



UBI
Covilhã
Portugal



International Relations
and Programmes Office
University of Beira Interior

International Student Guide 2013.2014





Education and Culture
Lifelong Learning Programme
ERASMUS



Edition
International Relations and Programmes Office

This brochure is for all foreign students who are studying at University of Beira Interior, covered by Lifelong Learning Erasmus Programme.
Provided by International Relations and Programmes Office.

This guide can be downloaded at https://www.ubi.pt/Pagina.aspx?p=GPRI_Guia_Internacional.

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https://www.ubi.pt/Entidade_Noticias.aspx?id=GISP

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ESN covilhã

Although young, the University of Beira Interior (UBI) has already earned national and international recognition.

One of the internationalization areas of UBI is the participation in the ERASMUS programme, since 1986. From there University has an Erasmus students support named International Erasmus Support. After a few years the Buddy programme went into action to help the students using the mentoring system, thus each student have a friend to help in the host city.

The ESN project was started by two former Erasmus UBI students that had contact with this organization. When they returned, decided to create ESN Covilhã, gathering a team and started to work in academic year 2011/2012. It is a long process from Candidate Section until ESN Section, but the developed work make them be in a louder position for the ESN Portugal evaluation. The evaluation was positive and ESN Covilhã was born in way to make our Erasmus have the best days of them life's.

Erasmus Student Network (ESN) is a nonprofit international student organization. The mission is to represent international students, thus provide opportunities for cultural understanding and self-development under the principle of Students Helping Students.

There are 12.000 members from 396 local sections in 36 countries working on a volunteer base in Higher Education Institutions and offering services to 150.000 students.

Contacts

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students association

The University of Beira Interior Academic Association is a student organization that aims to defend, support and monitor students when necessary as well as the incorporation of academic life.

The Academic Association was created under the premise to defend, fight and achieve victories for all represented students, along 24 years this work continues with the same dedication and principles from the beginning. The successive directions have been working towards for this cause, creating structures to approximate AAUBI and University students by a responsible and sustainable way. Increasing the credibility of our institution by working together with the Rectorate team because cannot be forgotten the primary principle is to help and support the students in all kind of situations.

This way, we will pronounce about the social problems that students have and we will work together with the Rectory and with all students in this field.

AAUBI develops along the year distracting and ludic activities being recognized at national level (Freshman Reception and Academic Week).

On AAUBI headquarters there are other services available for you, as a library, a stationery store and other services that are being developed.

Contacts

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university of beira interior

The University of Beira Interior is today a landmark institution at national and international level of education, research, innovation and entrepreneurship.

Relying increasingly on quality, UBI has invested in creating well-equipped laboratories; in the expansion of its facilities - either dedicated to teaching and research activities, such as those required to offer their students the best working conditions and social support - in the progressive involvement in national and international research projects; and also in a highly qualified teaching staff.

The evolution of the number of programmes and number of students has been increasing over the years, having already surpassed the 7000 students from across the country and 200 from all over the world.

Always willing to provide a solid background in several different knowledge's, UBI currently has 24 first cycle programmes, 48 second cycle programmes and 27 third cycle programmes distributed through five faculties: Faculty of Science, Faculty of Engineering, Faculty of Social and Human Sciences, Faculty of Arts and Letters and Faculty of Health Sciences.

In terms of manpower, UBI currently has more than 600 teachers and 270 employees in its five faculties and fourteen departments.



historical note

The first steps towards what is now the University of Beira Interior were given in the 70's, when the Polytechnic Institute of Covilhã first opened, in 1973. The city, once regarded as the "Portuguese Manchester", for its long tradition of the wool industry and the dynamics and quality of its textile production, had been affected during this decade, by a crisis at the industry level: large and small factories begin to reveal serious weaknesses that led to its closure, with disastrous social and economic consequences for the region.

It was against this backdrop, and within the activities of the working group for the Regional Planning of Cova da Beira, that the idea of creating a higher education institution in the region appeared, in order to give its population the chance to continue their studies without migrating to other parts of the country, most often permanently. Thus, following the publication of Decree-Law No. 402/73 of 11 August under the so-called 'Veiga Simão Reformation', which led to the expansion and diversification of higher education, it was created the Polytechnic Institute of Covilhã (IPC), which received its first 143 students in 1975, enrolled in its two first programmes of Textile Engineering and Management and Accounting. In July 1979, six years later, the institution becomes the University Institute of Beira Interior, through the publication of Law No. 44/79 of 11 September, which makes it effective.

The conversion of the University Institute in University of Beira Interior happened in 1986, through the publication of Decree-Law 76-B/86, 30 April. The first Rector of the Institution was Professor Dr. Cândido Manuel Passos Morgado, who remained in office between August 21st 1980 and January 19th 1996, when Prof. Dr. Manuel Santos Silva assumed his duties as Rector, remaining in office until June 19th 2009. At this time, sworn in as the third Rector of the institution, Professor. Dr. João António de Sampaio Rodrigues Queiroz.

old factories converted in educational facilities

One of the most interesting physical characteristics of UBI is recovering ancient buildings of high historical, cultural and architectural value. Besides maintaining the city's landmarks, these are revitalized in spaces which are now devoted to teaching and research. The building of the Polytechnic Institute had also begun by restoring the old premises of the headquarters of the Battalion of Hunters 2, installed in the Marquis de Pombal established Royal Textile Factory, of an important architectural value, located in one of the traditional centres of industrial concentration in Covilhã, along the Ribeira da Degoldra. During the works of redevelopment in 1975, it has been discovered buried archaeological structures belonging to the Royal Textile Factory dyeing facilities, a leading manufacturer of woollen goods, built in the eighteenth century by the Marquis of Pombal.

After two campaigns of archaeological intervention and a full investigation, it was created the University of Beira Interior Wool Museum, opened in 1996. Thus, the old factory buildings located in the south entrance of Covilhã became, quite naturally, not only a logical solution and of continuity with regard to the physical expansion of the institution, but an option that resulted in an enormous benefit to the city in terms of urban planning and environmental impact, through the recovery of abandoned buildings or in ruins, which constitute a significant part of the industrial heritage of Covilhã, making the institution a unique case in the Portuguese University.

Among the most iconic properties, you will find the Convent of Santo António, in Campus II, where the Rectory is located; the former palace of family Melo e Castro; the buildings of the Rato Factory; the Carpets Factory; the Factory of Moço; the Paulo Oliveira Factory; the Wool Manufacturing Company; and the Chapel of São Martinho, a romanesque monument of the late twelfth century, classified as of public interest that supports the religious service of UBI. It was also acquired the former house of the family Mendes Veiga, which today houses the Main Library of the University, after having completed the restoring project. In Campus I, the urban redevelopment culminated in the completion of the Polis programme, an interesting leisure park that serves as a natural extension to the campus and that includes the project of the historic Ribeira da Degoldra. In the 1990s, it was decided to expand the University for the northern end of town, near Ribeira da Carpinteira, where it was created Campus IV. UBI continues to grow. In 2004, the construction of the Faculty of Health Sciences began at Campus III, which was inaugurated the 30th April 2007 meeting thus the setup of the infrastructure of the medical school. With a physical space that already reaches 134,500 m², the University welcomes nearly 7,000 students today.





faculties

The university, in terms of education, is divided in faculties, which embrace the areas of knowledge which, by nature, belong to each one of them. So UBI comprises five Faculties: Faculty of Science, Faculty of Engineering, Faculty of Social Sciences and Humanities, Faculty of Arts and Letters and Faculty of Health Sciences. Here, you will find a brief description of each, stating the main programmes they offer. The University programmes structure follow a three years Graduation, two years Masters and three years Doctorate, with some exceptions of five years of Graduation, including an integrated Masters. UBI has been granted for excellence in implementing the diploma supplement with the award of the DS Label by the European Commission.

In the End of 2012 it is expected to receive the ECTS Label by the Commission.

