



# THE SURVIVAL GUIDE

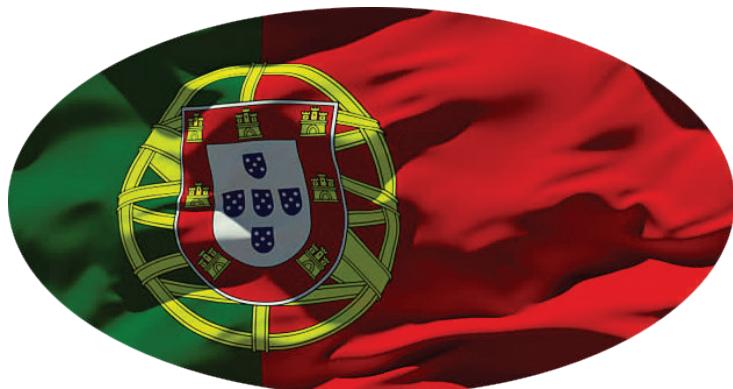
# PORTUGAL

Portugal is a country located in the southwestern Europe on the Iberian Peninsula. It is bordered by the Atlantic Ocean (west and south) and Spain (east and north). Azores and Madeira, two Atlantic Archipelagos, are also part of Portugal.

The country is named after its second largest city, whose Latin name was Portus Cale, now called Porto.

Portugal had its independence recognised in 1143 by Leon & Castile which would later become the kingdom of Spain. This was all thanks to D. Afonso Henriques who fought bravely against his own mother. Legend says it all started with a slap in the backyard.

242 years later in Leiria, between Alcobaça and Batalha, took place the most glorious battle of the Portuguese history "The Battle of Aljubarrota". The 6600 Portuguese soldiers, with the help of 100 English long-bowmen, showed great valour, courage, will and vim against the 31000 Spanish soldiers. To counter the Spanish superior numbers, new tactics were employed like the Square tactic and after 30 minutes of battle the Spanish army sounded the retreat. One of the stories told about this battle is that a baker woman, who got the nickname "Padeira de Aljubarrota" defeated 7 soldiers!



# PORTUGAL

But Portugal is mostly known for the empire it held during the 15th and 16th centuries. Portuguese explorers were the first to set sail into the Atlantic Ocean leading to a large empire throughout Africa, Asia and South America.

During the 16th century, the poet Luís Vaz de Camões wrote 'Os Lusíadas'. It is an epic poem that offers a fictional interpretation of the Portuguese (travels of discovery) achievements .

Nowadays, Luís Vaz de Camões is recognised as one of the most brilliant poets in history, being compared to Homer, Virgil, Dante and Shakespeare.



For you to know...

Population: 10.5 million

Language: Portuguese

Government type: Parliamentary republic

Total area: 92,090 km<sup>2</sup>

Time zone: Summer (DST) WEST (UTC+1)

Religion: The most common is Catholicism

Currency: Euros (EUR)

Electricity: 230 V at 50 Hz

International phone code: +351

Ethnic composition: 96% Portuguese and 4% legal immigrants (Brazilians, Cape Verdeans, Ukrainians, Angolans, etc)

Climate: Atlantic and Mediterranean temperate

Coastline: Around 800 km



# PLACES TO VISIT

## Rua Augusta

Rua Augusta (Augusta Street) is located in one of the busiest quarters of Lisbon. Closed to traffic, this pedestrian street has all types of shops for all sorts of tastes: flower pedlars, hot chestnuts sellers, street cafes, independent street artists, etc.



## Praça do Comércio

It's easy to describe the Praça do Comércio (Commerce Square), also known as Terreiro do Paço (Palace Square), in just one word: WOW! This is one of the most majestic squares of Lisbon and was once the main sea entrance to Lisbon. The spacious arcaded buildings extend around three sides of the square are now occupied by government administrative offices and some restaurants.



## Chiado

Chiado is nowadays a noble shopping area with all sorts of facilities and street entertainment. Here you will find hotels, theatres, bookshops, museums, restaurants, famous Portuguese fashion houses and the statues of famous personalities like Fernando Pessoa and Eça de Queiroz.



