



Survival Guide

Summer Course Aveiro 2016

BIOMECHANICS
and Medical Devices
The engine beneath your skin



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About this Survival Guide

This is the Survival Guide for Summer Course 2016 – *Biomechanics: The engine beneath your skin*. It contains basic information about our Summer Course and all the information you will need after applying.



Biohazard

The participation in this Summer Course may cause a major impact on living organisms, primarily that on humans. High levels of euphoria are expected during the event. During the event you may develop a serious chronic disease – friendship with foreign people -, since there is no known cure for this problem. Cirrhosis depends on you!



General Information

Date: 23rd August to 03rd September

We will be ready to welcome you on **Tuesday (23rd August)**! The schedule is available on the event's website.

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.

Before you leave: Before all the fun starts, there is a little paperwork that needs to be done:

Travel: You must tell us about your trip as soon as possible. This represents a big help for us in case of any delay or other trouble you might have.

Visa: If you need one don't forget to tell us as soon as possible so we can send you an official invitation.

Travel Health Insurance: It is very important that you bring E111, Health Insurance or something similar.

What 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.

- Personal insurance;
- Student Card (it can give you discounts on stuff);
- Bring casual clothes for different kinds of weather as it can sometimes be unpredictable. Don't forget swimwear and a sporty attire;
- Bring one or two sets of fancy attire;
- Lab gear (lab coat, goggles, etc);
- Toothbrush and other hygiene needs;
- Medicines (if needed);
- Sleeping bag;
- This survival guide;
- Songs from your country;
- Any traditional dish and drink from your country;
- Your enthusiasm and funny ideas;
- Specific types of clothes may be asked closer to the event.

Portugal

Portugal is a nation in south-western Europe on the west of Iberian Peninsula. It is bordered on the north and the east by Spain and on the south and west by Atlantic Ocean. The Açores (Azores) and the Madeira Islands, both located on this ocean, are the autonomous regions of Portugal.



With more than one third of the population still living outside the urbanized cities, Portugal is one of the countries in Europe with more population on rural areas. This population is about 10.5 million inhabitants that are spread through all the country with most people living in the northern and central coastal areas

Lisbon is the largest Portuguese city and is the capital since 1255, after Guimarães. It had the first university of the country, founded in 1290 and later transferred to Coimbra, lasting until nowadays as University of Coimbra. Apart from Lisbon and Coimbra other important metropolitan areas are among the cities of Oporto (the 2nd largest city), Braga, Aveiro, Faro, Viseu and Funchal.

Known as a nation of poets, Portugal's most spoken and official language is Portuguese.

Portuguese Gastronomy

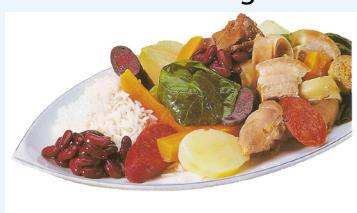
As you might know the gastronomy of Portugal is one of the best in the world and has a lot of Mediterranean influences. Portugal is a seafaring nation with a well-developed fishing industry and this is reflected in the amount of fish and seafood eaten. Cod fish is considered to be the national dish and we can cook it in more than a thousand ways (ex: Bacalhau à Brás, Bacalhau com Natas, etc.).

You can find other many delicious dishes here like "Cozido à Portuguesa", "Arroz de Marisco" and "Caldo Verde" as well as a wide variety of cheeses and sausages.

Bacalhau à Brás



Cozido à Portuguesa



Arroz de Marisco



Caldo Verde



In terms of beverages, wine is clearly the drink of choice, with a wide variety of local produced wines. Among the most well-known Portuguese wines are Porto Wine, Moscatel, Madeira's Wine and bagaço, a strong distilled drink also made from grapes.

Portuguese people are also expert on desserts! The most typical desserts are rice pudding (decorated with cinnamon) and "Pasteis de Belém". In Aveiro, you have a typical sweet called "Ovos Moles", that you really have to taste.



Pasteis de Nata



Ovos Moles

(More info about Portugal: <http://www.visitportugal.com/en>)

Aveiro

Also known as the Portuguese Venice, the city is full of canals, bridges, and painted boats called moliceiros.

These boats were used to remove the excess of 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 like salt production. Many salt beds are now used for fish farming.



There, you will see the very characteristic Art Nouveau details in some of the buildings (tiles and curves). The bar area is mainly located in "Praça do Peixe" (fish square) which has a fish market, open only during the day, and has many bars around.

