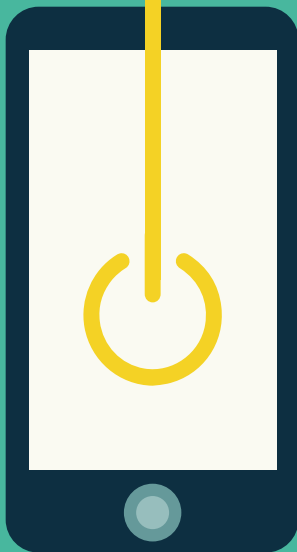


The **science** of a  
smart **toaster**

**Survival  
guide**





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# The country

With its mild climate, 3000 hours of sunshine per year and 850 kms of splendid beaches bathed by the Atlantic Ocean, Portugal is the perfect holiday destination all year round. This is a country that has the oldest borders in Europe, with an exceptional range of different landscapes just a short distance away, lots of leisure activities and a unique cultural heritage, where tradition and modernity blend together in perfect harmony.

Its superb cuisine, fine wines and hospitable people make this a tourist paradise of the highest quality. Situated in the extreme south-west of Europe, just a few hours from any of the other European capitals, Portugal attracts visitors from all over the world. Come and discover the charms of this country too!

## A little bit of history

Portugal is a country located in the southwestern Europe on the Iberian Peninsula. It is bordered by the Atlantic Ocean (west and south) and Spain (east and north). Azores and Madeira, two Atlantic Archipelagos, are also part of Portugal.

The country is named after its second largest city, Porto, whose Latin name was Portus Cale. Portugal had its independence recognised in 1143 by Leon & Castille which would later become the kingdom of Spain. This is all thanks to D. Afonso Henriques who fought bravely against his own mother.

The legend says it all started with a slap in the backyard! 242 years later in Leiria, between Alcobaça and Batalha, took place the most glorious battle of the Portuguese history, "The Battle of Aljubarrota". The 7000 Portuguese soldiers, with the help of 200 English long-bowman, showed great valour, courage, will and vim against the 35000 Spanish soldiers. To counter the Spanish superior numbers, new tactics were employed like the Square tactic and after 30 minutes of battle the Spanish army sounded the retreat. One of the stories told about this battle is about a baker woman, who got the nickname "Padeira de Aljubarrota" that defeated 7 soldiers! But, Portugal is mostly known for the empire it held during the 15th and 16th centuries. Portuguese explorers were the first to set sail into the Atlantic leading to the large empire throughout Africa, Asia and South America. During the 16th century, poet Luís Vaz de Camões wrote 'Os Lusíadas'. 'Os Lusíadas' is an epic poem that offers a fantastical interpretation of the Portuguese travels of discovery. Nowadays, Luís Vaz de Camões is recognised as one of the most brilliant poets in history, being compared to Homer, Virgil, Dante and Shakespeare.

## **Climate**

Mainland Portugal – The climate in Portugal varies considerably from one region to another and is influenced by the relief, latitude and proximity to the sea, which offers mild winters, especially in the Algarve.

In the Porto e Norte area and Beiras region, particularly inland, nearer Spain, the winters are colder, although the temperatures are still mild when compared to the rest of Europe. There is some snow-fall. It occurs most in the Serra da Estrela mountains, where we find the highest point in mainland Portugal (1,991 m) and where it is sometimes possible to ski.

The summers are hot and dry, especially in the inland areas (Trás-os-Montes in north-eastern Portugal and Alentejo... and Coimbra!). Temperatures are slightly lower in the coastal areas, because of the influence of the sea. There are often warm, sunny days in autumn. Nice weather at the beginning of November is often called “St. Martin’s Summer” as this saint’s day is on 11 November.

## **Population**

Portugal has a population of about 10 million.

The population density is at its greatest in Lisbon, the capital and its suburbs, where about 1.9 million people live. The second largest city in Portugal is Oporto in the north. Generally speaking, there are more people living in the country’s coastal regions than in the inland areas.

## **Religion**

The majority of Portuguese are Catholics, but the Portuguese Constitution guarantees religious freedom and there are a number of different religions in Portugal.

## **Language**

From a Latin root, Portuguese is spoken by about 250 million people in every continent, and is the 5th most spoken language in the world and the 3rd, if we only consider the European languages.

The Portuguese-speaking countries are scattered all over the world. Portuguese is spoken in Africa (Angola, Cape Verde, Guinea-Bissau, Mozambique and São Tomé e Príncipe), in South America (Brazil) and in Asia, (East Timor, the youngest nation in the world), and it is also the official language in Macao Special Administrative Region of China. In Portugal there are lots of people who are able to communicate in English, French and Spanish, like us, BESTies!

