

Survival Guide


Participatory Design: The power of collaboration



Welcome to Portugal

Flag



 **Time: Summer (DST) WEST (UTC+1)**

 **Language: Portuguese**

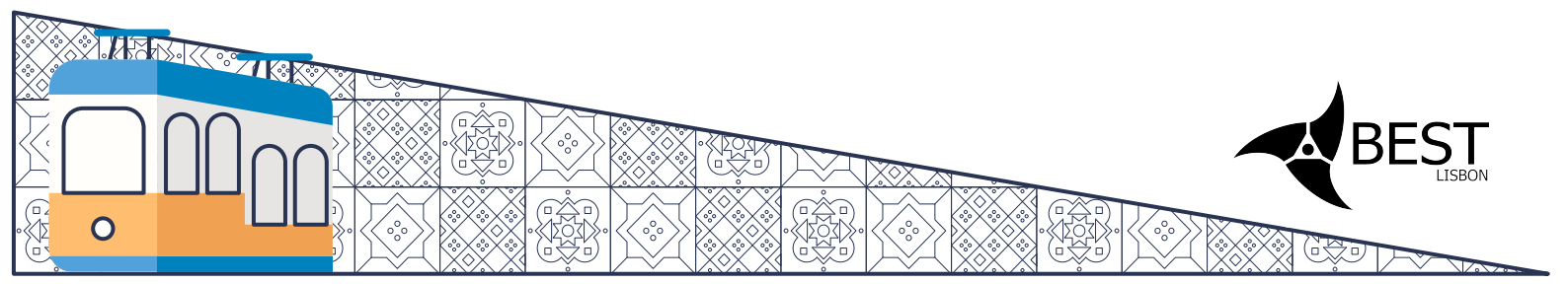
 **Government Type: Parliamentary Republic**

 **Religion: The most common is Catholicism**

 **Currency: Euro (EUR)**

 **International Phone: +351**

 **Climate: Atlantic and Mediterranean Temperatures**



How to Reach Lisbon



Humberto Delgado
Airport



Rede Expressos
(www.rede-expressos.pt)
Flixbus
(<http://global.flixbus.com>)



Comboios Portugal
(www.cp.pt)

Subway Network

Find one of these:



How to use the Metro?

Since it is not possible to pick up everyone at the airport, train stations or bus stations, here you can find some information on how to meet us. Subway is one of the most popular and easy options to travel in Lisbon so we recommend you to use it.

Tickets

Procedure for the **first time**:

1. Choose the language.

2. Select the option “No rechargeable card”.

3. Select the number of trips you need.

(each trip is 1,65€ and the green card is 0,50€)

Buy your tickets here:



In case you want to buy more trips, keep the card because it is rechargeable

This is what you should do:

1. Insert your card.

2. Choose the language.

3. Select the option “Rechargeable card”.

4. Select the number of trips you need
(each trip is 1,65€).

Prices in Lisbon

Menu Big Mac	5.90€
Average meal price	8.00€
Chocolate bar (supermarket)	1.50€
Boottle of water (0,5L)	1.00€
Boottle of water (0,5L) (supermarket)	0.50€
Beer (0,2L-0,33L)	1.00€
Coffee	0.90€
Shot	1.50€
Nightclub fee from	12.00€
Movie ticket	7.00€
Pack of cigarettes from	4.50€
Condoms (pack of 3) from	4.00€
Rechargeable Card	0.50€
Subway ticket	1.65€
Bus ticket	1.95€
Tram ticket from	1.35€

Aerobus ticket (from the airport or to the airport) 3.60€

What to Bring?

Before departure, be absolutely sure that you bring:

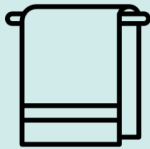


Flight tickets

Visa (if required)



Travel/Health Insurance Papers (If you are from an EU member country make sure you bring your European Medical Card) and Phone Number of the Insurance Company



Towels



Tooth Brush



Swimsuit

Some pocket money (EUR)



Disney related costume/ accessory/ makeup, one that you don't mind getting dirty

Boottle of Water



For the International Evening: songs from your country; your country's flag and/or scarf; traditional food (that need no cooking) and drinks

What to Bring?

Before departure, be absolutely sure that you bring:

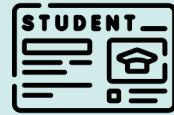


Reusable Cup



Passport or National Identification Card

Student ID Card ISIC/
EYC



Medicines
(Just in case)

Some care products



Sunscreen
(Believe it)



Sleeping bag

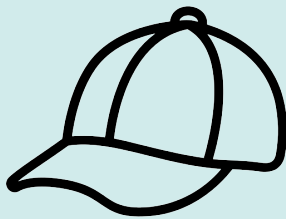


Phone charger and Plug
Adapter Type F



Comfortable and light clothes
and shoes for walking

Hat

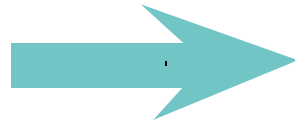


Smart clothes for the official opening (chill!
You dont need a suit or an evening dress)



I'm ready to learn portuguese

English



Portuguese

I don't speak portuguese

Não falo português

I don't understand

Não percebo

Yes/No

Sim/Não

Good Morning

Bom dia

Good Evening

Boa tarde

Good Night

Boa noite

Hello/Goodbye

Olá/Adeus

How are you?

