


# Smart Grids?

## Let's make our Planet Greener!

# SURVIVAL GUIDE

BEST COIMBRA

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# Introduction

Hey! Welcome to the survival guide. Read all of it and don't skip anything, it will help you to survive the BEST experience of your summer! We hope that you're as excited as we are.




# The Country

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

The country is named after its second-largest city, Porto, whose Latin name was Portus Cale. Portugal had it's independece recognized in 1143 by Leon & Castille Wich would later become the kingdom of Spain. This is all thanks to D. Afonso Henriques who fought bravely against his mother. The legend says it all started with a slap in the backyard! 242 years later, in Leiria, between Alcobaça and Batlha, took place the most glorious battle of Portuguese history, "The Battle of Aljubarrota". The 7000 Portuguese soldiers, with the help of 200 English long-bowman, showed great value, courage, will and vim against the 35000 Spanish soldiers. To counter the Spanish superior numbers, new tactics were employed, like the square tatic and after 30 minutes of battle, the spanish army sounded the retreat. One of the stories told about this battle is about a baker woma, who got the nickname "Padeira de Aljubarrota" 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.

# CLIMATE



Portugal is one of the warmest European countries. In mainland Portugal, yearly temperature averages are about 15°C (55°F) in the north and 18°C (64°F) in the south.

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. During July and August, rounding between 35°C and 40°C (86°F - 95°F) in the interior of the country, 30°C and 35°C in the north, and occasionally reaching 45°C (113°F) in the south.

Autumn and winter are typically rainy and windy, yet sunny days are not rare either. Temperatures rarely fall below 5°C (41°F) nearer to the sea, averaging 10°C (50°F), but can reach several degrees below 0°C (32°F) further inland. Snow is common in the mountainous areas of the north, especially in Serra da Estrela.




# FOOD

The Portuguese love to eat and Portuguese cuisine is very good and very rich! Fish, seafood, wine, and delicious pastries; these are all popular parts of Portuguese gastronomy.

Portuguese are well known for their baking. Bread is essential and has always been present in Portuguese cuisine. We have plenty of great cakes and pastries that are worth trying to include the very well-known pastel de nata (Portuguese custard tart).

Wine consumption in Portugal is one of the highest in the world and Portuguese wines have been exported since Roman times.

We love to cook cod in many ways, some say there are 1001 of cooking it.

**To end this topic, you should know that in Portugal, we don't say, "This food is great", we say *"está de comer e chorar por mais"* and I want to hear you say that a lot.**

# PORTUGUESE PEOPLE



The best definition of a true Portuguese is always having time for a coffee break. The world may be ending and there will be time for a coffee break. But you need to know that a Portuguese coffee break can end up on a terrace with a fino in your hand and a plate of lupins. More often than not, when someone invites you to have a coffee after dinner, they probably want to get drunk.
Portuguese people are very hardworking, we are excellent hosts, we will always do our best to make you feel at home, we love to talk for hours, we value family and friends, and we are the funniest.

# IMPORTANT FACTS ABOUT PORTUGAL

- Portugal has a population of about 10 million.
- Capital and largest city: Lisbon (Fun fact:The legal capital of Portugal is still Coimbra)
- Currency: Euro (€)
- Religion: Roman Catholic (81%), other (19%)
- Driving side: Right
- Portuguese is the 5th most spoken language in the world. In Portugal, there are lots of people who can communicate in English, French, and Spanish, like us, BESTies.
- Phone Code: +351
- Emergency SOS 112

# Welcome to Coimbra

Now that we convinced you to come to Portugal you must visit Coimbra!
Coimbra was always an intellectual city and still is because it is a city with the oldest university in the country and one of the oldest in Europe.
Apart from attracting many European and international students, the university is visited by many tourists for its monuments and history.
The District of Coimbra has an area of about 3,956 km2. Roughly oblong-shaped, it extends inland from the Atlantic Ocean halfway across the country. Coimbra offers an outstanding example of an integrated university city with a specific urban typology as well as its own ceremonial and cultural traditions that have been kept alive through the ages.



## University of Coimbra

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 more than 8000 students and more than 300 senior professors that are dedicated 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 called the "capa e batina". This one was inspired in canonicals of Jesuits and, "capa e batina" inspired J. K. Rowling for Harry Potter!!!

# THINGS TO VISIT IN COIMBRA



## BIBLIOTECA JOANINA

where Portugal's earliest kings once lived in the 1720s.



## PEDRO AND INÊS BRIDGE



## PENEDO DA SAUDADE

it's a place for romantic encounters, and on the rocky walls of the garden are more than a century's worth of plaques inscribed with poems (some about love, others lamenting homesickness), or commemorating distant events in the university's past.



