



ECTS Information Package 2009-2010

This is the basic ECTS Information Package of the ESEPF.

You can find any information related to institutional information about the ESEPF, available courses, evaluation procedures, application to the Erasmus mobility programme and formalities to get into Portugal, Porto's living conditions and lodging, among others.

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Institutional Information

NAME, ADDRESS AND OTHER FORMS OF CONTACT

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BRIEF DESCRIPTION OF THE ESEPF

School of Education Paula Frassinetti (better known in Portugal as ESE de Paula Frassinetti - ESEPF) is owned and operated by the Institute of the Sisters of St. Dorothy. This Institute, which has its origins in Quinto-Genoa (Italy), was founded by a young Genoese woman, Paula Frassinetti, in 1834 and is situated in several countries of four continents. Here, in Portugal, their presence dates back to 1866.

ESEPF was one of the first institutions founded by this Institute in Portugal, on the 22nd of October 1963, as a training pre-service kindergarten educator. Nowadays it's a reference, with a relevant historical portfolio on the social and human domain poles. In Portugal, the School of Educators Paula Frassinetti was the first private school of educators on the North of the country and was a pioneer on the construction of a social professional statute for early childhood educators. It was converted in 1988, by the Decree-Law 407/88 of the 9th of November, into SCHOOL OF EDUCATION PAULA FRASSINETTI. The ESEPF, located in the centre of the city of Porto, in the North of Portugal, is a School of Education expanding itself by offering a diversity of training courses in the fields of Primary School Education, Social Education, Special Needs Education and Psychological Sciences. Very well equipped with Information and Communication Technologies, it offers to all (teachers and students) wireless access to Internet and Intranet, data projection in almost every classroom and ICT on education subjects in all courses.

Grounded on history and society, this School believes from its beginnings on an integral and inclusive education.

Paying attention to present needs and prospecting the future, it sought to educate by clarifying values that give sense to life:

- Autonomy, freedom and responsibility
- Openness to transcendence
- Sensitiveness to humankind
- Respect to life and individual diversity
- Sharing and solidarity
- Faith
- Scientific and Professional expertise
- Citizenship
- European spirit

Visualization and location of the ESEPF: http://www.esepf.pt/p_escola/contactos.php



Academic Calendar

Academic calendar established for 2009-2010:

- Beginning of 1st Semester: September 7th
- Evaluation Period: January 11th to January 22nd
- Recourse Period: January 25th to February 6th
- Beginning of 2nd Semester: February 8th
- Evaluation Period: June 14th to 30th
- Recourse Exams: July 1st to 14th
- Christmas Holidays: December 19th to January 2nd
- Carnival Holidays: February 15th and 16th
- Saint Paula's Celebration: March 3rd
- Easter Holidays: March 27th to April 5th
- Queima das Fitas: May 3rd to May 8th

The academic calendar is organized in two semesters and changes can occur, but one will be properly informed of them.



Courses (offered in the scope of the mobility 2009-2010)

UNDERGRADUATE COURSE ON PRIMARY EDUCATION

CURRICULAR UNITS - 1 st Semester	ECTS	CURRICULAR UNITS - 2 nd Semester	ECTS
Oral and Written Communication Techniques	6	Language Laboratory	6
Development of Mathematics Logical Thinking	6	Mathematics Communication	6
History and Geography of Portugal – History Domain	5	Environment Sciences	4
Earth Elementary Sciences	5	Physical Expression	6
Arts & Education	6	Personal Development and Christian Humanism	2
Conceptual Principles of Practices in Education I	2	Conceptual Principles of Practices in Education II	2
Language Development	6	Child and Adolescent Psychology	4
Numeric Structures	6	Geometry Topics	6
Life Sciences	6	Child Health – Prevention and Intervention	5
Contemporary Themes of Education	4	History and Geography of Portugal – Geography Domain	5
Investigation, Informatics and Education	4	Musical Expression in Childhood	6
Introduction to the Professional Practice I	4	Educational Psychology	4
Theories and Practices of Text Analysis	6	Introduction to the Professional Practice II	4
Plastic Expression	6	Didactics of Reading and Writing	4
Didactics of Environment	4	Childhood Literature	6
Dramatic and Movement Expression	6	Didactics of Mathematics	4
Methodologies of Education Intervention	4	Didactics of Expressions	4
Introduction to the Professional Practice III	4	Introduction to Statistics	6
		Intercultural Approaches and Citizenship	2
		Introduction to the Professional Practice IV	4

UNDERGRADUATE COURSE ON PSYCHOLOGICAL SCIENCES

CURRICULAR UNITS - 1 st Semester	ECTS	CURRICULAR UNITS - 2 nd Semester	ECTS
History and Systems of Psychology	5	Psychology of Development II	6
Statistics I	4	Statistics II	4
Psychology of Development I	6	Biology II	5
Introduction to Social Sciences	5	Methodologies of Psychological Observation I	5
Biology I	5	Emotional Intelligence and Identity Formation	5
Oral and Written Communication Techniques	5	Option *	5
Psychophysiology	5	Psychology and Justice	5
Methodologies of Intervention in Psychology I	5	Methodologies of Intervention in Psychology II	5
Methods of Psychological Observation II	5	Educational Psychology I	6
Social Psychology	5	Theory of Personality II	5
Theory of Personality I	5	Group Psychology	4
Option *	5	Option *	5

* The optional curricular units are available at the beginning of each semester



UNDERGRADUATE COURSE ON SOCIAL EDUCATION

CURRICULAR UNITS - 1st Semester	ECTS	CURRICULAR UNITS - 2nd Semester	ECTS
Social Pedagogy	6	Information and Communication Technologies in Education	5
Sociology and Non Formal Education	5	Childhood and Youth Issues	4
Techniques of Oral and Written Expression	6	Education for Movement	4
Developmental Psychology	4	Workshop on Artistic and Handcraft Expression	6
Christian's World Vision	4	Reading Workshop	6
Drama Expression	5	Methodologies of Educational Intervention in Social Education	5
Anthropology Applied to the Community Work	4	History and Geography Themes	6
Risk Population and Educational Intervention	5	Families and Social and Educational Intervention	4
Musical Expression	4	Psychosociology of the Deviating Behaviour	4
Adulthood and Ageing Issues	4	Option *	4
Environment Education	5	Option *	4
Internship I	8	Internship II	8
Education and Community Intervention	5	Ethics and Professional Deontology	4
Special Needs Education and Social and Educational Intervention	4	Professional Internship	26
Legislation and Social Politics	5		
Education for Health	6		
Option *	5		
Option *	5		

* The optional curricular units are available at the beginning of each semester

MASTER IN SCIENCES OF EDUCATION – SPECIALIZATION IN SPECIAL EDUCATION

(After work lecturing course)