# General & Useful Info

Capital City



Lisbon

Phone Code



+351

Time Zone



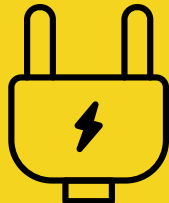
Summer UTC+1

Currency



Euro

Electricity



230V/50Hz

Emergency



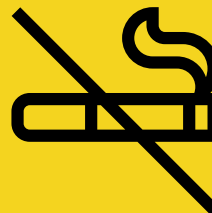
112

Homebanking



Visa, American Express,  
Diners Club, Europay  
/Mastercard, JCB, Maestro

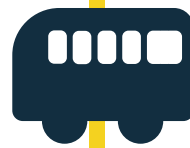
Forbidden



Smoking in  
enclosed spaces

# How To Get To Coimbra

**START**



**Porto/Lisbon**



or



or



**Coimbra**



or



**FINISH**

Meeting Point  
(Praça da República)

## by Plane

Although there's no airport in Coimbra, it probably will be the most common way to get to Portugal. Since Coimbra is quite in the middle of Portugal, there's two big options here. Or you take a flight to Oporto, OPO, or you take a flight to Lisbon, LIS. Check flight options on [google.com/flights](https://www.google.com/flights) or in another online flight search engine of your preference.

## from Lisbon

### by Train

From the **airport** you can get a taxi to the Lisboa-Oriente Train Station – 10€ for aprox 10mins of journey – or you can enter the Metro (red line, 1.25€).

There's two train stations in Coimbra: Coimbra-A (New Station) and Coimbra-B (Old Station). Trains depart roughly every hour. The fastest service is provided by trains Alfa Pendular (22.8 €), which takes 1h43m to Coimbra-B station, followed by Intercidades (inter-city service) (19.2 €), taking 2h07m to the same station. **Train website:** [cp.pt](https://cp.pt) **Metro website:** [metro.transporteslisboa.pt](https://metro.transporteslisboa.pt)

The point of arrival will be Coimbra-B, and from there take a city bus to Praça da República (line 5, 1.6€). The bus stop is right in front of the station. If you want to go directly to the meeting point, you can take a taxi – aprox 5€.

Total expenses in the cheapest option:



### by Bus

At the airport you can take the **AeroBus** (3.5€) or a taxi (7 to 9 €) to the **Sete Rios** bus station. From the terminal, there are frequent buses from the network Rede-Expressos to Coimbra, taking about 2.5 hours (14.5 €). **Bus website:** [rede-expressos.pt](https://rede-expressos.pt) The bus station in Coimbra is located near the city center (Praça da República) and is 5 minutes by taxi or a good 10-15 minutes walk. You can use one of the city buses too (**line 5**, 1.6€, roughly every 25mins).

Total expenses in the cheapest option:



## from Oporto

### by Train

The **Francisco Sá Carneiro Airport** in Porto is 11km away from the city centre, so a taxi to the train station is quite expensive (20 to 25 €, with 20% surcharge on nights and weekends). The easiest and least expensive way is to take the metro. The directions are marked throughout the airport, just follow the arrows and take the Line E (Violet) from the airport to **Campanhã** train station. The metro runs every 20 minutes from morning until after midnight. It takes 32 minutes and the ticket costs €2.45 - A Z4 (zone four) ticket. There are two railway stations in Coimbra: Coimbra-A (New Station) and Coimbra-B (Old Station). Three types of train services are available at Campanhã Station: Alfa Pendular (faster service), the Intercity and regional trains. Alfa Trains run almost every hour and it takes an hour to get to Coimbra-B (€ 16.70). The Intercity takes a little over an hour and costs 13.20 €. The service of regional trains, which require transshipment in Aveiro, take ~1h45, but only costs 8.55€. **Train website:** [cp.pt](https://cp.pt). The point of arrival will be Coimbra-B, and from there take a city bus to Praça da República (**line 5**, 1.6€). The bus stop is right in front of the station. If you want to go directly to the meeting point, you can take a taxi – aprox 5€.

Total expenses in the cheapest option:



## by Bus

The Bus Station is located in **Batalha**. The route with less walking is: At the airport you can take the surface metro to the metro station Trindade, then change to the yellow line and go towards the station São Bento, where you have to walk up to Batalha (10 mins. It is not recommended if traveling with heavy luggage). This option costs 1.85€. The easiest way to make São Bento Bus Station is by taxi, but is around 5€.