Diploma Supplement

The European Commission, Council of Europe and UNESCO/CEPES have developed a Diploma Supplement template that was designed as a flexible tool in order to provide a description as thorough as possible of the qualifications. It provides a description of the nature, level, context, content and status of the studies that were pursued and successfully completed by the individual named on the original qualification aiming at facilitating the academic and professional recognition of the qualifications.

In the Bologna Declaration, the Diploma Supplement becomes one of the main tools to aid the mobility and employability of graduates, in accordance with the principles addressed in the final document.

ECTS Label

An ECTS label will be awarded to institutions which apply ECTS the proper way in all first and second cycle degree programmes. The label will raise the profile of the institution as a transparent and reliable partner in European and international cooperation.

The criteria for the label will be: a Course Catalogue (online or hard copy) in two languages (or only in English for programmes taught in English), use of ECTS credits, samples of learning Agreements, Transcripts of Records and proofs of academic recognition.



faculty of science

1st cycle degrees | Bachelors

Medicinal Chemistry
Biochemistry
Biotechnology

2nd cycle degrees | Masters

Biochemistry
Biotechnology
Physics and Chemistry teaching
Mathematics teaching
Industrial Chemistry

3rd cycle degrees | Doctorates

Applied Mathematics
Biochemistry
Chemistry
Computers
Didactic Mathematics
Mathematics
Physics

Located in University main buildings the Faculty of Science, integrates Chemistry, Physics and Mathematics Departments. The best equipped laboratories for teaching and research are located here. Those departments from most courses of the institution bring our students to the fascinating world of physics, chemistry and mathematics by creating in every lesson and in every experience as well as each research project the opportunity to test the creativity, independence and ability to understand and explore the world.

There are many career opportunities related to Physics, Chemistry and Mathematics in specific, some businesses spin-offs that operate every day, ideas from these fields of knowledge.

The Internet itself, as we know it today is largely a spin-off of basic research in chemistry, mathematics and physics.

The Faculty of Science includes an R & D (Research and Development unit) the Mathematics Centre, which develops projects approved and financed by the Foundation for Science and Technology (FCT).

These studies units are: probability and statistics; equations in partial derivatives; algebra, geometry, topology and dynamical systems; information processing.

Mobility Coordinators

Faculty of Science	Mathematics Teaching	Prof. Rui Almeida	ralmeida@mat.ubi.pt
	Medicinal Chemistry	Prof. ^a Isabel Ismael	iismael@ubi.pt
	Physics and Chemistry Teaching	Prof. Santiago Cortes	santiago@ubi.pt
	Biotechnology	Prof. ^a Cristina Cabral	ccabral@ubi.pt
	Biochemistry	Prof. ^a Cristina Cabral	ccabral@ubi.pt



faculty of engineering

Installed in the former wool processing company building, the Faculty of Engineering extends along Ribeira da Degoldra, in the mountain foothills where technology and nature meet and inspire each other.

Integrated Masters

Architecture
Aeronautical Engineering
Civil Engineering

Bridges and aircraft were still pioneer areas in the embryo of wires of UBI and they have now reached a solid and magnificent ball, weaved for years of learning and research.

1st cycle degrees | Bachelors

Bioengineering
Computer Engineering
Electromechanical Engineering
Electrotechnical and Computer Engineering
Information Technologies and Systems

Equipped with laboratories and workrooms of and for all, these units of research were created by Science and Technology Foundation who are in permanent contact with the regional and national companies. These units are the Aeronautics and Astronautics Research Center - AEROG (Pole of the Laboratory for Energy, Transport and Aeronautics), the Center for Aerospace Science and Technologies (CAST), the Communications and Multimedia Laboratory - Institute for Telecommunications (Pole of Telecommunications Institute), the Remote Detection Unit, the Centre for Constructive Material and Technologies (C-MADE) and the Textile and Paper Materials Unit.

2nd cycle degrees | Masters

Computer Engineering
Electromechanical Engineering
Electrotechnical and Computer Engineering
Geographic Information Systems
Industrial Engineering and Management
Information Technologies and Systems
Textile Engineering

Engineering Faculty integrates the Departments of Science and Textile Technology, Aerospace Sciences, Civil and Architecture, Electromechanics and Informatics.

Under the Bologna Process, which has introduced significant changes to the level of university education, UBI has adapted successfully in 2006, his Bachelors of Engineering fostering a growing closeness to teaching and research to the real needs of industry.

3rd cycle degrees / Doctorates

Aeronautical Engineering
Civil Engineering
Computer Engineering
Electrotechnical and Computer Engineering
Industrial Engineering and Management
Mechanical Engineering
Paper Engineering
Textile Engineering

Engineering Faculty promotes regularly the scientific and technological dissemination by organizing seminars and conferences on topics connected to specific areas coordinated by those departments, involving professors, national and foreign expert students.

Parallel at science progress, Engineering Faculty supports and stimulates cultural and leisure activities which are developed by professors, researchers, staff and student centers.

Faculty of Engineering	Aerospace Sciences	Prof. José Silva	jmas@ubi.pt
	Electromechanical Engineering	Prof. Helder Joaquim Dinis Correia (Electromechanical Engineering)	correia@ubi.pt
		Prof. Helder Joaquim Dinis Correia (Electrical Engineering)	correia@ubi.pt
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		Prof. Helder Joaquim Dinis Correia (Industrial Design)	correia@ubi.pt
	Informatics	Prof. Simão Patrício de Melo (Computer Engineering)	simao.sousa@di.ubi.pt
	Textile Science and Technology	Prof. Nuno Belino (Textile Engineering)	belino@ubi.pt
	Civil Engineering and Architecture	Prof. ^a Cláudia Sofia Miranda Beato (Civil Engineering)	cbeato@gmail.com





faculty of social and human sciences

1st cycle degrees / Bachelors

Economics
Management
Marketing
Political Science and International Relations
Psychology
Sociology
Sports Sciences

2nd cycle degrees / Masters

Economics
Entrepreneurship and Business Start-up
Entrepreneurship and Social Service
International Relations
Management
Management of Health Units
Marketing
Pedagogical Supervision
Political Science Psychology
Social and Community Education
Sociology: Exclusion and Social Policies
Sports Sciences
Teaching of Physical Education in Basic and Secondary Education

3rd cycle degrees / Doctorates

Economics
Education
Management
Marketing and Strategy
Psychology
Sociology
Sports Sciences

Built in the former factory of Ernesto Cruz, as it is known among students and the population of Covilhã, Campus IV houses the Department of Management and Economics, Department of Psychology and Education, Department of Sociology and also the Department of Sports Science which is located in Campus II.

Equipped with the latest technology, this faculty focuses on internal and external communications through its Internet sites allowing prospective students know "their" new school, including the teaching structures and research, the offer particularly to current and future national and international partners, and overview of the activities that are developed.

It is a priority for this faculty the promotion of teaching process and intercultural learning increasing student's involvement in researching since the early years. Simultaneously, it creates and fosters opportunities for internships and learning opportunities in the entities with which it has established protocols for cooperation in region, in country and abroad too.

The Social and Human Sciences Faculty is working to position its self properly to meet the challenges of the 21st century, particularly working the transversal abilities and qualities of its students and teachers. We train leaders in the several areas of our intervention, particularly in emerging areas of education.

We have intensified also the presence of foreign teachers in our teaching and research activities, as well as our teachers have cooperated in the activities of other national and international universities, enhancing opportunities for interdisciplinary doctoral programs.

This Faculty has been working with their students to remove working tendencies from the past that stops creativity, by encouraging critical analysis and monitoring of learning processes of their operation and has invested continually in new technology education.

The Faculty of Social and Human Sciences includes two R & D (Research and Development) units, Research in Sport Center, Health and Development (CIDESD) and the Studies in Business Center (NECE), which develop projects approved and financed by FCT.