In the 13th century, Aveiro was elevated from the category of village to city and the settlement developed around the main church dedicated to Saint Miguel, which is now the city hall. Nearby you can find the Mercy chapel built in the 16th century during a period of economic failure due to the instability in the communication of the sea with the canals. Close to the chapel you can find the theater (19th C.).



The main museum is installed in the old Convent of Jesus, which received the name of the towns' patron Princess Saint Joana, daughter of King D. Afonso V. The museum was founded in 1911 to house works of art collected from religious houses and communities that ceased to exist after the dissolution of the religious orders in 1834.

Near the museum there is Sé de Aveiro. Nowadays, the church is the headquarters of the Diocese of Aveiro.

There is a beautiful baroque portal, framed by 4 twisted columns, a frieze decorated with plant motifs and the coat of arms of Prince Pedro, the Duke of Coimbra, who was responsible for the monastery of São Domingos being established in the city.

In the churchyard in front of the church there is a beautiful late 15th-century Gothic cross, standing on a 17th-century pedestal. There is also a congress centre that used to be a quite important ceramics factory and a very colourful Stadium, built for Euro 2004.

You will have the opportunity to get to know most of these beautiful places and also learn more details about each one.

More info about Aveiro:

http://www.virtualtourist.com/travel/Europe/Portugal/Distrito_de_Aveiro/Aveiro-292483/TravelGuide-Aveiro.html



University of Aveiro

Created in 1973, beginning mostly with engineering courses, the University of Aveiro 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. In 1986 a team of renowned Portuguese architects designed some new buildings. Three of them 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 - designed the building known as “Caloródromo” (the round white building in the middle image); Eduardo Souto Moura – planned the geosciences department (the image on the right).



In 2013, the University of Aveiro was considered one of the best universities of Europe and the best in Portugal, according to the ranking of the british magazine Time Higher Education.

(More information about University of Aveiro: <http://www.ua.pt/>).

Useful phrases and words

Not all the Portuguese people speak English so you might need some of the sentences below.

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
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!	És boa como o milho!

➔ You should be careful because, in Portugal, cat calling can lead to jail (We're not joking!).

Timezone

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

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 and lamp stores.



Banks and Money

The actual currency in Portugal is the single currency of European Union, the Euro.

The banks are open from 8:30am to 3:00pm. And since we are the country that invented the interbanking system "Multibanco" there are ATM's almost everywhere. But you might like to bring 2 bank cards in case one of them is retained by the ATM machine due to malfunction or you lose it.

Product	Price
Milk (1l)	0,60 €
Bread (small)	0,10 €
Beer (0.5L)	1,00 €
Porto Wine	6,00 – 15,00 €
Ovos Moles (Small pack)	5,00 €
Ice cream	1,50 €
Chocolate bar	1,00 €
Bottle of Wine	3,50 €
Meal (Restaurant)	7,00 – 12,00 €
Meal (McDonalds or similar)	4,50 – 6,00 €
Water (1,5L)	0,50 €
Coca-cola (1,5L)	1,50 €
Pack of Cigarettes	4,00 €
Coffee (expresso)	0,65 - 0,75 €
Cinema Ticket	5,50 – 6,50 €

How to reach us

- **Plane**

If you come by plane, you have two possibilities; you can get a ticket for the Airport Francisco Sá Carneiro (Oporto) or to Portela (Lisbon). We will explain how to get from both airports to Aveiro below.

1. Flight to Oporto

Airport Francisco Sá Carneiro is located in an important industrial and business region, 11 Km away from Oporto. There are direct flights to Oporto from the major cities of Europe, and the train connections are good.

1.1 Oporto - Aveiro

If you arrive by plane, you can continue your journey by subway or bus to one of the main train stations. You need to buy a ticket before you use subway or you may get a fine.

The subway ticket system works by buying a card (Andante) and charging it with rides, whenever you need them. The ticket is valid for one hour in the subways and you can also use it on SCTP buses (the city bus system). Before entering either one you should validate your ticket on the indicated machines.



The occasional Andante title required for travelling between the Airport Station and Oporto city center is a Z4. Each Z4 title costs 1,85 € (+0,60€ by Andante's Card). You can get more information on the metro stop, there is an information panel explaining how you can buy the card and how to load it.

