

Arrival Guide to 42 Porto 🧐

💡 *Welcome, future 42 Porto Pisciners! We are looking forward to the journey you are starting. Below you can find some information about our beautiful city and how to enjoy it.*

✉️ *In case of any suggestions or doubts, send an e-mail to marvin@42porto.com*

★ *At 42, we care about your entire well-being and your mental health. At 42 Porto you can schedule a talk with the Psychologist. They will schedule regular meetings with the students and promote interesting workshops to help us cope with programming, other things, and life in general. Feel free to share with them any ideas you might have!*

🤖 *If you need support from a Bocal member, check their available office hours and schedule them. We understand that we are just a doorway away, but if we have our door closed, it means that we need to focus.*





















Interruptions can and will happen; however, we want to avoid them when possible. If we all post on Slack first, we will be helping our peers who have the same questions and the staff to have focus moments.

[Meet all the 42 Porto here](#) 😊

So, now, our tips for a smoothie arrival to our campus and to Porto, one of the best cities to live 🙌



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Transports

42 Porto is in a very central and amazing city area, right next to the old town and of course all the public transport stations. 42 Porto is in Avenida dos Aliados, 322/324 on the 3rd floor.

The public transportation pass in Porto costs 30 euros (for 3 zones) per month or 40 euros per month (for all zones). You can buy it at an [Andante store](#). After the first purchase, you can renew them at the automatic vending machines at Porto Metro stations (we suggest that you do it some days before the end of the month to skip the long queues).

Another alternative is to download the app, [Anda](#). If you download Anda, you will need Bluetooth and NFC on your phone.

The “[Anda](#)” app is a useful tool, to manage the best price plan for you, and to use in all “andante” areas, that cover different transport means in all metropolitan areas of Porto. With this app, you can check if you should use single tickets or monthly passes, depending on your routine. [You can check it out here](#).

You have access to special conditions if you are under 23 years old. [Check it here](#)

Subway

You have two subway stations within a 5-minute walk from the campus: Trindade and Aliados (yellow line - D). If you take the metro from Trindade you can use lines A, B, C, E & F. Check the [metro's map here](#)!

You have access to special prices if you are under 23 years old, and if you are a student. Check it here: <https://www.linhandante.com/en/web/tip/cartoes-andante>

Buses

There are bus stops near 42 Porto. The closest stations to Aliados are:

- Estação de São Bento is 163 meters away, 3 min walk.
- Bolhão (Mercado) is 262 meters away, 4 min walk.
- Praça D. João I is 304 meters away, 4 min walk.
- Sá da Bandeira is 374 meters away, 5 min walk.
- Pr. Filipa de Lencastre is 435 meters away, 6 min walk.
- Av. Aliados is 481 meters away, 7 min walk.

- Av. Aliados is 541 meters away, 8 min walk.
- Praça de Dom João I is 548 meters away, 8 min walk.
- Porto – São Bento is 672 meters away, 9 min walk.
- Alfândega is 944 meters away, 13 min walk.
- Batalha-Guindais is 1073 meters away, 14 min walk.
- Cais da Ribeira (Porto) is 1094 meters away, 15 min walk.

The easiest and most accessible one is Av. Aliados, which is right in front of the campus. Depending on where you are coming from, the different bus routes of STCP are:

Day buses STCP: 200 – Bolhão – Castelo do Queijo; 201 – Aliados – Viso; 207 – Campanhã – Mercado da Foz; 208 – Aliados – Aldoar; 300 – Aliados – Circular Hospital de S. João; 304 – Aliados – Sta. Luzia; 400 – Aliados – Parque Nascente; 501 – Aliados – Matosinhos (Praia); 600 – Aliados – Maia (Barca); 700 – Bolhão – Campo; 701 – Bolhão – Cordiceira; 702 – Bolhão – Travagem; 703 – Cordoaria – Sonhos; 800 – Bolhão – Gondomar; 901 – Trindade – Valadares; 904 – Bolhão – Coimbrões; 905 – Bolhão – Monte da Virgem; 906 – Trindade – Madalena

