



Nanotechnology

FindingNano

Survival Guide

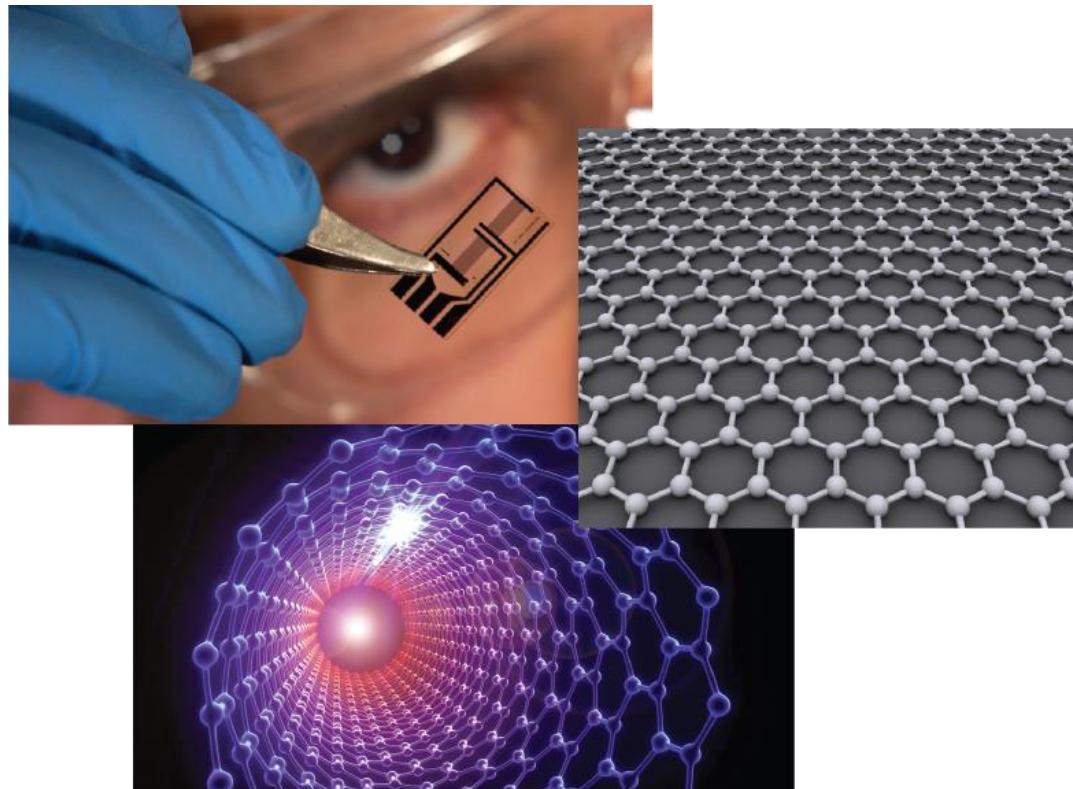
Summer Course '15
University of Aveiro

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About this Survival Guide

This is the Survival Guide for Summer Course 2015 – Finding Nano. It contains basic information about our Summer Course and all information you will need after applying.



What shall we know about you?

After you are accepted in our course we ask you to send us an e-mail with the following information:

- How/where is possible to contact you just before the event;
- When (day and time), where and how will you arrive;
- Departure day and time;
- If you are allergic to something, vegetarian, vegan or if you have any other special needs.

General information

- **Date:** 25th of august to 5th of september
We will be ready to welcome you on Tuesday! The schedule is available on the event's website.
- **Accommodation**
You will be hosted at University of Aveiro (UA), in the dorms 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.
 - **Visa**
If you need one don't forget to tell us as soon as possible so we can send you an official invitation.
 - **Health insurance traveling**
It is very important that you bring E111, Health Insurance or something similar.

What to Bring?

We won't teach you how to pack but check this list and make sure nothing is left behind.