The Social and Human Sciences Faculty is now a benchmark in its areas of action, bringing together the best conditions for learning, teaching and research.

Faculty of Social and Human Sciences	Management and Economics	Prof. Luís António Fonseca Mendes (Management)	lmendes@ubi.pt
		Prof. Ricardo Rodrigues (Management of Health Units)	rgrdrigues@ubi.pt
		Prof. Ricardo Rodrigues (Entrepreneurship and Business Start-up)	rgrdrigues@ubi.pt
		Prof. José Pires Manso (Economics)	pmanso@ubi.pt
		Prof. Paulo Pinheiro (Marketing)	pgp@ubi.pt
	Sociology	Prof. Donizete Rodrigues (Sociology)	dony@ubi.pt
		Prof. Donizete Rodrigues (Sociology: Exclusion and Social Policies)	dony@ubi.pt
		Prof. Alcides Monteiro (Entrepreneurship and Social Service)	alcidesmonteiro@ubi.pt
	Political Science and International Relations	Prof. Luís Madeira (Political Science and International Relations)	lmadeira@ubi.pt
		Prof. André Barata (Political Science)	abarata@ubi.pt
		Prof. Luis Guilherme Pedro(International Relations)	guilhermemarquespedro@ubi.pt
	Sport Sciences	Prof. ^a Kelly de Lemos Serrano O'hara	ohara.kelly@gmail.com
	Psychology	Prof. ^a Graça Esgalhado	mgpe@ubi.pt





faculty of arts and letters

1st cycle degrees / Bachelors
Cinema
Communication Sciences
Fashion Design
Industrial Design
Multimedia Design
Philosophy
Portuguese and Spanish Studies

2nd cycle degrees / Masters
Branding And Fashion Design
Cinema
Didactic, Cultural, Linguistic And Literary
Studies
Documental Sciences
Industrial and Technological Design
Journalism
Multimedia Design
Philosophy Teaching in Secondary School
Portuguese Teaching - 3rd Cycle of Basic
Schooling and Secondary Schooling and
Spanish Teaching - Basic and Secondary
Schooling
Strategic Communication: Advertising and
Public Relations
Teaching of Visual Arts in Lower and Upper
Secondary Education
Fashion Design
Visual And Technological Education Teaching
In Basic School

3rd cycle degrees / Doctorates
Communication Sciences
Philosophy

This Faculty includes two Departments, the Communication and Arts Department and Letters Department.

The Communication and Arts Department includes two R & D (Research and Development) units, the Institute of Practical Philosophy (IFP) and the Laboratory of Online Communication (LABCOM), which develop projects approved and financed by FCT. These units organize scientific meetings at national and international level; they edit books in the collection "Estudo sem Comunicação" and "Ubianas" (Communication Sciences), and "Ta pragmata" (Philosophy); LABCOM publishes in digital format, the "Livros Labcom" and the magazine "Estudo sem Comunicação".

With certified scientific and teaching competence professors, the Letters Department has different areas like: History, Linguistics, Spanish Language and Culture, English Language and Culture, Brazilian and African Languages as well as Cultures; Portuguese Literature, Pedagogy and Educational Sciences, Classical Languages and Cultures.

In addition to facilities used in Campus I of the University, the Department of Arts streamlines the Languages Laboratory, which provides the frequency of courses in several languages such as Mandarin, Italian, Russian, German and Portuguese.

This Faculty tries to integrate all the space in active development and deepening of a wide range of knowledge and skills in an integrative pleasant and stimulating way.

Faculty of Arts and Letters	Communication and Arts	Prof. Eduardo Camilo (Communication Sciences)	eduardocami@gmail.com
		Prof. Francisco Paiva (Multimedia Design)	ftapaiva@gmail.com
		Prof. Urbano Mestre Sidoncha (Philosophy)	umestre@ubi.pt
		Prof. ^a Madalena Pereira (Fashion Design)	mmp@ubi.pt
		Prof. ^a Manuela Penafria (Cinema)	manuela.penafria@gmail.com
	Letters	Prof. ^a Noémi Perez (Portuguese and Spanish)	noemiperez_2@yahoo.es
		Prof. Francisco Enríquez (Portuguese Teaching)	fenriquez@ubi.pt
		Prof. Francisco Enríquez (Documentary Sciences)	fenriquez@ubi.pt





faculty of health sciences

Integrated Masters
Medicine
Pharmaceutical Sciences

1st cycle degrees / Bachelors
Biomedical Sciences
Optometry And Optotechnics - Applied Physics

2nd cycle degrees / Masters
Biomedical Sciences
Gerontology
Optometry In Vision Sciences

3rd cycle degrees / Doctorates
Biomedicine
Medicine
Pharmaceutical Sciences

A strong conscience for the needs of a medicine faculty brings the development from the fields of Health led to the creation of a governmental approval for two additional medical schools in country, one of them located in Covilhã. It remained, however, immediately established that the candidate projects would have to make major changes in the medicinal curriculum, thus enabling renew the teaching of medicine in Portugal.

Under that provision, the University of Beira Interior embarked on another challenge and submitted an application for innovation project of Medicine Degree, a project which was approved by the Council of Ministers Resolution No. 140/98 of 4th December. It sought to develop innovative models of training, guided by scientific standards, educational and high quality care, which also links with units to provide health care that would be ensured by a different and innovative organizational model.

Based on the assumptions set out, were outlined three guidelines for the teaching methodology to put in practice in the Faculty of Health Sciences: the creation of a pedagogical model to replace the system of "traditional" teaching, with the inclusion of additional courses by a system of integrated teaching, based on setting targets and using, wherever possible, to problem-based learning; emphasis on learning from students side, in detriment of the processes leading to the "storage" of information. Thus, the binomial "teaching-learning" is essential to put emphasis on learning by understanding teaching as a system to facilitate it; continued control of teaching methodology.

The Faculty of Health Sciences includes an R & D unit, the Centre for Research in Health Sciences, which develops projects in mobile communications and biotechnology, approved and financed by FCT.

Mobility Coordinators

Faculty of Health Sciences	Medicine	Prof. ^a Luiza Granadeiro	luiza@fcsaude.ubi.pt
	Biomedical Sciences	Prof. ^a Mafalda Fonseca	mfonseca@fcsaude.ubi.pt
	Pharmaceutical Sciences	Prof. Samuel Silvestre	samuel@fcsaude.ubi.pt
	Optometry and Optical Technology	Prof. ^a Amélia Nunes	amnunes@ubi.pt



*ubi academic
information*

academic system

UBI has structured its courses in accordance with the guidelines for the Bologna Process, which aims to harmonise higher education in the 46 countries that have signed the agreement. Courses are organised in three Cycles, which have different durations and credits (ECTS):

- 1st Cycle - Bachelors Degree (180 ECTS);
- 2nd Cycle - Master Degree (120 ECTS);
- 3rd Cycle - Doctoral Degree (180 ECTS).

The 1st Cycle provides a basic scientific education that will enable graduates to begin their professional careers at an intermediate level in a decision-making or general capacity. Integrated Master Degrees will provide five years of integrated education and also lead to the award of a Master Degree. However, after completing the first 3 years the student will be awarded a 1st Cycle Diploma.

The 2nd Cycle, which facilitates transfers between study areas, enables students to acquire a deeper knowledge of their subject, diversify into other scientific areas and adapt their study plans. Mobility between higher education institutes in Portugal and abroad is encouraged.

The 3rd Cycle leads to the award of an advanced research qualifications. The programmes are therefore devoted to advanced study and original research and are not based on course-work only. The harmonisation of Europe's different systems of higher education will encourage and support employability across Europe by facilitating the recognition of qualifications and the acquired skills they represent.