Night buses STCP: 1M, 3M, 4M, 5M, 7M, 8M, 9M, 10M, 12M & 13M

[You can find more information here.](#)

Other solutions for longer paths

- [FLIX BUS](#) – The easiest way to book your ticket is on the website or in the App. The buses are usually located at Terminal Intermodal Campanhã – R. de Bonjóia, 691, 4300 Porto. If you want to visit other places in Portugal, you can also use Flix Bus. It is a bus system that allows you to travel for low prices. They also extend to Spain and other countries. They offer you 20% discount for the first trip.

Bike

If you decide to come by bike to 42, here are the nearby places where you can park your bike:

- There are 5 biking spots in Rua de Sá da Bandeira;
- 6 biking spots in Rua Fernando Tomás;
- 5 biking spots in Praça de D. Filipa de Lencastre;
- 5 biking spots in Rua Bonjardim;

- You can also find many (covered) biking spots in *Parque de estacionamento Trindade*.

[You can find more information here.](#)

Train

You have [trains](#) arriving every day at São Bento train station. It is just a 10 min walk from 42 Porto or 5 min by metro (yellow line - D). Most of the trains arrive at Campanhã train station and have a direct connection to São Bento station.

Other Solutions

If you do not want to use public transport or if it is not convenient for you, below you can find a short list of other alternatives. We are sure that you will have other suggestions: in line with the spirit of 42, share them with us!

- [Lime Scooters](#) – Download the app to use ride one of the thousand electric scooters parked all around the city.
- [Bolt](#) – Use this app to either book a driver or ride an e-bike or a scooter.
- [Uber](#) – You can also get around Porto using these shared car services for reasonable prices.

Parking spots

If you decide to bring your car, here are our suggestions to park it:

- **Park & Ride**

The Park & Ride system allows you to park and ride on public transport with the same Andante card at a reduced price. It is currently available at Dragão and Botica metro stations.

To join the service, simply go to an Andante Shop, or CP ticket office with Andante sale point or sales points of the Municipalities and top up your Andante PVC card with an 'Andante Park & Ride Monthly Ticket' which includes 2 components: the park and the Monthly ticket that has already topped up.

The monthly top-up of the 'Andante Park & Ride Monthly Ticket' can be done at any Andante point of sale, including the automatic vending machines at Porto Metro stations.

Prices: 1,20€ per 20h or 17€/month (12 hours per day) which relates to an Andante monthly pass.

- **Parque de estacionamento Trindade**

You also can park your car near the school in the *Parque de estacionamento Trindade* - GPS 41.151010, -8.609530. Here you can find the daily prices of the park.

- **Other parking places**

Here are other options where you can park your car: Parking Comércio do Porto - SABA in Rua do Almada and Cardosas Parking in Rua Trindade Coelho 16.

Food – Restaurants, Markets & Bars

Restaurants

There are many different restaurants and cafés in the downtown area. You can find some of our suggestions below. Feel free to share with us your top choices!

- *Within a 5-minute walk:* Pedro dos Frangos; Conga; Abadia; Food corner; Via Catarina restaurant area; Munchie, Garden, Kind Kitchen, Nola Kitchen, o Metro, etc.
- *Within a 10-minute walk:* Lado B (Francesinhas); Casa Guedes; Gazela; Época; Suribachi, etc.

