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Hi there, welcome to our summer course survival guide!
This guide is here to help you make the most of your summer course experience. The summer course can be an exciting, but also hectic time, so it's important to be prepared and take care of yourself. In this guide, you will find tips and resources for staying organized, managing your time, and taking care of your physical and mental well-being. We hope this guide helps you have a fun and successful summer course trip. Read it all and don't skip a thing!!

## The Country A bit of history

Portugal is a country located in southwestern Europe on the Iberian Peninsula. It is bordered by the Atlantic Ocean (west and south) and Spain (east and north). Azores (or Açores) 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. Portugal had its independence recognized in 1143 by Leon & Castille, which would later become the kingdom of Spain. This is all thanks to D. Afonso Henriques who fought bravely against his own mother. The legend says it all started with a slap in the backyard!

242 years later in Leiria, between Alcobaça and Batalha, one of the most glorious battles in Portuguese history took place, "The Battle of Aljubarrota". 7000 Portuguese soldiers, helped by 200 English long-bowman, showed great valor, courage, will, and vim against 35000 Spanish soldiers. To counter the Spanish superior numbers, new tactics were employed, like the infamous square formation or Portuguese Square. After only 30 minutes of battle, the Spanish army sounded the retreat. One story told about this event is that of a baker woman, nicknamed the "Padeira de Aljubarrota" who is claimed to have defeated 7 soldiers!

However, what Portugal is mostly known for is the empire it held during the 15th and 16th centuries. Portuguese explorers were among the first to set sail into the Atlantic, which eventually led to a large empire, spanning from South America to Asia. During the 16th century, poet Luís Vaz de Camões wrote "Os Lusíadas". It is considered one of the greatest works of Portuguese literature and is often referred to as the Portuguese national epic. The poem tells the story of the Portuguese people, their history, and their achievements, including the voyages of exploration and colonization that established Portugal as a global power. Nowadays, Luís Vaz de Camões is recognized as one of the most brilliant poets in history, often being compared to Homer, Virgil, Dante and Shakespeare.



## facts about Portugal

# Climate

Portugal is one of the warmest European countries. In mainland Portugal, yearly temperature averages are about 15°C (55°F) in the north and 18°C (64°F) in the south.

The summers are hot and dry, especially in the inland areas (Trás-os-Montes in north-eastern Portugal and Alentejo... and Coimbra!). Temperatures are slightly lower in the coastal areas, because of the influence of the sea. During July and August, rounding between 35°C and 40°C (86°F - 95°F) in the interior of the country, 30°C and 35°C in the north, and occasionally reaching 45°C (113°F) in the south.

Autumn and winter are typically rainy and windy, yet sunny days are not uncommon either. Temperatures rarely fall below 5°C (41°F) nearer to the sea, averaging 10°C (50°F), but can reach several degrees below 0°C (32°F) further inland. Snow is common in the mountainous areas of the north, especially in Serra da Estrela.



The Portuguese love to eat and Portuguese cuisine is quite good and extremely rich! Fish, seafood, wine, and delicious pastries; these are all popular parts of Portuguese gastronomy.

Portuguese are well known for their baking. Bread is essential and has always been present in Portuguese cuisine. We also have plenty of great cakes and pastries that are worth trying to include the very well-known pastel de nata (Portuguese custard tart).

Portugal is known for producing a variety of high-quality wines, and it has a strong wine-drinking culture (51.9 liters per capita as of 2020, the highest of any country in the world!!). Wine is an integral part of Portuguese cuisine and is often drunk with meals. Portuguese wines have been exported since Roman times.

We also love to cook cod in many ways, some say there are 1001 ways of cooking it.

To end this topic, you should know that in Portugal, we don't say, "This food is great", we say "Está de comer e chorar por mais" and I want to hear you say that a lot.

#### Portuguese people

The best definition of a true Portuguese is always having time for a coffee break. The world may even be ending but there will be time for a coffee break. However, you need to know that a Portuguese coffee break can and will frequently end up in a caffe with a fino in your hand and a plate of lupins. More often than not, when someone invites you to have a coffee after dinner, they probably want to get drunk.