- Personal insurance;
- Bring casual clothes for different kinds of weather as it can sometimes be unpredictable.
Don't forget swimwear and a sporty attire!
- Lab gear (lab coat, goggles, etc);
- Toothbrush and other hygiene accessories;
- Medicines (if needed);
- Sleeping bag;
- This survival guide;
- Songs from your country;
- Any special/traditional dish from your country;
- Some typical drink from your country;
- Your enthusiasm and funny ideas.
- Student Card



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 to the south and west by Atlantic Ocean. The Azores (Açores) and the Madeira Islands, both located in the Atlantic 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 among all the country with most people living on northern and central coastal areas.

Lisbon is the Portuguese largest city and is the capital since 1255, after Guimarães. Had the first university of the country founded in 1290 and later was 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 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 one of the national dishes and we can cook it in more than a thousand ways (e.g. 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



Caldo Verde



Arroz de Marisco



In terms of beverages, wine is clearly the beverage more resonant, and Portugal produces an abundant variety of different wines. Among the most well-known Portuguese wines are Porto Wine, Moscatel and Madeira's Wine.

The most typical desserts are rice pudding (decorated with cinnamon) and "Pasteis de Belém". In the city of Aveiro, you have a typical sweet called "Ovos Moles", that you will have the opportunity to taste.

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

Pasteis de Belém



Ovos Moles



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.



(Fonte Nova Factory)

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 (go figure...) has a fish market in the centre and many bars around.

In the 13th century, Aveiro was elevated to the category of village and the settlement developed around the main church dedicated to Saint Miguel, which is now the city hall. Nearby there is 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.).



(Avenida Lourenço Peixinho)



headquarters of the Diocese of Aveiro.

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 the Sé de Aveiro. Nowadays, the church is the

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 is a beautiful late 15th-century Gothic cross, standing on a 17th-century pedestal. There is a congress centre that used to be a quite important ceramics factory and a very colourful Stadium, built for Euro 2004, now hosting of the local football team, Beira- mar.



(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 on 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 and the water tank (try to see a ruler, a pencil and an eraser); Vítor Figueiredo - designed the building known as “Caloiródromo” (the round white building); Eduardo Souto Moura – planned the geosciences department.

In 2011, 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 *Times Higher Education*.
(Article in Portuguese: <http://tinyurl.com/mezojpc>)
(More information: 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 for...?	É este o autocarro para...?
Departure	Partida
Arrival	Chegada
Direction	Direcção
Can you help me?	Pode ajudar-me?
Where is ...?	Onde fica...?
How do you get to...?	Como posso chegar a...?
Turn right	Virar à direita
Turn left	Virar à esquerda
Move on	Seguir em frente

Timezone

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

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 once 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 €
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.

