



UBI
Covilhã
Portugal



International Student Guide

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**International Relations
and Programmes Office**
University of Beira Interior



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ERASMUS



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This brochure is addressed to all foreign students studying at the University of Beira Interior within the framework of Lifelong Learning Erasmus Programme provided by the International Relations and Programmes Office.

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

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a word from the rector

The University of Beira Interior is an institution geared towards the creation, transfer and diffusion of all aspects of science and technology, knowledge and culture in close association with its region and the world.

This book showcases the university, its faculties, programmes of study, research units, and some of the many partnerships established with companies. With state-of-the-art equipment, degrees tailored to an increasingly competitive labour market and an environment that fosters entrepreneurship and innovation, the institution is well prepared to meet the challenges that the future holds.

The competitiveness of UBI is currently based on the implementation of a culture of quality and global certification. By definition, a culture of quality includes a mission and a set of values that must be shared by the academic community.

UBI is a young, dynamic and constantly evolving university. To serve the region, the country and the world is our priority through excellent teaching and high level research.

In our global world, we see internationalisation as a process of deepening and integrating an international and intercultural dimension into teaching and learning, R&D and service provision. This implies emphasising existing strengths, supporting areas where internationalisation is essential for the development of the institution, as well as

incorporating more internationally-related activities in order to add value and increase the know-how and experience of students, researchers, teaching and non-teaching staff. Thus, we ensure sustainable changes and the development of new competitive advantages.

In the coming years, we will succeed because of our drive and its creative power. I believe in a UBI that stands out positively. I believe in a UBI that reaches out to the world while being a part of it, without forgetting the region that hosts it.

João Queiroz

Rector of University of Beira Interior



vice-rector welcome

It is my honor and pleasure to welcome you to our University at the moment of celebration of 25 years of UBI existence.

I hope the time you will spend in this Higher Education Institution community will be a time for learning, but also an opportunity to enjoy this unique experience of being in a foreign country, sharing cultural and personal experiences and different ways of life. Appreciate this unique moment in which you have the chance to grow scientific, social and culturally as citizens of a global, friendly and united world herein represented by this academic community. There are so many things that we can make the most out of and so many unforgettable friendships that I am sure you will establish.

The city of Covilhã and the region of Beira Interior also offer a broad variety of cultural activities, which I hope you will appreciate.

In the following pages you will find for your convenience, a general description of our University, faculties and courses offered in the different knowledge areas, some academic information like our academic system registration and academic calendar, information about the facilities offered by UBI and also general and useful information about the city and the country.

We hope that you will find this information useful. Do not hesitate to come to our International Office for any help you may need and bear in mind that we are always at your service to help you and to facilitate your participation in our intense academic and cultural life.

I hope your choice and interest in our University will be one of the best decisions of your lives. I wish you the best.

Paulo Almeida

Vice Rector

LLP/ERASMUS Institutional Coordinator



international contacts

Erasmus Institutional Coordinator at UBI
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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 programs and number of students has been increasing over the years, having already surpassed the 6600 students from across the country.

Always willing to provide a solid background in several different knowledges, UBI currently has more than 30 first cycle programs, 45 second cycle programs and about 30 third cycle programs 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 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 programs 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 Central Library of the University, after having completed the restoring project. In Campus I, the urban redevelopment culminated in the completion of the program Polis, 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 into 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. You will find below a brief description of each, stating the main programmes they offer. The structure of the programmes at the University follow a three (years of graduation), two (years of Masters) and three (years of doctorate) scheme, with some exceptions of five years of graduation, including an integrated Masters. UBI has been recognised for excellence in implementing the diploma supplement with the award of the DS Label by the European Commission.



faculty of science

1st cycle degrees | Bachelors
Biochemistry | Biotechnology | Medicinal
Chemistry

2nd cycle degrees | Masters
Biochemistry | Physics and Chemistry Teaching
in the 3rd Cycle of Basic School and in
Secondary School | Mathematics Teaching in
the 3rd Cycle of Basic School and in Secondary
School | Industrial Chemistry

3rd cycle degrees | Doctorates
Applied Mathematics | Biochemistry | Chemistry
Mathematics | Mathematics Didactics | Physics

Located on Campus I of the University I was here, through the recovery of several factory buildings in ruins and its conversion to educational facilities, which have taken the first steps towards the implementation of higher education in Covington and therefore the Faculty of Science. Integrate the College Departments of Chemistry, Physics and Mathematics.

The best equipped laboratories for teaching and research are basic science departments of most courses and the institution through which students are led to the fascinating world of physics, chemistry and mathematics by creating in every lesson in every experience in 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 particular, 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 unit, the Centre for Mathematics, which develops projects approved and financed by the Foundation for Science and Technology (FCT). This unit studies probability and statistics; equations in partial derivatives; algebra, geometry, topology and dynamical systems; information processing.

Erasmus/ECTS Coordinators

Faculty of Science	Mathematics	Prof. Rui Almeida	ralmeida@mat.ubi.pt
	Chemistry	Prof. ^a Isabel Ismael	iismael@ubi.pt
	Biochemistry	Prof. ^a Cristina Cabral	ccabral@ubi.pt



faculty of engineering

Integrated Masters
Architecture

1st cycle degrees | Bachelors
Bioengineering | Aeronautical Engineering
Civil Engineering | Computer Engineering
Electromechanical Engineering
Electrotechnical and Computer Engineering
Information Technologies And Systems

2nd cycle degrees | Masters
Aeronautical Engineering | Civil Engineering
Computer Engineering | Electromechanical
Engineering | Electrotechnical and Computer
Engineering | Geographic Information Systems
Industrial Engineering and Management
Mechanical Engineering | Textile Engineering

3rd cycle degrees / Doctorates
Architecture | Aeronautical Engineering
Civil Engineering | Computer Engineering
Electrotechnical and Computer Engineering
Industrial Engineering and Management
Mechanical Engineering
Paper Engineering | Textile 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...