From the terminal, there are frequent buses from the network Rede-Expressos to Coimbra, taking about 1 hour and 30 minutes (12.50 €). **Bus website:** rede-expressos.pt

The bus station in Coimbra is located near the city centre (Praça da República) and is 5 minutes by taxi or a good 10-15 minutes walk. You can use one of the city buses too (**line 5**, 1.6).

Total expenses in the cheapest option:    **FINISH** 15.95€

## by other means rather than Plane

Yeah, well, we guess you are old enough to take good care of yourself around Europe. Pack your BEST Spirit and go ahead!

Anyway, let us give you some useful links for that:



Car



Train



Bus



Hitchhiking



Boat



# Once in Coimbra

## City buses

They are yellow and white. Most of the lines are in service from 07AM to 11:30PM. A simple ticket in any bus costs 1.60€. The most useful for all of you will be probably the 5 or some variations of it (5T/5F), which go through the Coimbra-B Train Station, the Bus Station and the City Centre. We can assure you that it's difficult to understand the affixed schedules, but as 5 is a most used line, you'll probably wait max 20mins for the bus. **Schedule Website:** [smtuc.pt](http://smtuc.pt) (you can also download the app on the playstore, which is named after "BustTUC")

## Taxis

They are black and green or "Caucasian skin color" (yeah we don't know how to call that anyway). They have also a green light on top. You can find them parked near every important place in the city, as the Train or Bus Station. As Coimbra is a relatively small city, the fare will be at max 8€. Here you can have some contacts. **Website:** [politaxis.pt](http://politaxis.pt) **Contact:** +351 239 499 090

## What to do

You can walk through the parks of the city, go shopping, visit museums or just have a walk along the historical city centre and near the river, apart from having some beers ("finos") in the numerous bars of the town. One of the best parks is the Botanical Garden of the University, near the roman aqueduct. More on that in the topic "Welcome to Coimbra".

## Shopping

Most shops in Coimbra open at 09AM, take a 1h break between 12AM and 01PM and close at 07PM. On weekends you will find many open on Saturday morning, and some of them even in the evening. Shopping centers, however, are open between 09AM and 12PM, even on weekends. There are lots of shops in the city centre and downtown where you can buy souvenirs, tobacco, condoms (at pharmacies), alcohol, or food. To send letters or packages you can use CTT – Portugal's mail service. Coimbra has some traditional food that you can taste – and pastry –, but there's nothing particularly relevant to point out. Maybe bagaço, but we can talk about it later...

## Alcohol and Drugs

You might already know that in Portugal you can buy alcohol in any quantity, anywhere, with age superior at 18, anytime and in almost all the public places selling drinks and food. Portuguese laws don't restrict the alcoholic consumption unless you are going to drive (or pilot an aircraft of course). So the only way you can have trouble with police when drinking is becoming dangerous or aggressive towards other people. In Portugal it is legal to take drugs, but it is illegal to distribute or sell them. This means that if police catches you with any kind of drugs (including Marijuana) you are going to be prosecuted only if the quantity that you are carrying exceeds a minimal quantity that is allowed for personal use (usually around 2 grams). This quantity is not set definitely but depends on the decision made by the court. In any case you are not allowed to cross the borders of Portugal with any kind of drug.

# Sample Prices

Bus Ticket

1.60€

Taxi

3 to 9 €

Water (33cl)

0.80€

Student Meal

2.40€

Regular Meal

4.50 to 9€

Banana (1kg)

1.15€

McDonalds  
Meal

5.95€

Coke (33cl)  
in a bar

1€

Cigarretes  
(Marlboro)

4.80€

Beer (20 cl)  
in a bar

1€

Beer (33 cl)  
in a bar

1.40€

Coffee Cup

0.70€

Cappuccino

1.40€

Condoms  
(12 units)

9€

Postcard  
(+stamp for EU)

1.20€

Souvenir  
Magnet

2€

# Welcome to Coimbra

Coimbra is a very beautiful and peaceful town situated on the Mondego River, approximately 185 km Northeast of Lisbon and 98 km Southeast of Oporto.

The town is very well served of public transports and is easily accessible both by bus or fast trains either from Lisbon or Oporto. Coimbra's industry is not very strong, but both the commerce and the sector of services (especially the later) are very important and famous by their very high quality standards. The District of Coimbra has an area of about 3,956 km<sup>2</sup>. Roughly oblong-shaped, it extends inland from the Atlantic Ocean halfway across the country.