From the airport, you should head to Campanhã train station, by taking the Line E, the Violet Line, that runs directly from Oporto Airport to Estadio do Dragão. You need to leave the subway in Oporto - Campanhã (penultimate stop). This is where you will get on the train to Aveiro.

For more information about Oporto's Metro visit www.metrodoporto.pt/en.

If you rather take a bus directly, you can find schedules and other information on www.stcp.pt/en.

At the Campanhã train station you will have to buy your train ticket (destination: Aveiro). You will be going on an urban train (easily identifiable because these trains are all yellow). The ticket will cost you 3,40€ and usually there are trains every hour. After getting onto the train it will take you one hour to reach Aveiro.

If you happen, by chance, to get to the Oporto - São Bento train station (the second largest of the city), don't worry - you can also get the train to Aveiro there.

Timetables from Oporto to Aveiro by Train:

<http://www.cp.pt/passageiros/en/>

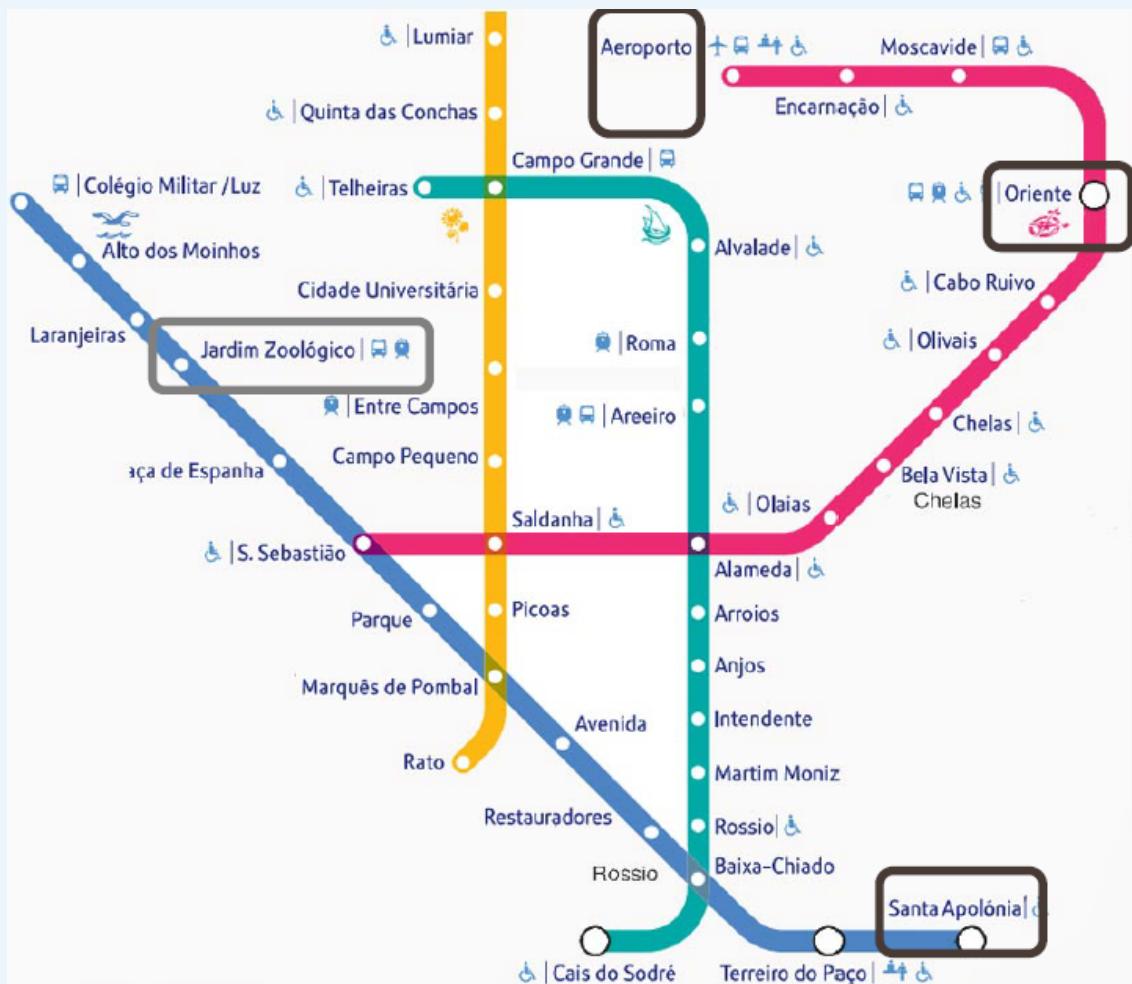
There are also bus connections to Aveiro, but they represent a more expensive alternative compare to urban trains.