CURRICULAR UNITS - 1st Semester of formation	ECTS	CURRICULAR UNITS - 2nd Semester of formation	ECTS
Complex Issues of Heterogeneity	12	Complex Issues of Differential Intervention	12
Quality and Educative Contexts. Politics and Organisation	10	Quality and Educative Contexts. Methodologies and Resources	8
Methodologies and Techniques of Educational Investigation	8	Communication and Languages	10
Dissertation Preparatory Seminar	10	Dissertation *	50
Dissertation *	50		

* Annual Curricular Unit



MASTER IN COMMUNITY INTERVENTION – SPECIALIZATION IN HEALTH EDUCATION, RISK CONTEXTS OR ACTIVE AGEING

(After work lecturing course)

CURRICULAR UNITS - 1st Semester of formation	ECTS	CURRICULAR UNITS - 2nd Semester of formation	ECTS
Deep Issues in Communitarian Intervention	7	Local Development Dynamics	5
Emotional Education	5	Sociology of Organisations	5
Social and Cultural Anthropology	5	Project Work	30
Social Politics	6	<i>Specialisation area in Health Education</i>	
Communitarian Psychology	7	Health Anthropology	6
Methodologies and Techniques of Social and Educational Investigation	8	Public Health, Education and Social Work	7
Seminar for the Project Work	10	Social and Educational Intervention in Health Contexts	7
Monitoring of the Project Work	12	<i>Specialisation area in Risk Contexts</i>	
		Intercultural Pedagogy, Migrations and Citizenship	7
		Contemporary Perspectives of Social Exclusion	7
		Violence at Present-Day Society	6
		<i>Specialisation area in Active Ageing</i>	
		Programas Educativos para a 3ª Idade	6
		Institutionalisation at the 3rd Age	5
		Active Aging: 1. Biological Dimension	
		2. Psychological Dimension	
		3. Social Dimension	
		4. Demographic Dimension	9

NOTE: Classes are taught in Portuguese. Therefore, you are advised to have some knowledge of Portuguese before travelling to Porto. However, for studying or evaluation purposes other languages can be allowed, namely English, French and Spanish. This has to be discussed with the teacher on a particular basis.

STUDENT'S EVALUATION

<http://ecampus.esefrassinetti.pt/moodle/mod/resource/view.php?id=4820>

SYSTEM OF CLASSES ATTENDANCE

Students can only miss 1/5 of the total number of hours of a specific curricular unit.



Portuguese Language and Culture Courses

Before leaving to Porto foreign students are advised to learn Portuguese, although this is not a pre-requisite. However, all the course contents are taught in Portuguese. Moreover, learning a foreign language is one of the biggest advantages of mobility programmes. In addition, it is also a great opportunity to learn one of the ten most spoken European languages in the world (with about 200 million speakers).

ESEPF gives foreign students the chance of attending an Introduction to Portuguese Language and Culture course.

This course has the duration of 30 hours and, in the end, students with a pass shall be awarded a certificate.



ECTS application in ESEPF

ECTS CREDITS

ECTS credits are a numerical value (from 1 to 60) allocated to each course unit, representing the student workload required to complete them. They just show the quantity of work each course unit requires in the institution or department which allocates the credits, in relation to the total quantity of work necessary to successfully complete a full year of academic studies at the institution: lectures, practical work, seminars, individual study and examinations or other forms of assessment. Therefore, ECTS credits are a relative rather than an absolute measure of the students' workload. These credits are based on a full student workload, not limited to the number of contact hours.

ECTS credits do not take into account the difficulty or the level of the course unit, the kind of work required or its optional or compulsory nature. It is up to each institution to be consistent in allocating credits and to establish the criteria used, as well as to decide on the most adequate grade awarded to the student.

Within the ECTS, 60 credits represent one-year academic workload, 30 credits represent a semester and 20 credits a term. Therefore, it is guaranteed the workability of the programme, regarding the workload during the period the student studied abroad.

HOW DOES ECTS WORK?

ECTS students must fulfil the general conditions of eligibility for an ERASMUS student. Students will be awarded full credit for all the academic work successfully done at any of the partner institutions and will be able to transfer those academic credits from one institution to another. This is always according to the agreement reached on the study programme between the student and the home and host institutions.

Most ECTS students travel to a single host institution in one country, where they study for a limited period of time and then return to their home institution. The credits are transferred and students will precede their studies at the home institution without any loss of credits or even time. Students, who choose to stay at the host institution or move to another host institution with the aim of completing their degree, must obtain the agreement of the institutions involved and meet the criteria required by the host institution.

ECTS GRADING SCALE

The ECTS grading scale is not going to replace the local grading system. In fact, it aims to give additional information to the grades awarded to the student. The ECTS grades complement the information regarding the grades awarded to students. However, their transfer can only be carried out effectively by means of a European-wide "common scale". To obtain a 10-25-30-25-10 pattern, the boundaries between grades would be drawn at 10%, 35%, 65% and 90% of the total number of successful students. So, the following table was adopted:

ECTS Grade	% of passing students	Definition
A	top 10% (90%–100%)	EXCELLENT - outstanding performance with only minor errors
B	next 25% (65%–90%)	VERY GOOD - above the average standard but with some errors
C	next 30% (35%–65%)	GOOD - generally sound work with a number of notable errors
D	next 25% (10%–35%)	SATISFACTORY - fair but with significant shortcomings
E	next 10% (0%–10%)	SUFFICIENT - performance meets the minimum criteria
FX	---	FAIL - some more work required before the credit can be awarded
F	---	FAIL - considerable further work is required



APPLICATION TO ERASMUS/ECTS AT ESEPF

Erasmus students whose institutions use the ECTS system should fill in the following forms, which should be available at the home institution:

- Student Application Form - this is the formal document used by students to apply to a host institution (http://www.esepf.pt/p_en_es/docs_en/applic_form_09.pdf);
- Learning Agreement - the parties (host and home institutions and the student) agree on the study programme (http://www.esepf.pt/p_en_es/docs_en/learn_agreem09.pdf);
- Transcript of Records - document which entails the transfer of ECTS credits. It contains a register of the results achieved by the students before and after their period of studies abroad, listing for each subject the ECTS credits and the results obtained according to the local grading scale and the ECTS grading scale. The Transcript of Records is drawn up in such a way so as to be clearly understood by all partner institutions, representing a common means of academic recognition and mobility within partner institutions.



Formalities for entering and studying in Portugal

OFFICIAL APPLICATION, APPLICATION FORM AND LEARNING AGREEMENT

Students who intend to spend a study period at the ESEPF should fill in the Student Application Form (http://www.esepf.pt/p_en_es/docs_en/applic_form_09.pdf), so as to make their application official, with the help of the teacher responsible for the mobility and the local coordinator. This form includes information such as personal data, home institution data, language skills, former and current studies, study period abroad, language course and accommodation.