Portuguese people are very hardworking, we are excellent hosts, we will always do our best to make you feel at home, we love to talk for hours, we value family and friends, and we are the funniest.

#### Important facts:

- Portugal has a population of about 11 million.
- Capital and largest city: Lisbon (Fun fact: Historically speaking, Coimbra is, to this day, the official capital of Portugal)
- Currency: Euro (€)
- Main religions: Roman Catholic (81%), other (19%)
- Driving side: Right
- Portuguese is the 5th most spoken language in the world. In Portugal, there are lots of people who can communicate in English, French, and Spanish, like us, BESTies.
- Phone Code: +351
- Emergency SOS: 112





## Welcome to Coimbra

## Now that we have convinced you to come to Portugal, you must visit Coimbra!

Coimbra is a city located in central Portugal. It is the fourth-largest city in the country and the capital of the Coimbra District. The District of Coimbra has an area of about 3,956 km2. Roughly oblong-shaped, it extends inland from the Atlantic Ocean halfway across the country. Coimbra, the city, is known for its rich history and cultural heritage, as well as its beautiful natural setting. The city is situated on the banks of the Mondego River and is surrounded by rolling hills and forests and offers an outstanding example of an integrated university city with a specific urban typology as well as its own ceremonial and cultural traditions that have been kept alive through the ages.

Coimbra is home to the oldest university in Portugal, the University of Coimbra, which was founded in 1290. The university is a major cultural and intellectual center and is a UNESCO World Heritage Site. Because of this, Coimbra is known as the city of students (a Cidade dos Estudantes).

In addition to its cultural attractions, Coimbra is also known for its vibrant nightlife and lively student culture. The city is home to a number of bars, clubs, and music venues, and it hosts a number of festivals and events throughout the year. Coimbra is a popular destination for tourists and is known for its friendly, welcoming atmosphere.



#### University of Coimbra

It is one of the oldest universities in Europe, having been founded in 1290 by King Dinis of Portugal. It is also one of the largest and most prestigious universities in the country. It is known for its strong programs in a variety of fields, including law, humanities, sciences, and engineering. The University of Coimbra is a member of the Coimbra Group, a network of leading European research universities, and is also a member of the European Union's Horizon 2020 program. The university is home to a large number of international students and has a rich history and culture. It is one of the most important cultural centers in Portugal.

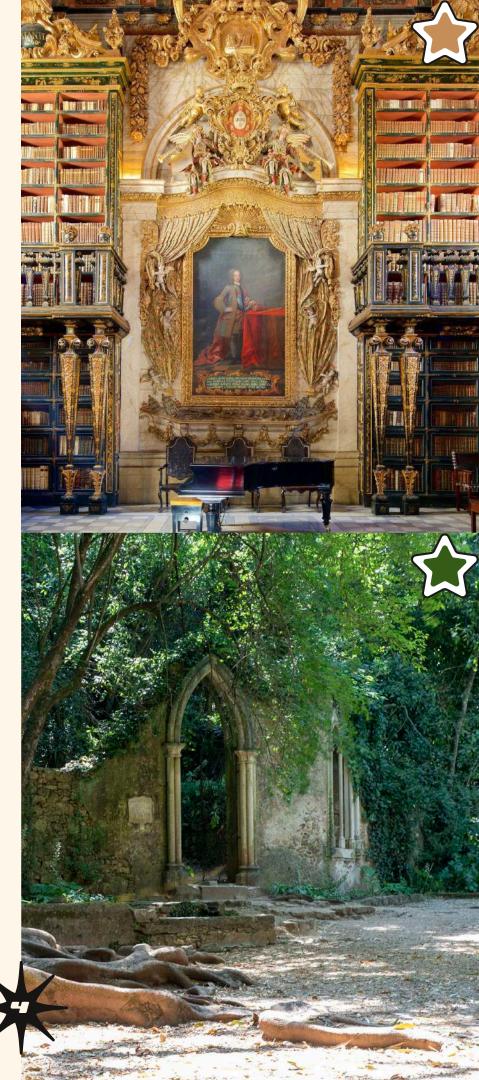
The University of Coimbra has been able to conciliate the past with both the present and future and it has become equipped with up-to-date technology in the various fields of knowledge. The Science and Technology Faculty has more than 8000 students and more than 300 senior professors, being the largest and the most prominent faculty of the University.

