo português.
I don't understand.	Não comprehendo.
Bus	Autocarro
Train	Comboio

Additional Information

I would like a ticket/card for...	Queria um bilhete/cartão para...
Is it the bus to...?	É este o autocarro para...?
Departure	Partida
Arrival	Chegada
Direction	Direção
Can you help me?	Pode ajudar-me?
Where is ...?	Onde fica...?
How do I get to...?	Como posso chegar a...?
Turn right	Virar à direita
Turn left	Virar à esquerda
Move on	Seguir em frente
Can I offer you a drink?	Posso oferecer-te uma bebida?
Do you want to dance with me?	Queres dançar comigo?
Sorry Mister Policeman, it will be the last time!	Desculpe Senhor Polícia, será a última vez!
You are really hot!(Female Form)	És boa como o milho!*
You are really hot!(Male Form)	És um pão!*
Kangaroos are my favorite animal!!	Cangurus são meu animal preferido!!
Oh god an Alien attack!!	Oh Deus ETs estão me a atacar
You're amazing!	És incrível
I drank a little too much...	Alguém que me leve a casa...

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

Additional Information

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.

Additional Information

Product	Price
Bread (small)	0,10 €
Water (0,5 L)	0,15 €
Beer (0,2 L)	1 €
Cookies	0,50 €
Porto Wine	6 € - 15 €
Ovos Moles (small pack)	5 €
Ice cream	1,70 €
Chocolate bar	1 €
Meal (restaurant)	7 € - 12 €
Meal (fast food)	4,50 € - 6,00 €
Coffee	0,65 € - 0,75 €

Contacts



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