



ECTS Information Package 2020-2021 (vs2 04-05-2020)

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

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BRIEF DESCRIPTION OF THE ESEPF

Formed in October 22, 1963, Higher School of Education of Paula Frassinetti (ESEPF) has already trained thousands of education professionals (teachers, social educators, and other educational agents) through bachelor, masters, post-graduate and ongoing training. The institution is known for its quality teachers that add human proximity to academic excellence. As a higher education institution, it favors the pedagogic practices in professional context and it has protocols with more than eighty (80) institutions (Schools, IPSS, Municipalities and others) in the Greater Porto area. In its activity, it implicates teachers and students in projects and international networks of scientific investigation and socio-educational intervention.

The international level is a constitutive part of the ESEPF's dimension, for it integrates the educational network of the Congregation of the Sisters of Saint Dorothy, which runs educational centers in Europe, Africa and North and South America, with more than 4 500 teachers and almost 7 000 collaborators for around 48 000 students. Besides the ESEPF, two other higher education institutions are also part of this educational network, both operating in Brazil - the Frassinetti Faculty of Recife and the Saint Dorothy Philosophy Faculty, in Nova Friburgo.



Academic Calendar

Academic calendar established in the last academic year (see in our web page: [2019-2020](#)) - as reference:

- Beginning of 1st Semester: September 16th 2019
- Exams Evaluation Period: January 20th to February 8th 2020
- Beginning of 2nd Semester: February 10th 2020
- Exams Evaluation Period: June 22nd to July 11th 2020
- Christmas Holidays: December 21st 2019 to January 1st 2020
- Saint Paula's Celebration: March 3rd 2020
- Easter Holidays: April 6^h to 13th 2020
- Queima das Fitas: May 4th to 9th 2020

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 2020-2021)****UNDERGRADUATE DEGREE ON PRIMARY EDUCATION**

(Level 6 EQF -European Qualifications Framework) [See the programs here - Tab: Plano de Estudos](#)

Licenciatura em Educação Básica (Nível 6 do QNQ - Quadro Nacional de Qualificações e do QEQ - Quadro Europeu de Qualificações)

CURRICULAR UNITS - 1 st Semester	ECTS
Arte e Educação <i>Arts & Education</i>	6
Desenvolvimento do Raciocínio Lógico Matemático <i>Development of Mathematical Logical Thinking</i>	6
Técnicas de Expressão Oral e Escrita <i>Techniques of Oral and Written Expression</i>	6
Ciências Elementares da Terra <i>Earth Elementary Sciences</i>	5
Percursos da Geografia de Portugal <i>Geography of Portugal</i>	5
Fundamentos Conceptuais das Práticas em Educação <i>Conceptual Grounds of Practices in Education</i>	2

CURRICULAR UNITS - 2 nd Semester	ECTS
Comunicação Matemática <i>Mathematical Communication</i>	6
Expressão Motora <i>Physical Expression</i>	6
Laboratório de Língua <i>Language Laboratory</i>	6
Percursos da História de Portugal <i>History of Portugal</i>	5
Psicologia da Criança e do Adolescente <i>Child and Adolescent Psychology</i>	3
Desenvolvimento Pessoal e Humanismo Cristão <i>Personal Development and Christian Humanism</i>	2
Optativa I * <i>Optional I *</i>	2

CURRICULAR UNITS - 3 rd Semester	ECTS
Desenvolvimento da Linguagem <i>Language Development</i>	6
Estruturas Numéricas <i>Numeric Structures</i>	6
Expressão Musical na Infância <i>Musical Expression in Childhood</i>	6
História Europeia Contemporânea <i>Contemporary European History</i>	4
Temáticas Contemporâneas da Educação <i>Contemporary Issues of Education</i>	4
Iniciação à Prática Profissional I <i>Introduction to the Professional Practice I</i>	4

CURRICULAR UNITS - 4 th Semester	ECTS
Ciências da Vida <i>Biological Sciences</i>	6
Tópicos de Geometria <i>Geometry Topics</i>	6
Educação para a Saúde em Contexto Educativo <i>Health Education in Educational Context</i>	5
Metodologias de Intervenção Educativa <i>Methodologies of Educational Intervention</i>	4
Psicologia Educacional <i>Educational Psychology</i>	3
Interculturalidade e Cidadania <i>Interculturality and Citizenship</i>	2
Iniciação à Prática Profissional II <i>Introduction to the Professional Practice II</i>	4

