

Arrival Guide to 42 Lisboa .

✉ Welcome, future 42 Lisboa! 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@42lisboa.com

* At 42, we care about your well-being and your mental health. That's why, our in-house Student Counselor is developing a set of activities and workshops to help you develop mechanisms to cope with anxiety, time management, conflict management, imposter syndrome, and many other topics.. Feel free to share any ideas you might have!

· If you need support from a Bocal member, check the team's office hours on the [Hitchhiker's Guide](#). 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.

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

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Transports

42 Lisboa is in a very up and coming area in the city, close to bus stations that can take you to Oriente or Santa Apolónia Station. Our address is Av. Infante Dom Henrique 143 2º, 1950-406 Lisboa.

The public transportation pass in Lisboa costs 30€ (for Lisboa city) per month or 40€ per month (for Lisboa Metropolitan area). After the first purchase, you can renew them at the automatic vending machines at Lisboa Metro stations (we suggest that you do it some days before the end of the month to skip the long queues).

For now, TML (Transportes Metropolitanos de Lisboa), isn't accepting any statements from our side because we aren't recognized as a Higher Education Establishment. Therefore, we aren't issuing any statement for that purpose.

You can [check here](#) the available discounts and confirm if you can access any of those.

If you have any doubts [click here!](#)

Metro ☈

We'll be close to the Santa Apolónia intermodal platform, where you'll find buses, metro, and train (and the ferry not far away).

Bus ☐

There are several bus stops near 42 Lisboa. The easiest and most accessible one is called "Av. Inf. D. Henrique (Beato ID)", right outside the campus. Depending on where you are coming from, the different bus routes are:

- #728 Portela – Av. Descobrimentos
- #782 Cais Sodré – Moscavide-Pç. José Queirós
- #781 Prior Velho – Cais Sodré
- #210 Cais Sodré – Prior Velho
- #718 Estação Roma-Areeiro – ISEL

- #728 Restelo-Av. Descobertas – Portela-Av. Descobrimentos
- #34B Olaias
- #742 B. Madre Deus (Escola) – Polo Universitário Ajuda
- #759 Restauradores – Estação Oriente (Interface)

You can check all the bus maps [here!](#)

Bike .

If you decide to come by bike to 42, you can park your bike inside the campus building. But remember to bring your own locker.

Train □

If you are coming by train, the nearest station to 42 Lisboa is [Santa Apolónia](#) or [Braço de Prata](#).

If you are coming from the Cascais line, you will have to stop at Cais do Sodré station and from there take the subway or the bus.

For more information on trains [check here!](#)

Other Solutions □

If public transport 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](#) – Ride one of the thousand electric bikes and e-scooter parked all around the city.
- [Gira](#) – You can find these electric bikes all around the city – including right outside the school!
- [Cooltra](#) – Use the app to rent a scooter by the minute.
- [Bolt](#) – Use this app to either book a driver or ride an e-bike or a scooter.
- [Uber](#) – You can also get around Lisboa using these shared car service.
- [FlixBus](#) – If you want to visit other places in Portugal, you can use FlixBus. The easiest way to book your ticket is on the website or in the App. It is a bus system that allows you to travel for low prices. They also extend to Spain and other countries. They offer you a 20% discount for the first trip.
- [Rede Expressos](#) – For traveling by bus in Portugal, you can also use Rede Expressos.

Parking spots □

If you are used to driving around Lisboa you probably already know that finding a parking spot is not an easy task, especially in some specific areas. Beato is one of those. We must tell you that it is difficult to find a parking spot around campus, and if you do, they are usually paid. You can use the [app ePark](#) (from EMEL) to pay for the parking meter.

Food – Restaurants, Markets & Bars

Restaurants □

*/ 5 – 10 MINUTE WALK

Traditional

Praça Beato Tv. Grilo 1, 1950-145 Lisboa | 210 507 569

A Casa do Bacalhau Rua do Grilo 54, 1900-706 Lisboa | 912 404 437

Cova Funda Rua Barão de Sabrosa, 12 A | 218 144 177

O Grilo Beato Rua do Grilo 36, 1950-145 Lisboa | 914 213 250

Lully 1661 Beato Rua do Grilo 12, 1950-109 Lisboa | 962 651 755

Marítima de Xabregas Rua da Manutenção 40, 1900-320 Lisboa | 218 682 235

International

FoodRiders Av. Infante Dom Henrique 151, 1959-012 Lisboa | 913 593 205

Duro De Matar Av. Infante Dom Henrique 151, 1959-012 Lisboa | 913 593 205

Las Gringas Av. Infante Dom Henrique 151, 1959-012 Lisboa | 913 593 205

Local markets □

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

- **Mini Mercado** R. Margem 13A, 1900-388 Lisboa

Supermarkets □

You also have many supermarkets nearby:

- **Continente Bom Dia** Rua de Xabregas 5, 1900-438 Lisboa
- **Lidl** Rua Bispo de Cochim 1, Dom Joseph Kureethara n.º, 1900-455 Lisboa

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 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 Lisboa. If you are aware of any free room, please post in the adequate slack channel.

Residences □

There are several residences around the city.

In Lisboa, 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 Lisboa:

- [Livensa Living](#)
- [Student Ville](#)
- [U-hub Xior Student Housing](#)
- [Home2students](#)
- [Nido Santa Apolónia](#)

Find your apartment □

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 common 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 can contact other students and start a school club ☺Here are some of our suggestions close to 42 Lisboa.

Air Courts ☐

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

Gym ☐♂☐☐☐♀

There are several gyms 10 or 20 minutes walking distance from campus.

42 Lisboa has a partnership so you can get a discount at [VivaGym](#):

- Package "**Zone**": It gives you free access to all clubs in Lisbon. Price for 42 students **26.90€** (without a loyalty program or annual fee).
- Package "**Iberia**": It gives you free access to all clubs in Portugal and Spain and the opportunity to bring a friend with you to the machine rooms on Fridays, Saturdays, and Sundays. Price for 42 students **30.90€** (without a loyalty program or annual fee).

You will need to present a proof of enrollment at the moment of your subscription at Fitness hut. Just download the [right statement from here](#), fill it out with your personal information, and follow [this link](#) to submit it.

Outdoor & free (or discount) spaces ☺

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

- Walk or jog over the riverside.
- We are lucky to have some amazing places around campus:
 - Museu Nacional do Azulejo | R. Me. Deus 4, 1900-312 Lisboa
 - Arroz estudios | Avenida Infante Dom Henrique, AAFC, 1900-320 Lisboa
 - 8 Marvila | Praça David Leandro da Silva 8, 1950-064 Lisboa

- Last but not least, Lisboa is surrounded by some of the best beaches near the Atlantic Ocean. You can take a train to Paço de Arcos, Cascais, Tamariz, etc. If you have the time to explore a beach further away, there are beaches in Costa da Caparica and Setúbal.

Culture

Lisboa is full of cultural life! [Check the City Hall 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 Lisboa tour to concert, museums, exhibitions, or theaters. Also, let us know your cool tips so we can share them with everyone!

Theaters □

- [Teatro Villaret](#)
- [Teatro Nacional D. Maria II](#)

Museums & art □

- [Museu Nacional do Azulejo](#)
- [Castelo de São de Jorge](#)
- [Museu do Dinheiro](#)
- [MAAT](#)
- [Palácio Nacional da Pena](#)

Concert Halls □

- [Coliseu dos Recreios](#)
- [Teatro Nacional de São Carlos](#)
- [Hard Rock Cafe](#)

Night Life □□

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

The most crowded place is the Bairro Alto (near Baixa-Chiado subway station). There you will find pubs, pubs mixed with clubs, and nightclubs.

You can also go to Santos, where you can find a lot of nightclubs with all the types of music and people.

Discounts for Youth and 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.](#)

Necessary Documentation to live in Portugal

This chapter collects some tips summed up by 42 students to guide non-Portuguese people find their way through the immigration bureaucracy.

EU Citizens

If you are an EU citizen, these are all the documents you're going to need in order to live legally in Portugal:

- Valid [ID Card](#) or [Passport](#) from your country
- [Número de Identificação Fiscal – NIF](#): If you don't have a NIF, you're gonna need a Fiscal Delegate. A Fiscal Delegate can be any person, resident in Portugal, that accepts to be your fiscal delegate →if you're not comfortable asking a friend or relative to be yours, you can pay some agencies that offers that service ☺ ATTENTION: this service usually costs less than €70. If you are planning to rent a place to stay, it is common for the landlord to ask for the NIF for the **rental contract**.
- [Proof of Residence](#): What is considered **proof of residence?** You only need one of those 3 options:
 - Rental Contract
 - House bills registered in your name (water, energy, gas)
 - Proof of residence given by your local "city hall". This can be tricky! Some city halls ask for a rental contract to emit this, leading to the point: if you have the contract, you don't need this. BUT some city halls just ask for 2 witnesses that confirm you really live where you say you live (and this can be any person you find). Since this is a confusing path, we suggest you try the supra mentioned ways first.