Students should also fill in the Learning Agreement - http://www.esepf.pt/p_en_es/docs_en/learn_agreem09.pdf - with the assistance of their teachers. In addition, the students must mention the study programme they intend to proceed (including the course code and the number of ECTS credits allocated). When filling in this learning agreement, students are advised to request the assistance of their home institution and the teachers responsible for the mobility.

The Student Application Form and Learning Agreement have to be signed by the student, by the home Institution (Institutional Coordinator, Local Coordinator and teacher responsible for the mobility) and sent as soon as possible to the Institutional Relations Centre (CRI - Centro de Relações Institucionais) of the ESEPF. They shall be returned after the Institutional Coordinator and Professor's Responsibility for the Mobility of the ESEPF sign them.

For several circumstances (the same timetables, changes to the curricula, incompatibility of the chosen courses, etc.), students may need to change the study programme agreed upon previously, prior or after their arrival at the host Institution. These changes have to be accepted by the parties and the document must be signed again. All the parties involved should keep a copy of the new document and a new document should be prepared regarding academic recognition.

Although applicants should fill in the forms of the ESEPF, forms of Partner Institutions are also accepted.

TRANSCRIPT OF RECORDS

The transcript of records contains the academic records of the students, including ECTS credits, marks obtained by the student and the corresponding ECTS grades. The combination of ECTS credits and grades shows both the quantity and the quality of work carried out by the student during that specific period.

The transcript of records is really the main document that enforces academic recognition and the transparency in the transfer of ECTS credits, and can be used as a proof of studies carried out in other countries.

Before leaving, students should attach the transcript of records to their Application Form, which are both to be sent to ESEPF. Data unavailable by the time of the application (such as grades obtained in the current academic year) shall be provided at a later time.

Sending their transcript of records before leaving to Porto, foreign students allow the Coordinators of the ESEPF to ensure that the level of the course units provided is adequate, and making it easier to approve a specific programme of studies.

DOCUMENTS THAT ONE MUST NOT FORGET

Making sure you have the adequate documents before departing to Porto is essential. These are some of the documents you may need:

- ID document (Passport/ID Card);
- 2 passport photos;
- Photocopy of the Inscription in the local institution or student card;
- European Health Insurance Card or Private Insurance Forms.

Students shall get information in their own countries about these card or forms because with these they can use the social insurance services like any other Portuguese student.



DEADLINE

The deadline to receive applications (application form and learning agreement) is:

- 1st Semester or to the academic year: 30th June
- 2nd Semester: 30th November

FEES

The Lifelong Learning Programme - Erasmus presupposes fee waving at the host institution, including fees due to registration, exams, access to laboratories and libraries.

Therefore, this is applicable to all foreign students spending a period of studies at the ESEPF within the scope of the Lifelong Learning Programme. As an Erasmus mobility student, you are nonetheless responsible for small charges, such as photocopies, etc. – as is the case of national students.

EUROPEAN HEALTH INSURANCE CARD

One of the problems students face when they decide to spend a study period abroad is health care. Community provisions on social security provide some solutions on this matter – the European Health Insurance Card (<http://ec.europa.eu/social/main.jsp?catId=559&langId=en>).

This card is available to European citizens who are travelling within the European Economic Area, (i.e. the European Union, Norway, Iceland and Liechtenstein) and Switzerland, for private or professional reasons.

This document allows students from another Member State or country of the European Economic Area (EEA) or from Switzerland to be assisted in case of sickness or personal accident, thus taking advantage of a wider coverage in terms of health care. The European Health Insurance Card, to be requested to the social security service of your country, is a proof that you are registered in that social security service and allows you to take advantage of health services in Portugal. In this case, students will be asked to pay as much as national citizens under the same circumstances.

Health Insurance

The European Health Insurance Card form is part of an agreement between the Member States of the European Economic Area (EEA) and Switzerland. However, there are other agreements between Portugal and other countries outside the EEA. Students from those countries should ask for further information in their own country before travelling to Portugal. If they fall outside the system mentioned above, students must get a health insurance, which will provide them with health care during their stay in Portugal. Without one of these students will have to pay for the respective health treatment.

Civil Liability Insurance

This cost-effective insurance is not compulsory, but is recommended, since health insurance policies and the European Health Insurance Card do not cover civil liability (damage caused to third parties) of your daily activities (outside ESEPF activities, which are covered by School insurance).

Personal Physical Accidents Insurance

This insurance is not compulsory but is recommended. Besides covering personal physical accidents in your daily life, this insurance often provides you with repatriation insurance, in case of sickness or accident (depending on the insurance policies).

FORMALITIES AT THE ARRIVAL

Documentation

It is important to send papers in advance, fully filled in. One shall also arrive at Institutional Relations Centre (CRI) with all the needed documentation and inform CRI about one's arrival date, so that everything is carefully planned.

Once the foreign student arrives at Porto shall contact ESEPF to assure that everything runs properly and to obtain documentation and information about different subjects.

We advise the student to arrive neither during weekends nor out of the ESEPF's schedule.



Lodging (Accommodating)

ESEPF does not provide accommodation and the students are free to seek a place to live. However we can advise you in your choice. (Contact: isa.claudia@esepf.pt)

Enrolment

When the students arrive to ESEPF, they will get an application form to enrol at secretary services.

Students must already be enrolled at their home institution. Therefore, they must present to the secretary services the proof of that inscription or a specific students' card.

The student's correct enrolment is also a guarantee that he/she will be included in the book of records ('livro de termos'), in which his/her marks will be registered.

Disabled Students

Disabled students should inform the CRI in advance.

Further assistance will be provided in these cases, especially by the Student Aid Office (SAO).

Social and Cultural Integration

The welcome and cultural integration of the students is in charge of the GAE, CRI and the Students' Union. The learning of the Portuguese language and the social environment will ease this integration.

The responsible teacher for the mobility must also keep up with the student's school life, so that problems don't occur.

How to reach to Porto and to the ESEPF

PORTO'S LOCATION

Located in the North of Portugal, and with land and aerial accesses, it is quite easy to get to Porto.



HOW TO GET TO PORTO BY AIR

You can get to Porto by plane from almost anywhere in the world. The Porto airport is called Francisco S. Carneiro International Airport - OPO (+351 229432400) (www.ana-aerportos.pt), and is located 11 km North of Porto. The Portuguese main air carrier is TAP Air Portugal, with offices in the main cities. PGA - Portugália Airlines also grants air connections to many other cities. Moreover, there are a great number of other international air carriers flying to Portugal.

You can get from the airport to the city centre using:

Metro

www.metroporto.pt

Line E (Violet) connects Airport Station to Estádio do Dragão Station, and, naturally, to all metro's network.

