

SURVIVAL GUIDE

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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 our BEST 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 information for your stay in Aveiro and get a brief introduction to our culture, gastronomy and history.

General Information

Date: 24th of August to 2nd of 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 a dietary restriction, don't worry. We will take that into account. But please, contact us with some time left so we can organise ourselves, yeah? :D

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

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. Our other well known cities are Porto, Coimbra, Braga, Aveiro, Faro, Funchal, and Ponta Delgada.



Top: Porto. *Bottom:* Lisbon.

Portugal is known for its warm weather, beautiful beaches and welcoming people. This is underlined by the growing attractiveness of Portugal as a vacation destination. In fact, did you know that Portugal received a World Leading Destination at the World Travel Awards? 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 Lisbon was the best world destination for City Break in 2017?

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 ceramic 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.

UNIVERSITY OF AVEIRO

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.



University of Aveiro

Attended by about 15,000 students, our university 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:* the water tank and “caloiródromo”. *Right:* the geosciences department.

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.

- 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.
- 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.
- 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.
- Bringing your own laptop or tablet or a functional smartphone helps (optional)
- This Survival Guide.

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

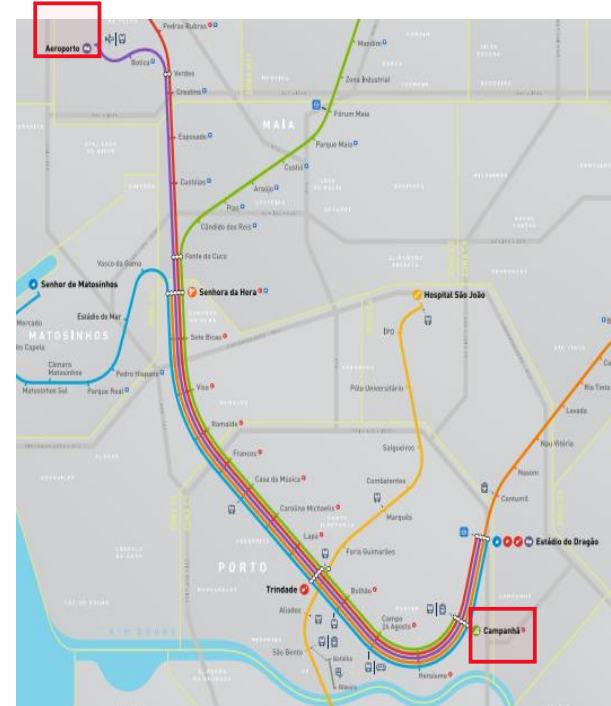
Getting here

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

- At the airport, follow the indications leading to the metro station called “Aeroporto”.
- 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.
- Get on a line E metro headed towards the “Estádio do Dragão” station.
- Get off the metro at the “Campanhã” station. The trip takes around 30 min.
- 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.



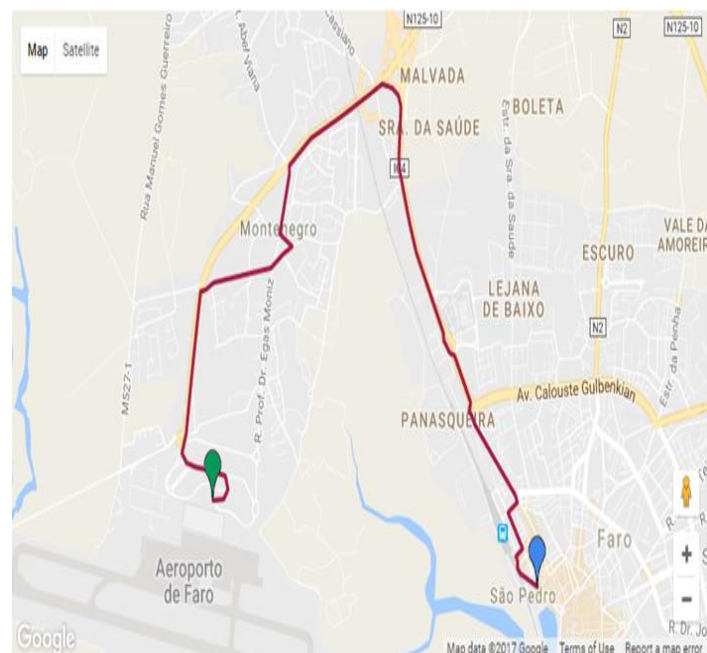
Lisbon

- At the airport, get to the metro station called “Aeroporto”.
- Get a Carris/Metro ticket (1,50 €+0,50€ for the card “Viva Viagem”).
- Get on a “Linha Vermelha” (red line) metro headed towards the “S. Sebastião” station.
- Get off the metro at the “Oriente” station. The trip takes around 10 min.
- 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 21,10 € (16,00 € 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

- At the airport, get to the bus stop. You're looking for the bus number 16.
- Get on the bus and buy a ticket from the driver. It costs 2,22 €.
- Get off the bus at the train station. The trip takes around 20 min.
- 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.



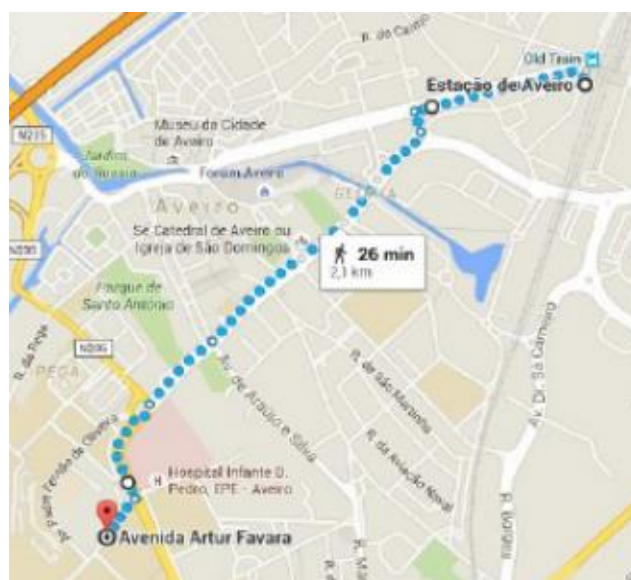
University's dorms

Arrival by bus

You will arrive at our bus terminal near the train station.

Arrival by train

You will arrive at the Avenue Doutor Lourenço Peixinho, from here it is about a 30 minutes 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 understand.	NÃO COMPREENDO.
Bus	AUTOCARRO

ENGLISH	PORTUGUESE
TRAIN	COMBOIO
IS THIS 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!

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 with you (10€ or so), given that some places we are going to visit may not have ATMs nearby. It’s always a good idea to bring 2 bank cards, in case something happens to one of them.

PRODUCT	PRICE
BREAD (SMALL)	0,10 €
WATER (0,5 L)	0,20 €
BEER (0,5 L)	1 €
COOKIES	0,44 €
PORTO WINE	6 € - 15 €
OVOS MOLES	5 €

PRODUCT	PRICE
ICE CREAM	1,70 €
CHOCOLATE BAR	1 €
MEAL (RESTAURANT)	7 € - 12 €
MEAL (FAST FOOD)	4,50 € - 6,00 €
COFFEE	0,65 € - 0,75 €

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