Local markets

If you need to buy some local ingredients for your weekly shopping, here are some tips nearby the school:

- Frutaria Trindade (right next to Trindade station)
- Mercado do Bolhão

Supermarkets

You also have many supermarkets nearby:

- Froiz (2 min walk) – Galeria Trindade Domus, R. dos Heróis e dos Mártires de Angola Loja 11
- Mini Preço (4 min walk) – R. de Sá da Bandeira 355
- Pingo Doce (5 min walk) – R. de Sá da Bandeira 385
- Continente in (6 min walk) – Catarina Shopping, Rua de Santa Catarina 312-350

Recipes

Do you want to challenge yourself and make new recipes? Feel free to share your top recipes with all of us in the #random slack channel! Here are Mariana's top choices of recipes websites:

- [Petite Chef](#) – Cook like a chef! More than 100.000 recipes for free and a daily menu.
- [SuperCook](#) – Unlike other recipe apps, SuperCook only shows you recipes that require the ingredients you already have.

- [Eat Well](#) – low-effort healthy dinners recipes
- [Jamie Oliver](#) – quick healthy recipes

Housing

We know how hard it can be to find an apartment in Porto. If you are aware of any free room or if you need to find a place, please post in the adequate slack channel.

Residences

There are several residences around the city.

In Porto, there are student private residences that accept students who are not studying at the university. Here you can find a list of some private residences in Porto:


- [Studyou](#)
- [Livesa Living](#)
- [Liv Student](#)
- [Uhub Xior Campus Asprela](#)

Find your apartment

There are many offers to rent a house in Porto. Usually, the most affordable solution is to share a house with other students or to live outside the city center. You can use some websites like Idealista, Imovirtual, and Olx to find an apartment. Normally the contracts have a minimum duration of between 6 months to a year. It is usual for these contracts to require a deposit and 2 months of rent in advance.

Temporary housing

Besides these, some other companies and platforms offer temporary solutions near the campus, such as [Airbnb](#) and [Uniplaces](#).

 *As always, we count on you to share other solutions you find that could benefit the rest of your colleagues.*

Sports & Recreation

We strongly encourage our students to engage in regular sports practice! Even if you have zero motivation to do it, you contact other students and start a school club 😊
On <https://desporto365.porto.pt/> you can find a thorough list of private and public places where you can practice sports in Porto!
Here are some of our suggestions close to 42 Porto.

Air Courts 🏐

If you want to get together with friends and play some sport you can easily book a paddle court, football, tennis, futsal, squash, or pad bolt using [AirCourts](#).

Dance Studios 🕺

And if you like to dance, you have some dance schools around, like Jazzy studio right next to Trindade station.

Outdoor & free spaces 🌳


If you like to use outdoors and public spaces to be active, we suggest you:

- Walk or jog over the riverside either on Porto's or Vila Nova de Gaia's side.
- There is a city park called "Parque da Cidade" near the ocean.
- Use the exercise equipment in some public parks like – the park of Edifício Transparente right next to Parque da Cidade, Foz Velha riverside, Parque da Pasteleira.
- Go for a swim in the refreshing Atlantic Ocean, at Matosinhos's beach, or Vila Nova de Gaia's beaches like Lavadores, Canidelo, or Madalena. They are accessible by train or bus.

Culture

Porto is full of cultural life! In the range of a 10 to 15 min walk from the campus, you will find Coliseu do Porto, São João National Theater, Rivoli, Maus Hábitos, etc. [You can look into the Porto cultural agenda here](#) 🗓️

You can find street art around the city and check some art route maps; concerts, and exhibitions. Find some of our suggestions below.

 *Feel free to organize a 42 Porto tour to one concert, museum, exhibition, or theater you want to visit. Also, let us know your cool tips so we can share them with everyone!*

Theaters

- [São João National Theater & Teatro Carlos Alberto](#)
- [Teatro Sá da Bandeira](#)
- [Rivoli & Teatro do Campo Alegre](#)
- [Teatro de Marionetas do Porto](#)
- [Teatro Helena Sá e Costa / Antiga Escola Normal](#)

Museums & art

- Rua Miguel Bombarda has periodical exhibitions, and there are many art galleries and shops to visit.
- [Museu de Serralves](#)
- [Centro Português de Fotografia](#)
- [Museu Nacional Soares dos Reis](#)
- [Museu do Carro Electrico](#)

Cinema

- [Cinema Trindade Porto](#)
- Cinema Passos Manuel
- Cinema Batalha
- Teatro Municipal do Porto – Campo Alegre

Concert Halls

- [Casa da Música](#)
- [Coliseu do Porto](#)
- [Hard Club – Mercado Ferreira Borges](#)
- [Maus Hábitos](#)
- [HotFive](#)

Night Life

If you are looking to have some fun at night after a long week of studying, Porto has a good nightlife!