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.

Equipped with laboratories and workrooms of and for all, it houses six units of research, funded by the Foundation for Science and Technology, 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.

The faculty of Engineering 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.

The Faculty of Engineering promotes regularly the scientific and technological dissemination by organizing seminars and conferences on topics related to areas of the programs coordinated by the Departments, involving professors, students and national and foreign experts.

Parallel to the dissemination of science, the Faculty of Engineering supports and stimulates cultural and leisure activities developed by professors, researchers, staff and Student Centers.

Faculty of Engineering	Aerospace Sciences	Prof. José Silva	jmas@ubi.pt
	Electromechanical Engineering	Prof. Jose Pascoa (Electromechanical Engineering)	pascoa@ubi.pt
		Prof. Felipe de Souza (Electrical Engineering)	felippe@ubi.pt
		Prof. Pedro Dinis (Mechanical Engineering)	dinis@ubi.pt
		Prof. João Matias (Industrial Management and Production Engineering)	matias@ubi.pt
		Prof. João Monteiro (Industrial Design)	joaopaivamonteiro@gmail.com
	Informatics	Prof. Paul Crocker (Computer Engineering)	crocker@di.ubi.pt
	Textile Science and Technology	Prof. ^a Rita Salvado (Textile Engineering)	rita.salvado@ubi.pt
Civil Engineering and Architecture	Prof. ^a Cláudia Beato (Civil Engineering)	cbeato@ubi.pt	





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 Pólo II.

The Faculty of Social and Human Sciences of University of Beira Interior adopted this name after the recent publication of the Statutes of the University arising from the adequacy of RJIES, since 2009. Most courses that exist today originally ran in Block 6 (current building of Mathematics) and switched over to these new facilities in 1996-97.

Equipped with the latest technology, the faculty focuses on internal and external communications through its Internet sites by allowing prospective students to know “their” school, including the structures of teaching and research and offers, particularly to current and future national and international partners, an overview of the activities that are developed at the School.

It is a priority of the Faculty of Social and Human Sciences to promote the process of teaching intercultural learning and increase student involvement in research 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 the region, in the country and abroad.

The Faculty of Social and Human Sciences is working to position itself 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.

The Faculty of Social and Human Sciences has been working with their students in removing working tendencies of the past that hinder 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 units, the Centre for Research in Sport, Health and Development (CIDESD) and the Centre for Studies in Business (NECE), which develop projects approved and financed by FCT.

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

Erasmus/ECTS Coordinators

Faculty of Social and Human Sciences	Management and Economics	Prof. Ricardo Rodrigues (Management)	rrodrigues@ubi.pt
		Prof. José Pires Manso (Economics)	pmanso@ubi.pt
		Prof. Paulo Duarte (Marketing)	pduarte@ubi.pt
	Sociology	Prof. ^a Johanna Schouten	schouten@ubi.pt
	Political Science and International Relations	Prof. José Manuel Boavida dos Santos	santos.if@gmail.com
	Sport Sciences	Prof. Rui Brás	rmmb@ubi.pt





faculty of arts and letters

1st cycle degrees / Bachelors
Cinema | Communication Sciences
Industrial Design | Multimedia Design
Philosophy | Portuguese Studies
Portuguese and Spanish Studies
Textile And Clothing Design

2nd cycle degrees / Masters
Branding And Fashion Design | Cinema
Didactic, Cultural, Linguistic And Literary
Studies | Documental Sciences | Iberian
Studies | Industrial and Technological
Design | Journalism: Press, Radio and
Television | Multimedia Design
Philosophy - Ethics and Politics
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 | Textile And Clothing
Design | Visual And Technological Education
Teaching In Basic School

3rd cycle degrees / Doctorates
Communication Sciences
Humanities | Philosophy

The Faculty of Arts and Letters includes two Departments, Communication and Arts and Letters Departments.

The Department of Communication and Arts includes two R & D 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 “Estudos em Comunicação” and “Ubianas” (Communication Sciences), and “Ta pragmata” (Philosophy); LABCOM publishes in digital format, the “Livros Labcom” and the magazine “Estudos em Comunicação”.

With professors of certified scientific and teaching competence, the Department of Letters have different area departments as follows: History, Linguistics, Spanish Language and Culture, English Language and Culture, Brazilian and African Languages and Cultures; Portuguese Literature, Pedagogy and Educational Sciences, Classical Languages and Cultures.

In addition to the facilities used in Campus I of the University of Beira Interior, the Department of Arts streamlines the Languages Laboratory, which provides the frequency of courses in various languages such as Mandarin, Italian, Russian or German, and of course portuguese.

For all these reasons, integrating the space of the Faculty of Arts and Letters requires the active participation in a dimension of 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)	ecamilo@ubi.pt
		Prof. Francisco Paiva (Multimedia Design)	ftapaiva@gmail.com
		Prof. Urbano Mestre Sidoncha (Philosophy)	umestre@ubi.pt
		Prof. ^a Rita Salvado (Fashion Design)	rita.salvado@ubi.pt
		Prof. ^a Manuela Penafria (Cinema)	penafria@ubi.pt
Letters	Prof. Paulo Osório (Portuguese and English, Portuguese and Spanish, Portuguese Language and Culture)	paulosorio@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

A strong awareness of the need for a qualitative leap in human resources development in the fields of Health led to the creation of a governmental approval for two additional medical schools in the country. It remained, however, immediately established that the candidate projects would have to make major changes in the medical 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 an innovative project of the Degree in Medicine, 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, we 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.