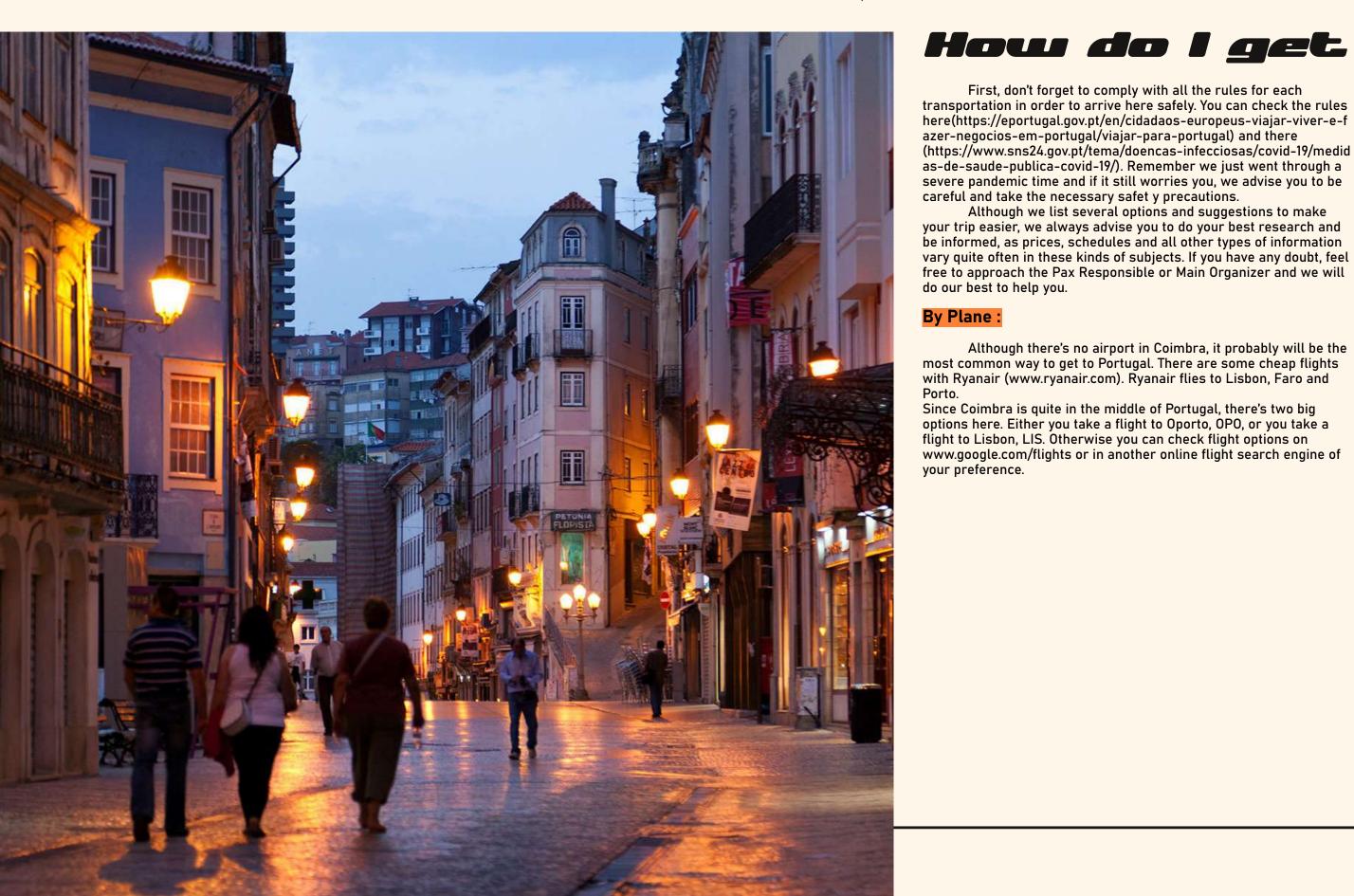
The University of Coimbra has a vibrant and lively culture that is deeply ingrained in the traditions and practices of its students, and as a result, there are many traditions and cultural habits that have developed among the students over the years. In the University of Coimbra students are known for wearing the traditional Traje Académico, which consists of a long black cape, a black tail suit jacket, a black vest, a white suit shirt, black trousers and black shoes. It actually inspired J.K. Rowling when writing Harry Potter! Worn alongside this is the pasta académica, a special briefcase. Another important tradition at the University of Coimbra is the Queima das Fitas, or the "Burning of the Ribbons", which is a week-long celebration that takes place at the end of the academic year. During this time, students from different academic disciplines and clubs participate in a variety of activities, including parades. concerts, and sporting events. Another tradition at the University of Coimbra is the Latada, which is a ceremony where first-year students are initiated into university life by getting dressed in costumes and parading through the streets of Coimbra. Finally, the Praxe is a set of rituals and customs that are followed by some students at the University of Coimbra and it plays a role in the cultural life of the university, although being somewhat controversial.