The service defined for Line E (Violet), Airport – Estádio do Dragão, assure direct links (without any overflow) and very fast (trip times around 30 minutes) to the Porto city centre.

Airport Station is located just in front of the arrivals zone of the International Francisco Sá Carneiro Airport, in parallel with the two existing road ways. Nevertheless, the person's circulation between both the equipments is guaranteed by a proper underground passage. When arriving at the Airport Station, people only needs to go down a floor and, in little less than 50 meters walking, they are inside of the Airport. Equally, the access to the Station from the interior of the Airport is extremely simple and practical, being fully signalled. This service is available from 06.00 to 01.30. The ticket costs 1.45 EUR.

Buses

www.stcp.pt

There are three regular STCP bus services (buses 601, 602 and 604), which can take you from the airport to the various parts of the city. For these services the ticket costs 1.45 EUR and can only be used for that trip.

Taxi Services

Taxi services are available at the airport. Just for your own reference, travelling from the airport to the city centre by taxi costs about 20 EUR. Luggage over 55x36x20cm implies it has to be carried in the boot - therefore an additional fee can be charged (1.60 EUR). Transportation of cradles, baby carriages and wheelchairs is free of charge. On Saturdays, Sundays and holidays and on working days from 21.00 to 06.00 an additional 20% is charged. If you try to reach a taxi through telephone, additional 0.80 EUR will be charged. Tips are up to the client. Prices charged per trip are the same regardless of carrying 1, 2, 3 or 4 passengers.



Rent-a-Car

There are several rent-a-car services at the airport. To rent one of these cars, you just have to go to the respective rent-a-car counter or contact a travel agency once you arrive at Porto.

HOW TO GET TO PORTO BY LAND

You can also get to Porto by bus, by train or by car.

Roads

New roads are always being built which allow an easier access to the main cities in the country. There are 3 motorways leaving from Porto: to Lisboa (A1); to Minho (A3); and to Trás-os-Montes (A4). There is also a toll-free motorway connecting Porto to Valença (IC1).

A big network of buses connects Porto to several other European cities. The main bus companies are Rede nacional de Expressos (www.rede-expressos.pt), in Rua Alexandre Herculano (+351 222006954), and InterNorte (www.internorte.pt) in Praça da Galiza (+351 226052420). This company has bus connections to most European capitals, through connections to Paris.

There are also several other bus companies connecting Porto to the North (Rua Alfredo Magalhães) and to many other destinations (Campo 24 de Agosto, in Central Shopping).

Railway transports

www.cp.pt

You can also get to Porto by train from about anywhere in Europe. Porto has 3 main railway stations:

- Estação de Campanhã (+351 225364141) - which provides international connections and connections to Lisboa, Douro and Minho;
- Estação de S. Bento (+351 222002722) - which provides connections to Galicia, Douro and Minho, as well as to Aveiro;
- Estação de Contumil – which provides connections to Braga, Guimarães and Marco de Canaveses.

City transports

The main means of transport are the city bus (STCP - www.stcp.pt) and Metro do Porto (www.metrodoporto.pt)

A bus ticket to travel within the city is cheaper if you buy it in advance than if you buy it in the bus. A daily ticket is also available (to travel for an unlimited number of trips in any STCP, Underground or CP/USGP services) for 5.00 EUR or for 11.00 EUR (three days).

Metro do Porto allows people to move around more easily, thus improving the quality of life in the city. With 70 metro stations (55 on the surface and 15 underground), the construction of the network was started in 1999, and 5 lines are now operational.

HOW TO GET TO THE ESEPF

Here you can find a map of the ESEPF's location with the number of the buses (STCP) and the metro's line which take you there.





Living in Porto and studying at the ESEPF

THE CLIMATE

Climate in Porto is typical of Atlantic regions: damp but temperate and with cold nights. In the Winter rainfall is very frequent, but it hardly ever snows and the temperature almost never drops below 0 °C. In the Summer, the temperatures rise, and the warmest months of the year are June, July and August: temperatures range from 20 °C to 35 °C. September, October, April and May are intermediate, with periods of atmospheric instability: quite frequently foggy mornings are replaced by sunny afternoons, or rain showers alternate with periods of bright sunshine. You are therefore advised to bring some warm clothes for the colder days.

TELECOMMUNICATIONS

To call to Portugal you should dial the international code +351.

To call abroad from Porto, you should dial:

00 + international code + area code + phone number.

The area code of Porto is 22 (from any place in Portugal or other country).

Example: 225573420 (connection to the ESEPF)

Therefore, to call the ESEPF from abroad, you should dial:

The int. code	Porto local area code	Phone number
+351	22	5573420

PORTUGUESE TIME

Portugal (continent) and the archipelago of Madeira have same time as GMT (one hour earlier than the Continental European Time - CET) and one hour later than the Azores. In March and September, after the Equinoxes, the legal hour is changed: time is pushed forward one hour ahead in March and delayed one hour in September, in all the Portuguese territory.

CURRENCY

The currency in Portugal is the Euro. The introduction of the Euro took place in 1999, through operations on the money, exchange and financial markets. However, for most operations, transition to the Euro took place only after the physical introduction of coins and banknotes on January 1st, 2002.

HOLIDAYS AND FESTIVITIES

1st January (New Year's Day)

Carnival (February - Tuesday)

Good Friday (March/April)

Easter (March/April)

25th April (Liberation Day)

1st May (Labour Day)

Corpus Christi (May/June)

10th June (Day of Portugal, Camões and Portuguese communities/National Day)

15th August (Nossa Senhora da Assunção/Assumption)

5th October (Republic Implantation Day)



1st November (All Saints Day)

1st December (Restoration of the Independence Day)

8th December (Imaculada Conceição/Immaculate Conception)

25th December (Christmas Day).

There is also the official city holiday, such as the Saint John's Day (to Porto), on June 24th.

WEIGHTS AND MEASURES

The only system which is used in Portugal is the metric system - metres (m), kilogrammes (kg), litres (l) and cubic metres (m³) for fluids. Clothes and footwear are according to standard European sizes.

ELECTRICITY AND ENERGY

220/380 volts, number of cycles: 50 Hertz. The sockets which are used in Portugal are according to the European standard. However, American plugs can be used with a transformer and an adapter unit. The most common kind of energy used in Porto is electricity (EDP/EN - Electricidade do Norte, SA, www.edp.pt tel.: 800 505 505). The city is now being supplied with natural gas. Throughout the country bottled gas is also used.

ROAD TRAFFIC

In Portugal you are obliged to drive on the right. Speed limits for cars and motorbikes are the following: 50 km/h (in towns), 90 km/h (out of towns) and 120 km/h (motorways). Vehicles coming from the right take priority, except if it is signalled otherwise. In circus, priority is given to those already in the circus. People driving with over 0.5 g of alcohol per litre of blood may be fined, have their driver's license confiscated or even can be arrested. Seat belts must also be worn at all times by drivers, front seat passengers and back seat passengers in cars that have them fitted. In addition, it is illegal to ride a motorcycle without wearing a helmet.