The most crowded place is the Galerias de Paris (8 min from 42). There you will find pubs, pubs mixed with clubs, and nightclubs.

Our students recommend many places such as More Club (Night Club), Plano B (Night Club), and Tendinha dos Clérigos (Bar mixed with Night Club). But there are many choices!

You also have:

Electronic Music (Mostly Techno) – Indústria Club, Gare, Pérola Negra, etc.

Brazilian Funk/Reaggeton – Via Rápida, ESKADA, Boite, Maus Hábitos, etc.

Discounts for Youth and Porto Residents

European Youth Card

The Youth Card is a national and European initiative that has existed since 1986 and gives you advantages in various areas of your day-to-day life. You can have discounts, reductions, exemptions, or exclusive services, provided by private or public companies, municipalities, associations, among others.

Among the first advantages of the Youth Card are discounts on cinema, music festivals, travel, youth hostels, sporting events, museums, monuments, commercial establishments, among others. You can create it online or in person and it has a cost of 10€ (applied to people between 12 and 29 years old). [Click here for more info.](#)

Vila Nova de Gaia Municipal Youth Card

The Municipal Youth Card is a modality of the European Youth Card that results from a partnership with Movijovem signed in 2018. It provides its holders, in addition to the municipal advantages, hundreds of national and European advantages, through discounts, reductions and exemptions on products and services provided by public and private entities. [Click here for more information.](#)

Porto




The “Porto.”, is a card that identifies its holder as a citizen of the city of Porto and allows him to enjoy a set of advantages (discounts in museums, exhibitions, concerts, etc.) and benefits in accessing the experiences and services of the Municipality. In addition to the physical card, there is a digital platform, [check this website](#).


Improve your English skills

Why should you learn English as a 42 Porto student?

- It will help you to better understand the multiple online resources about coding language or technology
- It will allow you to communicate on the world slack channels with students from all around the world
- You can start dreaming about planning a campus switch when reaching the specialization part after the Common Core.

Therefore, we want to leave some resources that might help you in your learning:

- Duolingo - Learn a language for free @duolingo
- Quiz your English (for exam preparation) - Games and social media | Cambridge English
- British Council (esp. for grammar) - LearnEnglish Grammar (UK Edition)
- BBC Learning English (grammar, videos, vocabulary from pre-intermediate A2 to upper intermediate B2)- BBC Learning English - BBC Learning English - Homepage
- BBC podcasts (more advanced listening) -  BBC Sounds - Podcasts
- VOA (Voice of America) Learning English podcast (short video lessons in American English) -  Podcast
- 6000 words (vocabulary) - 6000 Words - Learn English Language for Free
- Beelingu (English through stories)- Beelinguapp | Learn languages with music & audiobooks
- Hello Talk (like a language exchange for speaking) - HelloTalk | Free Language Exchange | Language Partners
- Grammarly (writing practice) -  Write your best with Grammarly.
- TedEd (short educational videos on many subjects) -  Lessons Worth Sharing
- TedTalks (1000s of videos on many subjects) - TED Talks

 *Always remember that you need to speak in English on slack and that you can organize learning sessions with your peers.*

First Aid & Medical support

First aid kit at 42 Porto: At the campus, we have a First Aid kit, if you need to use it inform the staff or the **security contact – 9115257021**.