## A bit of History

The city of Coimbra served as the capital of Portugal from 1139 to 1385, and was the birthplace of six monarchs from the Portuguese 1st Dynasty. Noted for its cultural traditions and artistic treasures, Coimbra was long the intellectual capital of Portugal and remains one of its most picturesque cities. With its suburb of Santa Clara, the city spreads out along the two sides of the Mondego River. The older part of the city, with its narrow, crooked streets, is on a hill. Below it on all sides are the newer, more regularly patterned city districts. The life of the city depends primarily on the University of Coimbra. As in medieval universities, the students wear long black capes and ribbons of varying color to distinguish the various faculties. The institution was founded in 1290 and it is one of the oldest universities in Europe. Like an acropolis, the white buildings of the University now dominate the hilltop overlooking the north bank of the river.

## Culture

Coimbra has museums of natural history and archaeology and a botanical garden. The first cathedral, Sé Velha, in the middle of the old city, is one of the best examples of Romanesque churches in Portugal. The new Cathedral, Sé Nova, begun by the Jesuits in the late 16th century and consecrated a cathedral in 1772, has a single nave in the Roman style. Santa Cruz, a church dated mostly from the Renaissance, is famed for its cloisters and for the tombs of Afonso Henriques and his son Sancho I, the first two kings of Portugal. In the convent of Santa Clara, built on the height overlooking the south bank of the Mondego, are the remains of the sainted Queen Elisabeth, patroness of the city and of the University.

## Cultural Curious Fact:

### The tragic love story of Pedro and Inês

Although he was in love with Inês de Castro (a Galician noblewoman), Pedro, son and heir of King Afonso IV was obliged to marry Princess Constanza of Navarre. When Constanza died, he went to live with Inês in Coimbra, but the king disapproved and wanted to put an end to the affair. Believing that her family was a potential threat to the Portuguese throne, he had her murdered in Coimbra's Quinta das Lágrimas in 1355.

When the king died, Pedro succeeded to the throne and took revenge on the two killers by having their hearts torn out. Revealing that he had married Inês in secret in Bragança, he had her corpse exhumed and crowned. The court was forced to acknowledge her as queen by kneeling before her on the throne and

kissing her decomposed hand. Their tombs are now in Alcobça's abbey, where, at Pedro's wish, they are placed foot to foot so that when they arose on the Day of Judgement, the two lovers would immediately see each other. Both tombs carry the inscription "Até ao fim do mundo", "Until the end of the world." This dramatic story of love and revenge has been an inspiration to a number of writers and poets in Portugal and elsewhere in Europe.

## The University

The University of Coimbra is certainly one of the most prestigious and traditional universities in Europe and the most important cultural center in Portugal. The richness of its long History of seven centuries, its unique tradition and the quality and variety of its architecture enrich student's attraction for Coimbra.

However, the University of Coimbra has been able to conciliate the past with both the present and future and it is also a "modern" university, very well equipped with up-to-date technology in the various fields of knowledge, and where science and technology are considered to play an essential role. The Science and Technology Faculty has actually more than 8000 students and more than 300 senior professors that dedicate to the most relevant branches of fundamental and applied Science, being the largest and the most prominent faculty of the University. The Chemistry and the Physics Departments are certainly among the most important research centers in these fields of research in Portugal and both have since long ago attained the respect of the international scientific community. We have a special uniform the "capa e batina". This one was inspire in canonicals of Jesuits and, "capa e batina" inspired J. K. Rowling for Harry Potter!!!



Paço das Escolas,  
in the University of Coimbra



Green Park, with a great view of the  
university



The Lover's Font, in Quinta das  
Lágrimas. It's said the blood of Inês it's  
still on the rocks of the font.



The famous "capa e batina", that  
inspired J.K.Rowling for Harry Potter.

# What To Bring

- ☑ Yourself
- ☑ Passport or National Identity Card
- ☑ Visa (if required)
- ☑ Travel/Health Insurance/European Medical Card
- ☑ This survival guide!! (Printed or on mobile device)
- ☑ Student ID Card / ISIC / EYC
- ☑ Sleeping bag
- ☑ Some currency (EURO €) for extra expenditures
- ☑ Photo camera (and Camera-PC Connection Cable, to transfer us the pictures)
- ☑ Beach stuff, Sunscreen (We don't want any more Lobsters!)
- ☑ Towels and hygiene stuff
- ☑ Nice clothes for the official opening (No need to be super fancy)
- ☑ Traditional clothes, song, flag/scarf from your country
- ☑ Sneakers, kind of sportive attire for a special activity
- ☑ Typical Food and Drinks for the International Evening
- ☑ A big smile and be prepared to kiss everyone twice in the cheeks (at least)!
- ☑ TONS OF JOY