In zebra crossings, pedestrians take priority, except if the traffic lights show otherwise. However, drivers do not always respect this rule, so it is better that before crossing the streets, you make sure that you are doing it safely.

COST OF LIVING

Portugal has a relatively low cost of life, when compared to other EU Member States, but some products might be more expensive here than in other European countries. Here you can find some examples:

Accommodation: between 125 EUR and 200 EUR

Meals: between 150 EUR and 225 EUR

Transports: 23.45 EUR (for a Z2 Andante Monthly Pass)

Diary products:

- a carton of milk - 0.60 EUR
- a bottle of water (1.5 l) - 0.40 EUR
- a piece of bread - 0.10 EUR
- 1 kg of rice - 0.60 EUR
- 1 coffee (expresso) - 0.60 EUR
- 1 meal – 3.50 EUR (in the canteen)

Newspapers - 0.90 EUR (daily) and 2.80 EUR (weekly)

Cinema - 4.50 EUR (Student ticket)



EMERGENCY SERVICES AND PHARMACIES

If the student doesn't have the European Health Insurance Card, the ESEPF advises to get a private insurance because the school insurance has some limitations.

Emergency Services

Emergency services in hospitals are operational 24 hours a day. The two main hospitals in Porto are Hospital Geral de S. João (22 502 71 51) and Hospital Geral de Santo António (22 207 75 00). There are also many other health centres and clinics in the city, both public and private. Some of these are also operational 24 hours a day.

Access to private health centres requires the payment of the respective charges or, alternatively, a valid health insurance. To have access to public health services, all you need is the European Health Insurance Card. In this case, you just need to pay for a small fee ("taxa moderadora").

Like in most European countries, the national EMERGENCY number is 112.

Pharmacies

Most pharmacies are open from Monday to Friday, from 9.00 to 19.00, and from 9.00 to 13.00 on Saturdays. They are closed on Saturday afternoons, Sundays and holidays. Most pharmacies do not close for lunch.

So as to provide their customers with an adequate service, the Portuguese pharmacies are always available, by means of a shift system, which enables them to open non-stop. Pharmacies on duty are open until 22.00. After this, there is always an expert on duty that will serve you. In some locations, besides the pharmacies that are on duty, there are some pharmacies open until 22.00.

Each pharmacy shows a list of pharmacies on duty in the area. Moreover, the list of pharmacies on duty is also published in the local newspaper everyday.

BANKS

Banks are open from Monday to Friday, from 8.30 to 15.00, closing on public holidays. However, some branches are open until late. All of them enable you to exchange money or make cash withdrawals with your credit card, but you will be charged a fee.

There is a wide network of automatic teller machines ("Multibanco") all over the country. These allow you to carry out a number of operations, 24 hours a day - including withdrawals with bank cards such as Visa, Eurocheque, American Express, Master Card, Maestro, Plus, Electron, Cirrus, Clau (Andorra), 4B (Spain), Banksys (Belgium), etc.. The maximum amount which you are allowed per day is 200 EUR.

All the students will be given the chance of opening a new account if they wish so.

Cards

In case of loss or theft of your credit card, you can reach the following lines, apart from the services you have in your home country:

VISA: 800 811 824 (free call) or 213159856

American Express: 800 20 40 50 (free call)

Master Card: 800811272 (free call)

WATER SUPPLY

Running water is drinkable in almost every corner of Portugal. In Porto, the quality control of the water is guaranteed by Águas do Porto EM (www.aguasdoporto.pt - Tel.: 800 206 235). In addition, excellent mineral water is available in Portugal and the same happens with natural sparkling water.



GARBAGE DISPOSAL

In Porto, waste is picked up from Monday to Friday after 20.30, depending on the area of the city. The City is responsible for waste disposal. But, people are asked to place their waste out in adequate containers after that specific time, so it can be collected. Waste disposal before the requested time implies the payment of specific fines.

To provide the best possible environment in the city, there is also a vast network of Ecopontos (www.pontoverde.pt), where the inhabitants may proceed to the disposal of waste eligible for recycling.

SECURITY SERVICES

The most common security services in Porto are PSP - Polícia de Segurança Pública and GNR - Guarda Nacional Republicana (www.gnr.pt). PSP acts mostly in urban areas whereas the GNR acts mainly in less populated areas. There are also other police services, such as GNR-BT (Traffic brigade of the GNR), PJ (Judiciary Police, which is responsible for crime investigation) and the local police (Polícia Municipal).

TRANSPORTS

The Sociedade de Transportes Colectivos do Porto (STCP - www.stcp.pt) is responsible for the bus service in the urban and suburban area of Porto. Entrance in the bus is made from the front door. You have to exit it from the rear door. Queues at the bus stop starts by the bus stop sign to its right.

If you intend to use the bus occasionally, you should buy a ticket in advance. You can buy this ticket, know as "précomprado", at STCP shops (including Andante - www.linhandante.com) shops, bookshops and newsstands. One ticket bought in advance costs 1.75 EUR and allows you to travel twice within the city of Porto (T1). A pack of 10 tickets to travel within this area (T1) costs 7.40 EUR.

You can also purchase tickets from the bus driver, but the price is considerably higher: 1.45 EUR, which you can use only for that trip.

If you intend to travel more often, you can also buy a monthly pass, which is available in several different options. A monthly pass, which allows you to travel for an unlimited number of times within the city (A), costs 23.10 EUR. To have a monthly pass you need to buy in advance a card, which costs 5 EUR.

Alternatively, you can use the Andante in any STCP bus.

The urban and suburban area of Porto also has a light rail service, known as Metro do Porto. The Metro do Porto (www.metrodoporto.pt) presently has 5 operational lines: Line A: Estádio do Dragão – Senhor de Matosinhos; Line B: Estádio do Dragão – Póvoa de Varzim; Line C: Estádio do Dragão – ISMAI; Line D: Hospital de S. João – D. João II; Line E: Estádio do Dragão – Airport. The network of the Metro do Porto is growing gradually, so that two new lines are already planned: Line F: Belchior Robles – Casa da Música; Line G: Casa da Música – Santo Ovídio.