Erasmus/ECTS Coordinators

Faculty of Health Sciences	Medicine	Prof. ^a M ^a Assunção Vaz Pato	mamcvp@ubi.pt
	Biomedical Sciences	Prof. ^a Mafalda Fonseca	mfonseca@fcsaude.ubi.pt
	Pharmaceutical Sciences	Prof. Samuel Silvestre	samuel@fcsaude.ubi.pt
	Optometry and Otical Technology	Prof. Vasco Almeida	vasco@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.

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.

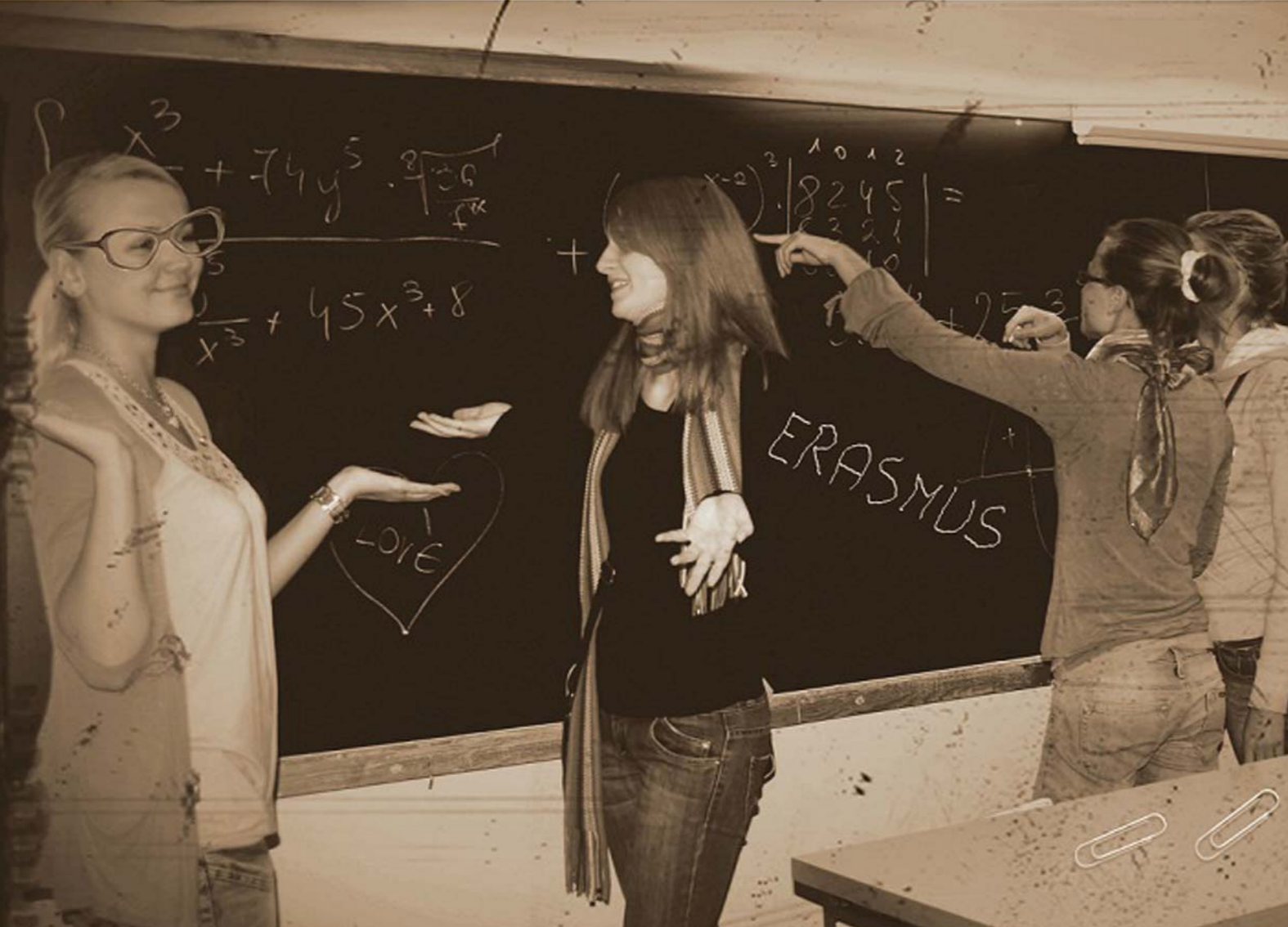
You will receive your Student's Card after you have enrolled in the Academic Services. All the relevant forms can be downloaded at www.ubi.pt

academic calendar

The Academic year at UBI consists of two semesters. The first (Autumn and Winter semester) is 20 weeks long. It runs from mid September to mid February and includes classes, work assessment and examinations of students. 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 examinations of students. Christmas time holidays has the duration of two weeks, and Easter time holidays has one week.

ACADEMIC CALENDAR 2011/2012																																					
Month	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W						
September				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				
October						1	2	3	4	H	6	7	8	9	10	11	12	13	14	15	16	17	18	19	H	21	22	23	24	25	26	27	28	29	30	31	
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September																																					

- Teaching-Learning Activities 1'S
- Teaching-Learning Activities Assessment
- Teaching-Learning Activities 2'S
- Teaching-Learning Activities Assessment
- Exams
- Holidays



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 the other. This system is used to prevent students from losing time in completing their degree by studying abroad.

