

MIT Portugal

Students' Guide 2009/2010



Universidade do Minho



FACULDADE
DE CIÊNCIAS
UNIVERSIDADE DE LISBOA



Universidade do Porto
Faculdade de
FEUP Engenharia



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UNIVERSIDADE DE COIMBRA



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UNIVERSIDADE NOVA DE LISBOA

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Portugal

History

Located in the extreme southwest of the European continent, Portugal is one of the oldest nations in Europe.

The Portuguese have spread their language and culture all over the world and were the first Europeans to sail to Africa, Asia and the heart of South America. A member of the European Union since 1986, Portugal is now a modern European country that combines strong traditions with a present based on innovation, entrepreneurship and international engagement.

Geography

Located in southwestern Europe, Portugal also includes the Azores and Madeira archipelagos in the Atlantic Ocean. The total area of Portugal is 92.391 km² (including the islands), and the mainland extends 561 km N-S and 218 km W-E. Bordered on the north and east by Spain, and on the south and west by the Atlantic coast, Portugal has a total boundary length of 3007 km, of which 1793 km is coastline.



Climate

Portugal is one of the warmest European countries. The annual temperature averages in mainland Portugal are 13°C (55°F) in the north and 18°C (64°F) in the south, with the warmest places registering average temperatures over 20°C (68°F). Extreme temperatures occur in the mountains of the northeastern parts of the country in winter, where they may fall to -15°C (5°F), and southeastern parts in summer, where they can go up to 44°C (111°F). Coastal areas are milder.

Population

Portugal has a population of about 10 million, largely concentrated in coastal areas. The six largest cities are Lisbon (the capital), Porto, Braga, Coimbra, Funchal and Aveiro.

Culture

The culture of Portugal is rooted in the Latin culture of Ancient Rome, with Celtiberian (a mixture of pre-Roman Celts and Iberians) and Lusitanian backgrounds. A country with a long history, Portugal is home to ancient architectural structures, as well as art, furniture and literary collections mirroring and chronicling the events that have shaped the country and its people. It has a large number of cultural landmarks that testify to its rich national heritage, ranging from museums to ancient church buildings to medieval castles. Portugal was once one of the largest and most powerful cultural, political and economic powers in the world. Starting with the Age of Discovery in the 15th century, and extending until shortly after the end of the Estado Novo regime in 1974, Portugal held territories across several continents. Since then Portugal has redefined its role in the world as a member state of the European Union.

Language

The official language in Portugal is Portuguese. Portuguese people are accustomed to interacting with foreign visitors, and many are able to speak and understand English, French and Spanish.

Religion

The Portuguese Constitution guarantees religious freedom, and a number of different religions are practiced. Most Portuguese are Roman Catholic, but there is no official state religion. Churches from several other Christian denominations are present in Portugal, as are other houses of worship, (mosques, synagogues, etc.).

International Country Code

(+351)

Time zone

Continental Portugal and Madeira Island follow the GMT (Greenwich) time (one hour earlier than the Continental European Time – CET). The Azores Islands are one hour earlier than continental Portugal.

Currency

Euro (€/EUR)

Electricity and power supply

220 volts, number of cycles: 50 Hertz.

Weights and measures

The metric system: metres (m), kilograms (kg), litres (l) and cubic metres (m³) for fluids.

Road traffic

Portugal is a right-hand drive country. Speed limits for cars and motorbikes are as follows: 50 km/h (in towns), 90 km/h (out of towns) and 120 km/h (motorways).

Banks

Open from 08h30 to 15h00 from Monday to Friday.

The following cards are accepted in cash machines: American Express, 4b, Clau, Bancontact/Mistercash, Bancomat3/Eufiserv, Eurocheque, Cirrus, Master card, Eurocard, Plus and VISA.

Post offices

During the week, post offices (CTT/Correios) are open from 09h00 to 18h00. Post offices are closed on weekends.

Pharmacies

Open Monday to Friday from 09h00 to 13h00 and from 15h00 to 19h00; some are open 24h. On Saturdays, pharmacies are open from 09h00 to 13h00.

National holidays

January 1st - New Year's Day
April 25th - Liberty (Revolution) Day
May 1st - Labor Day (International)
June 10th - National Day of Portugal
June 13th - St. Anthony's Day (local)
June 24th - St. John's Day (local)
June 28th - St. Peter's day (local)
August 15th - Assumption (Religious Holiday)
October 5th - Republic Day
November 1st - All Saints Day
December 1st - Independence Day
December 8th - Immaculate Conception Day (Religious Holiday)
December 25th - Christmas Day

There are two other holidays which change date according to the religious calendar: Holy Friday and *Corpus Christi*.