CURRICULAR UNITS - 5 th Semester	ECTS
Expressão Dramática e Movimento <i>Dramatic and Movement Expression</i>	6
Expressão Plástica <i>Plastic Expression</i>	6
Teoria e Práticas de Análise Textual <i>Theories and Practices of Textual Analysis</i>	6
Didática do Estudo do Meio <i>Didactics of Natural and Social Sciences</i>	4
Investigação, Informática e Educação <i>Research, Informatics and Education</i>	4
Iniciação à Prática Profissional III <i>Introduction to the Professional Practice III</i>	4

CURRICULAR UNITS - 6 th Semester	ECTS
Introdução à Estatística <i>Introduction to Statistics</i>	6
Literatura para a Infância <i>Childhood Literature</i>	6
Didática da Leitura e da Escrita <i>Didactics of Reading and Writing</i>	4
Didática da Matemática <i>Didactics of Mathematics</i>	4
Didática das Expressões <i>Didactics of Expressions</i>	4
Optativa II * <i>Optional II *</i>	3
Iniciação à Prática Profissional IV <i>Introduction to the Professional Practice IV</i>	3

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

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**UNDERGRADUATE DEGREE ON SOCIAL EDUCATION**

(Level 6 EQF - European Qualifications Framework) [See the programs here - Tab: Plano de Estudos](#)

Licenciatura em Educação Social (Nível 6 do QNQ - Quadro Nacional de Qualificações e do QEQ - Quadro Europeu de Qualificações)

CURRICULAR UNITS - 1st Semester	ECTS	CURRICULAR UNITS - 2nd Semester	ECTS
Pedagogia Social <i>Social Pedagogy</i>	6	Correntes Contemporâneas de Educação <i>Education Contemporary Current</i>	6
Técnicas de Expressão Oral e Escrita <i>Techniques of Oral and Written Expression</i>	6	Oficina da Leitura <i>Workshop of Reading</i>	6
Expressão Dramática <i>Drama Expression</i>	5	Metodologias de Intervenção Educativa em Educação Social <i>Methodologies of Educational Intervention in Social Education</i>	5
Sociologia e Educação não Formal <i>Sociology and Non Formal Education</i>	5	Tecnologias da Informação e da Comunicação em Educação <i>Information and Communication Technologies in Education</i>	5
Mundividência Cristã <i>Christian's World Vision</i>	4	Educação pelo Movimento <i>Education for Movement</i>	4
Psicologia do Desenvolvimento <i>Developmental Psychology</i>	4	Problemáticas da Infância e da Juventude <i>Childhood and Youth Issues</i>	4
CURRICULAR UNITS - 3rd Semester	ECTS	CURRICULAR UNITS - 4th Semester	ECTS
Políticas Sociais e Regulação Social <i>Social Policies and Social Regulation</i>	5	Oficina de Expressão Artística e Artesanal <i>Workshop of Artistic and Handcraft Expression</i>	6
Populações em Risco e Intervenção Educativa <i>Risk Populations and Educational Intervention</i>	5	Expressão Musical <i>Musical Expression</i>	4
Antropologia Aplicada ao Trabalho Comunitário <i>Anthropology Applied to the Community Work</i>	4	Famílias e Intervenção Socioeducativa <i>Families and Social-Educational Intervention</i>	4
Problemáticas da Adulterez e da Velhice <i>Adulthood and Ageing Issues</i>	4	Optativa I * <i>Optional I *</i>	4
Psicossociologia do Comportamento Desviante <i>Psychosociology of the Deviating Behaviour</i>	4	Optativa II * <i>Optional II *</i>	4
Estágio I <i>Internship I</i>	8	Estágio II <i>Internship II</i>	8
CURRICULAR UNITS - 5th Semester	ECTS	CURRICULAR UNITS - 6th Semester	ECTS
Educação para a Saúde <i>Education for Health</i>	6	Ética e Deontologia Profissional <i>Ethics and Professional Deontology</i>	4
Educação e Intervenção Comunitária <i>Education and Community Intervention</i>	5	Estágio Profissional <i>Professional Internship</i>	26
Métodos e Técnicas de Investigação Social <i>Social Research Methods and Techniques</i>	5		
Educação Especial e Intervenção Socioeducativa <i>Special Needs Education and Social-Educational Intervention</i>	4		
Optativa III * <i>Optional III *</i>	5		
Optativa IV * <i>Optional IV *</i>	5		