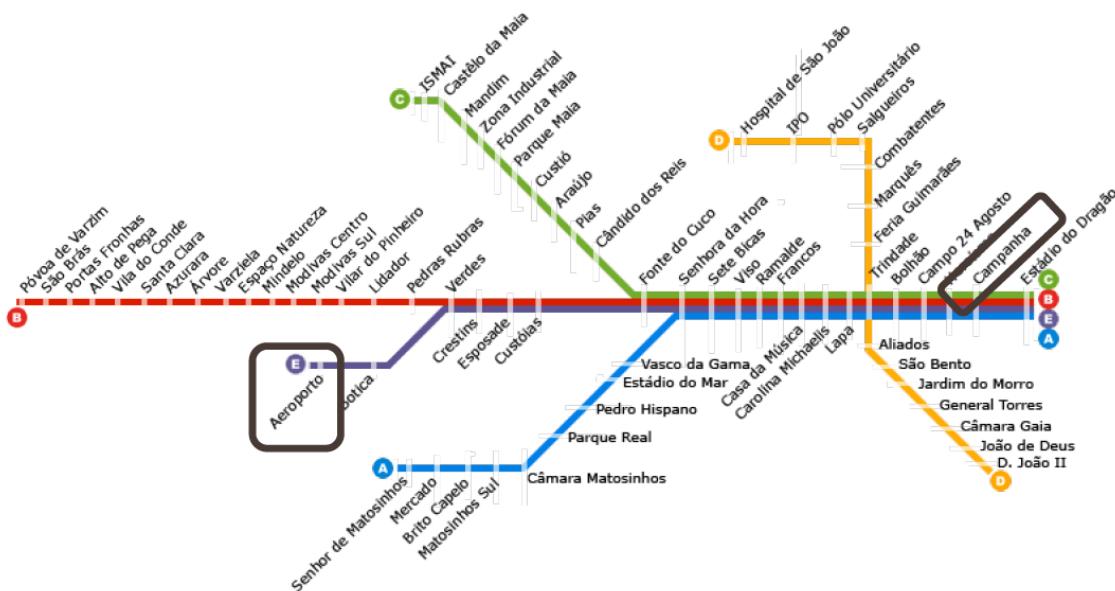
1. Flight to Oporto

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 connection is good.

1.1 Oporto - Aveiro

If you arrive by plain, 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 ticket every ride 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 1,80 €. 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 Estádio 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 would rather take a bus from here, 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 train ticket will cost you 3,35€ and usually there are trains every hour. After getting onto the train it will take you one hour to reach Aveiro.

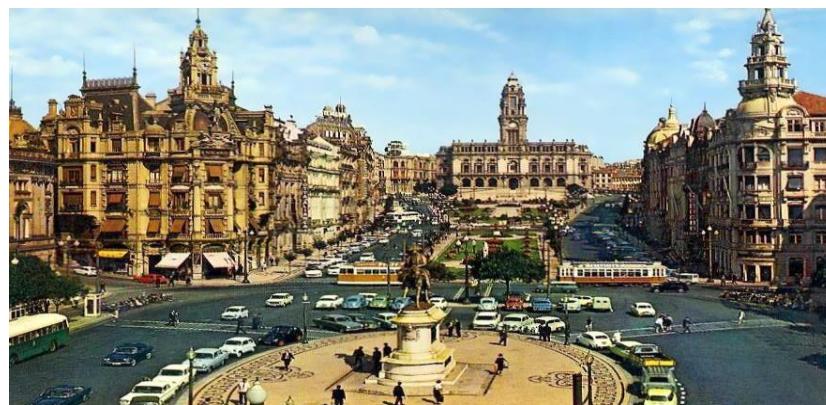
If you happen, by chance, to get to Oporto - São Bento train station (the second largest of the city), don't worry - you can also get the train to Aveiro there.

Timetables from Oporto to Aveiro by Train:

http://www.cp.pt/StaticFiles/CP/Imagens/PDF/Passageiros/horarios/Oporto/linha_aveiro.pdf