# PLACES TO VISIT

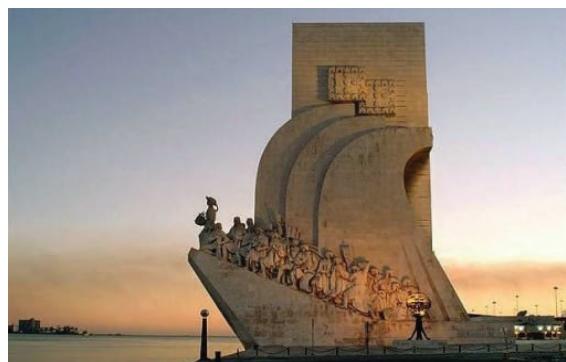
## Mosteiro dos Jerónimos

Mosteiro dos Jerónimos (Jerónimos Monastery) is usually referred to as the "jewel" of the Manueline style. This exclusive Portuguese style combines architectural elements from the Gothic and from the Renaissance periods, joining them with a royal and naturalist symbol that makes it unique and honorable.



## Padrão dos Descobrimentos

Padrão dos Descobrimentos (Monument to the Discoveries) opened in 1960 during the celebrations of the 500th anniversary of the death of the Infant D. Henrique (Henry the Navigator). You can say that it is a tribute to the maritime expansion.



## Elevador de Santa Justa

Elevador de Santa Justa (Santa Justa Lift) is a remarkable masterpiece designed by an apprentice of Gustave Eiffel and makes the connection between Baixa and Bairro Alto. The coffee shop at the top provides magnificent views over the center of Lisbon and the Tagus River.



## Torre de Belém

Torre de Belém (Belém Tower) was built in the age of the Discoveries (when defending the city was of paramount importance) to honor the saint patron of the city, São Vicente (St. Vincent of Saragossa).



# LISBON

Lisboa (Lisbon) is the capital and the largest city of Portugal. It is located in the west of the country, in the coast at the point where Rio Tejo (Tagus River) flows into the Atlantic

bursts with shops, coffee shops and theatres, and next to it is Bairro Alto. At present Bairro Alto is where the Portuguese capital's nightlife happens and most of Lisbon's youth gathers.

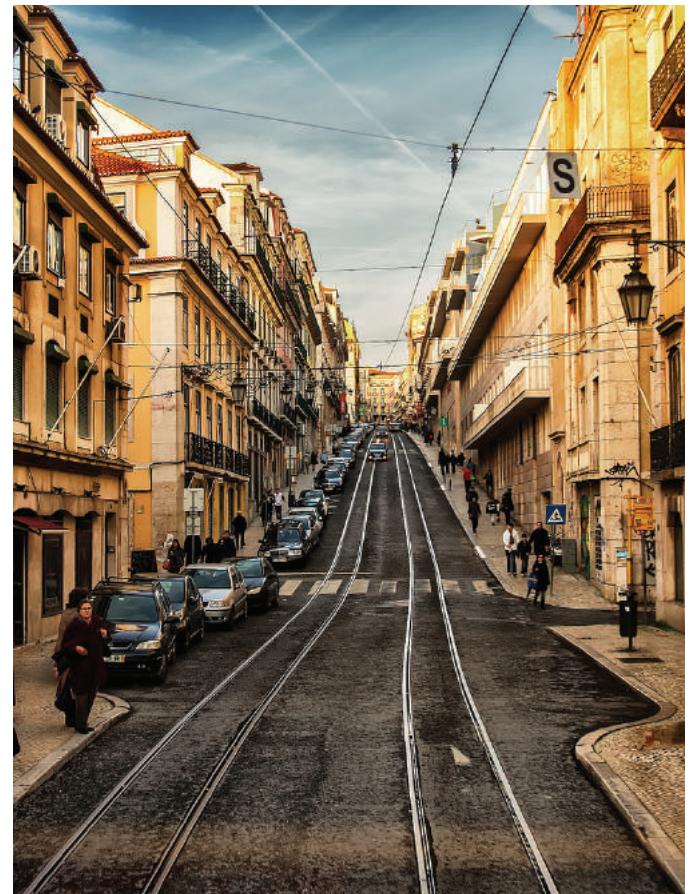
A traditional public transport in Lisbon is the tram (no visit to Lisbon is complete without riding the century old trams – line 28 is particularly nice). However in these days it has many disabled lines and it's not used much by the locals. It has been kind of replaced by the subway.