UBI also promotes Lifelong Learning in several specialised areas. Further information on the Portuguese Higher Education System: <http://www.dges.mctes.pt/DGES/pt/Reconhecimento/NARICENIC/>

admission procedures

If you wish to attend UBI, you should first contact the International Relations Office of your home University. Then, according to the mobility programme you choose, you should submit an application form.

Listed below are some of the documents normally required:

- Application form
- Learning Agreement signed by you and your Coordinator
- Transcript of Records from your home university
- Accommodation Form (if applicable)
- Language Course Form (if applicable)

Before your departure, be sure that your University has sent all the documents together with your arrival and departure dates to UBI International Relations and Programmes Office.

All the relevant forms can be downloaded at: www.ubi.pt

registration

After arrival in Covilhã, you should go to the International Relations and Programmes Office, where you should fill in a Registration Form with your personal data. You must bring your ID card or passport, two photos and your European Health Insurance Card.

You will receive your Student's Card after you have enrolled in the Academic Services.

academic calendar

The Academic year at UBI consists of two semesters. The first (Autumn and Winter semester) is 18 weeks long. It runs from mid September to mid February and includes classes, work assessment and students examinations. The second (spring and summer semester) is 18 weeks long. It runs from mid February to mid July and also includes classes, work assessment and students examinations. Christmas time holidays has the duration of two weeks, and Easter has one week. There will also be one week dedicated to freshmen reception.

UNIVERSIDADE DA BEIRA INTERIOR Covilhã Portugal		CALENDÁRIO ESCOLAR - ACADÉMICO 2013/2014																																	
Mês	S	T	Q	Q	S	D	S	T	Q	Q	S	D	S	T	Q	Q	S	D	S	T	Q	Q	S	D	S	T	Q	Q	S	D	S	T	Q		
Setembro					1	2	3	4	5	6	7	8	Matriculas 1º ano	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					
Outubro	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	F	Receção ao caloiro	26	27	28	29	30	31								
Novembro				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Dezembro					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Janeiro			F	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
Fevereiro				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Março					1	2	C	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Abril	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
Maió			F	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
Junho					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Julho	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
Agosto				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

Legend:

- Período Letivo (Ensino-Aprendizagem) 1º/Anual
- Período Letivo (Ensino-Aprendizagem) 2º/Anual
- Exames
- Matriculas alunos 1º ano
- *Classificação Ensino/Aprendizagem/Preparação para exames 1º/Anual
- *Classificação Ensino/Aprendizagem/Preparação para exames 2º/Anual
- Data limite para entrega Dissertações 2º ciclo
- Férias
- Feriados
- **Epoca especial 1º, 2º e 3º ciclo

Notas Gerais:

Interrupção do período letivo (ensino-aprendizagem) na semana de 21 a 25 de Outubro de 2013 (Receção ao Caloiro).

No dia 30 de Abril de 2013 haverá lugar à dispensa de atividades letivas a quem esteja presente nas cerimónias de comemoração do aniversário da UBI.

(*) Período destinado à preparação para exames, necessariamente sumariado, estando interdita a realização de atividades de ensino/aprendizagem e de avaliação.

(**) Período de exames especiais no ano letivo 2013/2014 - 1º, 2º e 3º ciclo.



ects credits

To ensure full academic recognition of a study period abroad, the European Commission has developed a European Credit Transfer System. It provides a way of measuring and comparing learning achievements, transferring them from one institution to other. This system is used to prevent students from losing time in completing their degree by studying abroad.

To a better and functional academic recognition, Europe introduced this system. It is important for the students to have a good idea about what ECTS is and how it works. Concerning this subject we present some information that was extracted from the European Commission Website: http://ec.europa.eu/education/erasmus-for-all/index_en.htm

What does ECTS offer?

- ECTS guarantees academic recognition to studies abroad.
- ECTS enables further studies abroad. A student may prefer not to go back to home institution after the study period abroad, but rather to stay at the host institution, possibly to gain a degree, or to move to a third institution.
- ECTS enables access to regular courses alongside local students, with the benefit of full participation in the academic life of the host institution.

What are ECTS credits?

ECTS credits are a value allocated to course units to describe the student workload required to complete them. They reflect the quantity of work each course requires in relation to the total quantity of work required to complete a full year of academic study at the institution, that is, lectures, contact hours, practical work, seminars, individual work - in the laboratory, library or at home - and examinations or other assessment activities. In ECTS, 60 credits represent one year of study (in terms of workload); normally 30 credits are given for a semester and 20 credits for a term (a trimester).

ECTS credits are allocated to courses and are awarded to students who successfully complete those courses by passing the examinations or other assessments.

Local Grade	Definition
18-20	Excellent
16-17	Very Good
14-15	Good
10-13	Adequate
<10	Fail

What is the ECTS Grading Scale?

Examination and assessment results are usually expressed in grades. There are many different grading systems in Europe. To help sending institutions translate the grades awarded by host institutions to incoming students, the ECTS grading scale has been developed. This provides additional information on the students performance to that provided by the institution's grade, but does not replace the local grade.

The UBI and Portuguese Universities grading system is based on a 0-20 scale where 10 is the minimum mark to pass the course. To facilitate the task of converting the grades, UBI has established the correspondence between ECTS and our own system.

ECTS grading scale	
ECTS	% of successful students normally achieving the grade
A	Best 10%
B	Next 25%
C	Next 30%
D	Next 25%
E	Next 10%

a) The grading scale reflects both the final grades for the whole of the three previous academic years and a group of at least 100 "licenciado" degree holders/students who have passed the course unit.

b) If the sample does not meet the above-mentioned requirements, the grading scale will be replaced based on the grades of the corresponding academic year by the following notation $|_{-1} |_{-2} |_{-3}$.

1 - Ordinal number of the "licenciado" degree holder/student in the list of passing grades of the degree/course unit;

2 - Number of "licenciado" degree holders/students who have passed the course unit with the same grade;

3 - Number of "licenciado" degree holders/students who have passed the course unit in the academic year.



erasmus intensive language courses (eilc)

UBI organizes Erasmus Intensive Language Courses - EILC (summer and winter editions) aimed at providing foreign students the opportunity to get familiar with Portuguese language, culture and society.

-Level I: Beginner course: The target students are all those who want to acquire linguistic tools that enable them to participate in basic communication contexts required by the daily life. It's divided into Language Structure, Grammar, Speech and Basic Writing.

-Level II: Intermediate course: One purpose of this course is to increase the student's communication skills, in such a way that they can engage in verbal interactions that require a proper use of the language. Another aim is to promote the student's vision of a social, economic and political overview from Portugal. The strategy is to present subjects that represent the society, history, geography and literature of the country.

The courses will be accompanied by some outdoor activities. They include the guided tour around Covilhã, visit to the Wool Museum and to the mountain range Serra da Estrela (with the highest point of Portugal mainland). Visits to some historical villages will also take place during EILC and for all those who want to feel the Portuguese summer, going to the swimming pool will be also a regular activity.

Please check the following link for further information on Erasmus Intensive Language Courses:
http://ec.europa.eu/education/erasmus/doc1300_en.htm#country

During the academic year, Portuguese language lectures will take place twice a week. All students are welcome to attend this language course but these lectures are not EILC substitute, but it is one more way to develop the autonomy and the Portuguese language knowledge of each student.

For further information on the Portuguese language course, please check:
<http://www.ple-portugues-para-estrangeiros.ubi.pt/>



ubi facilities

social services

accomodation

The university dormitories, apartments and suites of SASUBI are to accommodate students from other cities, enrolled in the University of Beira Interior and preferably scholars. These dormitories have several offers that may interest for some students whose applications are formalized in yearly, in periods defined by services, and its analysis is based on evaluation criteria defined in the university dormitories regulation of SASUBI.

Dormitories

Presently, SASUBI has seven university dormitories, with 821 beds, to be used by university students from other places or countries as required.

Dormitories from I to VI are near to main University pole, Pedro Álvares Cabral dormitory is placed near to Social and Human Sciences Faculty.