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

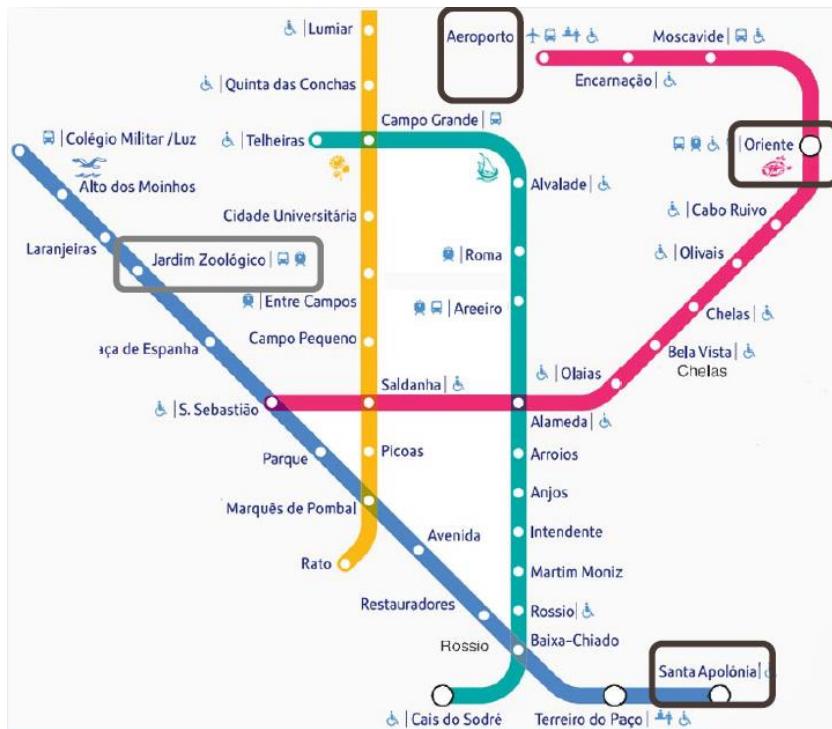
Oporto



2. Flight to Lisbon

In case you take a flight to Portela 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. Similarly 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.



bus lines on <http://www.carris.pt/>.

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. In alternative, you can travel in the red, green and blue lines (Linha Vermelha, Linha Verde, Linha Azul) until you reach SANTA APOLÒNIA, 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

2.2. 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 2h20min to reach Aveiro.

To find the best choice visit the CP website (<http://www.cp.pt>) on the English version and use the option "Timetables and Prices" on the travel planning application (right upper side).

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€, 14,00€ if you show your student ID card. The journey takes between 3 to 4 hours. Check the website www.rede-expressos.pt where you can consult the ticket application to know more about your trip and available schedules.

Lisbon



International Trains

Check the website www.cp.pt at the section of international trains.

International Bus

From Spain:

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

Other countries:

<http://www.eurolines.com>

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

By car

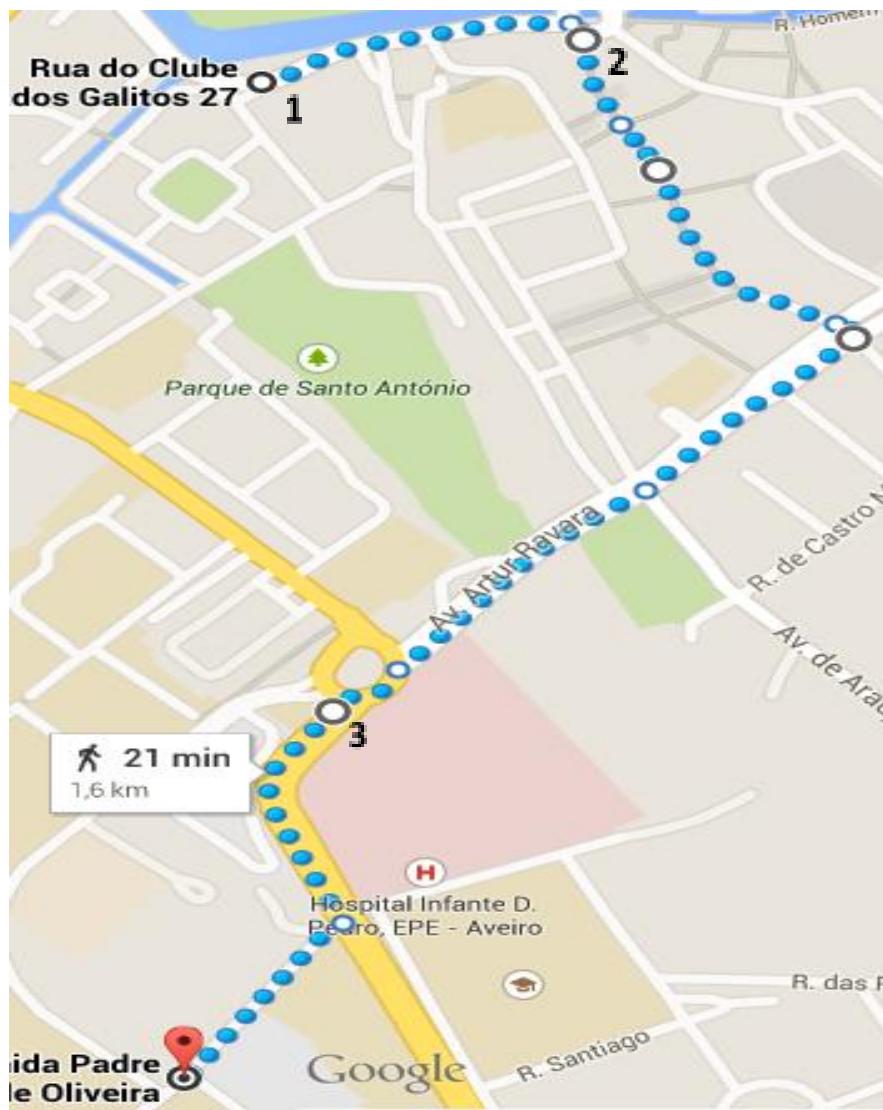
Since there are so many possibilities we can't provide you a general route. We leave you a website where you can get directions to Aveiro (www.viamichelin.com) and we strongly advise you to get a GPS.