Our country has many traditions and history since it's one of the oldest countries in Europe. So it's not a surprise that we have our own type of music which is called Fado. In this particular style you have the singer (that always has a great voice) and a Portuguese guitar, and only that. Particularly in Lisbon you can find many fado houses.

It's a habit of Portuguese people to drink a type of espresso multiple times a day, which is called Bica. Most of the times you also order a Pastel de Nata.

It's a habit of Portuguese people to drink a type of espresso multiple times a day, which is called Bica. Most of the times you also order a Pastel de Nata with your Bica, and you probably have already tasted this dessert but in Lisbon you have a unique type that is called Pastéis de Belém and they are simply tasty.

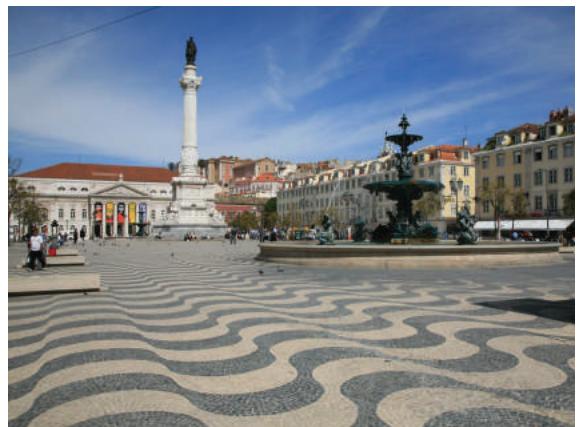
Portugal's most popular sport is football. Major football clubs are Sport Lisboa e Benfica (commonly Benfica), Sporting Clube de Portugal (commonly Sporting) and Futebol Clube do Porto (commonly Porto). Benfica and Sporting stadiums are located in Lisbon.



# PLACES TO VISIT

## Rossio

Rossio is one of the most wonderful squares in Lisbon. People pass by here everyday and hardly take time to look around. It's not only the beautiful monuments and the fountains that attract people it is also its fascinating history.



## Castelo de São Jorge

Castelo de São Jorge (St George Castle) is a magical place, a charming hilltop citadel with geese and ducks roaming around the castle gardens. Once used as a fortress, today it is a place to visit administrative offices and some restaurants.



## Parque das Nações

This is a new area of Lisbon. The former grounds of the "Expo 98" were not left unused and are now called Parque das Nações (Nations' Park). It offers many attractions: you can use its promenade by the river for a run, for a bike ride or just to sit and enjoy the view of Vasco da Gama bridge; you can visit some of the pavillions like the Oceanarium and the Pavillion of Knowledge, or take your chances at the Casino.



# WEATHER

Lisbon is one of the warmest European capitals. Spring and summer are typically sunny, with maximum temperatures reaching 35°C to 40°C during July and August, and minimum between 15°C and 20°C. Autumn and winter are normally rainy and windy (there are some sunny days) with average temperature of 10°C, but the temperature rarely drops below 5°C, so snowfall is an extremely rare occurrence. It will definitely be warm and sunny during the Summer Course! But bring a jacket because nights can be cold!