## QUINTA DAS LÁGRIMAS



## BOTANICAL GARDEN OF THE UNIVERSITY

One of the best parks;

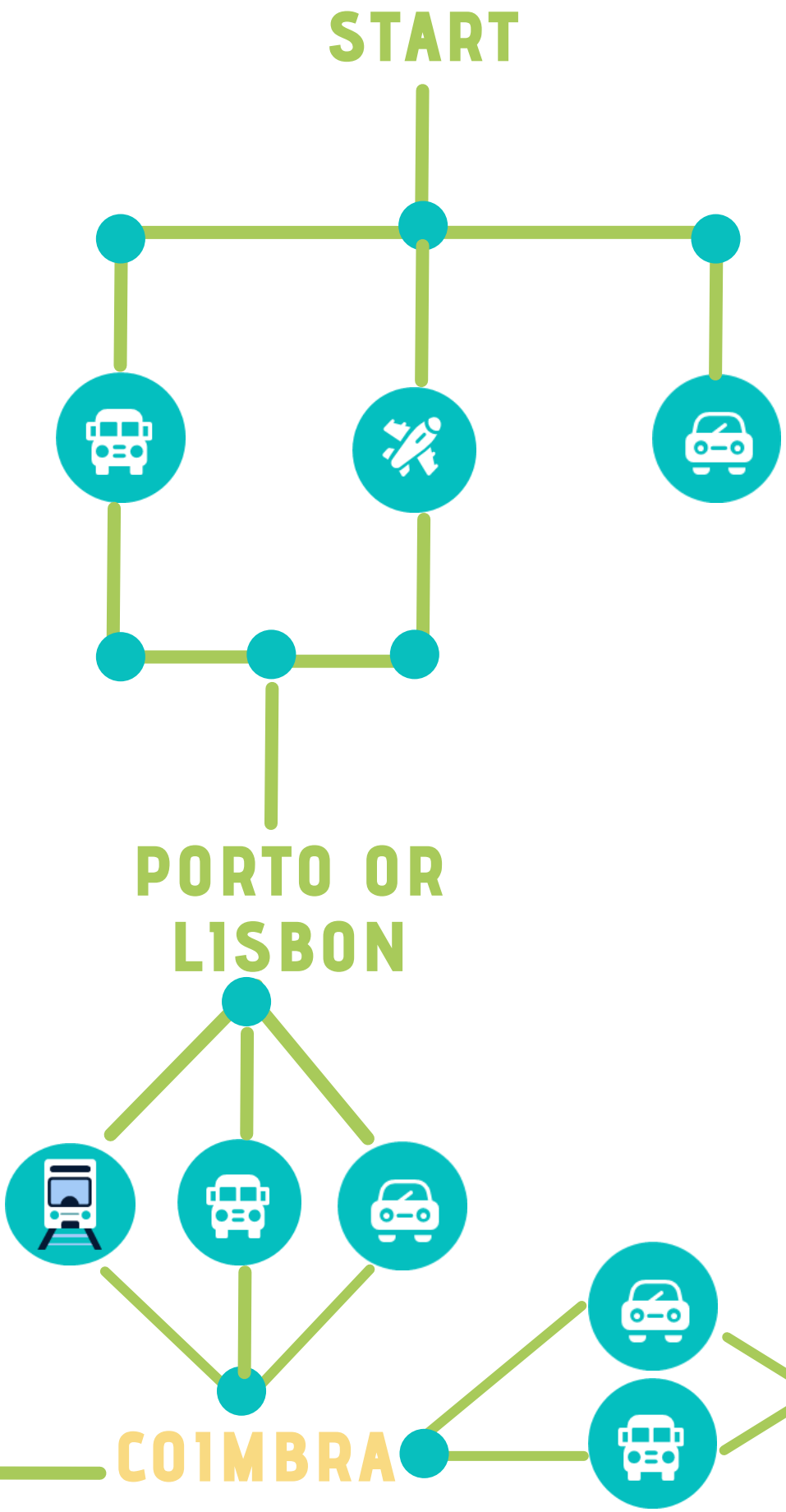
## OLD CATHEDRAL

was built not long after the victory of king D.Afonso Henriques over the Moors at the Battle of Ourique in 1139, and unlike other churches of its day has kept a lot of its Romanesque character. New Cathedral began as a Jesuit temple, and the exterior has a Mannerist and Baroque design.



# HOW TO GET TO COIMBRA

First, don't forget to comply with all the rules for each transportation in order to arrive here safe and COVID-free. You can check the rules here and there. If you have any doubt, feel free to approach the Core Team.