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MASTER DEGREE ON PRE-SCHOOL EDUCATION

(Level 7 EQF -European Qualifications Framework) [See the programs here - Tab: Plano de Estudos](#)

Mestrado em Educação Pré-escolar (Nível 7 do QNQ - Quadro Nacional de Qualificações e do QEJ - Quadro Europeu de Qualificações)

CURRICULAR UNITS - 1 st Semester		CURRICULAR UNITS - 2 nd Semester	
	ECTS		ECTS
Didática das Expressões Artísticas em Educação de Infância <i>Didactics of Artistic Expressions in Early Childhood</i>	6	Didática da Matemática para Contexto Pré-Escolar <i>Didactics of Mathematics for Pre-School Contexts</i>	6
Didática do Conhecimento do Mundo <i>Didactics of Physical, Natural and Social Sciences</i>	6	Escola Inclusiva: Aprendizagens e Comportamentos <i>Inclusive School: Learning and Behaviour</i>	6
Investigação em Contextos Educativos <i>Research in Educational Contexts</i>	3	Linguagem e Literacia Emergente <i>Language and Emergent Literacy</i>	3
Pedagogia da Infância - Educação Pré-Escolar e Creche <i>Early Childhood Pedagogy - Nursery and Pre-school Education</i>	3	Património Ambiental e Cultural e Sustentabilidade <i>Environmental and Cultural Heritage and Sustainability</i>	3
Prática de Ensino Supervisionada em Educação Pré-Escolar I <i>Supervised Teaching Practice in Pre-school Education I</i>	12	Prática de Ensino Supervisionada em Educação Pré-Escolar II <i>Supervised Teaching Practice in Pre-school Education II</i>	12
CURRICULAR UNITS - 3 rd Semester			
	ECTS		
Didática da Comunicação Oral na Educação de Infância <i>Didactics of Oral Communication in Early Childhood</i>	6		
Ética e Deontologia na Docência <i>Ethics and Deontology in Teaching</i>	3		
Optativa * <i>Optional *</i>	3		
Temáticas Aprofundadas em Educação de Infância <i>Deep Issues in Childhood Education</i>	3		
Prática de Ensino Supervisionada em Creche <i>Supervised Teaching Practice in Nursery</i>	15		

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**MASTER DEGREE ON PRE-SCHOOL AND PRIMARY SCHOOL EDUCATION**

(Level 7 EQF -European Qualifications Framework) [See the programs here - Tab: Plano de Estudos](#)

Mestrado em Educação Pré-Escolar e Ensino do 1.º Ciclo do Ensino Básico (Nível 7 do QNQ - Quadro Nacional de Qualificações e do QEQ - Quadro Europeu de Qualificações)