Once in Aveiro

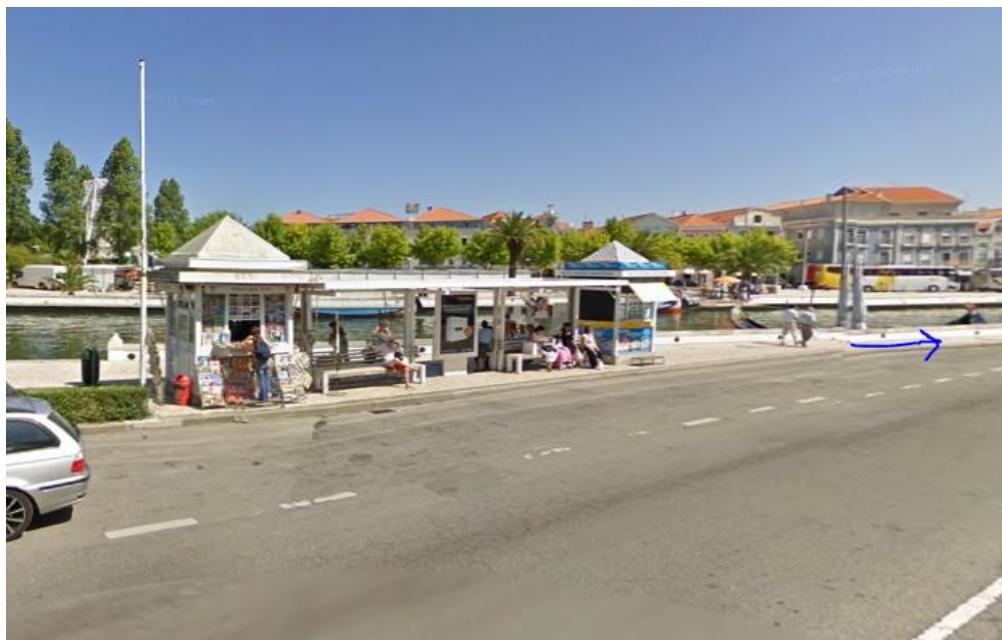
The meeting point will be at the University Dorms, close to the Rectory Building, where you will be staying. Below are maps with the way from the various arrival places to the meeting point.

1. Arrival by Bus (Rede Expressos)

You will arrive in the beautiful Ria de Aveiro, from here it is about a 25 minute walk to the University campus.



1.



2.