Some Portuguese Expressions

Good morning! – Bom dia!
Good afternoon! – Boa tarde!
Good night, see you tomorrow – Boa noite, até amanhã.
Goodbye – Adeus.
I don't speak Portuguese – Não falo Português.
My name is... – O meu nome é ...
How are you? – Como está?
Glad to meet you – Prazer em conhecê-lo.
See you later – Até logo.
Thanks – Obrigado.
Please – Por favor.
What time is it? – Que horas são?
Where is it? – Onde fica?
Where's the toilet? – Onde é o WC?
I don't understand – Não compreendo.
Can you speak slower, please? – Pode falar mais devagar, por favor?
Never mind – Não tem importância.
Help! Police! – Socorro! Polícia!
How much is it? – Quanto custa?
I would like to buy – Eu gostaria de comprar.
Do you accept credit cards? – Aceita cartão de crédito?

Legal Procedures to Enter the Country

Non-EU/Schengen Space Student

You need to apply for a visa before coming to Portugal in order to become a student in a Portuguese university, if you are neither a citizen of the European Union nor of any country of the Schengen Space.

Apply at the nearest Portuguese Consular Representative (Embassy or Consulate for a Residence visa for research activity in Portugal. If you do not know the address of the consular representative, you can obtain information from the Ministry of Foreign Affairs of the country of your permanent residence. Contact the embassy/consulate beforehand to obtain information about which documents you will need in order to request the visa. Visas may take up to three months to be processed.

Nationals of the E.U., E.E.S. and Switzerland

If you are an EU citizen (EU Member States, Switzerland, or a county from the European Economic Area), you are allowed to enter in the country just by presenting a valid ID card or passport and the entry is not subject to any control. However, the law states that for stays longer than three months, EU citizens should request a residence card within 3 months after their arrival at the Portuguese Authority responsible for the immigration matters: Serviço de Estrangeiros e Fronteiras ([SEF](#)).

Documents required for requesting the residence card (to deliver with the specific form in the Delegation of SEF of the area of residence or in the Municipal Council of the residence area – see Adherent Councils):

- Identity card or valid passport.
- Declaration under oath that you are registered in a public or private officially recognized school, proof through a declaration or any other mean of evidence that you possess enough financial resources, as well as a health insurance, if it is mandatory for Portuguese citizens in the Member State from your nationality.

Fee: 7€

Health Care Access

In Portugal, every person is entitled by law to health care from the National Health Service (SNS). If you are an EU/EEA student you have the right to access medical benefits in the public service. You will need the European Health Insurance Card issued by the social security service of your country. If you are not an EU/EEA student and your country doesn't have a mutual health care agreement with Portugal, it is advisable to acquire private medical insurance.

Brazil – PB 4 form

According to the Social Security agreement between Portugal and Brazil, Brazilian citizens living temporarily in Portugal, just like Portuguese citizens in Brazil, are entitled to the same health assistance as nationals. As a result, Brazilian citizens registered in the national Social Security system must ask for the PB 4 form in Brazil before departing to Portugal. This form shall mention the applicable period of stay for medical assistance in Portugal. Upon arrival in Portugal, this form must be reported to the Portuguese Social Security Center.

Embassies and Consulates

Most embassies are located in Lisbon, but some foreign consulates are located in Porto.

Fiscal number card

With this card you will be registered in the national financial system. This number is used for paying taxes, signing official documents or opening a bank account. Required documents:

- Identification card or passport
- Form.

You can acquire the form and the Fiscal Number Card in any Finances Office or in Loja do Cidadão situated in Guimarães, Lisboa, Coimbra and Porto.

Loja do Cidadão (only available in Portuguese)

Open from: Monday to Friday from 08h30 until 19h30 / Saturday from 09h30 until 15h00.

The cost is 5.93€.

Useful Contacts

SOS/Police Number 112

Linha Saúde (Health care) 808 24 24 24

Immigration Services 808 202 653

Useful Links (only available in Portuguese)

Newspapers

[Expresso](#)

[Público](#)

[Diário de Notícias](#)

[Other newspapers](#)

Services Directory

[Yellow Pages](#)

[Pharmacies open 24h](#)

Tourism and Leisure

[Portugal Official Tourism Website](#) (English Version)

[Get Portugal](#) (English version)

[Portugal Virtual](#) (English version)

[Cinemas](#)

[Museums](#)