To travel in Metro do Porto you need a ticket called Andante. Andante is a travel system which allows to travel with the same card (a magnetic card) in different means of transport (bus, light rail and train) of different companies (STCP buses, Metro do Porto, CP and other companies). This card is available in two versions and can be used for an indefinite amount of time:

- Andante Azul: blue paper card, without your ID, which is meant to be used occasionally. This card costs 0.50 EUR and may be topped-up with any number of trips in the stops of Metro do Porto, Andante shops and Payshop Agents (www.payshop.pt). You may top-up the Andante Azul with single trips or tickets for regular travel such as daily tickets, called Andante 24. You can top-up your card with the number of trips you wish. The Andante also allows you to change the type of trips in your card: you may, for example, change from Andante Z2 (which allows you to travel in 2 zones) to Andante Z3 (which allows you to travel in 3 zones). However you can only make these changes when your ticket has run out of trips.
- Andante Gold: this version of Andante, which costs 5.00 EUR, is aimed for frequent travellers. Andante Gold is a plastic golden card which can be topped up with any type of Andante trips: monthly passes, Andante 10/16, single tickets and Andante 24 (daily ticket). You can change the contents of your card anytime in Andante shops. You can also top it up in Andante shops, STCP shops, Payshop agents and in the Multibanco network. As it is issued with your ID, the Andante Gold can only be used by yourself.

If you use the Andante as a monthly pass, please note that you can only use it within the corresponding areas ("zonas"). If you have a blue Andante the number of areas is flexible. This means that the number of areas you travel is counted from the place



where you touch your Andante for the first time, and within one hour. The Andante single tickets, however, are only valid to travel within a ring of areas around a center point (the place where the ticket has first been validated), up to any stop within the range of rings allowed. To check the number of areas you are allowed to travel in is simple: you just have to take into account the place of your departure (where you have first validated your ticket). If you validate your ticket for the first time in area C1, you can travel with a Z2 single ticket to any of the areas that surround it. This means that you can travel within the area where you have first validated your ticket (area C1) and in the areas that make up the first ring (C2, C6 and S8).

A trip within the Z2 area costs 0.95 EUR, whereas a trip within Z3 costs 1.20 EUR. If you buy 10 trips, you will pay 9.50 EUR and 12.00 EUR to travel within zones Z2 and Z3, respectively. In this case, you will get a free trip. Z2 and Z3 tickets are valid for one hour, within the corresponding area, after you first touch your ticket.

You must touch your ticket whenever you use public transports in Porto. Even though you will only pay for one trip within one hour, you have to touch your ticket every time you use a bus or metro. To touch the ticket, you must place your Andante close to the validator (less than 10 centimetres). A green light indicates that you have correctly touched it and you can go on board. You should touch your ticket at all times, even if you have a monthly pass.

Transports within Portugal are mainly by land. Therefore bus services are available (bus companies), as well as railway (CP - www.cp.pt/) all over the country. However, you can also travel by plane. There are regular flights to and from all the international airports, including Madeira and The Azores (TAP and Portugália- www.flytap.com/ and SATA - www.sata.pt/).

Besides regular transports, you can also go on tours, both bus tours and boat trips (several types of cruises are available in different rivers). There are also helicopter tours.

POST OFFICES

www.ctt.pt/

Here are many telephone booths that can be used to make international phone calls, either with coins, telephone and credit or debit cards. Post Offices provide fax and telegram services. They are usually open from Monday to Friday, from 8.30 to 18.00

The post office which is closer to the ESEPF is:

Marquês de Pombal
Praça Marquês de Pombal, 168
4000-998 PORTO
Tel.: 225073160
Fax.: 225073166
Schedule: 8.30 to 19.00

It is also possible to make international collect calls. The telephone directories are organized according to regions, and there are also regional Yellow Pages. Nowadays, due to the existing competition between the Portuguese main telecommunications operator, the other operators and the three mobile phone companies the cost of phone calls has dropped, including international phone calls. In fact, some fixed phone operators charge the same price for long-distance calls and phone calls to Spain. Many foreign students think that buying mobile phones to make international phone calls is quite cheaper.

SHOPPING

Traditional shopping (clothes, footwear, bookshops, etc.) is open several hours a day, usually in two shifts: in the morning (9.00 or 9.30 to 12.30 or 13.00) and in the afternoon (14.00 or 14.30 to 19.00 or 19.30), from Monday to Friday. Shops are usually open until 13.00 on Saturday and closed for the rest of the weekend, except in December and in tourism areas. Shops in shopping centres have specific opening times. They are usually open everyday from 10.00 to 23.00 or 00.00, including weekends and holidays.

Opening times of small food shops can be compared to traditional shops. Supermarkets are usually open until 20.00 or 21.00 and hypermarkets are usually open from Monday to Saturday from 8.30 or 9.00 to 23.00 or 00.00 and Sunday from 8.30 or 9.00 to 13.00.

If you are under 26, you're advised to buy the "Cartão Jovem" (youth card), as it can provide you with discounts in shops, cinemas, transports, etc. You can purchase it in any branch of BPI (Banco Português de Investimento), CGD (Caixa Geral de Depósitos), CTT, Delegação Regional do IPJ or Youth Hostel. All you need is a passport photo and 8.00 EUR and the he card is yours and valid for one year.



Porto is traditionally a shopping city, being well known for the wide variety of shops and shopping areas where all sorts of goods can be bought. Santa Catarina, Boavista and Cedofeita are the barrios especially known for their big commercial activities.

On a regular basis several markets take place where you can buy almost anything, usually at cheap prices, and there are also permanent markets in some locations.

MEALS & RESTAURANTS

Portuguese usually have a light breakfast in the morning, a more substantial meal for lunch (usually between 12.30 and 14.30), a light meal in the afternoon, dinner after 19.30 and a supper if going to bed very late. The great difference between Portugal and other countries is dinner, as it is usually a cooked and substantial meal.

The Portuguese cuisine can be described as succulent and varied. The diversity of cultures with which the Portuguese have had contact over the centuries and the privileged climatic situation may explain the Portuguese diversified gastronomy. It has many typical fish and meat dishes, sweets and desserts, always accompanied by good-quality wines and cheese.

Apart from the restaurants (from cheap to expensive), there are also cafes and bars which prepare light meals and snacks. For all these reasons, "going out for a meal" is very common in Portugal.

Restaurants are usually open as follows: 12.00 – 14.30; 19.00 – 00.00. However, there are restaurants and bars open until 02.00 or even 04.00.

ACCOMMODATION

There are two types of accommodation:

- in a flat (sharing it with other students)
- a room in a "family home"

Students housed in flats and family homes should contact the landlord prior to their arrival so as to confirm the reservation and make the necessary arrangements to get the key.

Choosing accommodation in a "family home" is very traditional among Portuguese students nowadays. This is quite cheaper than sharing a flat with other students. The advantage is that you have a quieter ambiance and sometimes the washing done. The disadvantage is that restrictions usually apply because sometimes you are not allowed to use the kitchen or the living room as you please and you are not allowed in the house after certain hours. If this is the case, the tendency is to find an apartment and share it with other students.

When talking about family homes and flats, landlords usually ask for two-months rent in advance. Sometimes they only rent a flat or a room after they have spoken to the students.