## By Plane

Although there's no airport in Coimbra, it probably will be the most common way to get to Portugal. There are some cheap flights with Ryanair (www.ryanair.com). Ryanair flies to Lisbon, Faro and Porto.
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. Otherwise Check flight options on www.google.com/flights or in another online flight search engine of your preference.

## By Bus

You have some options to come to Portugal by bus like:

Eurolines

Busabout provides tickets in increments of 2, 3 or four weeks for most European cities on its hop-on hop-off network. Busabout also offers Flexipasses allowing various days' travel within a set period and its main routes into Portugal are to Lisbon and Lagos in the Algarve from many European cities. There are reductions for passengers under 26.
https://www.eurolines.de/de/startseite/

Busabout

There are a variety of bus options from Spain into Portugal from Madrid, Sevilla and Granada with Eurolines and Busabout or with local operators: Avanza, Alsa (Spain) & Eva (Portugal).
Eva runs buses from Lagos-Sevilla via Huelva picking up in the main towns of the Algarve: Faro, Albufeira, Tavira. Eva offers a 3-day and 7-day bus pass for the Algarve. There is a Lisbon to Seville bus operated by Eva and Damas that leaves Lisbon at 10.30am arriving in Sevilla at 8.15pm (Spanish time).
https://www.busabout.com

FlixBus

You can check the origin, the destination and the schedule here https://global.flixbus.com.

## By Car

If you want to come by car we can help you along with Google Maps.

# HOW TO GET TO COIMBRA FROM LISBON?

The distance between Coimbra and Lisbon is 202.7 Km and there are two ways of travelling, by bus or by train.

## By Train

From the airport you can get a taxi to the Lisbon-Oriente Train Station – 10€ for approx 10mins of journey – or you can enter the Metro (red line, 1.50€). There are 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: www.cp.pt

Metro website: www.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 ~approx 5€.

Total expenses in the cheapest option are 22.05€.

## 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 Rede-Expressos to Coimbra, taking about 2.5 hours (14.5€).

Bus website: www.rede-expressos.pt

The bus station in Coimbra is located near the city center (Avenida Fernão Magalhães) Total expenses in the cheapest option: 19.60€

# HOW TO GET TO COIMBRA FROM PORTO?

## 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 a 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 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 transhipment in Aveiro, takes ~1h45, but only costs 8.55€.
Metro website: https://www.metrodoporto.pt
Train website: www.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 ~approx 5€.
Total expenses in the cheapest option: 19.60€

## 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 it to São Bento Bus Station is by taxi, but it is around 5€. From the terminal, there are frequent buses from the Rede-Expressos to Coimbra, taking about 1 hour and 30 minutes (12.50 €).
Bus website: www.rede-expressos.pt
The bus station in Coimbra is located near the city center (Avenida Fernão Magalhães). You can use one of the city buses too (line 5, 1.60€).
Total expenses in the cheapest option: 15.95€

# ONCE IN COIMBRA

## City Buses



They are yellow and white. Most of the lines are in service from 7 AM to 11:30 PM. A simple ticket in any bus costs 1.60€. The most useful for all of you will probably be the 5 or some variations of it (5T/5F), which go through the Coimbra-B Train Station, the Bus Station and the City Center. We can assure you that it's difficult to understand the affixed schedules, but as 5 is the most used line, you'll probably wait a max of 20 mins for the bus.
Website: www.smtuc.pt (you can also download the app on the playstore, which is named after Move it).




## Taxi

They are black and green or "Caucasian skin colour" (yeah we don't know what to call that anyway). They also have a green light on top. You can find them parked near every important place in the city, such as the Train or Bus Station. As Coimbra is a relatively small city, the fare will be at max 8€. You can call by the app Taxi-Link or use the contact +351 239 822 287.

## Bolt, Uber or Free Now

You have the app you can use one of these three options, they are valid in Coimbra. As we said, Coimbra is a relatively small city, the fare will be at max 8€.

# STUFF YOU NEED TO KNOW

## What to bring

We want you to be prepared for the best time of your life so you would need some of these items.