For purposes of functional academic recognition, the UBI 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/index_en.html

What does ECTS offer?

- ECTS guarantees academic recognition of studies abroad.
- ECTS enables further studies abroad. A student may prefer not to go back to the 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.

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, the UBI has established the correspondence between ECTS and our own system.

ECTS	
Grade	Definition
A	outstanding performance - 10% students
B	above the average standard - 25% students
C	generally sound work with a number of notable errors - 30% students
D	fair but with significant shortcomings - 25% students
E	performance meets the minimum criteria - 10% students
FX	some work required before the credit can be awarded
F	considerable further work is required



language courses

UBI organises 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 participants 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 students' 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 students' vision of a social, economic and political overview of 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

During the academic year, Portuguese language lectures will take place twice a week. Each student is welcome to attend this language course but these lectures are not a substitute for EILC, but a 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

accommodation

The university dormitories, apartments and suites net 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 the student and whose applications are formalized in yearly, in the periods defined by the 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, preferably by scholars and Portuguese and foreign students from other universities and/or mobility programs or others. Dormitories from I to VI are close to the main pole of the university and Pedro Álvares Cabral dormitory is placed close to the Social and Human Sciences Faculty.

Regulation

The University Dormitories of SASUBI follow an internal regulation in which are the admission and equipments using conditions, the rules that have as principles the respect by the fundamental rights and liberties of the individual, as well as the guaranty of a pleasant environment and of healthy sociability, tolerance and mutual respect and of students'

participation in the respective management and cleaning.

The school year accommodation concerns the accommodation for over five months periods during the school year of the university (from September till middle July).

The resident students 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 two languages: Portuguese and English.

Prices

The monthly rent ranges from 100 EUR to 220 EUR per person. Each residence hall has its own regulations and they are available in English version in the International Programmes and Relations Office. Some residence halls are structured in flats for 8 students; double rooms with kitchen; living room and bathrooms. Other offer single rooms with shared kitchen and bathrooms. The female main residence follows the system of double rooms; shared kitchen and bathroom (around 100 EUR). Another kind of housing that is popular among the foreign students is a set of small flats called suites. A suite is for two persons and comprises a double room; bathroom; fully equipped kitchen/living room (about 220 EUR).



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 academic community of UBI.

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

It is compulsory to show the university identification card.

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

Users who, due to diseases, need a 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.

The menus are elaborated accordingly to the nourishing needs of the target population.

Closure Periods

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

Prices

The complete social meal is priced at EUR 2.15 (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 Cantina de Sto Antonio and Dinner of Counter I Faculty of Social Sciences and Humanities: EUR 2.80

Buffet meal at the Faculty of Engineering: EUR 6.50





sports

The Culture and Sports Sector of the Social Action Services of the University of Beira Interior (SASUBI) has as 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 Pole 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.





libraries

Main Library:
Monday to Friday - 9am to 11pm
Saturday - 10am to 1.30pm

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





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, with cold but not severe winters and mild summers. Weather in Portugal varies with altitude, ranging from high temperatures and dry air atmosphere characteristics in the south, in to the humid mountain area in the north, and plenty of atmospheric moisture in the centre. In Covilhã the mid-winter temperatures reach an average of 5°C (but there are periods when the maximum daily temperature can be as high as 16°C). In July/August the daily temperature averages 27°C or more. There is an abundant

rainfall due to the humid winds from the Atlantic Ocean, but the rainy season is usually short (November to March).

Portuguese is one of the major Roman languages derived from Latin and the seventh language in the world (200 million people).

Portuguese people participate in many cultural activities, indulging their appreciation of art, music, drama, and dance. Portugal has a rich traditional folk (Ranchos Folclóricos), with great regional variety. Many cities and towns have a museum and a collection of ancient monuments and buildings. Many towns have at least a cinema, some venues to listen to music and locations to see arts and crafts. In the larger cities visits to the theatre, concerts or galleries of modern exhibitions are popular, and Portugal can boast not only international-scale venues in Lisbon, Porto, Braga, Guimarães and Coimbra but also many acclaimed artists from various disciplines. The importance of the arts is illustrated by the fact that on the death of Amália Rodrigues, the "Queen of Fado" (Fado is Portugal's national music) in October 1999, three days of national mourning was declared. In 1998, José Saramago, one of Portugal's well-known writers, was awarded the Nobel Prize for literature. In 2001, Porto was European Capital of Culture, contributing to a current renaissance in artistic creation, and in 2004 Portugal hosted the European football finals in specially constructed stadiums.

In smaller towns and villages, cultural activity may revolve around local folklore, with musical groups performing traditional dance and song. Local festivities are very popular during the summer season in all kinds of localities ranging from villages to cities, as well as beach holidays from July to September. Portuguese people in almost all major towns and the cities like to go shopping in malls which are generally well equipped with modern facilities and offer a wide variety of attractions ranging from shops and stores of the most renowned brands to cinemas, restaurants and supermarkets. Café culture is also regarded as an important cultural feature of the Portuguese. As the most popular sport, football events involving major Portuguese teams are always widely followed with great enthusiasm. There are still a few bullrings in Portugal, although the passion for bullfighting is very little.