Oporto



2. Flight to Lisbon

In case you take a flight to Lisbon you can take a train or bus to Aveiro. You can continue your journey by subway or bus to one of the main train stations. Similar to Oporto's transportation system, you need to buy a ticket and load it the necessary number of rides. That ticket can be used in both bus and subway services. The ride's fare alone is 1,40 € per ride. The bus service is provided by Carris, and bus stops can be found near the airport, as well as a subway station entrance.



Probably the fastest way to a train station is by subway. You can take the red line (Linha Vermelha) and get off on the stop ORIENTE. Alternatively, you can travel in the red, green and blue lines (Linha Vermelha, Linha Verde, Linha Azul) until you reach SANTA APOLÓNIA, where you may also find a train to Aveiro.

If you prefer taking a bus to the train station, you can find information about schedules and bus lines on <http://carris.transporteslisboa.pt/en/home/>.

2.1. Lisbon – Aveiro

Either from Oriente or Santa Apolónia train stations you have several possibilities of trains to catch, depending on the hour, price and how fast you want to travel. The train you should look for is an "Intercidades" heading to Aveiro. The ticket price for students is 16,50€, but you have to show your student ID. The train takes approximately 2h30min to reach Aveiro. To find the best choice visit the CP website (<http://www.cp.pt/passageiros/en/>).

In case you wish to travel by bus, when you leave the airport head to the subway station JARDIM ZOOLÓGICO. Nearby there is a bus station where you can catch a bus to Aveiro. The ticket cost 15,70€. If you are aged 25 or under, you should show your ID card and you will pay 12,40€. The journey takes between 3 to 4 hours. Check the website <http://www.rede-expressos.pt/default.aspx> where you can consult the ticket application to know more about your trip and available schedules.

Lisbon



- **International Trains**

Check the available schedules: [Porto - Vigo | Celta](#) or [Lisboa-Hendaye | Sud Express](#) and [Lisboa-Madrid | Lusitânia Comboio-Hotel](#).

- **International Bus**

From Spain: <https://www.alsa.es/en/buy-and-schedules/international/?searchType=international>

From other countries: <http://www.eurolines.com/en/>

For a final destination different from Aveiro, we advise Albergaria-a-Velha (Albergaria), Oporto or Lisbon.

- **By car**

Since there are so many possibilities we can't provide you a general route. We leave you a website where you can get directions to Aveiro (www.viamichelin.com) and we strongly advise you to get a GPS.

