

SURVIVAL GUIDE



GREENPRENEURSHIP BOARD THE GREEN CARAVEL

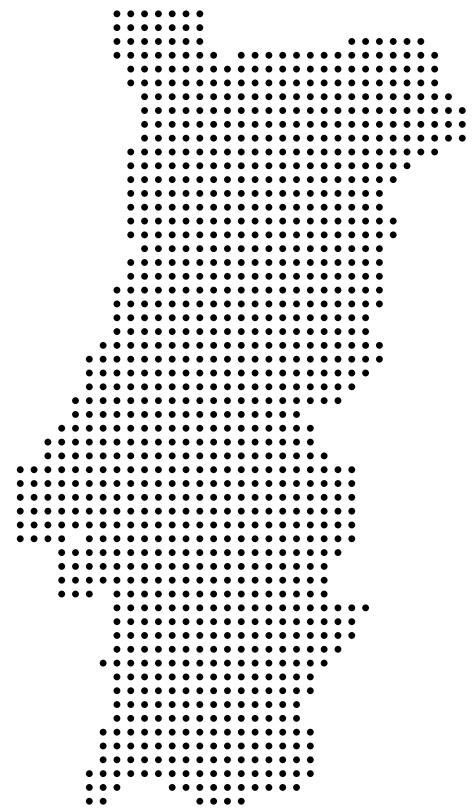
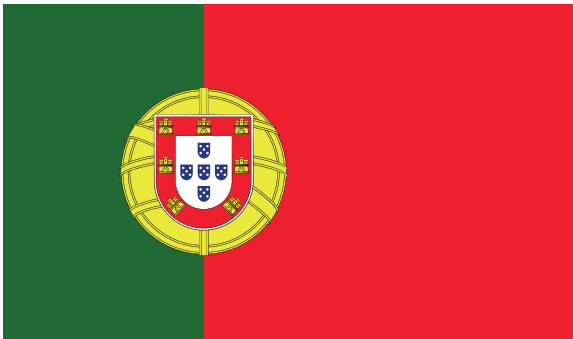
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WELCOME TO PORTUGAL

Portugal is located in south-western 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, Porto, whose Latin name was Portus Cale.

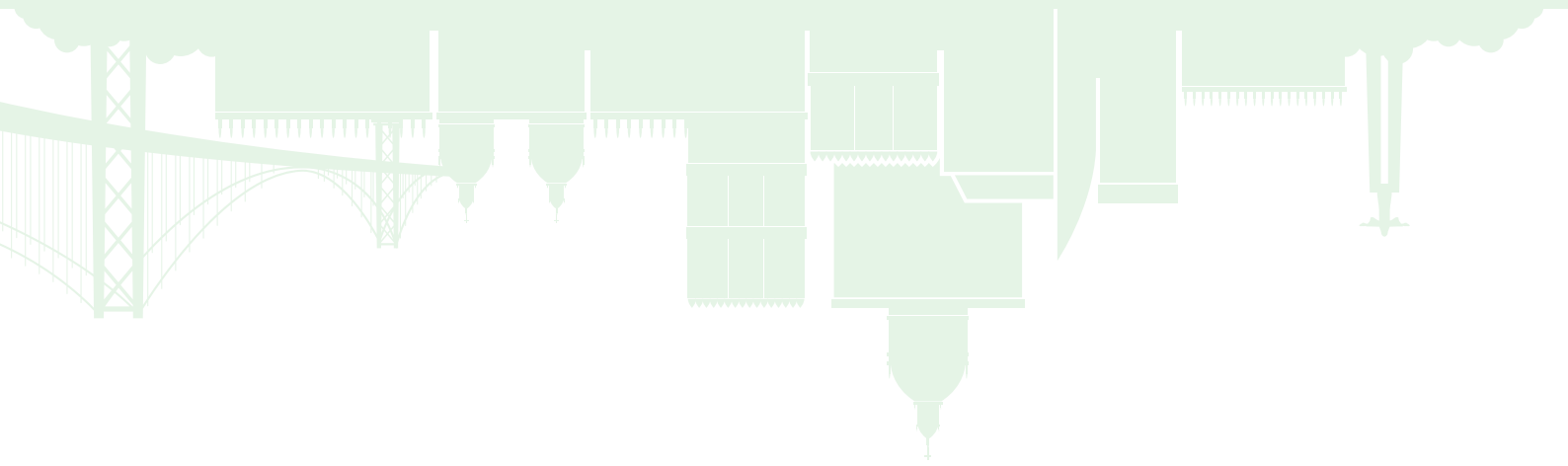
Flag



Interesting Facts:

- Population: 10.5 million
- Language: Portuguese
- Government type: Parliamentary republic
- Total area: 92,090 km²
- Time zone: Summer (DST) WEST (UTC+1)
- Religion: The most common is Catholicism
- Currency: Euro (EUR)
- International phone code: +351
- Ethnic composition: 96% Portuguese and 4% legal immigrants
- Climate: Atlantic and Mediterranean temperate

THE CITY: LISBON



Lisboa (Lisbon) is the capital and the largest city of Portugal. It is located in the west of the country, where Rio Tejo (Tagus River) flows into the Atlantic Ocean. Baixa (downtown) is the heart of the city. West of Baixa, the Chiado district is where you can find a lot of shops, cafés and theatres. Next to it is Bairro Alto - known for its nightlife.

One of the many portuguese traditions is Fado - a type of music in which the singer, who gives their heart out, is partnered with musicians that play typical portuguese guitars. In Lisbon you can listen to this type of music in specific places called Casas de Fado (Fado Houses).



HOW TO REACH LISBON



Humberto Delgado
Airport



Rede Expressos
(www.rede-expressos.pt)
or Flixbus
(<https://global.flixbus.com/>)



Comboios de Portugal
(www.cp.pt)



SUBWAY NETWORK

Since it is not possible to pick up everyone at the airport, train stations or bus stations, here you can find some information on how to meet us. Subway is one of the most popular and easy options to travel in Lisbon so we recommend you to use it.

Tickets:

Procedure for the first time:

1. Choose the language.
2. Select the option "No rechargeable card".
3. Select the number of trips you need.
(each trip is 1,50€ and the green card is 0.50€)

In case you want to buy more trips, keep the card because it is rechargeable.

This is what you should do:

1. Insert your card.
2. Choose the language.
3. Select the option
"Rechargeable card".
4. Select the number of trips you need (each trip is 1,50€).

Buy your tickets at a machine like this:



HOW TO REACH BEST LISBON

Meeting Point:

Our faculty IST - Instituto Superior Técnico (Avenida Rovisco Pais 1, 1049-001 Lisboa). Find your way to the Central Building and call one of the MOs. If you arrive at Saldanha Metro station or Alameda Metro station you can also call one of the MOs.



Airport to IST

Pick the red line to “S. Sebastião” and get off at the tenth station, “Saldanha”.

Train stations to IST

Entrecampos: Pick the yellow line to “Rato” and get off at the second station, “Saldanha”. Leave the station through the red line exit.

Oriente: Pick the red line to “S. Sebastião” and get off at the seventh station, “Saldanha”.

Santa Apolónia: Pick the blue line to “Amadora” and get off at the second station, “Baixa-Chiado”. Then pick the green line to “Telheiras” and get off at the sixth station, “Alameda”.

Bus stations to IST

Sete Rios: (In this case the Metro station has a different name – Jardim Zoológico): Pick the blue line to “Santa Apolónia” and get off at the second station, “São Sebastião”. Then pick the red line to “Aeroporto” and get off at the first station, “Saldanha”.

Oriente: Pick the red line to “S. Sebastião” and get off at the seventh station, “Saldanha”.

PLACES TO VISIT

Mosteiro dos Jerónimos (Jerónimos Monastery)

Referred to as the “jewel” of the Manueline style.



Padrão dos Descobrimentos (Monument to the Discoveries)

Built in 1960 as a tribute to the maritime expansion.



Torre de Belém (Belém Tower)

Built in the age of the Discoveries to honor the saint patron of the city, São Vicente.



Elevador de Santa Justa (Santa Justa Lift)

Makes the connection between Baixa and Bairro Alto. It has a café at the top that provides magnificent views.



Rua Augusta (Augusta Street)

Pedestrian street located in one of the busiest quarters of Lisbon.



