

Polytechnic Institute of Guarda

Portugal's highest city, **Guarda**, is perched in the Serra da Estrela region, ringed by medieval walls. The **Polytechnic Institute of Guarda** offers practical courses linked to local industry.

Attractions:

- **Sé da Guarda**: A grand Gothic cathedral dominating the skyline.
- **Torre de Menagem**: Part of the old city's fortifications with panoramic vistas.

Traditional Foods:

- **Bacalhau à Brás**: Salted cod mixed with onions, potatoes, and eggs.
- **Queijo da Serra**: Creamy ewe's milk cheese from the nearby mountains.

Erasmus Link: https://www.ipg.pt/pt/incoming_students_erasmus.aspx

Monthly grant: 470€