Regulation

The SASUBI Dormitories from University must follow a internal regulation. The students admission and the using conditions of equipments have as principles the fundamental rights and liberties, respect for the individual one, as well as the guaranty of a pleasant environment and healthy sociability, tolerance and mutual respect of students participation in the respective management and cleaning.

The University guarantees accommodation for the school year (from September till middle July).

The resident students need to sign an accommodation contract with SASUBI, after doing the check-in, in which the rights and the duties of both parts are defined.

The regulation of student accommodation is available in several languages: Portuguese, Spanish and English.

Prices

The monthly rents vary from 100 EUR to 240 EUR per person. Each residence hall has its own regulations. Some residence halls are structured in flats for eight students; double rooms with kitchen; living room and bathrooms, there are other single rooms offer with shared kitchen and bathrooms. The female main residence follows the system of double rooms; shared kitchen and bathroom. Other kind of housing that is popular among the foreign students is a set of small flats called suites. Each suite it is for two persons and comprises a double room; bathroom; fully equipped kitchen/living room.



health services

SASUBI has a Medical Support and Sports Centre, where students have access to free Clinical Services in Healing and Preventive Cares, Family Planning, Nursing Services and Psychological support areas.

It is for all UBI academic community.
https://www.ubi.pt/Pagina.aspx?p=SASUBI_Saude_Horario_e_Marcacoes
+351 275 319 700

meals

The Social Action Services of the University of Beira Interior has 1 canteen, 3 snack-bars, 7 cafeterias and 1 buffet.

- Campus I and II
- Campus III
- Campus IV

The following have access to SASUBI canteens:

- Students from UBI with updated students card;
- Students from other public high education establishment, with SASUBI permission;
- Professors and/or UBI and SASUBI collaborators;
- Other users if they have the SASUBI's permission.

It is required to show university identification card.

The full social meal is constituted by: soup, main dish, salad, bread, juice, fruit or dessert.

Users, who, due to diseases, need an alternative dish, shall previously warn the person in charge, delivering the doctor's prescription, and a dish adapted to their needs will be given to them.

Menus are elaborated accordingly to the nourishing needs of the target population.

Closure Periods

Food units and cafeterias will be closed in school holidays and periods or circumstances beyond their control (warnings will be shown in the Units).

Prices

The complete social meal is priced at EUR 2.30 (includes soup, salad, bread, fruit or dessert, and juice).

Meal for Professors and Administrative staff: pay for each piece.

Free meal composition: pay for each piece.

Alternative meal at Canteen de Santo Antonio and Dinner I Faculty of Social and Human Sciences: EUR 3.00

Buffet meal in Faculty of Engineering: EUR 7.00





sports

The Culture and Sports Sector of the Social Action Services of the University of Beira Interior (SASUBI) has the mission to promote the regular practice of sports activities close to all academic community of UBI, such as:

- Handball
- Badminton
- Basketball
- Indoor football
- Football
- Judo
- Swimming
- Rugby
- Taekwondo
- Tennis
- Table Tennis
- Volleyball

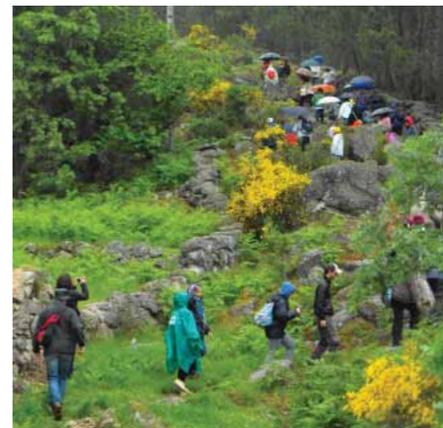
There are two sports pavilions and they are located in Campus II, close to the university residences and to Santo António canteen.

Sport Pavilion nº 1

This pavilion was inaugurated in 1993, having suffered remodelling Works in 2000, in order to be the pavilion of the XVI Universities Handball World Championship.

Sport Pavilion nº 2

In the beginning it was an uncovered ring, inaugurated in 1999, in order to answer the sportive needs of the University of Beira Interior.





university libraries

Main Library:
Monday to Friday - 9am to 11pm

Library - Faculty of Social and Human Sciences:
Monday to Friday - 9am to 8pm
Saturday - 10am to 1.30pm

Library - Faculty of Health Sciences:
Monday to Friday - 9am to 7pm





university museums

The Wool Museum in the University of Beira Interior was established in order to safeguard the area of dyeing the Royal Cloth Factory, a State manufacturing, founded by the Marquês de Pombal in 1764, built on the premises of the University of Beira Interior and classified as Public Interest in 1892, by the Decree Law Nº 28/82 Feb.26.

It is the museum of science and technology and its mission is the protection and active conservation of textile industry heritage, as well as research and dissemination of technology associated with the wool industrialization process. The objective is to contextualize anthropological, economic, social, cultural, political, as well as institutional and environmentally this activity regarding the areas from Serra da Estrela until historic center Covilhã, being the touristic route of Lã-TRANSLANA.

“Ropes from the past weave the future” this is the Wool Museum motto. According to this principle, the defense of wool heritage it is a priority.

The Wool Museum it is divided in 3 cores:

- Core of Real Fábrica de Panos - focus in period before wool industrialisation (XVIII century).
- Core of Rãmolas de Sol - outdoor core which is constituted by a set of rãmolas de sol, (it is a kind of wood square, to put the wool drying at the sun).
- Core of Real Fábrica Veiga - wool interpretation center, Museum headquarters since 2004, Wool Industrialisation (XIX and XX century) as well as documentation center and historic archive.





UNIVERSIDADE
DA
BEIRA INTERIOR

general information



portugal

Having a long and rich past, Portugal has been an independent nation since 1143, apart the period from 1580 to 1640 when it was under Spanish rule. It became a republic on 5th October 1910 and nowadays is an established parliamentary democracy. The National Assembly is elected every four years.

There are 10.5 million people living in Portugal (The I.N.E. 2004 Census). The population density amounts to 109 inhabitants per km² and the life expectancy is 71.4 for men and 78.7 for women. The work force (5.1 million) distribution per economic sector is 63% on services, 28% on industry and 9% on agriculture.

National natural resources are mainly fish, cork, tungsten, zinc, copper, marble, uranium, iron and manganese. The main industries are textiles, apparel, footwear, metallurgy, fish canning, wood pulp, paper, cork products, chemicals, ceramics, wine and tourism.

Portugal has a maritime climate but, pleasant winters and summers. Weather in Portugal diverges with altitude, from the humid mountain area in the north, or plenty atmospheric moisture in the centre and high temperatures and dry air atmosphere characteristics in the south. In Covilhã the winter temperatures reaches an average of 5°C but there are periods when the maximum daily temperature can be as high as 16°C, in summer the daily temperature averages 27°C or more.

Portuguese language derived from Latin and it is spoken in entire world.

Portuguese people participate in many cultural activities, their appreciation for art, music, drama, and dance. Portugal has a rich traditional folk it is called Ranchos Folclóricos, with great regional variety. Fado was considered in 2012 immaterial world patrimony, Amália Rodrigues, the “Queen of Fado” was the most famous fado singer. In literature José Saramago, one of Portugal’s well-known writers, was granted the Nobel Prize for literature.

We have spread for villages and cities museums, collections of ancient monuments and buildings too. Portugal has a lot of history and Portuguese people are trying to preserve our patrimony. In the biggest cities the culture as theatre, concerts or galleries of modern exhibitions are popular. Portugal has a lot of big artists not just in Lisbon, Porto, Braga, Guimarães, Coimbra but also in interior are acclaimed artists from various disciplines. In 2004 Portugal hosted the European football and in 2012 Guimarães was European Capital of Culture.