# LANGUAGE

English	Portuguese
Yes/No	Sim/Não
Thanks/You're welcome	Obrigado/De nada
Thank you very much	Muito obrigado
Please	Por favor
Excuse me	Com licença
Hello/Goodbye	Olá/Adeus
You're very attractive	És muito atraente
I love you	Amo-te
I don't understand	Não percebo
Water	Água
Ice	Gelo
Beer	Cerveja
What time is it?	Que horas são?
Happy Birthday	Parabéns
I'm a strawberry, eat me	Sou um morango, comeme
See you soon	Até logo
Nice to meet you	Prazer em conhecer-te
How are you?	Tudo bem?

# MEETING POINT

# By Train

If you're considering to travel to Lisbon by train you should check Comboios de Portugal ([www.cp.pt](http://www.cp.pt)) website to see the timetables and the prices. You'll go off in one of these stations:

Entrecampos: Take the subway and pick the yellow line to "Rato" and get off at the second station, Saldanha. Leave through the red line exit and then just ask someone how to go to Instituto Superior Técnico.

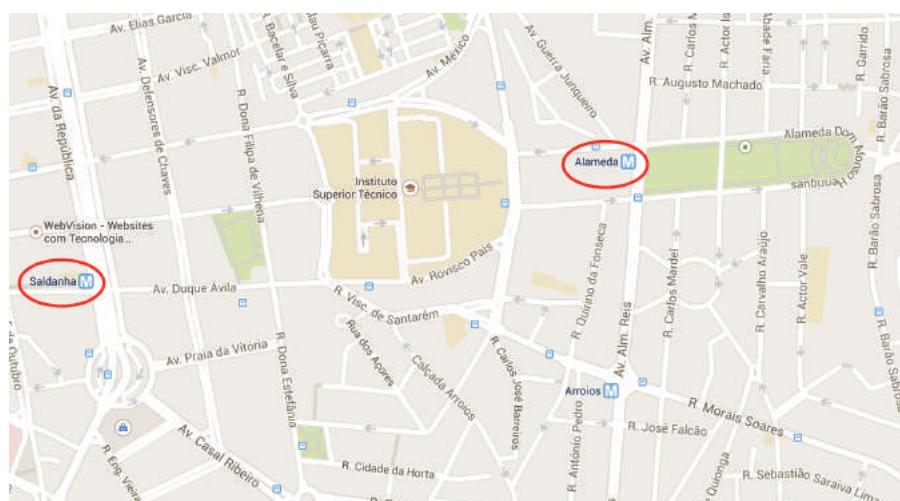
Oriente: Take the subway and pick the red line to São Sebastião and get off at the seventh station, Saldanha. Then just ask someone how to go to Instituto Superior Técnico;

**Santa Apolónia:** Go to the subway and take the blue line to Amadora Este and get off at the second station, Baixa-Chiado. Then you've got to pick the green line to Telheiras and get off at the sixth station, Alameda. Now just ask someone how to go to Instituto Superior Técnico.

## By Bus

If you're already in Portugal and want to come to Lisbon by bus you'll probably come by Rede Expressos ([www.rede-expressos.pt](http://www.rede-expressos.pt)) or by Eva ([www.eva-bus.com](http://www.eva-bus.com)). You can arrive in these two stations:

**Sete Rios:** Just go to the subway (In this case the metro station has a different name – Jardim Zoológico) and take the blue line to Santa Apolónia and get off at the second station, São Sebastião. Then you've got to pick the red line to Aeorporto and get off at the first stop, Saldanha. Now just ask someone how to go to Instituto Superior Técnico. **Oriente:** Just take the subway and go to the red line to São Sebastião and get off at the seventh stop, Saldanha. Now just ask someone how to go to Instituto Superior Técnico.



# MEETING POINT

We will try to pick you up at the airport, but if by any reason that is not possible, here you find some information on how to reach us. At any time, contact us for the mobile numbers found at the end of the guide.

## Meeting Point:

Instituto Superior Técnico,  
Avenida Rovisco Pais, nr. 1,  
1049-001 Lisboa

Find your way to the Central Building and CALL one of the MOs. Wait a bit and someone will pick you up. If you got yourself to Saldanha Metro station, maybe you won't need to walk to Instituto Superior Técnico. The station is near so, CALL one of the MOs and someone will pick you up too.