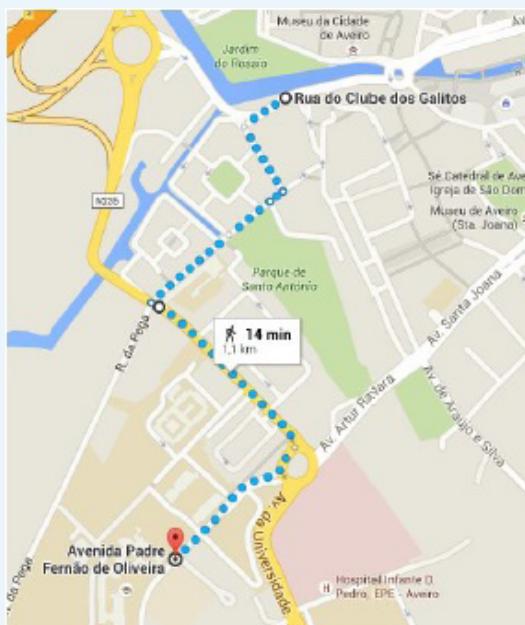
Once in Aveiro

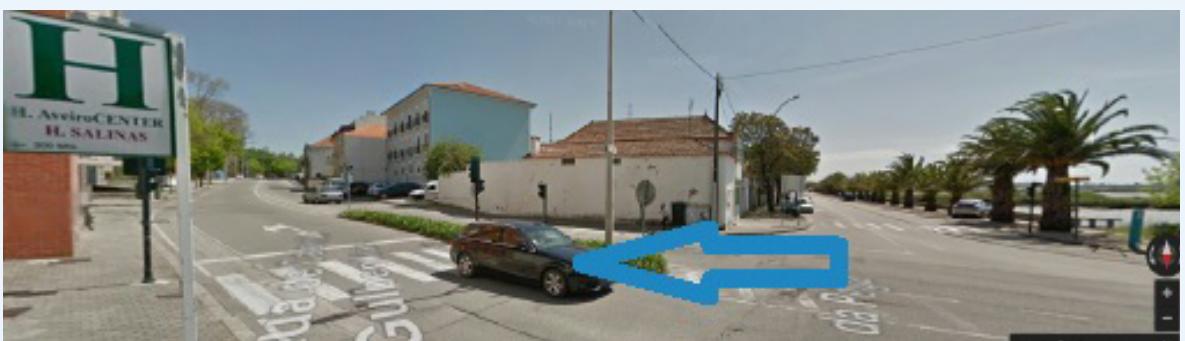
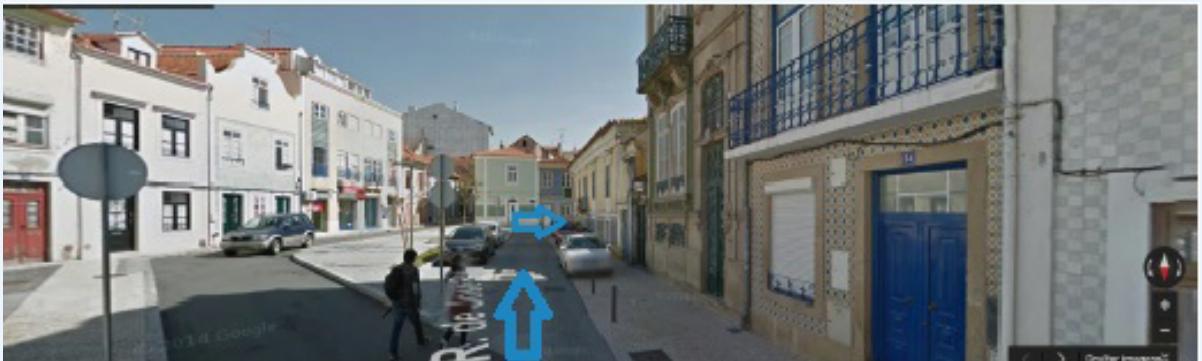
The meeting point will be at the University Dorms, close to the Rectory Building, where you will be staying. Below are maps with the way from the various arrival places to the meeting point.