In Portugal, there are various kinds of accommodation. It can be a hotel (2 to 5 stars), a hostel (4 stars), a motel (2 to 3 stars) or an apart hotel (2 to 4 stars).

TOURISM INFORMATION & YOUTH SUPPORT

If you have a membership of your national Youth Hostel service, you can stay at any Portuguese Youth Hostel at cost-effective prices. For reservations, contact Pousadas de Juventude (www.pousadasjuventude.pt) or Camping (www.roteiro-campista.pt).

The Youth Hostel in Porto is located in Rua Paulo da Gama (porto@movijovem.pt) and the closest camping site is Parque de Campismo da Prelada – Porto. However, there are more camping sites nearest Porto.

In this sort of businesses usually students with the Youth Card get discounts.

Existing tourism offices are able to provide you with a range of services and usual information. There are several tourism offices available in Porto: the main Tourism Office is located by the Town Hall, but there is one by the river, in Vila Nova de Gaia (related to the Porto Convention Bureau) and another one in Praça do Infante and a ICEP Tourism Office too, in Praça D. João I. Tourism Information Offices exist also in the main railway stations and at the airport.

For specific support to young people, there is also the IPJ (Instituto Português da Juventude), which is responsible for the Youth Card (see "Shopping") and for some specific hostels (R. Rodrigues Lobo, 98, P-4150 Porto, tel. +351 226 003 173, fax +351 226 103 166), among other activities, publications and projects.



Portugal has been enhancing its service policies over the last few years, including hotels and restaurants. Therefore, all hotels and restaurants in Portugal have a complaints book. When customers are unsatisfied with a service, they can ask for the complaints book (also known as 'Livro Amarelo'). They can be asked to show their ID.

MONUMENTS, MUSEUMS, ACTIVITIES AND CULTURAL SERVICES

Generally speaking, the schedules for the different monuments and museums are from 10.00 to 12.30 and from 14.00 to 17.00, and some close on holidays and on Monday. However, free entrance takes place on Sundays. In most important cities it is quite easy to have access to exhibitions, concerts, theatres, cinema and shows. The student card and the Youth Card usually provide you with discounts. On Mondays, cinema is quite cheaper. Craft fairs and folk dance and music, as well as popular festivities (especially between June and August), are also very common. Theatre, music and cinema festivals are organised regularly. In May book fairs take place in Porto and Lisboa where you can buy books with significant discounts.

Public libraries are open to public, but you can also request a book from your home.

RELIGION

Most Portuguese people are Roman Catholic, but everyone is free to choose because the state is lay. Therefore, besides Catholic churches, there are several other Christian denominations, as well as Mosques and Synagogues.

MASS MEDIA

Portugal has a state TV service (RTP), with two TV channels: a more general one (RTP1) and a more cultural one (DOIS). There are also two private TV channels (SIC and TVI). It is also possible to access other TV channels by satellite or cable TV operator.

Portugal also has a wide variety of national, regional and local radio stations, and there is also the chance of listening to some Spanish radio stations in medium waves and to radio stations from all over the world in short waves.

Press covers all subject areas, from daily to weekly newspapers and there are also all sorts of magazines. Moreover, it is also really common to come across foreign newspapers and magazines.

ESEPF: LIBRARY AND COMPUTING FACILITIES

Library, Mass Media archive and study rooms

The SDI (Serviços de Documentação e Informação), Library and Mass media archive, of the ESEPF has a main goal which is to give the academic community perfect conditions for investigation and learning itself. At the same time, the ESEPF is well known for the acquisition, organization, management and divulgation of works in the fields of education.

NOTE:

In the library you can make a requisition for 2 books, whereas at the mass-media archive you can make a requisition for 2 documents.

If you don't hand the books or documents in the established time of delivery, you cannot make a requisition for another book or document for a whole month.

The relapse of delay can end in an interdiction.

Study rooms

The ESEPF has got two study rooms/social areas and one Students' Association room.

Computing Rooms

The ESEPF has got one computing room.

The whole school is provided with a wireless access to the Internet, giving the opportunity to each lecturer, student and employee to send and receive e-mails within the boundaries of the building.

Schedule: 8.00 to 21.00

There is at school the possibility of printing documents, costing the following:



- 0.05 EUR = 1 black and white page
- 0.40 EUR - 1 colour page

During the normal schedule, the users have the right to use freely the researching computer facilities that are located in the computing and study room. Other 2 computers are used both to play CD-ROMs or DVDs and to research through PORBASE 5. You can also find one TV set, one DVD player, one VHS player and 2 cd players available in the library.



Extra-curricular and leisure activities

RECREATION FACILITIES ON CAMPUS

Garden

The school has got an involving garden, giving its students and teachers the chance of contacting directly with nature. In this garden one can find centenary trees and is invited to meditate, rest, be sociable, read or even contemplate.

The Shed

The students can get into touch at this place and at the same time study (area 92.192 m²).

Social Room

At this room students are invited to get into touch and to drink coffee.

Students' Association Room

The students can find here a TV set, a VHS player, a stereo player, which contribute to a social and friendly environment.

Students' Union

The students' union has been assuming an interactive role. The ESEPF has been financially promoting the development of this association. This association is really dynamic at the "Praxes" (students' traditional ways of integrating the newcomers), "Semana da Queima das Fitas" (students' parties of traditional sort, which occur during the first week of May), weekend's activities, etc.

RECREATION FACILITIES OFF CAMPUS

(See www.portoturismo.pt/ and www.portotours.com/)

Cinema and theatre

Porto has a vast cinema programme: some theatres show more commercial films (usually in shopping centres); other theatres, though, show more alternative and independent films. Some of these theatres have their sessions from 14.00 on. There are also some midnight sessions in the bigger ones.

As far as theatres and other show rooms are concerned, Porto has 'Teatro Rivoli', 'Teatro São João' and 'Coliseu do Porto', the biggest show room in the North of Portugal.

Besides, there are smaller rooms where different companies.

In the centre of the city of Porto there are two main cinemas:

- Cidade do Porto - Centro Comercial Cidade do Porto
- Lusomundo Dolce Vita – Centro Comercial Dolce Vita

Cineclube do Porto and Cineclube do Norte show special sessions, often in Auditório Nacional Carlos Alberto or in Rivoli, which also show some of the sessions of Fantasporto.

Porto has been staging a growing number of alternative music and rock shows, as well as other different festivals. Besides open spaces (such as the gardens of Palácio de Cristal), the Coliseu do Porto and Cinema Sá da Bandeira have been some of the chosen places for this kind of shows.

Exhibitions and galleries

In Porto it is quite easy to have access to exhibitions, concerts and shows.

Access to many of these is free; the other ones offer some possible discounts. The student card and the youth card often provide discounts.