# Useful Vocabulary

<b>Hello</b>	Olá	<b>0</b>	Zero
<b>Goodbye</b>	Adeus	<b>1</b>	Um
<b>Good Morning!</b>	Bom dia!	<b>2</b>	Dois
<b>Good Afternoon!</b>	Boa tarde!	<b>3</b>	Três
<b>Good Night!</b>	Boa noite!	<b>4</b>	Quatro
<b>Yes</b>	Sim	<b>5</b>	Cinco
<b>No</b>	Não	<b>6</b>	Seis
<b>Perhaps</b>	Talvez	<b>7</b>	Sete
<b>What time is it?</b>	Que horas são?	<b>8</b>	Oito
<b>Where's the toilet?</b>	Onde é a casa de banho?	<b>9</b>	Nove
<b>Please</b>	Por favor	<b>10</b>	Dez
<b>Exit</b>	Saída	<b>100</b>	Cem
<b>How much does it cost?</b>	Quanto custa?	<b>1000</b>	Mil
<b>Bus to Coimbra</b>	Autocarro para Coimbra	<b>Bridge</b>	Ponte
<b>Train to Coimbra</b>	Comboio para Coimbra	<b>Square</b>	Praça
<b>Station</b>	Estação	<b>Museum</b>	Museu
<b>Do you speak English?</b>	Falas Inglês?	<b>Beach</b>	Praia
<b>I want to go to...</b>	Quero ir para...	<b>River</b>	Rio
<b>Where is/are...</b>	Onde está/estão...	<b>It's Hot</b>	Está quente
<b>Help me</b>	Ajuda-me	<b>It's Cold</b>	Está Frio
<b>Help! (Danger)</b>	Socorro	<b>You are Handsome</b>	Tu és bonito (fem: bonita)
<b>Wine/Beer/Water</b>	Vinho/Cerveja/Água	<b>I like you</b>	Eu gosto de ti
<b>Coffee/Milk/Tea</b>	Café/Leite/Chá	<b>Honey</b>	Querida
<b>Sugar/Salt/Pepper</b>	Açúcar/Sal/Pimenta	<b>Love</b>	Amor
<b>Ice Cream</b>	Gelado	<b>Lips</b>	Lábios
<b>Candy</b>	Doce	<b>Kiss me</b>	Beija-me
<b>Menu</b>	Menu	<b>Crawfish</b>	Lagostim
<b>Bill</b>	Conta	<b>Teddy</b>	Ursinho
<b>Lift</b>	Boleia	<b>Fried</b>	Frito
<b>Garden</b>	Jardim	<b>Baby</b>	Bebé
<b>Park</b>	Parque		

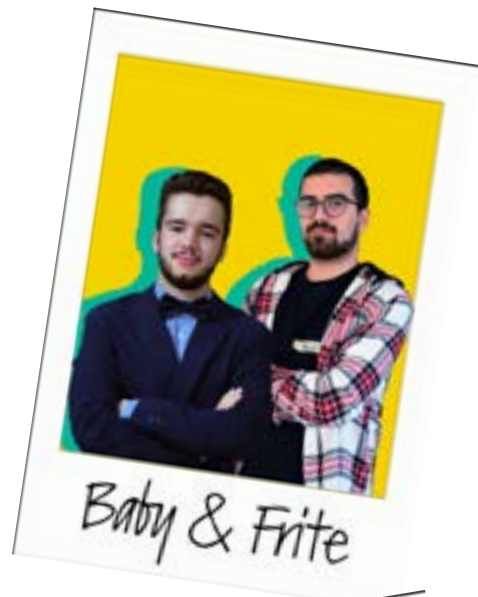
# Contacts and Other Info

Did you get lost? Police arrested you? Did you fall in the river?

## Main Organisers

João Caramelo Soares  
• joaoalacaramelo@gmail.com  
• +351967211074

Tiago Carvalho  
• tiagojcarvalho7@gmail.com  
• +351925635715



## President

Daniel Ferreira  
• daniel.correia.ferreira@gmail.com  
• +351962150866



## BEST-UC

Departamento de Engenharia Eletrotécnica e Computadores -Sala  
T.4.3 F.C.T.U.C. - Pólo II  
3030-290 Coimbra PORTUGAL

+351 239796222 or +351 239796222  
coimbra@best.eu.org  
@BESTCoimbra bestcoimbra best.uc.pt  
+351 239796200