## By Plane

If you travel by plane you will probably land on Lisbon Airport, Portela. The airport is located in the north of the city and there are some air companies that you should consider. The meeting point will be held at our faculty, Instituto Superior Técnico, on the arrival day. The airport is 10 minutes away from the meeting point and you can go there.

## By Taxi

More expensive, probably around 10€ (with luggage). Tell the taxi driver that you wanna go to Instituto Superior Técnico and ask for the receipt.

## By Metro

Once you're at the arrival lobby of the airport, walk to the right for the Metro station (there should be signs). Once you have your ticket, take the Metro with direction to "S. Sebastião". Your destination is "Saldanha" station. The trip should last for about 15 minutes. For info about prices check page 9, for info about the Metro network check page 12.

# PRICES

Food	
Sandwich	2,10 €
Cheeseburger (McDonalds)	1,25 €
Pizza slice	2,00 €
Chocolate tablet (supermarket)	1,00 €
Average meal price	6,50 €

Drinks	
Bottle of water (0,5L)	1,00 €
Bottle of water (0,5L) - Supermarket	0,12 €
Beer (0,2L-0,33L)	1,00 €
Coffee	0,60 €
Shot	1,00 €

Miscellaneous	
Nightclub fee	from 10,00€
Movie ticket	6,00€
Cigarettes	from 3,90€
Condoms (pack of 3)	from 3,00€

Public Transport	
Rechargeable Card	0,50 €
Metro (1 zone)	1,40 €
Bus	1,80 €
Tram	1,25 €
Aerobus (airport)	3,50 €

## Public Transport rechargeable card

\*buy one in the airport and keep it for the whole course. They can only be obtained in certain places.