#### Things to visit in Coimbra

You can walk through the parks of the city, go shopping, visit museums, or just have a walk along the historic city center or near the river. You can always have a beer (fino) in the numerous bars of the town. Some places to visit include:

- Biblioteca Joanina recognized as one of the most spectacular and original Baroque libraries in Europe
- Sé Velha was built not long after the victory of king D.Afonso
   Henriques over the Moors at the Battle of Ourique in 1139, and unlike other churches of its day has kept a lot of its Romanesque character.
- Sé Nova began as a Jesuit temple, and the exterior has a Mannerist and Baroque design.
- Pedro and Inês Bridge
- Penedo da Saudade, it's a place for romantic encounters, and on the rocky walls of the garden are more than a century's worth of plaques inscribed with poems (some about love, others lamenting homesickness), or commemorating distant events in the university's past.
- Quinta das Lágrimas
- One of the best parks is the Botanical Garden of the University, near the Roman aqueduct
- Parque Verde, one of the cities parks
- Igreja de Santa Cruz is a church, home to a number of important works of art and historical artifacts, including the tomb of King Afonso Henriques, the first king of Portugal. The Igreja de Santa Cruz is an important cultural and historical landmark in Coimbra
- Arco de Almedina is an important historical and cultural landmark in Coimbra for students and all people alike. It is one of the city's most visited tourist attractions
- Pintos is one of the most emblematic bars in Coimbra. Established in 1978, it is to this day one of the most known and liked places by students in Coimbra.





## How do I get to Coimbra ?

First, don't forget to comply with all the rules for each

Although we list several options and suggestions to make

Although there's no airport in Coimbra, it probably will be the

By Bus:

There are several options to come to Portugal by bus:

**Eurolines** 

Busabout provides tickets in increments of 2, 3 or 4 weeks for most European cities on its hop-on hop-off network. Busabout also offers Flexipasses allowing various d ays' travel within a set period and its main routes into Portugal are to Lisbon and Lagos in the Algarve from many European cities. There are reductions for passengers under 26.

https://www.eurolines.de/de/startseite/

Busabout

There are a variety of bus options from Spain into Portugal from Madrid, Sevilla and Granada with Eurolines and Busabout or with local operators: Avanza, Alsa (Spain) & Eva (Portugal).

Eva runs buses from Lagos-Sevilla via Huelva picking up in the main towns of the Algarve: Faro, Albufeira, Tavira. Eva offers a 3-day and 7-day bus pass for the Algarve. There is a Lisbon to Seville bus operated by Eva and Damas that leaves Lisbon at 10.30am arriving in Sevilla at 8.15pm (Spanish time).

https://www.busabout.com

**FlixBus** 

FlixBus is known to be one of the cheapest options to travel by bus. You can check the origin, the destination and the schedule here

https://global.flixbus.com.

Rede Expressos

http://www.rede-expressos.pt/

By Car:

If you want to come by car, we can help you along with Google Maps.







The distance between Coimbra and Lisbon is 202.7 Km and there are two main ways of travelling, by **bus** or by **train**.

#### By Train:

From the airport you can get a taxi to the Lisbon-Oriente Train Station – 10€ for approx 10mins of journey – or you can enter the Metro (red line, 1.50€). There are two train stations in Coimbra: Coimbra-A (New Station) and Coimbra-B (Old Station). Trains depart roughly every hour. The fastest service is provided by trains Alfa Pendular (22.8 €), which takes 1h43m to Coimbra-B station, followed by Intercidades (inter-city service) (19.2 €), taking 2h07m to the same station.

Train website: www.cp.pt

Metro website: www.metro.transporteslisboa.pt

The point of arrival will be Coimbra-B, and from there take a city bus to Praça da República (line 5,  $1.6 \in$ ). The bus stop is right in front of the station. If you want to go directly to the meeting point, you can take a taxi ~approx  $5 \in$ .

Total expenses in the cheapest option are 22.05€.

#### By Bus:

At the airport, you can take the Aerobus  $(3.5 \)$  or a taxi  $(7 \text{ to } 9 \)$  to the Sete Rios bus station. From the terminal, there are frequent buses from the Rede-Expressos to Coimbra, taking about 2.5 hours  $(14.5 \)$ . Another option is Flixbus. Taking about 2.5 hours, it might cost from 5-15 $\)$ , depending on the time of purchase.

Bus website: Rede Expresso or FlixBus Total expenses in the cheapest option: 8.5€

The bus station in Coimbra is located near the city center (Avenida Fernão Magalhães). You can use one of the city buses too (line 5, 1.80€).

## How do I get to Coimbra From Porto ?

#### By train:

The Francisco Sá Carneiro Airport in Porto is 11km away from the city center, so a taxi to the train station is quite expensive (20 to 25 €, with a 20% surcharge on nights and weekends). The easiest and least expensive way is to take the metro. The directions are marked throughout the airport, just follow the arrows and take Line E (Violet) from the airport to Campanhã train station. The metro runs every 20 minutes from morning until after midnight. It takes 32 minutes and the ticket costs €2.45 - A Z4 (zone four) ticket.

There are two railway stations in Coimbra: Coimbra-A (New Station) and Coimbra-B (Old Station). Three types of train services are available at Campanhã Station: Alfa Pendular (faster service), the Intercity and regional trains. Alfa Trains run almost every hour and it takes an hour to get to Coimbra-B (€ 16.70). The Intercity takes a little over an hour and costs 13.20 €. The service of regional trains, which require transhipment in Aveiro, takes ~1h45, but only costs 8.55€.

Metro website: https://www.metrodoporto.pt

Train website: www.cp.pt

The point of arrival will be Coimbra-B, and from there take a city bus to Praça da República (line 5, 1.6€). The bus stop is right in front of the station. If you want to go directly to the meeting point, you can take a taxi ~approx 5€.

Total expenses in the cheapest option: 19.60€

#### By Bus:

The Bus Station is located in Batalha. The route with less walking is: At the airport, you can take the surface metro to the metro station Trindade, then change to the yellow line and go towards the station São Bento, where you have to walk up to Batalha (10 mins. It is not recommended if traveling with heavy luggage). This option costs 1.85€.

The easiest way to make it to São Bento Bus Station is by taxi, but it is around 5€. From the terminal, there are frequent buses from the Rede-Expressos to Coimbra, taking about 1 hour and 30 minutes (12.50 €). Another option is Flixbus. Taking about 1 hour and 30 minutes, it might cost from 5-15€, depending on the time of purchase.

Bus website: Rede Expressos or FlixBus

The bus station in Coimbra is located near the city center (Avenida Fernão Magalhães). You can use one of the city buses too (line 5, 1.80€).

Total expenses in the cheapest option: 6.85€

## Once in Coimbra

#### City Buses

They are yellow and white. Most of the lines are in service from 7 AM to 11:30 PM. A simple ticket in any bus costs 1.80€. The most useful for all of you will probably be the 5 or some variations of it (5T/5F), which go through t he Coimbra-B Train Station, the Bus Station and the City Center. Unfortunately, it may be difficult to understand the affixed schedules (even to us), but as 5 is one of the most used lines, you'll probably wait a max of 20 mins for the bus.

Website: www.smtuc.pt (you can also download the app on the Google Play Store or in the App Store)

#### Гахі

They are usually either black and green or beige. They also often have a green light on top. You can find them parked near every important place in the city, such as the train or bus station. As Coimbra is a relatively small city, the fare will be at max 10€. You can call by the app Taxi-Link or use the contact +351 239 499 090.

#### **Bolt, Uber or Free Now**

Once you have one of the apps you can use whichever one you like most (or is cheapest), since they all operate in Coimbra. As we said, Coimbra is a relatively small city, the fare will be at max 10€.



# Stuff you need to know



### What to bring

We want you to be prepared for the best time of your life so you would need some of these items.

- Yourself eheheh
- · Passport or National Identity Card
- Visa (if required)
- Travel/Health Insurance/European Medical Card
- This survival guide!! (Printed or on mobile device)
- Student ID Card / ISIC / EYC
- Clothes for every kind of weather
- Beach apparel and sunscreen (We don't want any Lobsters!)
- Medicine (if you take regularly or you need and in case you get sick)
- Some money (EURO €) for extra expen ses you might have
- Towels, flip-flops and personal hygiene stuff
- Seeing as we have just gone through a COVID-19 pandemic, if it still worries you, bring adequate personal hygiene material
- Traditional clothes, songs, flag/scarf from your country
- Typical Food and Drinks for the International Evening!!
- Some secret anti-hangover potions to share with us
- A big smile (and be prepared to kiss everyone twice on the cheek at least)!
- Good mood and a lot of energy!! And of course...
   BEST spirit!! :D

# A few prices and useful information

#### Shopping

Most shops in Coimbra open at 9 AM, take a 1h break between 12 AM and 1 PM and close at 6/7 PM. On weekends you will find many open on Saturday morning, but some of them close in the evening. On Sunday all local shops are closed. Shopping centers, however, are open between 9 AM and 12 PM, even on weekends. There are lots of shops in the city center and downtown where you can buy souvenirs, tobacco, condoms (at pharmacies or vending machines), alcohol or food. To send letters or packages you can use CTT – Portugal's mail service. Coimbra has some traditional food and pastry that you can taste. Maybe you'll like bagaco, but we can talk about it later...

#### Alcohol and Drugs

You might already know that in Portugal you can buy alcohol in any quantity, anywhere, with age superior to 18, anytime and in almost all the public places selling drinks and food. Portuguese laws don't restrict alcohol consumption unless you are going to drive (or pilot an aircraft of course) or if the bartender/entity selling you the alcohol believes you are too drunk already. The only way you can actually have trouble with the police when drinking is becoming dangerous or aggressive towards other people. In Portugal it is legal to take drugs, but it is illegal to distribute or sell them. This means that if police catch you with any kind of drugs (including Marijuana) you are going to be prosecuted only if the quantity that you are carrying exceeds a minimal quantity that is allowed for personal use (usually around 2 grams). This quantity is not set but depends on the decision made by the court. However, if you are caught with drugs, no

#### Sample prices

- Bus ticket: 1.80€
- Taxi: 3€ to 9€
- Water (33cl) in a bar: 1,00€
- Student Meal: 2.40€
- Regular Meal: 3.5€ to 9€
- Banana (1 kg): 1.15€
- McDonalds Meal: 5.95€
- Coke (33cl) in a bar: 1.50€
- Cigarettes (Marlboro 24 cigarettes): 5,21€
- Beer also known as Fino (20cl) in a bar: 1€ to
- Beer also known as Caneca (33cl) in a bar:
   1.50€ to 3€
- Shots: 1€ to 2€
- Expresso: 0,60€
- Cappuccino: 1.40€
- Condoms (10 units): 9€
- Postcard (+stamp for EU) : 1.20€
- Souvenir Magnet: 2€
- KEBAB!!!: 5€



## How to speak Portuguese and useful Vocabulary



#### Words Numbers

- um. 2 - dois 3 - três, 4 - quatro 5 - cinco, 6 - seis 7 - sete, 8 - oito 9 – nové. 10 – dez 20 - vinte, 30 - trinta 40 - quarenta, 50 cinquenta 100 - cem. 1000 - mil

Coffee/Milk/Tea - Café/Leite/Chá. Beer -Cerveja Cigarette-Cigarro, Ticket-Bilhete Ice Cream - Gelado, Candy - Doce Menu - Menu. Bill - Conta Lift - Boleia, Garden - Jardim Park - Parque, Bridge - Ponte Square - Praça, Museum - Museu Beach - Praia, River - Rio 60 - sessenta, 70 - setenta Please - Por Favor. Exit - Saída 80 - oitenta, 90 - noventa Station - Estação, Bus - Autocarro Train - Comboio, Vegetarian - Vegetariano Lactose intolerant – Intolerante à lactose

#### Pronunciation

- · "CH" is (SH) like shopping in English.
- "LH", unfortunately, there is no English equivalent but it's like the "ll" in Spanish or the sound of "gl" in Italian.
- "NH" is like "gn" in the French word "champagne" or the "ñ" in the Spanish "niño". Once you hear the sound and imitate it, you'll see it isn't as hard as you thought.
- "rr". Whenever you see "rr" you already know you have to pronounce the word as if you are French or German, making a strong "rrrrr" sound at the end of your throat.
- The nasal sounds, like ÃO and many others. Although it is very hard to describe it, try to say the word "now" or "oun" by squeezing your nose with two fingers in order to obtain a nasal sound. Now say them without squeezing.

#### Useful Sentences

Hello - Olá Goodbye- Adeus Good morning/evening/night- Bom dia / Boa tarde / Boa noite Yes - Sim No - Não Perhaps - Talvez What time is it? - Que horas são?

Where's the toilet? - Onde é a casa de banho? Please - Por favor How much does it cost? - Quanto custa? Bus to Coimbra - Autocarro para Coimbra Train to Coimbra - Comboio para Coimbra Do you speak english? - Falas Inglês? I want to go to.... - Eu guero ir para Where is/are - Onde está/estão Help me - Ajuda-me Help (Danger) - Socorro!! It's Hot - Está quente You're handsome -Tu és bonito (fem:bonita) I like you - Eu gosto de ti Honey - Querida Kiss me - Beija-me Lips - Lábios Funny sentences Estou feito ao bife! (I am done to the beef) - I have a problem! És boa como o milho! (as good as corn) - You are sexy! São muitos anos a virar frangos! (spent many years turning chickens) - I am very experienced! Tira o cavalinho da chuva! (takes his little horse away from the rain) - Give Up! Estou na merda! (I am in shit) - I am all fucked up! Epa foda-se! - Holv fuck! Desemerda-te! (Unshit vourself) Oi gata, gueres ir cagar lá em casa? - You look wonderful toniaht. Tive mais olhos que barriga (I had more eyes than belly) -I served myself more food than I could possibly eat



## Useful contacts

# Did you get lost? Police arrest you? Fall in the river? Don't worry and call our amazing and caring MO or President!

# Main Organizer: Filipa Piseiro +351 963130370 filipa.piseiro@best-eu.org