- 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
- Clothes for every kind of weather
- Photo camera (and Camera-PC Connection Cable, to transfer us the pictures)
- Beach stuff, Sunscreen (We don't want any more Lobsters!)
- Medicine (if you need and in case you get sick)
- Some currency (EURO €) for extra expenditures
- Towels, flip-flops and hygiene stuff
- Traditional clothes, song, flag/scarf from your country
- Masks and Hand Sanitizer Gel for at least 12 days
- Typical Food and Drinks for the International Evening
- Some anti-hangover potions
- A big smile and be prepared to kiss everyone twice in the cheek (at least)!
- Good mood and a lot of energy!! And of course... BEST spirit!! :D

# A few prices and useful information

## Shopping

Most shops in Coimbra open at 9 AM, take a 1h break between 12 AM and 1 PM and close at 7 PM. On weekends you will find many open on Saturday morning, and some of them even in the evening. Shopping centers, however, are open between 9 AM and 12 PM, 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 and pastry that you can taste. 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 to 18, anytime and in almost all the public places selling drinks and food. Portuguese laws don't restrict alcohol consumption unless you are going to drive (or pilot an aircraft of course). So the only way you can have trouble with the 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 catch 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 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) in a bar: 0,80€
- Student Meal: 2.40€
- Regular Meal: 3.5€ to 9€
- Banana (1 kg): 1.15€
- McDonalds Meal: 5.95€
- Coke (33cl) in a bar: 1.30€
- Cigarettes (Marlboro 24 cigarettes): 5,07€
- Beer (20cl) in a bar: 1€
- Beer (33cl) in a bar: 1.40€
- Shots: 1€ to 2€
- Expresso: 0,70€
- Cappuccino: 1.40€
- Condoms (12 units): 9€
- Postcard (+stamp for EU) : 1.20€
- Souvenir Magnet: 2€

# How to speak Portuguese and useful vocabulary

## Pronunciation

- "CH" is (SH) like charade in English.
- "LH", unfortunately, there is no English equivalent but it's like the "ll" in Spanish or the sound of "gl" in Italian.
- "NH" is like the French word "champagne" or Spanish "niño" or "canyon" in English. Once you hear the sound and imitate it, you'll see it isn't as hard as you thought.
- The Two Sounds of R, this might be easier for French or German people since they have the same sounds, but with a little practice, you'll get there! Imagine the sound of a dog when it's angry: "rrrr", it's something like that!
- The nasal sound ÃO, although I can't translate it into a specific word in English, try to say the word "now" or "oun" by squeezing your nose with two fingers in order to obtain a nasal sound. Now say them without squeezing.

## Numbers

- **1 dog** - um cão
- **2 dogs** - dois cães
- **3** - três
- **4** - quatro
- **5** - cinco
- **6** - seis
- **7** - sete
- **8** - oito
- **9** - nove
- **10** - dez
- **100** - cem
- **1000** - mil

## Words

- Coffee/Milk/Tea-Café/Leite/Chá
- Beer - Cerveja
- Cigarette-Cigarro
- Typical Food- Francesinha
- Ticket- Bilhete
- Sugar/Salt/Pepper- Açúcar/Sal/Pimenta
- Ice Cream - Gelado
- Candy - Doce
- Menu - Menu
- Bill - Conta
- Lift - Boleia
- Garden - Jardim
- Park - Parque
- Bridge - Ponte
- Square - Praça
- Museum - Museu
- Beach - Praia
- River - Rio
- Please - Por Favor
- Exit - Saída
- Station - Estação

# How to speak Portuguese and useful vocabulary

## Useful Sentences

- Hello - Olá
- Goodbye- Adeus
- Good morning/evening- Bom dia / Boa tarde
- Good night- Boa noite
- Yes- Sim
- No- Não
- Perhaps- Talvez
- What time is it? - Que horas são?
- Where 's the toilet? - Onde é a casa de banho?
- Please - Por favor
- How much does it costs? - Quanto custa?
- Bus to Coimbra - Autocarro para Coimbra
- Train to Coimbra - Comboio para Coimbra
- Do you speak english? - Falas Inglês?
- I want to go…. - Eu quero ir
- Where is/are - Onde está/estão
- Help me - Ajuda-me
- Help (Danger) - Socorro!!
- It's Hot - Está quente
- You´re handsome -Tu és bonito (fem:bonita)
- I like you - Eu gosto de ti
- Honey - Querida
- Kiss me - Beija-me
- Lips - Lábios

## Funny sentences

- Estou feito bife! (is done to the beef) - I have a problem!
- És boa como o milho! (as good as corn) - You are sexy!
- São muitos anos a virar frangos! (spent many years turning chickens) - I am very experienced!
- Tira o cavalinho da chuva! (takes his little horse away from the rain) - Give Up!
- Estou na merda! (I am in shit) - I am all fucked up!
- Fico fodido! (I get fucked) - I am getting upset!
- Desemerda-te! (Unshit yourself)



# Can't wait to meet you!

Did you get lost? Police arrest you? Did you fall in the river? Don't worry and call our amazing MO's :).



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