UNESCO World Heritage sites in Portugal are as follows:

- . Alto Douro Wine Region, 2001
- . Central Zone of the Town of Angra do Heroísmo in the Azores, 1983
- . Convent of Christ in Tomar, 1983
- . Cultural Landscape of Sintra, 1995
- . Historic Centre of Évora, 1986
- . Historic Centre of Guimarães, 2001
- . Historic Centre of Oporto, 1996
- . Landscape of the Pico Island Vineyard Culture, 2004
- . Monastery of Alcobaça, 1989
- . Monastery of Batalha, 1983
- . Monastery of Jerónimos and Tower of Belém in Lisbon, 1983
- . Prehistoric Rock-Art Sites in the Côa Valley, 1998
- . Laurisilva of Madeira, 1999



covilhã

Located on the slopes of Serra da Estrela, facing east, Covilhã offers the visitor a beautiful view of its housing, a majestic amphitheater framed by mountains.

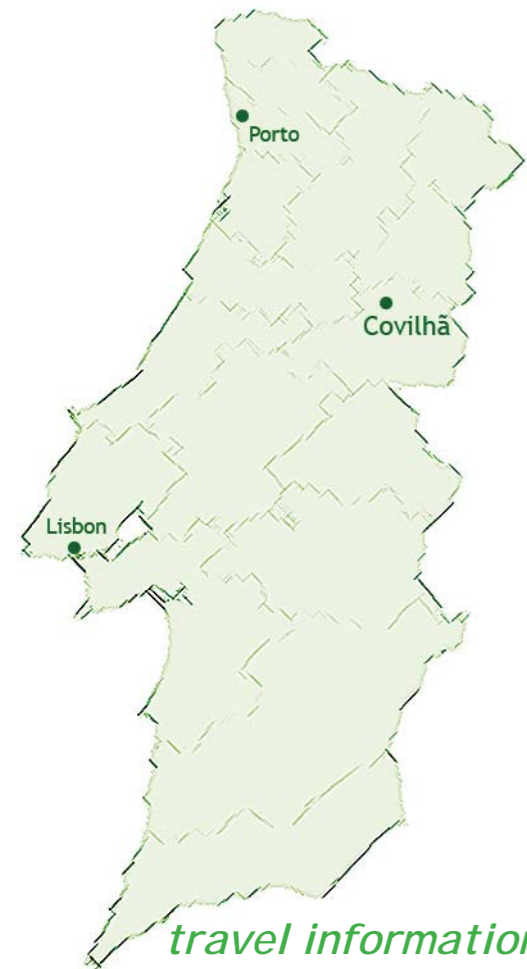
Discover Covilhã is also discovering the history of textile industry in Portugal. The University of Beira Interior is currently implemented in former factory buildings of high historical value, cultural and architectural heritage, which have been converted into modern facilities for teaching and research.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

Located in a mountain town, it has a snowy winter scene unique in Portugal where one can practice all kinds of winter sports, like snowboarding or skiing. The mountain resort of Penhas da Saúde lies at 1500 meters high and offers restaurants, hotel, youth hostel and touristic apartments as leisure and skiing facilities.

The Municipality of Covilhã has an area of over 550 km² and its population is estimated at 54,506 inhabitants, of whom 49,527 are voters. If we consider that the student population is around 6600 students, we can 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 reverts the exodus of young people by reversing the flow of migration, thus ensuring a young 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*

From Lisbon, Covilhã can be reached by train, by bus or by car.

Transport from Lisbon Airport

A. If you want to go to Covilhã by train, you should go to Lisboa- Oriente Station, by bus or by taxi.

B. If you want to go to Covilhã by bus, you should go to Sete Rios (Rede Expressos Nacional) by bus or by taxi.

For more information:

<http://www.golisbon.com/transport/airport-shuttle.html>

Lisbon airport site:

http://www.ana.pt/portal/page/portal/ANA/AEROPORTO_LISBOA_CNT/?AE_LS=181882&actualmenu=193248&cboui=181882

Lisboa - Oriente 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 (timetables):

National Railways:

<http://www.cp.pt/cp/homeTimetable.do>

Terminal Rodoviários Sete Rios (Bus Station):

This bus terminal can be easily reached by metro ("Jardim Zoologico" stop)

Tel.: (+ 351)707223344

Buses from Lisbon to Covilhã (time: 3h45m)

For more information:

Bus (National Services):

<http://www.rede-expressos.pt/>

(timetables = "horários e preços")

If you want to go to Covilhã by car:

(time: +/- 3 h)

. Follow signs for A1 and merge onto A1

. Take exit 7 toward Abrantes/Torres Novas

. Merge onto A23

. Take exit 30 Covilhã Sul /Hospital

For more information:

<http://maps.google.com/>

Other useful links:

Lisbon Buses (Carris) (routes and timetables):

<http://www.carris.pt/en/>

Lisbon Subway:

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

Other information:

<http://www.golisbon.com/>

From Porto

From Porto, Covilhã can be reached by train, by bus or by car.

From Airport of Porto to Railways (Campanhã Station)

By subway (30 minutes):

Line Violeta - Connection to city downtown and interface with Railways.

Porto Airport:

http://www.ana.pt/portal/page/portal/ANA/AEROPORTO_PORTO_CNT/?AE_PR=76130&actualmenu=75195&cboui=76130

Oporto Subway:

http://www.metroporto.pt/pagegen.asp?SYS_PAGE_ID=873878

By rail:

From Porto/Campanhã Station to Covilhã:

take Alfa Pendular (AP) or Intercidades (IC) Services

Porto - Entroncamento: 2 hours

[rail change]

Entroncamento - Covilhã: 3 hours

National Railways (Timetable) :

<http://www.cp.pt/cp/homeTimetable.do>

By bus [3 hours 40 minutes]:

Rede Expressos Service (National Services)

Address: Rodoviária Beira Litoral - Garagem Atlântico

Rua Alexandre Herculano n°366

4000 Porto

To get here you can take:

1. the subway at the Airport - take Line Red and change to Line Green at Trindade Station.