This can be the hardest document to get, because most of the landlords do not give you a real contract. In those cases, if you tried all the 3 options and failed, you can also pay for this documentation emission service through an agency (probably the same that you paid to get your NIF).

With the documents mentioned above you should be able to get your:

- **Union European Residence Certificate – CRUE:** This document is the **final one that certifies your legal stay in Portugal**. But for this one you have to have all the others mentioned above already with you. To emit this document, you can either make an appointment [here](#), or go to a **Loja do Cidadão** in person with no previous appointment (so you're going to be vulnerable to a possible no vacancy scenario).
 - **Loja Cidadão Saldanha** – Mercado 31 de Janeiro, Rua Eng.^o Vieira da Silva 1º Piso, 1050-094 Lisboa
 - **Loja do Cidadão Laranjeiras** – R. Abrantes Ferrão 10, 1600-001 Lisboa
 - **Loja do Cidadão Alcântara** – Mercado Rosa Agulhas, R. Leão de Oliveira 14, 1300-350 Lisboa
- ☒ Some *Lojas do Cidadão* that we recommend you to go, but you can choose the one that suits you better :)
- ☒ If you don't have a job contract, you're going to receive a 6 months valid CRUE, and then you can renovate it the same way for a 5 years CRUE with a work contract (or if you show proof you can maintain yourself in Portugal financially).
- **Número de Identificação de Segurança Social – NISS:** This is the number that allows you to access rights and fulfill duties in Social Security. It's not mandatory, but we strongly suggest you to get it – it's free ☒ You can do it [here](#).
 - **Número de Utente & SNS:** This is the public health care number. The path you'll choose to generate this number will depend on which area you live in, because each area has their specific communication channels. You can first try to do it by email to: lxcentral.inscricoes@arslvt.min-saude.pt Just copy-paste the draft below and attach your **NIF, NISS, ID card and CRUE** files.
- "A quem possa interessar,
Fui informado(a) de que é possível solicitar meu número de Utente/SNS
através deste e-mail. Envio em anexo os documentos necessários para o
efeito.*
- Full name**
- Date of birth**
- Phone number**

E-mail

Caso sejam necessários outros documentos ou informações, por favor não hesitem em contactar.

Desde já, muito obrigado!

Com meus melhores cumprimentos,

your name.”

If the e-mail response takes too long, or if you prefer, we suggest you call your local Health Unit and ask them for a better channel.

Brazilian Citizens

If you are Brazilian, those are all the **documents** you're going to need in order to legally live in Portugal:

- Valid [Passport](#)
- [Número de Identificação Fiscal – NIF](#): If you don't have a NIF, you're gonna need a Fiscal Delegate. A Fiscal Delegate can be any person, resident in Portugal, that accepts to be your fiscal delegate →if you're not comfortable asking a friend or relative to be yours, you can pay some agencies that offers that service ☷ ATTENTION: this service usually costs less than €70. If you are planning to rent a place to stay, it is common for the landlord to ask for the NIF for the **renting contract**.
- [Proof of Residence](#): What is considered **proof of residence?** You only need one of those 3 options:
 - Renting Contract
 - House bills registered in your name (water, energy, gas)
 - Proof of residence given by your local “city hall”. This can be tricky! Some city halls ask for a renting contract to emit this, leading to the point: if you have the contract, you don't need this. BUT some city halls just ask for 2 witnesses that confirm you really live where you say you

live (and this can be any person you find). Since this is a confusing path, we suggest you try the supra mentioned ways first.

This can be the hardest document to get, because most of the landlords do not give you a real contract. In those cases, if you tried all the 3 options and failed, you can also pay for this documentation emission service through an Agent (probably the same that you paid to get your NIF).

- **Número de Identificação de Segurança Social – NISS:** This is the number that allows you to access rights and fulfill duties in Social Security. It's not mandatory, but we strongly suggest you to get it – it's free ☈ You can do it [here](#).
- **Manifestação de interesse:** This will be the process that will make you legal in Portugal, but will not give you immediately the right of Residence in the country. What does that mean? It means you'll be able to live and work here legally, but with some restrictions for some years and only then you'll receive your Residence Card (which is not yet de Portuguese citizenship).