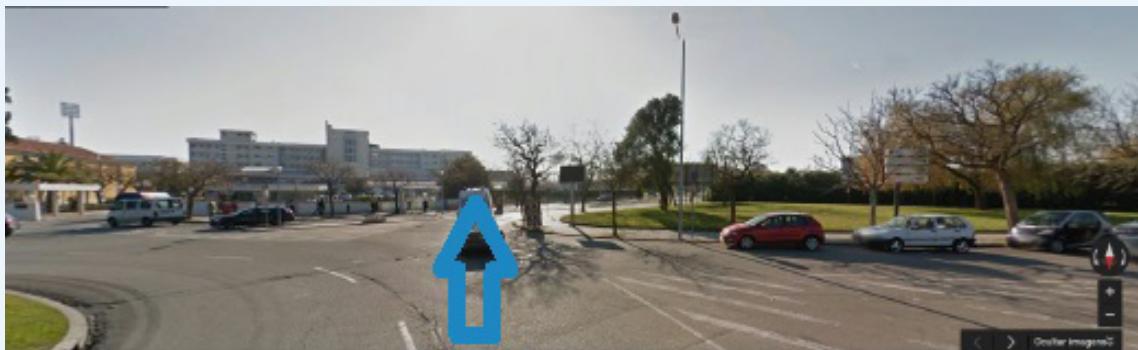


1. Arrival by bus

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

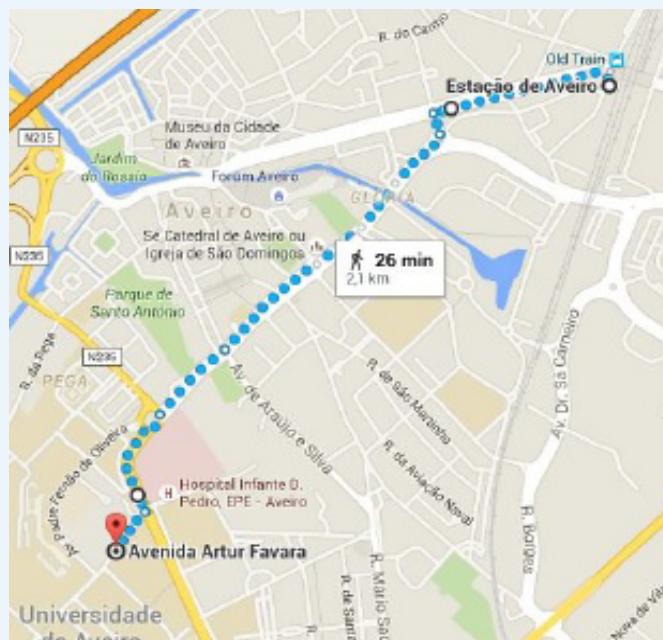


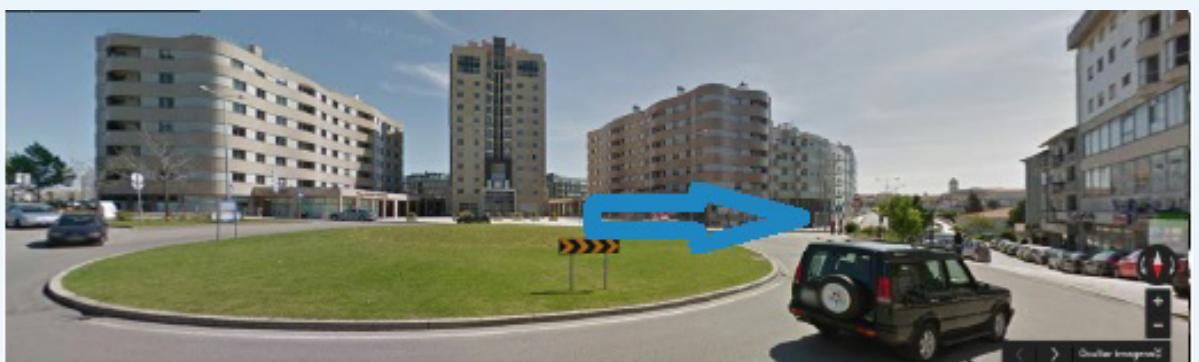
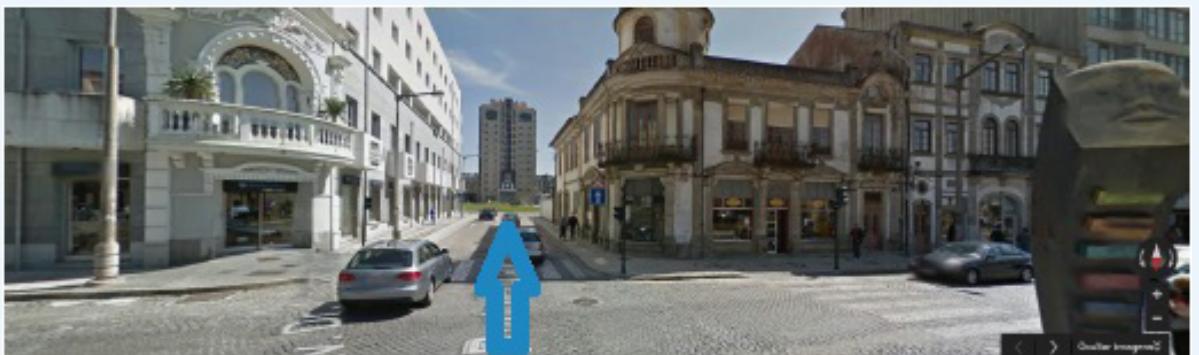




2. Arrival by Train

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







BEST Aveiro

Founded in 2008, BEST Aveiro is a local group of Board of European Students of Technology (BEST) located in the University of Aveiro.

Official member of BEST since 2010, BEST Aveiro is one of the most active associations in the university, helping students' self-development, professional and educational support. BEST strives to bring closer universities, students and companies.

To fulfil this purpose, 40 members of BEST Aveiro work hard to organise about 20 events per year, reaching annually more than 500 students. These events include EBEC Aveiro (local round of the European BEST Engineering Competition), Summer Courses on Technology and BEST Training Days. With a record of five previous successful events, "Biomechanics: the engine beneath your skin" will be the sixth edition organised by BEST Aveiro, so be ready for some Portuguese hospitality!



Useful Contacts



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