In smaller villages festivities are popular during the summer season in all kinds of localities running from cities, and beach holidays from July to September. Portuguese people in almost cities like to go shopping in malls which are generally well equipped with modern facilities and offer a wide varied, from shops to cinemas, restaurants and hypermarkets. Coffee culture is also regarded as an important feature of the Portuguese people. As the most popular sport, the football events involving major Portuguese teams are always widely followed with great enthusiasm. Other cultural activity is the bullfighting, but it is rarely practised in Portugal.

UNESCO World Heritage sites in Portugal are as follows:

- . Alto Douro Wine Region
- . Central Zone of the Town of Angra do Heroísmo in the Azores
- . Convent of Christ in Tomar
- . Cultural Landscape of Sintra
- . Historic Centre of Évora
- . Historic Centre of Guimarães
- . Historic Centre of Porto
- . Landscape of the Pico Island Vineyard Culture
- . Monastery of Alcobaça
- . Monastery of Batalha
- . Monastery of Jerónimos and Tower of Belém in Lisbon
- . Prehistoric Rock-Art Sites in the Côa Valley
- . Laurisilva of Madeira



covilhã

Located on Serra da Estrela slopes, facing east, Covilhã offers to the visitors a beautiful view, it is almost like a majestic amphitheater framed by mountains.

Discover Covilhã it is like discovering the history of textile industry in Portugal. The University of Beira Interior is currently implemented in former factory buildings of high historical value, cultural and architectural heritage, which have been converted into modern facilities for teaching and research. Respect for the past has marked the philosophy of the institution, which contributed significantly for the city and region rehabilitation, through structures such as the Wool Museum, housed in the Royal Textile Factory, established by the Marquês de Pombal.

Located in the mountains, it has a snowy winter scene unique in Portugal where is possible to practice all kinds of winter sports, like snowboarding or skiing. The mountain resort lies at 2000 meters high and offers skiing facilities. There are several touristic places in the mountains, as restaurants, hotels and apartments.

Covilhã has an area of over 550 km² and its population is estimated at 54,506 inhabitants. If it is considered that student population is around 6600 students, it is possible to say that the university is one of the main economic, social and cultural drivers of the city, offering it several activities from the academic community throughout the whole year.

UBI also contributes to attracting new investment to the region, contributing to its economic growth, encouraging trade and tourism. In parallel, it revert the exodus of young people by reversing the flow of migration, thus ensuring a young and qualified population prepared to meet all the challenges inherent to any society in any city anywhere in the world.



how to get to covilhã



From Lisbon

1st step - Transport from Lisbon Airport.
From Airport you must choose if you want to reach Covilhã by train or by bus and catch a taxi to one of the stations.

Lisbon airport website:
http://www.ana.pt/portal/page/portal/ANA/AEROPORTO_LISBOA_CNT/?AE_LS=181882&act_ualmenu=193248&cboui=181882
Transportation websites:
<http://www.golisbon.com/transport/airport-shuttle.html>

2nd step - Train Station or Bus Station.

If you choose Train:
Lisboa - Oriente Station (Train Station)
This is the city's main station. Located in the heart of Parque das Nações.
Trains From Lisboa-Oriente to Covilhã:
. Intercidades (IC) Services (time: +/- 4hours)
. Regional (R) Services (time: between 5 and 6 hours)
For more information:
(+351) 707 201 280
National Railways Timetables:
<http://www.cp.pt/cp/homeTimetable.do?lang=en>

If you choose Bus:
Terminal Rodoviários Sete Rios (Bus Station)
This bus terminal can be easily reached by metro "Jardim Zoologico" stop.

Buses from Lisbon to Covilhã (time: +/- 4hours)

For more information:
Tel.: (+ 351) 707 223 344
National Buses Timetables:
<http://www.rede-expressos.pt/default.aspx>

3rd step - If you want to go to Covilhã by car:

- . Follow signs for A1 highway;
- . Get out in Abrantes/Torres Novas;
- . Get in highway A23;
- . Get out in Covilhã Sul /Hospital;
- . Then follow to PAC Residence.
(Time: +/- 3hours)

For more information:
<http://maps.google.com/>

Other useful links:
Lisbon Buses:
<http://www.carris.pt/en/>
Lisbon Subway:
<http://www.metrolisboa.pt/>

From Porto

1st step - Transport from Porto Airport.
From Airport you must choose if you want to reach Covilhã by train or by bus and catch a taxi or by subway to one of the stations.

Porto airport website:
http://www.ana.pt/portal/page/portal/ANA/AEROPORTO_PORTO_CNT/?AE_PR=76130&act_ualmenu=75195&cboui=76130

Transportation Websites:
<http://www.stcp.pt/en/home/principal.htm>
http://www.metroporto.pt/en/PageGen.aspx?SYS_PAGE_ID=

2nd step - Train Station or Bus Station.

If you choose Train:
Campanhã Station (Train Station)
This is the most important train station in Porto.
Trains from Porto-Campanhã to Covilhã:
. Intercidades (IC) Services (time +/- 2hours)
rail change in Entrocamento Station:
Entrocamento station to Covilhã:
. Intercidades (IC) Services (time +/- 3hours)

For more information:
(+351) 707 201 280
National Railways Timetables:
<http://www.cp.pt/cp/displayPage.do?contentId=cab34bbc4c3f5010VgnVCM1000007b01a8c0RCRD&vgnnextoid=8871102f31a84010VgnVCM100007b01a8c0RCRD&lang=en>

If you choose Bus:
Rodoviária Beira Litoral - Garagem Atlântico (Bus Station)
This Station is in Street Alexandre Herculano.
Buses from Porto to Covilhã (time: +/- 3:40hours)

For more information:
(+351) 222 052 459
National Buses Timetables:
<http://www.rede-expressos.pt/default.aspx>

3rd step - If you want to go to Covilhã by car:

- . Follow signs for A1 highway from Porto to Viseu;
- . Get in A25 highway and take exit 30 (toward Lisbon).
- . Get in A23 highway and take exit 31 (Covilhã Norte).
- . Then follow to PAC Residence.
(Time: +/- 3hours)

For more information:
<http://maps.google.com/>

Other useful links:
Porto Buses:
<http://www.stcp.pt/en/home/principal.htm>
Porto Subway:
http://www.metroporto.pt/en/PageGen.aspx?SYS_PAGE_ID=



leisure

The city hosts several choirs and orchestras, like the well-known University choir and the School of Professional Arts from Beira Interior orchestra, which is based in the building near the public garden, as well as the Orquestra da Banda Filarmónica. At the University there are some student musical groups that reveal the academic environment and celebrate the traditions. They are called Tunas and each one has particular characteristics:

Desertuna;
Moçoilas;
JáB'ubi To' kuskopus;
Tuna-MUs;
C'a Tuna aos Saltos.
Encantatuna.

They perform all year and they accept who wants to join in and get into the academic spirit. The city hall organizes some musical events, mainly in Teatro Cine, which is located in the heart of the city centre (Pelourinho).

The theatre company GICC (Interventive Cultural Group of Covilhã), offers professional and high quality performances. There are also many amateur drama groups and dance groups performing in several town locations; ASTA and TEATRUBI are just some examples. Exhibitions, trade fairs, concerts and other kinds of activities are common and constant.

Last but not least, each academic city has an intense nightlife and Covilhã is not an exception. Due to the small dimension of the city, it is safe to go out, the atmosphere is familiar and there are many pleasant places to have a drink.

Covilhã is a city with 34,000 inhabitants and a good portion are university students, around 6000. It is safe and quiet town, with a good quality of life.