Then exit at Bolhão Station. After a 5 minute walk, you will reach bus station.

2. the bus (Porto Services) or a taxi at Campanhã Station.

Bus (National Services):

<http://www.rede-expressos.pt/>

Bus (Porto Services):

<http://www.stcp.pt/en/home/principal.htm>

By car [3 hours]:

. Take A1 Route from Porto to exit toward Viseu.

. Merge A25 Route and take exit 30 (toward Lisbon).

. Merge A23 Route and take exit 31 (Covilhã Norte).

For more information:

<http://maps.google.com/>

Within the city limits, the public transport network offers a range of buses. It is cheaper to buy the tickets in advance, but you can always buy them inside the bus. To buy tickets and learn about the timetable go to the green kiosk on the right side of the Police Station.

Taxis are also an option. They are painted in beige and sometimes have a roof-light to identify them. In town they use taximeters, but once outside urban boundaries the service is charged per km. They are located near the Police Station.

There are car rental companies. Renting a car is the best option for those who want to travel around the country.



leisure

The city hosts several choirs and orchestras, like the well-known University choir and the Professional Arts School of 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 Tuna
- Já B'ubi
- To' kuskopus
- Tuna-MUs
- C'a Tuna aos Saltos

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

The theatre company GICC (Companhia de Teatro das Beiras), seated in Travessa da Tapa, offers professional and high quality performances. There are also various amateur drama groups and dance groups performing in several town locations; ASTA and TEATRUBI are just some examples. Conferences, 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 of about 34,000 inhabitants in which a good portion are university students, around 6000. It is a safe, 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 around 10 €, or set up an account. SIM cards are available from Portuguese’s largest mobile network operators:
 TMN: www.tmn.pt
 Vodafone Portugal: www.vodafone.pt
 Optimus: www.optimus.pt



banks

To open a bank account in a Portuguese bank you must have your passport and a fiscal number (Número de Contribuinte), which is issued by Portuguese Tax Administration offices. One of the offices is uptown near the public garden. Having done so, everyone can open an account in any bank. A bank called Santander Totta has branches inside the campuses.
 Banks: Monday to Friday, from 8:30h to 15h, closed on official holidays.



national holidays

New Year’s Day - January 1st
 Carnival - February 21st
 Holy Friday - April 6th
 Easter - April 8th
 Liberty Day - April 25th
 UBI Day - April 30th
 Labour Day - May 1st
 National Holiday - June 10th
 Assunção - August 15th
 Republic day - October 5th
 City day - October 20th
 All Saints - November 1st
 Independence Day - December 1st
 Catholic holiday - December 8th
 Christmas - December 25th



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;
- . Pocket money for the first few days.

Note: if you are not a European Union citizen, you must obtain a visa, even for a study period of only three months, and take out private health insurance.

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

We wish you a pleasant stay in Covilhã!



useful phone numbers

Students Union – Associação Académica da Universidade da Beira Interior
 Headquarters:
 Rua Senhor da Paciência, 39
 6200-158 Covilhã
 Portugal
 Telephone: +351 275 319 530
 Fax: +351 275 319 533
 Email: geral.aaubi@gmail.com
 Direcção.aaubi@gmail.com
 Person in Charge: Ms. Lénia Pereira

National Emergency Number	112
Hospital	275 330 000
Poisoning	808 250 143
Fire Station	275 310 310
Lisbon Airport	218 413 700
National Phone Information	118
International Phone Information	177
Police	275 320 922
Taxi	275 323 653
Train station	275 331 284
Time	12151
Wake Up Call	12161
Tourist Information Department	808 781 212



national service for foreigners (visa issuing)

Regional Department - Castelo Branco
 Rua Professor Dr. Farias de Vasconcelos, Lote 6, R/C
 6000-266 CASTELO BRANCO
 Telephone: 272 349 500
 Fax: 272 349 519
 E-Mail: del.cbranco@sef.pt
 Opening hours: 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: lsbon@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
www.mzv.cz/lisbon

Denmark

Rua Castilho, 14 C, 3º
1269-077 Lisboa
Phone: +351 213 512 960
Fax: +351 213 554 615
E-mail: lisamb@um.dk
www.amblissabon.um.dk

Estonia

Rua Filipe Folque 10 J, 2ºEsq.
1050-113 Lisboa
Phone: +351 213 155 352
Fax: +351 213 194 155
E-mail: embest@embest.pt
www.embest.pt

Finland

Rua do Possolo, 76, 1º
1350-251 Lisboa
Phone: +351 213 933 040
Fax: +351 213 904 758
E-mail: sanomat.lis@formin.fi
http://www.finlandia.org.pt/Public/Default.aspx

France

Rua de Santos-o-Velho, 5
1249-079 Lisboa
Phone: +351 213 939 100
Fax: +351 213 939 120
E-mail: ambafrance@hotmail.com
www.ambafrance-pt.org

Germany

Campo dos Mártires da Pátria, 38
1169-043 Lisboa
Phone: +351 218 810 210
Fax: +351 218 810 261
E-mail: info@lissabon.diplo.de
www.lissabon.diplo.de

Greece

Rua Alto do Duque, 13
1449-026 Lisboa
Phone: +351 213 031 260
Fax: +351 213 011 205
E-mail: gremb.tis@mfa.gr