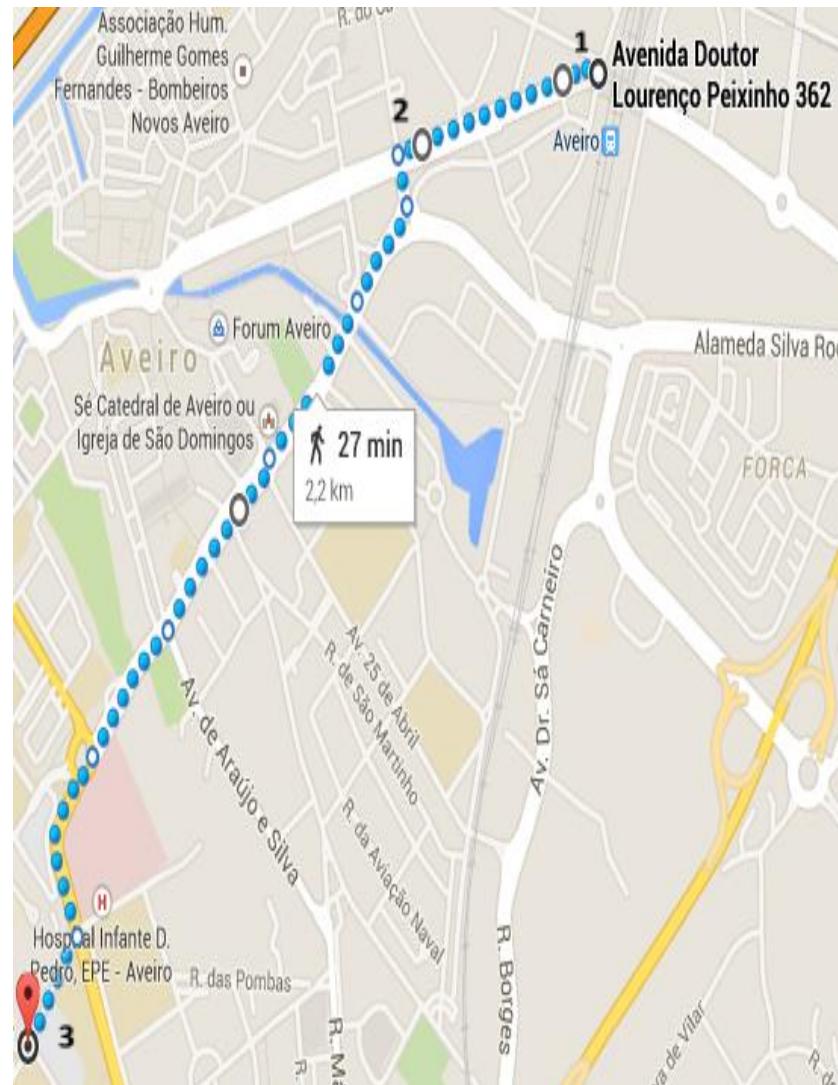


3.



2. Arrival by Train

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



1.



2.



3.



University of Aveiro – Rectory Building



Student Residences (front)



Student Residences (Entrance)

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.

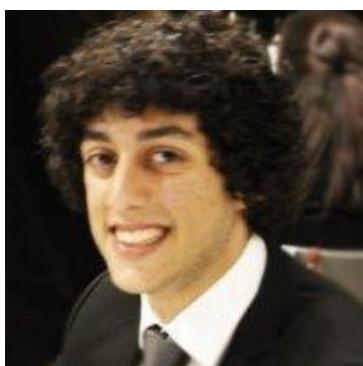


Official member of BEST since 2010, BEST Aveiro is one of the most active associations in the university, helping students' self-development, professional and educational support. BEST strives to bring closer universities, students and companies.



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 four previous successful events, Finding Nano will be the fifth edition organized by BEST Aveiro, so be ready for some Portuguese hospitality!

Useful Contacts



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