It is known in Portugal for its low crime rate; even at night, you can walk around safely.



phones

If you already have a mobile phone, you can use a global roaming on a mobile phone from your country or buy a "pre-paid SIM card" for more or less 10 €, or set up an account. SIM cards are available from Portuguese's largest mobile network operators:
Tmn: www.tmn.pt
Vodafone: www.vodafone.pt
Optimus: www.optimus.pt



banks

To open a bank account in a Portuguese bank you must have your passport and fiscal number (Número de Contribuinte), which is issued by Portuguese Taxes Administration offices. The office it is near the public garden. Having done so, everyone can open a bank account. There is a bank in the University called Santander Totta, where you can open an account without pay any rates. The bank schedule it is from Monday to Friday, from 8:30 h to 15:00 h and it is closed on official holidays.



national holidays

Holy Friday - Movable Fridays immediately before the Easter;
Easter - Movable Sundays;
Freedom Day - 25th April;
Labor Day - 1st May;
Corpo de Deus - Movable Thursday 60th days after Easter;
Portugal Day - 10th June;
Assunção - 15th August;
Republic Implementation Day - 5th October;
All Saints Day - 1st November;
Independence Day - 1st December;
Imaculada Conceição - 8th December;
Christmas - 25th December.



check list *before your arrival:*

Be sure that your University's Erasmus International Relations Office has sent:

- . Application Form;
- . Transcript of Records;
- . Learning Agreement;
- . Language Course Application Form (when applicable);
- . Arrival and departure dates.

don't forget:

- . Identity card or passport;
- . European Health Insurance Card;
- . Confirmation that you have been accepted by UBI (Acceptance Letter);
- . Confirmation of your accommodation provided by UBI (where applicable);
- . Three photographs;
- . Some money for the first days.

Note: For those who are not European Union Citizen, must obtain a student visa, even for a study period of only three months and your private health insurance.

Do not hesitate to contact the Erasmus International Relations Office if you have any doubts.

We wish you a pleasant stay in Covilhã!



useful phone numbers

University	275 319 700
National Emergency Number	112
Hospital	275 330 000
Poisoning	808 250 143
Fire Station	275 310 310
Police	275 320 922
Taxi	275 323 653
Train station	808 208 208
Bus Station	275 336 700
Tourist Information Department	808 781 212
Lisbon Airport	218 413 700
National Phone Information	118
International Phone Information	177

national service for foreigners (visa issuing)

Regional Department - Castelo Branco
Rua Professor Dr. Farias de Vasconcelos, Lote 6, R/C
6000-266 CASTELO BRANCO
Phone: 272 349 500
Fax: 272 349 519
E-Mail: del.cbranco@sef.pt
Schedule: 9h00 - 12h30; 14h00 - 16h00

embassies

Angola
Avenida da República, 68
1069-213 Lisboa
Phone: +351 217 940 303
Fax: +351 217 971 238
E-mail: emb.angola@mail.telepac.pt
www.embaixadadeangola.org

Argentina
Avenida João Crisóstomo, 8-A, R/C Esq.
1000-178 Lisboa
Phone: +351 217 977 311
Fax: +351 217 959 225
E-mail: embargpi@mail.telepac.pt

Australia
Avenida da Liberdade, 196/200, 2º Esq.
1250-147 Lisboa
Phone: +351 213 101 500
Fax: +351 213 101 555
E-mail: austemb.lisbon@dfat.gov.au
www.portugal.embassy.gov.au

Austria
Avenida Infante Santo, 43, 4º
1399-046 Lisboa
Phone: +351 213 943 900
Fax: +351 213 958 224
E-mail: lissabon-ob@bmaa.gv.at
http://austriantrade.org/portugal/pt

Belgium
Praça Marquês de Pombal, 14, 6º
1250-162 Lisboa
Phone: +351 213 539 810
Fax: +351 213 561 556
E-mail: lisbon@diplobel.be.org
www.diplomatie.be/lisbon

Brazil
Estrada das Laranjeiras, 144
1649-021 Lisboa
Phone: +351 217 248 510
Fax: +351 217 267 623
E-mail: geral@embaixadadobrasil.pt
http://www.embaixadadobrasil.pt/

Bulgaria
Rua do Sacramento à Lapa, 29-31
1200-792 Lisboa
Phone: +351 213 974 012
Fax: +351 213 979 272
E-mail: ebul@mail.telepac.pt

Canada
Av. da Liberdade - Edifício Vitória, 196, 3º
1269-121 Lisboa
Phone: +351 213 164 600
Fax: +351 213 164 691
E-mail: lsbom@internacional.gc.ca
www.portugal.gc.ca

Cape Verde
Avenida do Restelo, 33
1449-025 Lisboa
Phone: +351 213 041 440
Fax: +351 213 041 446
E-mail: info@embcv.pt
www.embcv.pt

Chile
Avenida Miguel Bombarda, 5, 1º
1000-207Lisboa
Phone: +351 213 148 054
Fax: +351 213 150 909
E-mail: sossa.echile@net.novis.pt
www.emb-chile.pt

China
Rua do Pau de Bandeira, 11/13 Restelo
1200-756 Lisboa
Phone: +351 213 928 430
Fax: +351 213 928 431
E-mail: chinaemb_pt@mail.mfa.gov.cn
http://pt.chineseembassy.org/pot /

Cuba
Rua Pêro da Covilhã, 14
1400-297 Lisboa
Phone: +351 213 041 860
Fax: +351 213 011 895
E-mail: embaixada.cuba@netcabo.pt
http://emba.cubaminrex.cu

Cyprus
Avenida da Liberdade, 229 1º
1250-142 Lisboa
Phone: +351 213 194 180
Fax: +351 213 194 189
E-mail: chipre@netcabo.pt

Czech Republic
Rua Pêro de Alenquer, 14
1400-294 Lisboa
Phone: +351 213 001 010
Fax: +351 213 010 629
E-mail: lisbon@embassy.mzv.cz
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Denmark

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monthly budget

To help you with the portuguese prices, we made a table for your orientation, but pay attention, the prices change with time and place.

bread (pão)	0,46€/250g
butter (manteiga)	1,29€/250g
sugar (açúcar)	1,19€/1Kg
coffee (café)	1,73€/250g
tea (chá)	0,84€/10un
cheese (queijo)	0,99€/200g
yogurt (iogurte)	0,99€/188g
eggs (ovos)	0,99€/6un
milk (leite)	0,49€/1l
cornflakes (flocos de cereais)	2,69€/500g
spagetti (esparguete)	0,79€/250g
potatoes (batatas)	2,19€/3kg
tomatoes (tomates)	0,22€/243g
ham (fiambre)	2€/250g
chicken breast (peito de frango)	2,06€/140g
apples (maçãs)	0,43€/290g
oranges (laranjas)	1,38€/2Kg
bananas (bananas)	2,27€/1Kg
food (alimentação)	150€/month
accommodation - halls of residence (alojamento em residências)	100-240€/month
public transport (transportes públicos)	1,30€/ticket
cinema (cinema)	7€/ticket
disco (discoteca)	5€
beer (cerveja)	2€/1l
books (livros)	20€/book

Bom dia
Good morning

Olá
Hello

Bem-vindo
Welcome

Adeus
Goodbye

Pode dar-me a ementa,
se faz favor?
Can I have the menu, please?

Pode repetir?
Can you repeat?

Que horas são?
What time is it?

Amanhã
Tomorrow

Como te chamas?
What is your name?

Está lá? Quem fala?
Hello? Who is speaking?

Daqui fala...
This is ... speaking

Estou a aprender
português.
*I am learning
portuguese.*

Desculpe
I'm sorry

Posso usar a casa de banho?
Can I use the bathroom?

O meu nome é ...
My name is ...

Prazer em conhecê-lo
Glad to meet you

Está lá? Quem fala?
Hello? Who is speaking?

Daqui fala...
This is ... speaking

Quanto é?
*How much
is it?*

Obrigado
Thank you

De nada
*You are
welcome*

Estou doente
I am sick

Homens
Men

Não
No

Boa noite
Good evening

Com licença
Excuse me

Por favor
Please

Boa tarde
Good afternoon

Até logo
*See you
later*

Até amanhã
*See you
tomorrow*

Como estás?
How are you?