Praça do Comércio/Terreiro do Paço (Commerce Square/Palace Square)

One of the most majestic squares of Lisbon and was once the main sea entrance to Lisbon.



Chiado

Noble shopping area with all sorts of facilities and street entertainment.



Rossio

One of the most wonderful squares in Lisbon with beautiful monuments and the fountains.



Castelo de São Jorge (St George Castle)

It is a magical place, a charming hilltop citadel that was once used as a fortress.



Parque das Nações (Nations Park)

A new area of Lisbon where you can go for a walk or a bike ride, or just to sit and enjoy the view. You can also visit some of the pavilions like the Oceanarium and the Knowledge Pavilion.





PRICES IN LISBON



Menu Big Mac	5.00€
Average meal price	6.50€
Chocolate bar (supermarket)	1.00€
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€
Nightclub fee	from 10.00€
Movie ticket	6.00€
Pack of cigarettes	from 3.90€
Condoms (pack of 3)	from 3.00€
Rechargeable Card	0.50€
Subway ticket	1.50€
Bus ticket	1.85€
Tram ticket	1.25€
Aerobus ticket (from the airport or to the airport)	3.60€

GASTRONOMY



Caldo verde: It is a popular soup in Portuguese cuisine. The basic traditional ingredients for caldo verde are potatoes, collard greens and chouriço.



Cozido à portuguesa: Traditional portuguese dish, which is a mix of vegetables, meats and sausages. Put all together, it's a masterpiece.



Bacalhau (cod fish): In Portugal you can find lots of recipes using bacalhau like bacalhau à Brás, bacalhau com natas, bacalhau à Gomes de Sá and also bolinhos de bacalhau.



Francesinha: Stacked sandwich with layer upon layer of melted cheese, sausages, crusted ham slices, steaks and other meaty treats besides; is a hearty meal of epic proportions, served up with a generous pile of French fries and doused in a trademark sauce.



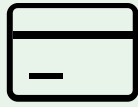
Pastel de nata or Pastel de Belém: The original recipe of Pastel de nata is from Belém, in Lisbon, and it is called Pastel de Belém. Creamy, flaky custard tarts – served warm with cinnamon – are one of Portugal's great culinary gifts to the world. We will make sure you will taste one of this.

WHAT TO BRING?

Before departure, be absolutely sure that you bring:



Flight tickets



Visa
(If required)



Passport or
National Identity
Card



Student ID Card
ISIC / EYC



Travel/Health Insurance
(If you're from an EU member
country make sure you bring your
European Medical Card)



Medicines
(Better safe
than sorry)



Plug adapter



Phone charger
(So you can tell your
family you're alive)



Alarm clock
(You better wake up on time!)



Smart clothes for the official opening
(You don't need a suit or an evening
dress, unless you are the personification
of awesomeness like Barney)



Comfortable
and light
clothes and
shoes



Swimsuit,
beach towel,
sun glasses



Towels and
personal care
products



Sunscreen
(Trust us, you will
need lots of it!)



Sleeping bag



Some pocket
money for extra
expenses
(Euros)



Will to become a
greentrepreneur



For the International Evening: songs
from your country; your country's
flag and/or scarf; 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 have fun!

I'M READY TO LEARN PORTUGUESE

English



Portuguese

I don't speak portuguese

Não falo português

I don't understand

Não percebo

Yes/No

Sim/Não

Good Morning

Bom dia

Good Evening

Boa tarde

Good Night

Boa noite

Hello/Goodbye

Olá/Adeus

How are you?

Tudo bem?

Thanks/You're welcome

Obrigado/De nada

Thank you very much

Muito obrigado

Please

Por favor

Excuse me

Com licença

See you soon

Até logo

Nice to meet you

Prazer em conhecer-te

What time is it?

Que horas são?

Happy Birthday

Parabéns

I love you

Amo-te

Water

Água

Ice

Gelo

Beer

Cerveja

Coffee

Café

Where is the bathroom?

Onde é a casa de banho?

BEST LISBON IS WAITING FOR YOU

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 30 years of activity include dozens of successful events and thousands of students of technology with added value.

Main Organisers



Ricardo Pais

ricardo.pais96@gmail.com
+351919413024



Ivan Zarro

ivan.zarro@tecnico.ulisboa.pt
+351968456656

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