What should I do in case of an emergency:

- If there is any problem that can't wait to be solved tomorrow (such as you getting stuck on the terrace), you should call the Critical Techworks emergency number that is written on your student card – 914001134
- For medical emergencies, fire, police related issues, the **emergency number** in Portugal and Europe is **112**.
 - Basic Life Support (BLS) is a sequence of simple and effective steps to take when managing a first aid situation, specifically where someone has collapsed or there has been a bad accident. If you do not have specific training, be sure to put the victim in the BLS - [INEM video demonstrations for BLS](#)

△ If you are sick or if you have any symptoms, we advise you to stay home and rest.

Pharmacies :

There are pharmacies within a walking distance from 42 Porto.

Here is a non-extensive list:

Farmácia dos Clérigos, Farmácia Sá da Bandeira, Farmácia Birra, and Farmácia Antunes.

[You can check here the Pharmacies that are 24h/24H open here.](#)

Hospitals and emergency

In Portugal, you can sign up for a Centro de Saúde. For non-emergency situations, you should always go first to the Centro de Saúde and they will redirect you to the care you need.

You can also see the option of taking private health insurance and accessing private hospitals.

Near 42 Porto, you can find within a walking distance:

- 15min walk – Centro Hospitalar do Porto – Hospital Santo António
- 5 min walk – Private Hospital of Trindade

If you come to live in Porto from abroad in Europe, we advise you to have European Health Insurance Cards. The European Health Insurance Card is issued free of charge and allows anyone who is insured by or covered by a statutory social security scheme of the EEA countries, Switzerland, and the United Kingdom. [Check how to get it here.](#)

Police Station

If something bad happens to you and you need to contact the closest Police, [please find here where is the nearest station](#). Beware that, to the extent of what we can do, the bocal is here to support you.

- Closest Police Station – 9th Police Station (Infante) at Praça do Infante Dom Henrique, 4510-116 (near Hard Club) – phone number 222073370

Bocal tips

Linux in your home PC

In case you want to work from home, we believe installing Linux on your computer is the best option. In any case, we expect you in 42 Porto everyday 😊

Well-being

Taking care of our and the community's well-being means being active, having healthy routines, and of course not forgetting that our brain and nervous system are part of our body, so mental health is a key part of our health. During your stay on the campus, it is also important to take some healthy breaks - like going to the terrace to get some fresh air or meditate a little; reading a book (and you can check our shared library!); stretching, even if next to your computer, or at the lounge. You can invite a colleague to recharge batteries with you while playing chess or just take a break.

You can always schedule a call with the school's psychologist, via slack

- [Here are tips for easy and active exercises](#)
- Here you can also find some useful information about well-being and mental health: [Action for Happiness; Mental Health and wellbeing tips](#)
- [Here you have the link to a website](#) created by the "Ordem dos Psicólogos Portugueses" that can help you with the check of your mental health symptoms. This portal is developed by the Order of Portuguese Psychologists and works as an aggregator of content, sites, and projects. All contents are written or reviewed by Specialists and complementary Psychologists. They do not replace or consult specialized Health, namely Psychologists.
- You can call 808242424 to get free support on screening, counseling, and referral service: 24h; Clinical information service: 24 hours a day and psychological counseling service: 24 hours a day.

Copy centers

If you need a printing shop, you can go to Via Catarina mall at the 4th floor - Coordenada Perfeita shop, Note (next to the City Hall) or [North Spirit](#) (near Combatentes metro station, open until 10pm).

Sustainability and environmentally friendly tips 🌱

👤 Please always separate the waste by 42 Porto (and anywhere you go 😊). You can find places to do it in our cluster next to the kitchen and on the terrace. You can find all over Porto places to recycle too. [If you have questions about what goes here, please find them here.](#)

👕 There are second-hand shops for clothes in Porto such as Humana and Mão Esquerda. Also, you find cool items on the app Vinted. If you are looking for second-hand furniture, you can use Custo Justo or OLX.