Preciso de ajuda
I need your help

Hoje
Today

Mulheres
Ladies

Como está?
*How do
you do?*

Pode falar mais devagar?
Can you speak slower, please?

Sim
Yes

Preciso de ajuda
I need your help

Hoje
Today

Onde é a rua ...?
Where is ... street?

Sempre em frente
Straight ahead

Não compreendo
*I do not
understand*

Pode dar-me a conta,
se faz favor?
*Can I have the bill,
please?*

Não falo português.
I do not speak portuguese.

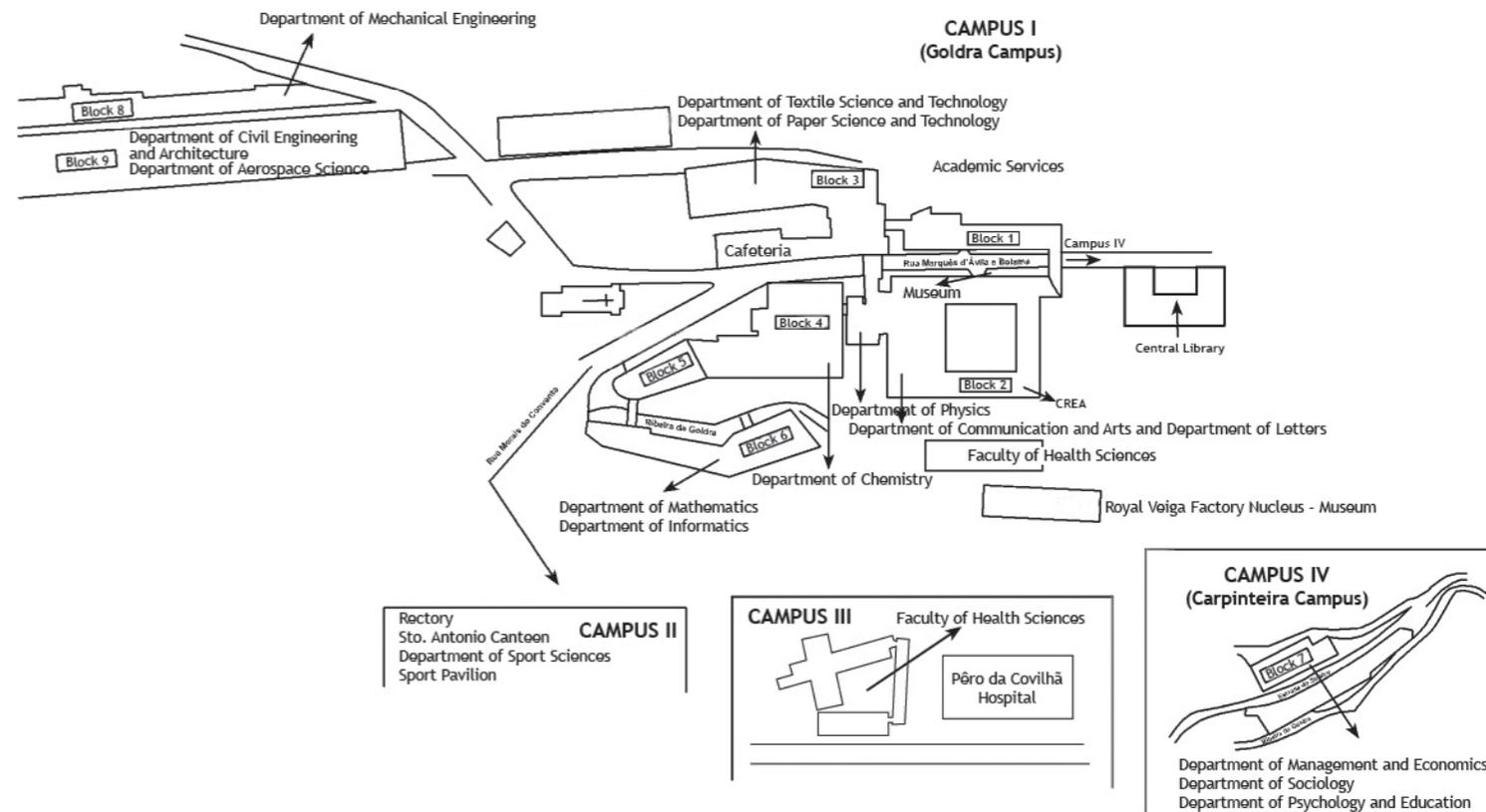
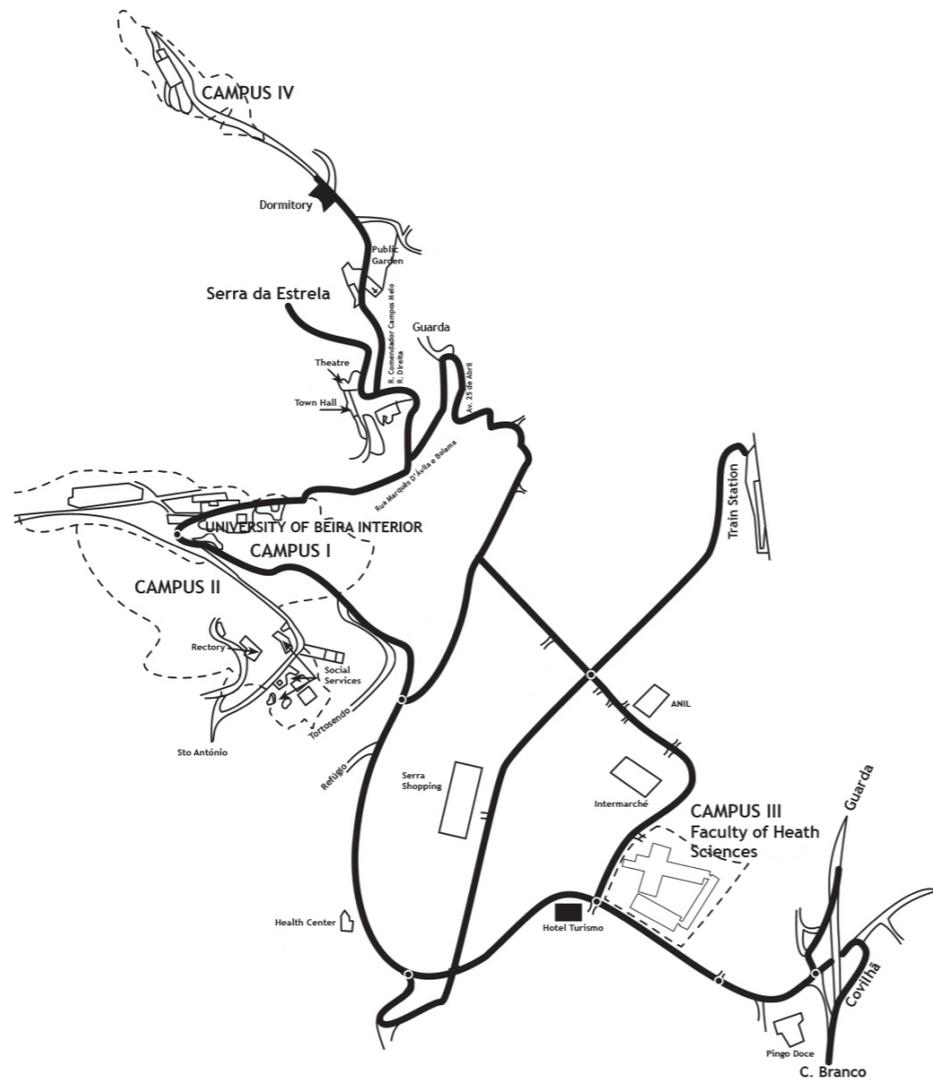
Ontem
Yesterday

Posso usar o telefone?
May I use your phone?

Porquê?
Why?

À tua esquerda
On your left

À tua direita
On your right





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