Guinea-Bissau

Rua Almada n.º 262 - 1.º Sala 24
4050-032 Porto
Phone: +351 222 012 963

Hungary

Calçada de Santo Amaro, 85
1349-042 Lisboa
Phone: +351 213 645 928
Fax: +351 213 632 314
E-mail: huembliis@mail.telepac.pt
www.mfa.gov.hu/emb/lisbon

Iceland

8, Avenue Kléber
75116 Paris, France
Phone: +33 1 44 17 32 85
Fax: +33 1 40 67 99 96
E-mail: icemb.paris@utn.stjr.is
www.iceland.org/fr

India

Rua Pêro da Covilhã, 16
1400-297 Lisboa
Phone: +351 213 041 090
Fax: +351 213 016 576
E-mail: main@indembassy-lisbon.org
www.indembassy-lisbon.org

Ireland

Rua Imprensa-Estrela, 1, 4º
1200-684 Lisboa
Phone: +351 213 929 440
Fax: +351 213 977 363
E-mail: lisbon@dfa.ie

Italy

Largo Conde Pombeiro, 6
1169-189 Lisboa
Phone: +351 213 515 320
Fax: +351 213 154 926
E-mail: ambasciata.lisbonna@esteri.it
www.amblisbona.esteri.it

Japan

Avenida da Liberdade, 245, 6º
1269-033 Lisboa
Phone: +351 213 110 560
Fax: +351 213 543 975
E-mail: cultural@embjapao.pt
www.pt.emb-japan.go.jp

Republic of Korea

Avenida Miguel Bombarda, 36, 7º
1050-165 Lisboa
Phone: +351 217 817 130
Fax: +351 217 977 176

E-mail: embtt@mofat.go.kr
www.mofat.go.kr

Latvia

Travessa da Palmeira, 27 2.º
1200-315 Lisboa
Phone: +351 213 407 170
Fax: +351 213 469 045
E-mail: embassy.portugal@mfa.gov.lv
www.mfa.gov.lv

Lithuania

Avenida 5 de Outubro, 81, 1ºEsq.
1050-050 Lisboa
Phone: +351 217 996 360
Fax: +351 217 996 363
E-mail: amb.pt@urm.lt
http://pt.mfa.lt

Luxembourg

Rua das Janelas Verdes, 43
1200-690 Lisboa
Phone: +351 213 931 940
Fax: +351 213 901 410
E-mail: lisbonne.amb@mae.etat.lu

Malta

Avenida da Liberdade, 49, 5º E
1250-139 Lisboa
Phone: +351 213 405 470
Fax: +351 213 405 479
E-mail: maltaembassy.lisbon@gov.mt
http://portalnacional.com.pt/entidade/
embaixada-de-malta-417/

Mexico
Estrada de Monsanto, 78
1500-462 Lisboa
Phone: +351 217 621 290
Fax: +351 21 762 00 45
E-mail: embamex.port@mail.telepac.pt
www.sre.gob.mx/portugal

Mozambique
Avenida de Berna, 7
1050-036 Lisboa
Phone: +351 217 971 994
Fax: +351 217 932 720
E-mail: embamoc.portugal@minec.gov.mz
www.mozambique.mz

Netherlands
Avenida Infante Santo, 43, 5º
1399-011 Lisboa
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Bom dia
Good morning

Olá
Hello

Como se chamas?
(formal)
What is your name?

Adeus
Goodbye

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

A culpa é minha
It is my fault

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

Não tem importância
Nevermind

Desculpe
I'm sorry

Onde é a casa de banho?
Where is the bathroom?

O meu nome é ...
My name is ...

Prazer em conhecê-lo
Glad to meet you

Até logo
See you later

Até amanhã
See you tomorrow

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

Boa tarde
Good afternoon

Como estás?
How are you?

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.