Tudo bem?

Thanks/You're welcome

Obrigado/De nada

Thank you very much

Muito obrigado

Please

Por favor

Excuse me

Com licença

See you soon

Até logo

Nice to meet you

Prazer em conhecer-te

What time is it?

Que horas são?

Happy Birthday

Parabéns

I love you

Amo-te

Water

Água

Ice

Gelo

Beer

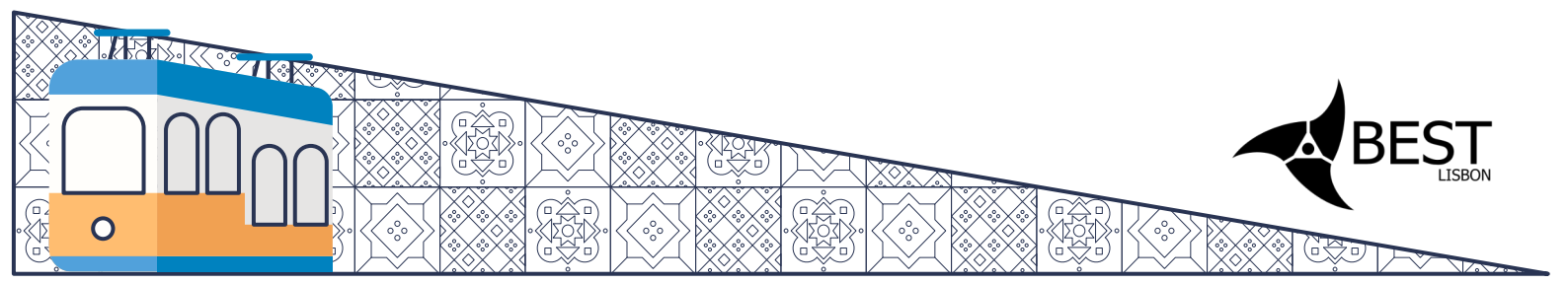
Cerveja

Coffee

Café

Where is the bathroom?

Onde é a casa de banho?



Gastronomy



Pastel de nata or Pastel de Belém

The original recipe of Pastel de nata is from Belém, in Lisbon, and it is called Pastel de Belém. Creamy, flaky custard tarts – served warm with cinnamon – are one of Portugal's great culinary gifts to the world. We will make sure you will **taste one of this**.

Francesinha

Stacked sandwich with layer upon layer of melted cheese, sausages, crusted ham slices, steaks and other meaty treats besides; is a hearty meal of epic proportions, served up with a generous pile of French fries and doused in a trademark sauce.



Cozido à portuguesa

Traditional portuguese dish, which is a mix of vegetables, meats and sausages. Put all together, it's a masterpiece.

Bacalhau (cod fish)

In Portugal you can find lots of recipes using bacalhau like bacalhau à Brás, bacalhau com natas, bacalhau à Gomes de Sá and also bolinhos de bacalhau.



Caldo verde

It is a popular soup in Portuguese cuisine. The basic traditional ingredients for caldo verde are potatoes, collard greens and chouriço.

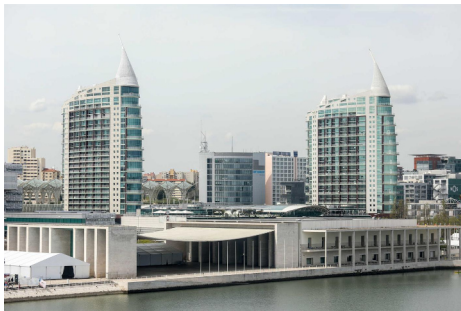
Places to Visit



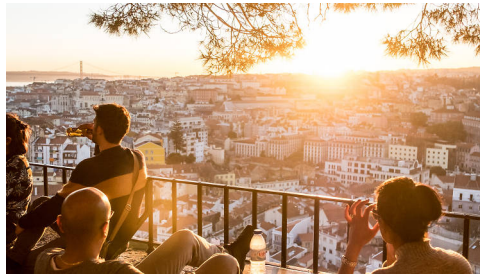
Miradouro Portas do Sol



Castelo de São Jorge



Parque das Nações



Miradouro da Graça



Praça do Comércio



Torre de Belém



Elevador de Santa Justa



Chiado



Jardim do Torel



Padrão dos Descobrimentos

BEST Lisbon is waiting for you

Located in **Instituto Superior Técnico**, BEST Lisbon is one of the 13 founding members of BEST (Board of European Students of Technology).

From the start, it has been one of the most **active local groups** on a national and international basis.

Our **30 years of activity** include dozens of successful events and thousands of students of technology with added value.

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