In 2005 the Casa da Música (www.casadamusica.com/) was inaugurated. This is a venue entirely dedicated to music, which promotes on a regular basis several music concerts, from classical music to electronic music, including contemporary music, world music and pop-rock. People below 25 are entitled to a discount of 20%.



Craft fairs and folk dance and music, as well as popular festivities (especially between June and August), are also very common. Theatre, music and cinema festivals are organised regularly.

Nowadays, the Alfândega building, recovered in 1998 to entail the Iberian and American Fair of Presidents, is used to exhibitions and conferences.

Parks & Gardens

Porto is not only a city to study and work, but there is also time to spend good leisure times. There are to that purpose a great number of parks and gardens all over the city, which contribute to a better quality of life:

- Parque da Cidade
- Jardim dos Serviços das Águas (SMAS) - R. Barão de Nova Sintra (great for its fountains, which cannot be found in the city)
- Jardim da Casa de Serralves - R. de Serralves, 977
- Jardins do Palácio de Cristal - R. D. Manuel II (leisure place where you can find Pavilhão dos Desportos Rosa Mota)
- Jardins da Quinta da Macieirinha - R. de Entre-Quintas
- Viveiros Municipais - Quinta das Areias, Campanhã
- Parque de S. Roque - S. Roque da Lameira
- Quinta do Covelo - Covelo

Other Places of Interest

Libraries

Biblioteca Pública Municipal

R. D. João IV, P-4000 Porto

bpmp@cm-porto.pt

Biblioteca Almeida Garrett – Jardins do Palácio de Cristal

Rua de Entrequintas, 268 4050-239 Porto

bib.agarrett@cm-porto.pt

At the Biblioteca Pública Municipal one can also find a sound library, which provides blind people, disabled people and the elder with sound recorded books. This service was created in 1971. Nowadays a permanent team develops it.

Apart from all these libraries, there are other public libraries in Matosinhos and Vila Nova de Gaia.

Since opening times vary from library to library, one has to check the specific timetables of each library.

Bookshops & stationers

Cultural life in Porto has always been quite active. Therefore, there are several bookshops and stationers all over the city, with a high quality standard.

Some of them are able to import foreign editions of books you may need, and its import is in fact quite fast.

Markets

Being a traditional commercial city, Porto has mainly two traditional markets:

- Mercado do Bolhão (a great forged iron building) - Rua Fernandes Tomás
- Mercado do Bom Sucesso – Praça do Bom sucesso

Both are open from Monday to Friday, from 7.00 to 17.00, and on Saturdays from 07.00 to 13.00.

Places to Visit

Porto has one of the richest artistic, cultural and historical heritages in Portugal, which can be noticed by the large number of monuments and museums which one can find all over the city. This was internationally recognised by the UNESCO which classified this part of the city as World Heritage.

Porto can also be proud of its large number of churches, monuments and museums which represent one of the most important stages in the historical development of the city. Not only the "Middle Ages", "Baroque" and "Neoclassical" Porto deserve a special attention, but also the "Porto dos Azulejos" (tiles) definitely shall gain one's attention too.



However, Porto is a city to be discovered in a narrow street and through conversation with its inhabitants. Therefore, it is better to get into this adventure.

Museums and Monuments

The historical and architectural richness of Porto can be felt in the wide variety of monuments and in the great cultural diversity of the city, too. This accounts for its classification as World Heritage.

There are many museums throughout the city. Some of these museums are free. Some others offer discounts for students or are free one day a week. The schedules for the museums are from 10.00 to 12.30 and from 14.00 to 17.00, and some close on holidays and on Monday.

From all the museums in Porto, one must emphasize the importance of the Serralves Contemporary Art Museum, which was inaugurated in 1999. The Portuguese architect Siza Vieira designed this museum. It is dedicated to the Contemporary Art and improves significantly the artistic programmes of the Fundação de Serralves (serralves@mail.telepac.pt). This museum shows regularly all sorts of works of art, but mostly paintings and sculptures.

Over the last few years the number of art galleries has also increased.



Porto as an entertaining and tasteful city

It would not be fair to list some restaurants, bars, discos or other places of entertainment in a city where there is a café just around the corner. We are talking about a city where the nightlife often ends in the following morning.

See more:

<http://www.cm-porto.pt/>

<http://pt.wikipedia.org/wiki/Porto>

http://www.portugalvirtual.pt/_tourism/costaverde/porto/indexp.html;

CRUISES IN THE RIVER

One of the best ways to fully enjoy the charm of Porto and the river Douro is to go on a boat tour up the river. Several boats depart from Praça da Ribeira almost during the whole year.

THE FESTIVITIES OF THE CITY

The Festivities of Porto are in June and reach the highest point on the night of 23rd to 24th (Saint John's Day). The festivity of Saint John is one of the most important cultural manifestations of the Porto's population. In fact, on June 23rd, the population descends upon the downtown and everyone is out in the streets taking part in lively walks and striking each other with plastic hammers.

INTERNATIONAL FESTIVALS

Two international cultural festivals are held yearly in Porto: the FITEI and the Fantasporto.

The FITEI is held in March and brings together theatrical groups from Portugal, Spain and Latin-America countries.

The Fantasporto begins in the second week of February, and shows two hundred films of several specific genres.

A TASTEFUL CITY

Porto is also a city to be tasted.

Typical Cuisine

Porto is known as a city where one can "eat well". There are many restaurants (from cheap to expensive) both in the city and on its outskirts.

These are some of the dishes that are part of the typical cuisine: Tripas à Moda do Porto, Bacalhau com Natas, Cabrito Assado, Bacalhau à Zé do Pipo, Sarrabulho à Portuense, Peixe com Todos, Tripas Enfarinhadas, Arroz de Frango, Aletria, Arroz Doce, etc. Another speciality in Porto is the "Francesinha", and to be true is not then a surprise that some of the restaurants in Porto are quite fine experts in this dish.

Port Wine & the Cellars

Enjoying an extended worldwide fame, Port Wine has definitely left a mark in the city after which it was named, either by its connections with the British or by the Cellars in Vila Nova de Gaia, which are looking out over the River Douro. Although this wine comes from the schistose lands of the High Douro, it is brought to age in Vila Nova de Gaia, in the semi-darkness of the cellars in oak casks. Therefore, time goes by slowly and this makes the visit to the Port Wine Cellars a must. In fact, the various companies offer a unique opportunity to learn the secrets of this generous wine and to get in touch with its marvellous taste.

The Port Wine cellars are located in Vila Nova de Gaia, and are usually closed on Sunday, but they are open until 17.00, during the rest of the week.

Besides the cellars, there is another nice place where you can taste the different types of Port Wine, which is in the Solar do Vinho do Porto - Quinta da Macieirinha, in Rua de Entre-Quintas, 220.