You can access the links below to know more about it:

- o [Official Government Website](#)
- o <https://www.nacionalidadeportuguesa.com.br/manifestacao-de-interesse-em-portugal-como-fazer-e-para-que-servir/>

Keep in mind that it's free for you to make this specific document and you can do it by yourself, but some Brazilians prefer to pay for this documentation process through Agencies that are specialized in immigration.

Improve your English skills

Why should you learn English as a 42 Lisboa 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, by Cambridge](#) (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 podcasts](#) (more advanced listening) 
- [VOA \(Voice of America\) Learning English podcast](#) (short video lessons in American English)
- [6000 words](#) (vocabulary) - Learn English Language for Free
- [Beelingu](#) (English through stories)- Learn languages with music & audiobooks
- [Hello Talk](#) (like a language exchange for speaking) - 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)

You can also check the available scholarships at [Becas-Santander](#). At this platform not only you can apply for scholarships, but you can also access several educational resources for free (books, audiobooks, podcasts or videos).

☒ 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

There is a First Aid kit on campus. If you need to use it, just go to the security. In case of emergency, you can also call the security at : 911 751 892.

- 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 security or text them in slack. You can also post at #general so someone else can help you.
- 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 several pharmacies within a walking distance from 42 Lisboa. Below you can find a non-extensive list

- Farmácia Conceição Lda | Calçada Dom Gastão 29B, 1900-193 Lisboa
- Farmácia Estácio Xabregas | Rua Bispo de Cochim Dom Joseph Kureethara 1, 1900-455 Lisboa

[You can check here the Pharmacies that are open 24/7.](#)

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 Lisboa, you can find within a walking distance:

- [Hospital Dona Estefânia](#)
- [Hospital Santo António dos Capuchos](#)

- [Hospital de São José](#)
- [Hospital de Santa Marta](#)

If you come to live in Lisboa from another European country, 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 – PSP – 4º Esquadra – R. da Palma 169, 1100-391 Lisboa.
Telefone: 213 513 642

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 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, stretching, even if next to your computer, or at the lounge. You can invite a colleague to recharge batteries with you while playing chess, ping-pong, playing some music or just take a break.

You can always schedule a call with our Student Counselor, via Slack.

- [Here are some tips for easy and active exercises](#)
- These are our Nutritional Recommendations for the mind:
 - Focus time: Make sure you structure your hours at 42 in a goal-oriented way. Focus on a challenging task using your entire brain capacity.
 - Fun time: Allow yourself to be spontaneous and creative. Enjoy some new experiences in a playful way.
 - Connecting time: The presence of the people around us strengthens the sense of belonging and the capacity for social interaction.
 - Physical time: Focus on your body sensations (use your five senses) and move! Practice some exercise.
 - Down time: Allow yourself to just "be", without any objective. Let your mind wander and recharge your brain.
 - Sleep time: When you let your brain rest, you recover from stress and reinforce what you have learned during the day.
- Here you can also find some useful information about well-being and mental health: [Action for Happiness:](#)
- [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 808 24 24 24 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.
- Here are some other contacts you may use when in need:
 - SOS Voz Amiga: 213 544 545 or 912 802 669 or 963 524 660 (From 15:30 to 00:30)
Conversa Amiga: 808 237 327 or 210 027 159 (From 15:00 to 22:00)
 - Voz de Apoio: 225 506 070 (From 21:00 to 24:00)
 - Telefone da Amizade: 222 080 707 (From 16:00 to 23:00)

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 Lisboa everyday ☺

Copy centers □

If you need a printing shop, you can go to Smart Print and Copy, Rua de Xabregas 20E, 1900-438 Lisboa.

Sustainability and environmentally friendly tips □

- Please always separate the waste by 42 Lisboa (and anywhere you go ☺). You can find places to do it in cluster 1 and 2 in the pantry and at the campus entrance. You can find all over Lisboa places to recycle two. [If you have questions about what goes here, please check them here.](#)
- There are second-hand shops for clothes in Lisboa such as Humana and Retro City. Also, you find cool items on the app Vinted. If you are looking for second-hand furniture, you can use Custo Justo or OLX.