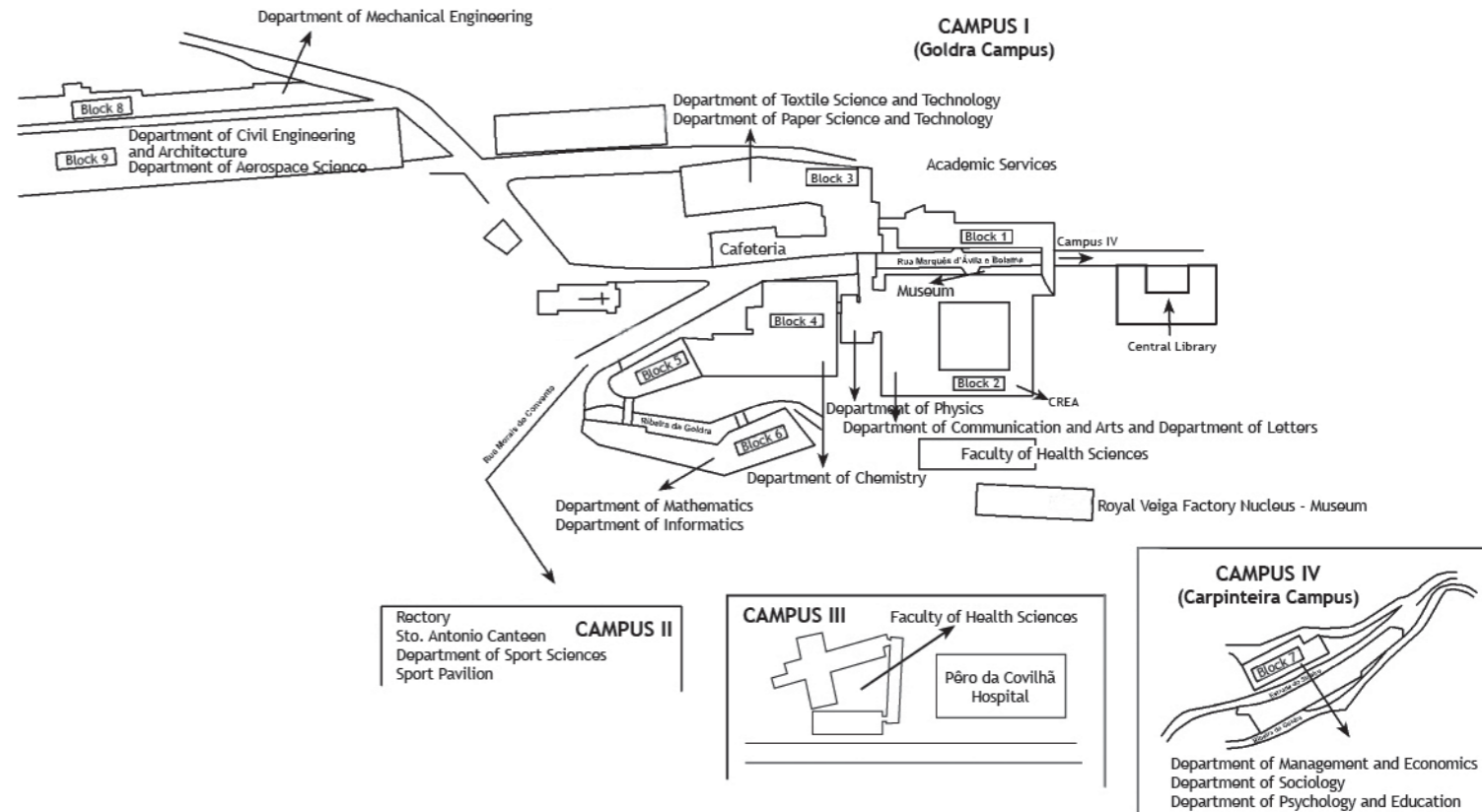
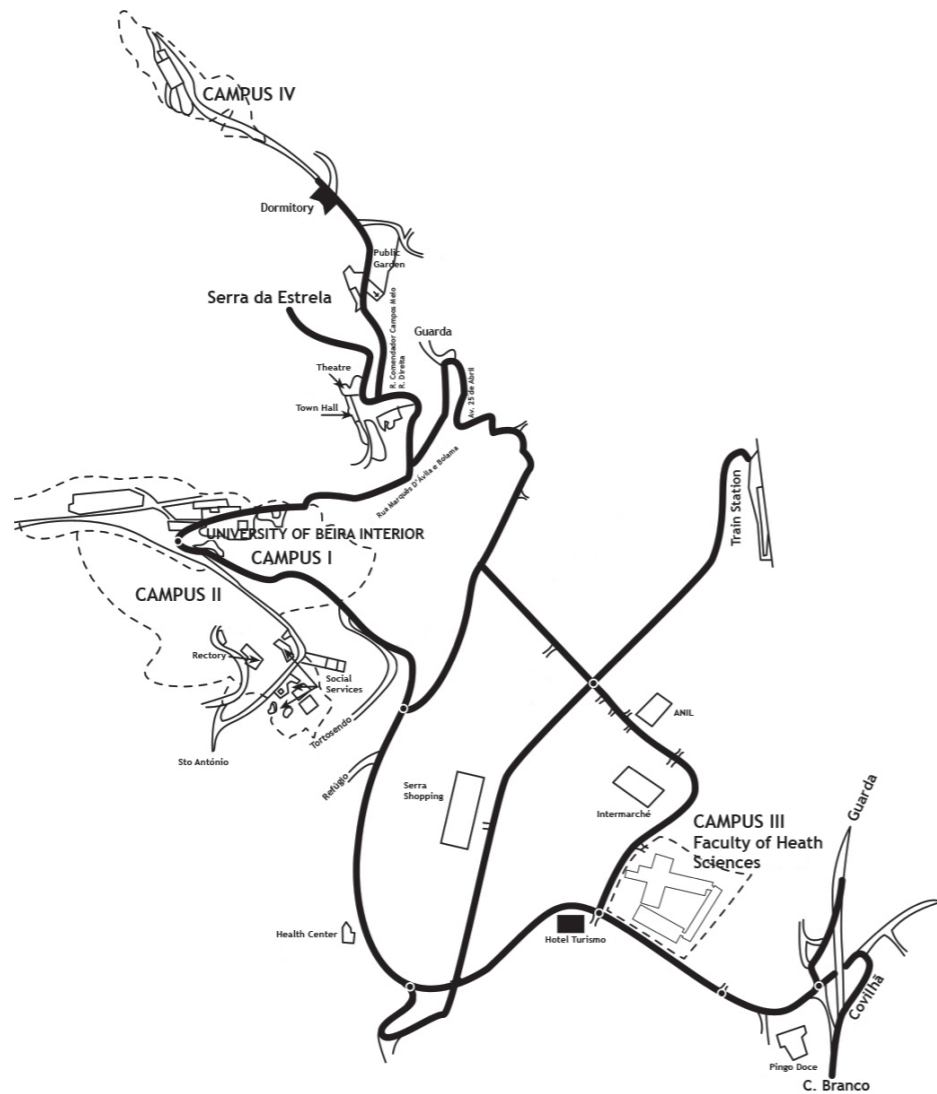
Ontem
Yesterday

Posso usar o telefone?
May I use your phone?

Porquê?
Why?

À tua esquerda
On your left

À tua direita
On your right





Education and Culture
Lifelong Learning Programme
ERASMUS



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