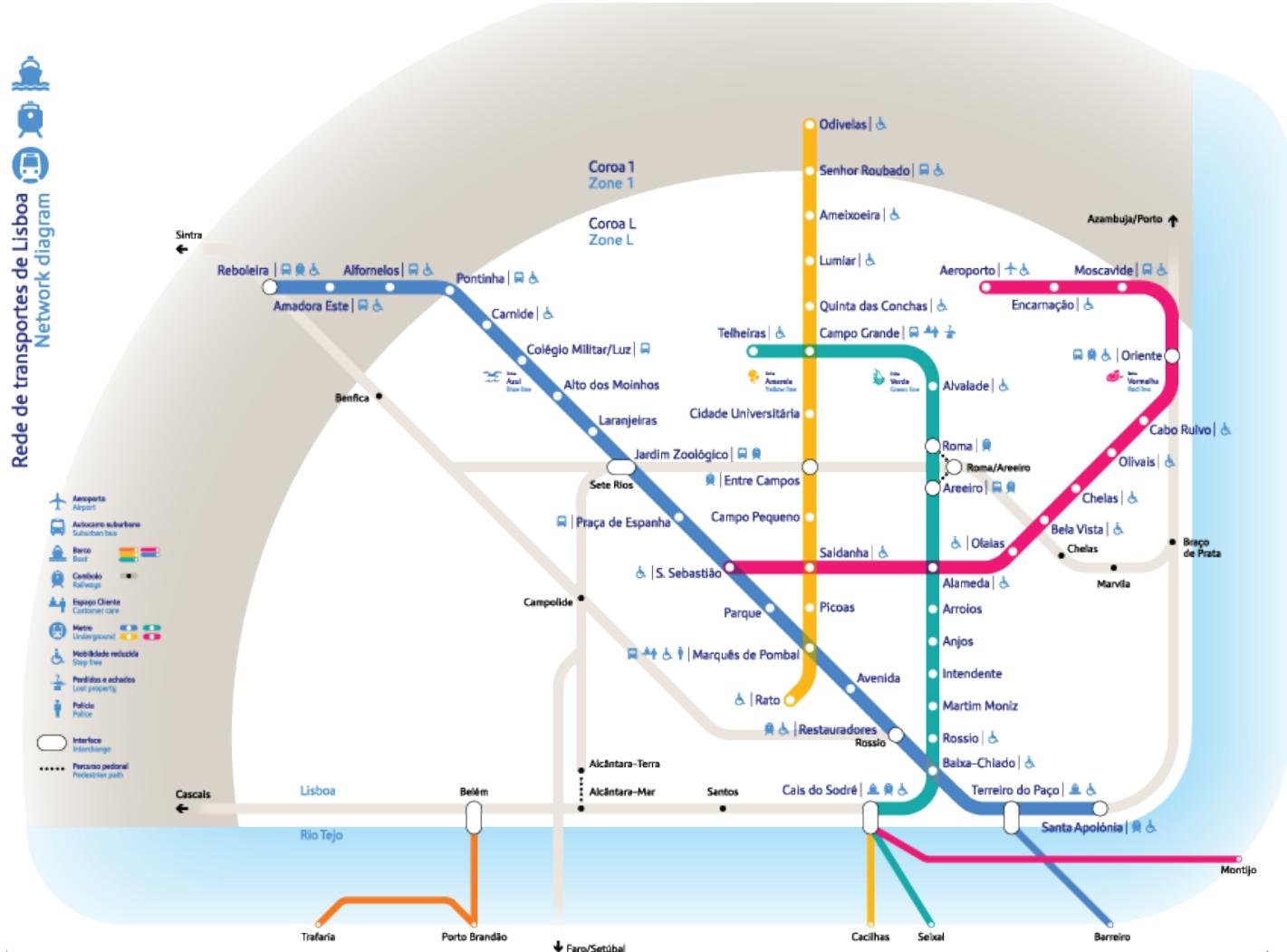


# SUBWAY NETWORK

Subway is one of the most popular options to travel in Lisbon. You'll probably use it while here. Some indications:

You have to buy a one-way ticket to go to the meeting point. You can buy it at a blue machine like this:

1. Choose the language (English/ Spanish/ French) to buy the ticket.
2. Select the option "No rechargeable card"
3. Buy one-way ticket to Zone 1 (First option) – 1.95€ (1.40€ € for the ticket and 0.50€€ for the green card – Viva Viagem, which is rechargeable so don't lose it).



# WHAT TO BRING

Before departure, be absolutely sure that you bring:

- Passport or National Identity Card;
- Visa (If required);
- Flight tickets;
- Travel/Health Insurance (If you're from an EU member country make sure you bring your European Medical Card);
- Student ID Card / ISIC / EYC;
- Medicines (Better safe than sorry);
- Some pocket money for extra expenses (Euros);
- A printout of this survival guide;
- Sleeping bag;
- Comfortable and light clothes and shoes;
- Swimsuit, beach towel, sun glasses;
- Sunscreen (trust us, you will need lots of it!);
- Towels and hygiene stuff;
- Songs from your country;
- Camera + PC cable (we wanna know all the gossips!);
- Laptop if absolutely required, don't forget to bring it!;
- Alarm clock (you better wake up on time!);
- Some smart clothes for the official reception (you don't need a suit or an evening dress, unless you are the personification of awesomeness like Barney).

For the International Evening make sure you bring your country's flag and/or scarf and of course traditional food (that need no cooking!) and drinks; Last but not least, the most important thing, YOU! With BEST mood and spirit to work hard and party harder! (We have drinks just in case).



# BEST LISBON

Located in Instituto Superior Técnico,BEST Lisbon is one of the 13 founding members of BEST(Board of European Students of Technology).From the start, it has been one of the most active local groups on a national and international basis. Our 28 years of activity include dozens of successfulevents and thousands of students of technology with added value.

For question regarding the course use preferably the email [lisbon@best.eu.org](mailto:lisbon@best.eu.org) and visit our website <http://best.tecnico.ulisboa.pt>.

And now, the amazing Main Organizer:



Francisco Viana  
[frfviana@gmail.com](mailto:frfviana@gmail.com)  
+351 918 124 134

And, of course, the rest of the family that you'll have the chance to meet:



