

2013

YOUR WAY TO PORTUGAL: A Guide for Erasmus Mundus Students



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Purpose of the Guide

Arriving in a new country to live and study is always a challenge.

The purpose of this guide is to make this challenge easier for students wishing to study in Portugal. It provides practical information about life in Portugal and about procedures that students will have to carry out before and upon arrival.

Although the guide is mainly intended for Erasmus Mundus students, we hope it will equally assist other foreign students interested in a mobility experience in Portugal.

It was prepared by the Portuguese Directorate General for Higher Education (DGES) through the Portuguese Erasmus Mundus National Structure located in the Division for Recognition, Mobility and International Cooperation, with the collaboration of the Erasmus Mundus Alumni.

You may visit our website: www.dges.mec.pt/erasmusmundus/

Colophon

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1. PORTUGAL

General Information



Located at the extreme southwest of Europe, Portugal is constituted by the continental territory and two Autonomous Regions, the archipelagos of Madeira and Azores (*Açores*). The Continent is divided into 18 districts. Portugal's total area is of 92.152 Km² and there are around 10 million inhabitants. The Portuguese Republic borders Spain North and East and has an extensive maritime coastline South and West that bathes the Atlantic Ocean. The country's capital is Lisbon and the official language is Portuguese.

History

Portugal was founded in 1143, being one of the oldest countries in Europe. Until the 5th October 1910, when the foundations of the Modern Portuguese Republic were laid, the Portuguese monarchy had developed a long history of discoveries and conquests in Africa, India and Brazil. In 1926, the parliamentary regime was replaced by a military dictatorship leading to the formation of the *Estado Novo* in 1933. Democracy was restored 41 years later, on the 25th April 1974, through a nearly bloodless coup, later nicknamed the Revolution of the Carnations, which are still a national symbol of freedom. In the following years, mostly as a consequence of the restoration of democracy, independence was granted to some of Portugal's last colonies: São Tomé & Príncipe, Angola, Guinea-Bissau, Mozambique and Cape Verde. In 1986, after nine years of negotiations, Portugal joined the EC. Today, it is one of the 27 members of the EU.

Political system

Portugal is a Parliamentary Republic. The President is directly elected by universal adult suffrage every 5 years. Executive power is exercised by the Council of Ministers. Legislative power is vested in both the government and the Parliament. Since 1975 the party system is dominated by the Socialist Party (*Partido Socialista*) and Social Democratic Party (*Partido Social Democrata*). Other political parties include: *Bloco de Esquerda*, *Partido Comunista Português*, *CDS/Partido Popular*.

Economy

After entering the EC in 1986, Portugal benefited from a significant economic growth and development throughout the 90s, largely thanks to the funds allocated by the European Union to improve the country's infrastructures. Although this scenario changed quite dramatically in the past years, the service industry, particularly tourism, is playing an increasingly important role in Portugal's economy. Today Portugal is part of the "euro area" (Economic and Monetary Union).

Currency

Since January 2002 the Euro has replaced the Escudo as the national currency.

Religion

Although Portugal is a laic country, most Portuguese citizens are Roman Catholics and most holidays have a religious character.

Climate

Mainland Portugal is blessed with both an Atlantic and Mediterranean climate, providing mild year-round weather with no excessive variations of temperature (usually between 10^o C in winter and 30^o C in summer).

Time Zone

Continental Portugal and the Madeira archipelago adhere to the Greenwich Mean Time (GMT). In the Azores archipelago it is one hour earlier than in the rest of Portugal and Madeira. From October to March, Portugal (continent & islands) uses the daylight saving time.

2. BEFORE ARRIVAL



2.1. ENTRY REQUIREMENTS

Portugal is part of the Schengen Area, a group of 25 European Countries which have abolished all border controls between each other. Hence, citizens of the EU, the European Economic Area (EEA – Andorra, Iceland, Liechtenstein and Norway) as well as Switzerland need only an identity card in order to enter Portugal.

For short stays (up to 90 days) visitors from the following countries can enter Portugal with Passport Only: Argentina, Australia, Bolivia, Brazil, Brunei, Bulgaria, Canada, Chile, Costa Rica, Croatia, El Salvador, Guatemala, Honduras, Israel, Japan, Malaysia, Mexico, Monaco, New Zealand, Nicaragua, Panama, Paraguay, Romania, San Marino, Singapore, South Korea, United States, Uruguay, Vatican, Venezuela and Special Administrative Regions of the People’s Republic of China in Hong Kong and Macao. Citizens from countries not mentioned above need a VISA to enter Portugal.

This list may change, so you should confirm with your local Portuguese Embassy or Consulate.

Visas for Third Country Nationals

Any type of Visa can be requested at any Portuguese Embassy or Consulate in one’s home country.

Student & Researcher visa

Erasmus Mundus students should apply for a Student Visa. As a general rule, the necessary documents for student visa applications for entry in Portugal are:

- Passport or other travelling document (Expiration date not less than three months later than visa’s)
- Three passport size photos
- Criminal register
- Health insurance certificate
- Lodging certificate in Portugal
- Proof of funds upon arrival in Portugal
- Academic registration document
- Vaccines bulletin
- Academic qualifications document (certified by the local Portuguese Embassy/Consulate)

EM Alumni Tips:

- ✓ Apply for Visa as soon as possible! Visa issues demand much time and attention.
- ✓ Check with the relevant Embassies/Consulates on which documents you need to obtain a visa.
- ✓ Double check all forms and the data you fill in. Sometimes small mistakes result in the refusal of the visa request. Always keep copies of the originals you submit! You may need them.

USEFUL LINKS

Portuguese Embassies and Consulates in the world:

<http://www.secomunidades.pt/web/guest/PostosConsulares>

2.2. TRAVEL ARRANGEMENTS

Getting there¹

Lisbon's airport is the city's main international gateway and all overland connections are, of course, through Spain.

BY PLANE There are international airports at Lisbon, Oporto, Faro, Funchal (Madeira), Ponta Delgada (São Miguel Island-Azores) and Lages (Terceira Island-Azores). TAP Air Portugal is the national airline and it has multiple daily flights to Lisbon from Porto and Faro, and carriers operating scheduled international services. Moreover, there are several low-cost airlines which operate several routes all around Europe (e.g. Easy Jet; Vueling; German Wings; Ryanair – from Oporto and Faro only).

BY CAR: The Portugal-Spain border can be crossed through Valença do Minho (E01/A3), Chaves (N532), Bragança (E82/IP4), Guarda/Vilar Formoso (E80/IP5), Elvas (E90/A6/IP7), Serpa (N260) and Vila Real de Santo António (E1/IP1).

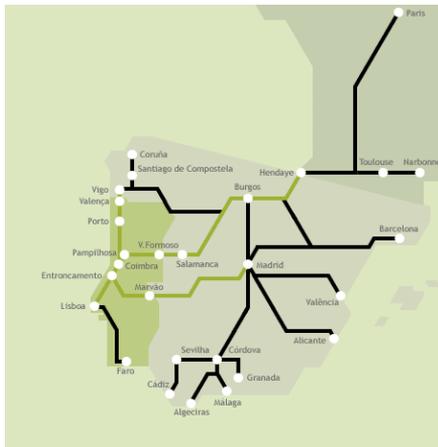
BY BUS: Buses are slower and less comfortable than trains, but cheaper - especially for under-30, students or seniors. Two of the options for European long-distance bus travel are Eurolines and Busabout.

BY TRAIN: Daily international trains run between Paris-Lisbon (Sud Express), crossing the frontier at Vilar Formoso; between Lisbon-Madrid, crossing the frontier at Marvão; and between Oporto-Vigo, crossing the frontier at Valença.

The two main rail crossings are at Vilar Formoso (the Paris to Lisbon line) and at Marvão (the Madrid to Lisbon line). There are two standard long-distance rail journeys into Portugal. Both take the *TGV Atlantique* from Paris to Irún (in Spain), where you must change trains.

Sud-Expresso connects every day Paris TGV to Portugal, crossing Hendaye/Irún (Spain) and the border at Vilar Formoso (Fuentes de Oñoro in Spain), continuing to Coimbra and Lisbon.

Lusitânia Comboio Hotel – This journey runs from Irún to Madrid, crossing into Portugal at Marvão and on to Lisbon.



USEFUL LINKS

TAP-Air Portugal
www.flytap.pt

Airports in Portugal
www.ana.pt

Eurolines
www.eurolines.com

Busabout
www.busabout.com

CP (Caminhos de Ferro Portugueses)
www.cp.pt

¹ Source: Agência Nacional PROALV, *Portugal, A Student's guide for Higher Education*, 2009

3. HOUSING



The majority of Portuguese Universities offer accommodation in Student Residences. These are usually spread out around the city/town. University Campuses which include housing facilities are rare in Portugal.

Although the easiest and often cheapest option for Erasmus Mundus students is to stay in Halls of Residence, you may want to rent your own room/flat. If so, check:

- local newspapers (e.g. *Ocasião*)
- Internet (e.g. *EasyQuarto*; *BQuarto*; *Erasmus Lisboa*, etc.)
- Pin-walls inside university buildings

Sharing a flat with other students is very common in Portugal. Prices vary significantly depending on the city (Lisbon is e.g. more expensive than other Portuguese cities) and the area (living in the outskirts is, obviously, less expensive than living in town centre). Prices range roughly from 150/180 € for a room without window (or as Portuguese prefer to say: *quarto interior*) up to 300/350 € depending on location, facilities, and the landlord's common sense!

Also, keep in mind that some areas might be dangerous to walk alone at night, so when looking for a flat, try to find out whether the area is safe.

EM Alumni Tips:

- ✓ Try to see the room in person before renting it. Pictures on the internet are often misleading.
- ✓ Contact other Erasmus Mundus Students of your course to get advice on how to find a room to rent in the city where you plan to study next. If you are lucky, he/she will even offer you his/her room for the following semester.
- ✓ Bear in mind that in Portugal it is still very common for old people to rent a room in their own house/apartment. If you want to avoid this kind of accommodation, look for flats '*sem senhorio*' (without landlord).

USEFUL LINKS

www.easyquarto.com.pt

www.uniplaces.com/pt/

<https://home-4-students.com/>

www.erasmuslisboa.com

www.ocasiao.pt

4. AFTER ARRIVAL



4.1. RESIDENCE CONDITIONS

Citizens of the EU, Iceland, Norway, Liechtenstein and Switzerland, whose stay in national territory lasts more than 3 months must formalise their right of residence through a *Certificado de Registo* in the Municipality (*Câmara Municipal*) of the area of residence or the nearest Foreigners' Department (*Serviço de Estrangeiros e Fronteiras /SEF*) of the area of residence. EU students/academics only have to present a valid identity card/passport and a proof of academic registration.

Third Country citizens planning to stay in Portugal for longer than 90 days must apply for a *Autorização de Residência* upon arrival in Portugal. Applications must be submitted at the nearest *SEF* (there are offices in most major cities). For third-country nationals, the required documents are similar to the ones required for visa applications:

- Passport or other travelling document
- Valid Visa (where applicable)
- Two passport size photos
- Criminal register
- Health insurance certificate
- Lodging certificate in Portugal
- Proof of funds upon arrival in Portugal
- Academic registration document
- Vaccines bulletin

USEFUL LINKS

SEF (Serviço de Estrangeiros e Fronteiras)
www.sef.pt
Portal do Cidadão
www.portaldocidadao.pt

EM Alumni Tips:

- ✓ WHAT TO DO IF YOUR VISA EXPIRES BEFORE YOU LEAVE THE COUNTRY...
 - Call *SEF* (808 202 653) and schedule an interview to renew your visa. Due to the high number of queries, your call is more likely to be taken early in the morning (8am) or late in the evening (7pm).
 - After you schedule your interview (probably in a month's time) you will need to gather the documents they ask for you to renew your visa (See: 3.1 Residence Conditions)
 - After you gather all these documents you go to *SEF*, wait patiently, and pay. Then you receive a receipt that you **MUST** keep, for this will be the only proof that you have renewed your visa. Give one to two months for your visa card to be finally ready.
- ✓ HOW TO OBTAIN A LODGING CERTIFICATE:
 - If you live at a University Residence: this will be included in the letter from the university.
 - If you don't live at a University Residence: you will need to go to *Junta de Freguesia* (which is a kind of city hall of each neighbourhood) and ask for a *comprovativo de morada*. That might be a little complicated given that at *Junta de Freguesia* they will ask for two witnesses to confirm that you really live wherever you say you live. It's certainly a good way to practice your Portuguese! If you have received any commercial letters, i.e. bank, newsletters, at your Lisbon address, it should work as well.
- ✓ HOW TO OBTAIN A CRIMINAL REGISTER
You can get this document from the Police Office at *Loja do Cidadão*.

Loja do Cidadão

Based on the concept of One Stop Shop, the *Loja do Cidadão* (literally, Citizens Shop) is a public service aiming at providing a multitude of citizens-oriented services (such as social security, health, immigration, etc) within a same location.

4.2. HEALTH



Under EU legislation on Social Security, nationals from the EU member states, Iceland, Liechtenstein, Norway and Switzerland enjoy the same benefits as Portuguese citizens in terms of access to free or reduced-cost healthcare. In order to benefit from these services, the citizens falling in the category mentioned above need to show the **EHIC (European Health Insurance Card)**.

Third Country citizens must hold medical insurance or benefit from other special medical coverage/arrangements for the entire stay in Portugal.

Third Country citizens, who have been residing in Portugal for more than 3 months (90 days), may wish to apply for the **National Health Service Card (*Cartão do Utente do SNS*)**. The card is free of charge and gives you access to Portuguese Public Health Service. The card can be obtained in local Health Centres (*Centros de Saúde*) or in any *Loja do Cidadão*, upon presentation of residence permit (See 3.1)

ERASMUS MUNDUS SCHOLARSHIP HOLDERS automatically receive free medical insurance coverage at no extra cost. The insurance is valid for the entire period of the student's/scholar's enrolment in the Erasmus Mundus Programme. For further information, contact your Course Coordinator.

USEFUL LINKS

DG of Health
www.dgs.pt

Portal do Cidadão
www.portaldocidadao.pt

List of Local Health Centres (*Centros de Saúde*)
www.portaldasaude.pt

Social Security Portal (*Segurança Social*)
www.seg-social.pt

4.3. MONEY



Bank Account

Opening a bank account in Portugal is recommendable to third country citizens as withdrawal from foreign banks can be rather expensive and foreign credit cards may not always be accepted.

The procedure to open a bank account is quite simple. You will need: your passport or international ID card, an address in Portugal and a Portuguese fiscal number which can be provided in the Citizen Shop (*Loja do Cidadão*). Students can usually benefit from special arrangements between universities and banks which offer free or low service fees accounts.

The ERASMUS MUNDUS SCHOLARSHIP pack may include a European account to which the scholarship instalments are transferred by the coordinating institution on a monthly basis. In that case students/academics will be informed by their coordinators and advised accordingly.

Cost of Living

Although the cost of living has risen considerably in the last decade, Portugal remains less expensive than most other Western & Northern European countries. In particular, rents, food & primary goods, and entertainment are reasonably cheap: you can eat out for 5 € at lunch time and have good meat or fish dish at a restaurant for less than 10€ for dinner. A full meal at the university canteen costs around

2,50€ and alcoholic drinks vary roughly from 0.8€ for a beer up to 5€ for a cocktail. A theatre ticket rarely costs more than 30€ and going to the cinema is rather inexpensive.

EM Alumni Tips:

- ✓ If your coordinating institution in European Country A opens a bank account for you, it may not be worth opening another bank account when you move to country B.
- ✓ Be aware that if you withdraw money with a Portuguese credit card in another EU country you may be charged an extra fee. However, differently from what happens in other European countries, you will not be charged an extra fee for withdrawals from a cash machine of a different bank within Portugal.

5. LIVING IN PORTUGAL



However, foreigners' efforts to say a few words in Portuguese are always appreciated.

Learning Portuguese



for more information on Portuguese language courses in Portugal and abroad, see Section 5, Study in Portugal.

Family

Family still occupies a very important place in Portuguese society. The native town is often referred to as 'minha terra' (my land) somehow reflecting this strong parental tie.

Formalities

Portuguese are rather traditional and conservative. They retain a sense of formality when dealing with each other, which is displayed in the form of extreme politeness.

5.1. CULTURAL ASPECTS

Describing a country's cultural identity is as fascinating as it is dangerous. What follows are some of the first, maybe superficial, traits of Portuguese culture that a foreign eye (or ear) notices...

Language

Of Latin origin, Portuguese is the third most widely spoken European language in the world and is mother tongue to about 200 million people in Angola, Cape Verde Islands, Guinea-Bissau, Mozambique, S. Tomé and Príncipe in Africa and Brazil in South America. The most commonly spoken foreign languages are English, Spanish, and French. German is also known in the main tourist regions of the country, such as Lisbon, Madeira and the Algarve.

Despite its similarities to Spanish, Portuguese sounds more like a Slavic language than a Romanic one to an untrained ear. It will therefore take you some time to get acquainted with Portuguese pronunciation.

Meeting & Greeting



Initial greetings are reserved, yet polite and gracious. The handshake is accompanied by the appropriate greeting for the time of day.

Once a personal relationship has developed, greetings become more personal: men may greet each other with a hug and a handshake and women kiss each other twice on the cheek starting with the right, as can also be done between opposite sexes.

Titles

The proper form of address is the honorific title '*senhor*' and '*senhora*' with the surname.

Anyone with a university degree is referred to with the honorific title, plus '*doutor*' or '*doutora*' ('doctor') with or without their surname.

A very frequent form of addressing people in a semi-formal manner is by referring to them with their first name (preceded by article) + verb in the third person singular. E.g. "*A Maria quer almoçar connosco?*" = would you (Maria) like to have lunch with us?

Eating Out



Eating out occupies an important place in Portuguese culture. Restaurants fill up very quickly especially between 12:30 am and 2 pm when all workers have their lunch break and 'migrate' to the closest café/restaurant. Eating a sandwich seems to be highly unpopular in Portugal: even the smallest cafés treat their customers with a fresh and plentiful hot dish of the day (*prato do dia*)!

Gastronomy

Portuguese food is distinctive and varied, featuring many regional specialities that have evolved from local traditions and ingredients.

A typical meal in Portugal starts with a selection of appetizers such as goat or sheep's cheese, pâté, olives, cornbread and delicious smoked ham called *presunto*.

Soup (*sopa*) is a regular feature on the restaurant menus, normally made on the premises with fresh ingredients bought at the local market.

Fish is a mainstay of Portuguese cuisine, particularly sardines (*sardinhas*) and the ever-present dried codfish known as *bacalhau*.

Portuguese meat is both tasty and safe to eat, particularly pork (*porco*) which for centuries has been an important livestock in the country's rural economy.

² The text was adapted from:
<http://www.portugaltravelguide.com/en/gastronomy>

Travellers' tips - www.lonelyplanet.com

Couvert: there's one essential commandment regarding Portuguese dining etiquette: whatever you eat you must pay for, whether or not you ordered it. Waiters bring bread, olives and other goodies to your table the moment you sit down. This unordered appetiser is called *couvert* and can cost anywhere from €1 per person to over €12. If you don't want it, you can send it away, no offence taken. There's also no shame in asking the price - '*quanto custa?*'

Vegetarians: fish-eaters will get by, but serious vegetarians might have problems in Portugal. Even vegetable dishes usually include meat. Markets offer fruit, vegetables, grains and nuts. The University canteen always offers a vegetarian and sometimes even a macrobiotic option.

Tipping: service is usually not added to the bill. It's customary to leave a few coins or 5%. (or even 10%) in smarter places and/or if the service was exceptional.

Coffee

Similarly to what happens in other Latin countries, coffee is an integral part of Portuguese 'way of life'. Portuguese enjoy drinking strong, dark coffee several times a day, alone or with friends. Most of Portuguese people start their daily routine by having a quick coffee (*uma bica*, as they say in Lisbon) standing at a bar. Interestingly enough, Portuguese families rarely make coffee at home and, if they do, it will be instant coffee, hence nothing to do with the *café da rua* (literally, street coffee).

8 different ways of ordering coffee

Black coffee

1. *Bica, Expresso*, or just, *Café*: Small black coffee - served in a small cup
2. *Café Cheio*, Weaker small black coffee
3. *Abatanado* A large weaker coffee
4. *Café Descafeinado* A small black decaffeinated coffee

Coffee with milk

5. *Meia de Leite* or *Café com Leite* : Half coffee and half hot milk in a tea-sized cup.
6. *Garoto*: A small coffee cup full of milk and a little coffee
7. *Galão* More hot milk than coffee in a tumbler glass
8. *Café Pingado*, or sometimes just *Pingo* A small black coffee with a drop of hot milk.



Football³

In Portugal football is not just a game: it is a way of life. In fact, some might say it is something of a national obsession, certainly for the male half of the population, and if you happen to be in Portugal during an important football match you will see why. All the televisions in bars and cafés are showing the match, and all the men seem to be in the bars watching it. The main concentration of football activity in Portugal is around Lisbon and Porto as the country's three major teams - FC Porto, Lisbon's Sporting Clube de Portugal and SL Benfica - are based there. Not surprisingly, there is fierce competition between these teams.

Television

If in Portugal football is not just a game but a way of life, watching TV is not just a hobby but a sort of addiction. In Portuguese homes TV is switched on most of the time and *Telenovelas*, soap operas of Portuguese or Brazilian production, are certainly among Portuguese female's favorites pastimes.

Attachment to the Past

Portuguese people are very attached to their past, especially (and little surprisingly) to their most glorious past, the so called '*época dos descobrimentos*' (discoveries). Portugal's *grandeur* is often re-evoked, used as a point of reference, talked about with a sort of nostalgic emotion. (see: *Saudade*).

Another historic reference you will often come across is the '*25 de Abril*' which marked the end of the dictatorship (see section 1. History).

Saudade

It turned to be a cliché, but Portuguese like to say *saudade* is untranslatable. They are proud of it and cherish it as if it were a secret or distant memory. Originally, *saudade* referred to "a vague and constant desire for something that does not and probably cannot exist ... a turning towards the past or towards the future". More recently, the word has started to be (mis)used in several different phrases such as '*tenho saudades tuas*' (= miss you) or '*matar saudades*' (to let '*saudade*' disappear, e.g. by looking at a picture, by going back to a specific place, etc), somehow losing its original tone.

National Holidays

1 January	New Year's Day
25 April	Freedom Day
1 May	Worker's Day
10 June	Portugal Day
15 August	Feast of the Assumption
8 December	Immaculate Conception
25 December	Christmas Day

Moveable public holidays:

- Carnival (February)⁴
- Good Friday (March/April)

³ The text was adapted from:
<http://www.indigoguide.com/portugal/portugal-football.htm>

⁴ Festive day, although not an official public holiday.

5.2. COMMUNICATIONS



Telephones

There are public telephone booths where coins and special cards (sold in Portugal Telecom shops, post offices and kiosks) can be used.

All telephone numbers in Portugal are composed of nine digits. To call from abroad, it is necessary to dial the international access code 00 and the country code 351. To call abroad from Portugal, dial 00, the country code, the area code and then the number wanted. The dialling codes of the various countries are posted in public telephone booths.

Mobile Phones

There are main network service providers - TMN, Vodafone, Optimus and Zon - that have roaming agreements with most international mobile phone companies providing users with a good coverage nationwide. Moreover, there are two smaller network providers- UZO and Rede4- which offer better rates especially if you top up often.

Internet

Access is available in cafés, *cyber-cafés*, public services and in several post offices. In hotels and public facilities, like Airports, Conference centres, Restaurants, Service Areas in motorways and shopping centres, it is also possible to access wireless Internet. All University buildings offer wireless access to registered students & teaching staff. Erasmus Mundus students/ academics should ask their coordinator on how to obtain on campus WiFi access.

5.3. SERVICES

Shops

Shops are traditionally open from Monday to Friday, from 9 or 10am to 7pm. Some close for lunch from 1 to 3pm. On Saturdays from January to November, shops generally close at 1 pm though in city centres some are open in the afternoon. Shopping centres usually open from 10am to 12pm every day of the week. Traditional shops with Portuguese products can be found particularly in city centres and older neighbourhoods of towns and cities.

Banks

Banks are open from 8.30am to 3pm from Monday to Friday. Portugal has a national network of cash machines (**ATMs**) identified by the symbol MB (**Multibanco**), from which you can withdraw cash 24 hours a day. The most commonly used credit cards are: Visa, American Express, Diners Club, Europay / MasterCard, JCB and Maestro. In Portugal, ATM machines also offer several additional services: you can top up your mobile phone, pay your bills... or even buy a train ticket!

Post Offices

Post offices (**CTT**) are open between 9am to 6pm from Monday to Friday. Airport offices and those located in city centres have extended opening hours and may be open on Saturdays and also on Sundays. Stamps are also sold in selling-machines placed in the streets.

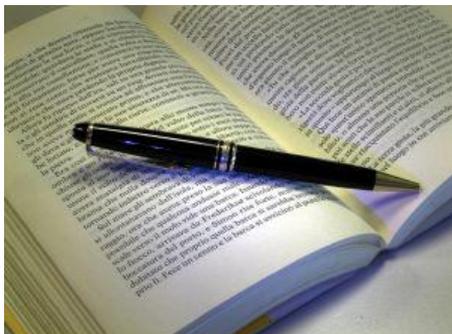
Pharmacies

Pharmacies are open on weekdays between 9 am and 7pm (some close for lunch from 1 to 3 pm) and on Saturdays between 9am and 1pm. When open at night and/or on Sunday, pharmacies display an illuminated green cross outside. Otherwise, they have information posted on the entry indicating the nearest pharmacies that are open at night and/or on Sunday.

National Emergency Number - 112

The national emergencies number is 112. The call is free and it can be dialled at any time of the day or night from anywhere in Portugal.

6. STUDYING IN PORTUGAL



6.1. PORTUGUESE HIGHER EDUCATION SYSTEM

The Portuguese Higher Education system, a state-run educational establishment, is divided into two sub-systems, university and polytechnic education.

The network of **public Higher Education** comprises 15 Universities, 24 Polytechnic Institutes and 5 institutions of military and police education.

The network of **private Higher Education** includes 32 Universities and 36 Polytechnic Institutes.

History

In Portugal, University and college attendance before the 1960s was very limited and usually restricted to members of upper class families, political, or military authorities. Higher Education Institutions were very few (the most ancient and famous being the University of Coimbra, founded in 1290) and the illiteracy rate was extremely high for Western European standards. However, during the last decade of the Estado Novo regime, secondary and university education experienced the fastest growth of Portuguese education's history. Today Higher Education is generalised and most secondary education students enrol in (at least) the first cycle of Higher Education.

Application

To apply for Higher Education courses via the national system, students must go through a competitive process with access being regulated by the *numerous clauses* system.

Higher Education provides the following academic qualifications: First-degree (*licenciado*), Master's degree (*mestre*) and PhD (*doutor*).

University and Polytechnic Institutions confer First-degrees and Master's degrees, while Universities also award PhD.

In Polytechnics, a *licenciado* degree normally involves six semesters, which corresponds to 180 credits. In Universities a *licenciado* degree normally lasts from six to eight semesters, which corresponds to 180 or 240 credits (in that case it is then called *Mestrado Integrado*). The study cycle that leads to a *master* degree lasts between three and four semesters, both in Universities and Polytechnics, corresponding to 90 or 120 credits.

Fees are set by the different Higher Education institutions, and their amount is defined between a minimum and a maximum, depending on the type of the course.

The Portuguese Higher Education system is currently undergoing a profound reform. This objective is part of a European-wide strategy for the modernisation of Higher Education Institutions promoting the knowledge-based economy and society. A series of measures have been introduced in the last years for the accomplishment of the **Bologna Process** in order to: widen access to Higher Education, particularly new audiences; guarantee quality evaluation; modernise and internationalise Higher Education Institutions.

In the academic year 2008/2009, about 98% of the initial training courses were already organized according to the principles of the Bologna Process, including public and private Higher Education (90% in 2007/2008).

Organization & Structure

Universities are usually organised by faculty (*faculdade*). Institute (*instituto*) and school

(*escola*) are also common designations for autonomous units of Portuguese higher learning institutions, and are always used in the polytechnic system, though several universities also use these systems.

Assessment

Assessment can be either continuous or final, depending on the course, the module taken and individual choice.

In a continuous assessment scheme, students will have to submit one or two essays (*trabalhos*), prepare a presentation (*apresentação*) or do a short test. Final examinations are usually written even though oral exams are also possible.

Grading system

The Portuguese grading system is ranked on a scale of 0 to 20. In order to pass a subject, you must achieve a minimum score of 10.

0-9	insufficient
10-13	sufficient
14-15	good
16-17	very good
18-20	excellent

USEFUL LINKS

DGES- DG for Higher Education
<http://www.dges.mec.pt/en/>
http://www.dges.mec.pt/en/pages/naric_pages/higher_education/portuguese_higher_education_system.html

6.2. LIBRARIES



A full list of Portuguese libraries (national, municipal, university based, etc.) can be found at the

following addresses:

<http://bibliotecas.wetpaint.com/>
<http://bibliotecas.universia.pt/>

6.3. LEARNING PORTUGUESE

As an Erasmus Mundus student, as long as the language of instruction of your course is English you may not 'officially' need to learn Portuguese. However, getting to know the local language can help you appreciate and better understand Portuguese habits and customs.

There are many ways to take up this linguistic challenge:

- attending a Portuguese language course in your home country.
- enrolling in a language course offered by your University
tip: ask your coordinator for further information on available courses. Erasmus Mundus students should not pay any fees for University sponsored language instruction.
- enrolling in a language course offered by local municipalities. These courses are often free of charge and are usually taught after 7pm.
- attending a language course in a private school.

USEFUL LINKS

Portuguese Language Centers and Cultural Institutes abroad:
<http://www.instituto-camoes.pt/>

Portuguese Youth Portal:
www.juventude.gov.pt

Portuguese language schools in Portugal:
http://europa.eu/youth/studying/language_learning/index_pt_en.html

Euraxess Portugal - portal providing information for Researchers in Portugal:
<http://www.euraxess.pt/incoming/language.e.phtml.en>

EM Alumni Tips:

- ✓ An alternative way of learning Portuguese can be by going to the cinema. In Portugal, foreign films are not dubbed but are subtitled. Subtitles can be a very useful means of picking up some Portuguese, namely idioms and typical expressions.

7. TRAVEL & LEISURE



7.1. GETTING AROUND

Air

Domestic flights are operated by:

- **TAP- Air Portugal:** between Lisbon, Oporto, Faro, Funchal (Madeira) and Ponta Delgada (Azores)
- **SATA:** mainly operating between the Azores archipelago and Madeira.

Rail

CP - *Comboios de Portugal*, the Portuguese railway company, offers a vast rail network covering mainland Portugal.

There are a number of railway options:

- **Alfa Pendular** trains offer the fastest and most comfortable rail link between Lisbon and the Algarve and, in the north, Oporto or Braga, with stops in Coimbra.
- **Intercidades** or Intercity service covers the Lisbon-Oporto-Guimarães, Lisbon-Guarda, Lisbon-Covilhã, Lisbon-Évora-Beja and Lisbon-Faro routes.
- A vast network of regional, inter-regional and suburban trains covering the country.

Road

Traffic drives on the right. Every town and village can be reached by an adequate system of roads. Petrol stations are generally open 7am to 8pm, although some are open 24 hours. Travel by motorway is subject to a toll according to distance covered and type of vehicle.

- **Bus:** There are frequent coach services between all Portuguese cities. For further information, contact *Rede Nacional de Expressos*.
- **Car hire:** Available from major and local providers in main towns and airports, with or without driver.

- **Regulations:** The minimum age for driving is 18 (but drivers must be at least 21 to 25 if hiring a car). Cars may be imported for up to six months. Traffic signs are international. Speed limits are 50km/h (30mph) in built-up areas, 90km/h (56mph) outside built-up areas and 120km/h (70mph) on motorways.

USEFUL LINKS

TAP- Air Portugal

www.flytap.pt

Airports in Portugal

www.ana.pt

CP (Caminhos de Ferro Portugueses)

www.cp.pt

Rede Nacional Expressos

www.rede-expressos.pt

City Transport

Lisbon's extensive underground system is operated by *Metropolitano de Lisboa*, while trams and buses are provided by the *Companhia Carris de Ferro de Lisboa (Carris)*. The city's suburban rail lines, operated by *Portuguese Railways*, are useful for covering longer distances and *Transtejo ferries* ply the Tagus.

Porto also has an underground (*Metro de Porto*), trams and buses.

Tickets: Pre-paid booklets (*7 Colinas*, in Lisbon and *Andante*, in Porto) and Monthly Cards are the cheapest way of getting around in cities.

Taxis are cheap and readily available in major cities. No wonder that they are one of the most common means of transport in Portuguese cities. Taxi drivers are not generally tipped, but passengers commonly round up the fare.

USEFUL LINKS

BUSES:

Aveiro: www.moveaveiro.pt

Braga: www.tub.pt

Coimbra: www.smtuc.pt

Évora: www.evora.net

Faro: www.eva-bus.net

Funchal: www.horariosdofunchal.pt

Lisboa: www.carris.pt

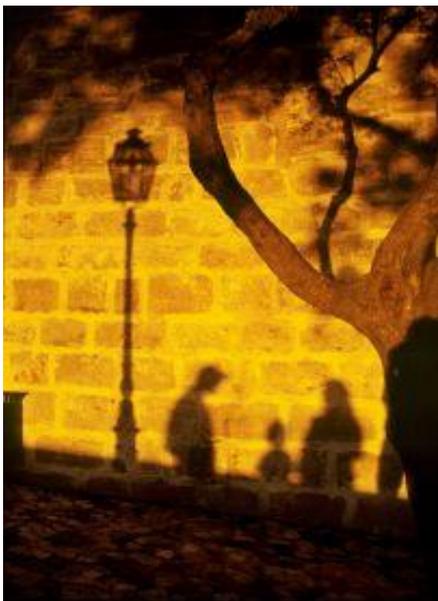
Porto: www.stcp.pt

Vila Real: www.corgobus.pt

UNDERGROUND:

Lisboa: www.metrolisboa.pt

Porto: www.metroporto.pt



7.2. CULTURE & PLACES TO VISIT

General information on Portuguese cultural attractions can be found on VISIT PORTUGAL (www.visitportugal.com), the official portal for Portuguese tourism.

For more specific information on Portugal's cultural life, check the following links:

Arts & Culture⁵

Calouste Gulbenkian Foundation
<http://www.gulbenkian.pt/index.php?langId=2>

Casa da Música
<http://www.casadamusica.com/Default.aspx?langSite=eng>

Centro Cultural de Belém
<http://www.ccb.pt/sites/ccb/en-EN/Pages/default.aspx>

Centre of Modern Art Azeredo Perdigão
<http://www.camjap.gulbenkian.org/>

Luso-American Foundation Art Collection:

⁵ texts adapted from: Agência Nacional PROALV, *Portugal, A Student's guide for Higher Education*, 2009

<http://www.flad.pt/?no=5010002>

Museu Grão Vasco
www.ipmuseus.pt/pt-PT/museus_palacios/ContentDetail.aspx?id=1113

Museu Machado de Castro
<http://mnmachadodecastro.imc-ip.pt>

Museu Nacional de Arte Antiga (Ancient Art Museum)
<http://www.mnarteantiga-ipmuseus.pt/>

Museu Nacional Soares dos Reis (Soares dos Reis National Museum)
<http://mnsr.imc-ip.pt/en-GB/default.aspx>

MUDE – Museu do Design e da Moda (Fashion and Design Museum)
http://www.mude.pt/en/mude_site.html

National Museum of Archaeology
<http://www.mnarqueologia-ipmuseus.pt/>

Port Wine (Vinho do Porto)
<http://www.ivdp.pt>

Serralves Foundation
<http://www.serralves.pt/>

Orient Museum (Museu do Oriente-Fundação Oriente)
<http://www.museudoorientep.t/?lang=en>

Cultural Events

Major events in Portugal
<http://www.visitportugal.com/pturismo/Eventos/Eventos.aspx?Action=Search>

Major events in Lisbon
www.agendalx.pt
<http://lecool.com/lisboa>

Major events in Porto
www.viva-porto.pt

Science

Lisbon University Museum of Science
<http://www.mc.ul.pt>

Museum of Medicine (Lisbon University)
<http://www.museudemedicina.fm.ul.pt/DesktopDefault.aspx>

National Museum of Natural History (Lisbon University)

<http://www.mnhn.ul.pt/>

Orlando Ribeiro, the leading XX Century Portuguese geographer

<http://www.orlando-ribeiro.info/en/home.htm>

Physics Museum of the University of Coimbra

<http://museu.fis.uc.pt/indexi.htm>

Science Museum University of Coimbra

<http://www.museudaciencia.pt/>

The Pavilion of Knowledge

<http://www.pavconhecimento.pt/>

Architectural Heritage

Architectural Heritage (IGESPAR)

<http://www.igespar.pt/pt/>

Convento de Cristo (Convent of Crist)

<http://www.conventocristo.pt/pt/index.php#>

Monastery of Alcobaça

<http://www.mosteiroalcobaca.pt>

Monastery of Batalha

<http://www.mosteirobatalha.pt/>

Monastery of Santa Maria de Belém (Heronymites) and Tower of Belém

<http://www.mosteirojeronimos.pt>

Heritage

Museums (IPM)

<http://www.ipmuseus.pt/>

Portuguese Heritage classified by UNESCO

<http://whc.unesco.org/en/list>

Pré-Historic Rock Art Sites at the Côa Valle

<http://www.igespar.pt/en/monuments/53/>

World Heritage of Portuguese origin

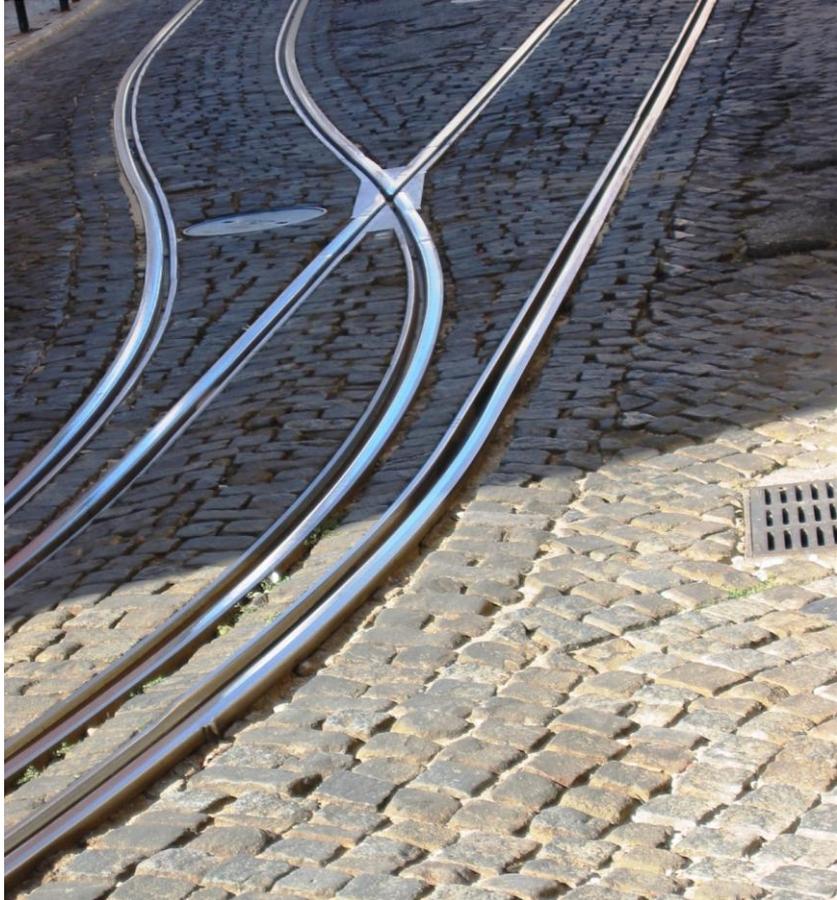
<http://www.uc.pt/whpo>

Sintra

www.cm-sintra.pt



HAVE A NICE STAY !



www.dges.mec.pt/erasmusmundus/