CURRICULAR UNITS - 1 st Semester	ECTS	CURRICULAR UNITS - 2 nd Semester	ECTS
Didática do Português: Língua e Texto <i>Didactics of Portuguese: Language and Text</i>	6	Didática do Conhecimento do Mundo em Educação Pré-Escolar <i>Didactics of Physical, Natural and Social Sciences in Pre-school Education</i>	6
Escola Inclusiva: Aprendizagens e Comportamentos <i>Inclusive School: Learning and Behaviour</i>	6	Didática da Matemática para a Educação de Infância <i>Didactics of Mathematics for Early Childhood</i>	3
Investigação em Contextos Educativos <i>Research in Educational Contexts</i>	3	Didática das Expressões Artísticas em Educação Pré-Escolar <i>Didactics of Artistic Expressions in Pre-school Education</i>	3
Teoria e Desenvolvimento Curricular <i>Curriculum Theory and Development</i>	3	Metodologias de Intervenção Educativa em Educação de Infância e 1.º Ciclo do Ensino Básico <i>Methodologies of Educational Intervention in Early Childhood and 1st Cycle of Basic Education</i>	3
Prática de Ensino Supervisionada em Educação Pré-Escolar I <i>Supervised Teaching Practice in Pre-school Education I</i>	12	Optativa I * <i>Optional I *</i>	3
		Prática de Ensino Supervisionada em Educação Pré-Escolar II <i>Supervised Teaching Practice in Pre-school Education II</i>	12
CURRICULAR UNITS - 3 rd Semester	ECTS	CURRICULAR UNITS - 4 th Semester	ECTS
Ciências Naturais, Cultura e Desenvolvimento Sustentável <i>Natural Sciences, Culture and Sustainable Development</i>	6	Didática das Ciências Naturais, da História e da Geografia <i>Didactics of Natural Sciences, History and Geography</i>	6
Escrita: Conceitos e Práticas <i>Writing: Concepts and Practices</i>	6	Matemática, Sociedade e Cultura <i>Mathematics, Society and Culture</i>	6
Didática da Matemática para o 1.º Ciclo do Ensino Básico <i>Didactics of Mathematics for the 1st Cycle of Basic Education</i>	3	Ética e Deontologia na Docência <i>Ethics and Deontology in Teaching</i>	3
Didática das Expressões Artísticas em 1.º Ciclo do Ensino Básico <i>Didactics of Artistic Expressions in 1st Cycle of Basic Education</i>	3	Optativa II * <i>Optional II *</i>	3
Prática de Ensino Supervisionada em 1.º Ciclo do Ensino Básico I <i>Supervised Teaching Practice in 1st Cycle of Basic Education I</i>	12	Prática de Ensino Supervisionada em 1.º Ciclo do Ensino Básico II <i>Supervised Teaching Practice in 1st Cycle of Basic Education II</i>	12

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

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**MASTER DEGREE ON PRIMARY SCHOOL EDUCATION AND PORTUGUESE AND HISTORY AND GEOGRAPHY OF PORTUGAL IN 2ND CYCLE**

(Level 7 EQF -European Qualifications Framework) [See the programs here - Tab: Plano de Estudos](#)

Mestrado em Ensino do 1.º Ciclo do Ensino Básico e de Português e História e Geografia de Portugal no 2.º Ciclo do Ensino Básico (Nível 7 do QNQ - Quadro Nacional de Qualificações e do QEQ - Quadro Europeu de Qualificações)

CURRICULAR UNITS - 1 st Semester	ECTS	CURRICULAR UNITS - 2 nd Semester	ECTS
Didática da Língua e do Texto no 1.º Ciclo do Ensino Básico <i>Didactics of Language and Text in 1st Cycle of Basic Education</i>	4	Ciência, Ambiente e Património <i>Science, Environment and Patrimony</i>	4
Didática das Ciências Naturais <i>Didactics of Natural Sciences</i>	4	Currículo: dos Fundamentos às Práticas <i>Curriculum: from Fundamentals to Practices</i>	4
Metodologias do Ensino da Matemática para o 1.º Ciclo do Ensino Básico <i>Teaching Methodologies of Mathematics for the 1st Cycle of Basic Education</i>	4	Didática das Expressões Artísticas <i>Didactics of Artistic Expressions</i>	4
Educação Diferenciada e Intervenção Multimodal <i>Differentiated Education and Multimodal Intervention</i>	3	Fundamentos da Promoção e Animação da Leitura <i>Fundamentals of Reading Promotion</i>	3
Investigação em Contextos Educativos <i>Research in Educational Contexts</i>	3	Temas da História da Matemática <i>History of Mathematics Themes</i>	3
Prática de Ensino Supervisionada em 1.º Ciclo do Ensino Básico I <i>Supervised Teaching Practice in 1st Cycle of Basic Education I</i>	12	Prática de Ensino Supervisionada em 1.º Ciclo do Ensino Básico II <i>Supervised Teaching Practice in 1st Cycle of Basic Education II</i>	12
CURRICULAR UNITS - 3 rd Semester	ECTS	CURRICULAR UNITS - 4 th Semester	ECTS
Escrita: Processos e Produtos <i>Writing: Processes and Products</i>	5	Optativa I * <i>Optional I *</i>	4
Portugal: Território e Identidades <i>Portugal: Territory and Identities</i>	5	Optativa II * <i>Optional II *</i>	4
Didática da Língua e do Texto no 2.º Ciclo do Ensino Básico <i>Didactics of Language and Text in 2nd Cycle of Basic Education</i>	4	Oficina de Recursos Pedagógicos para História e Geografia <i>Workshop of Pedagogical Resources for History and Geography</i>	4
Metodologias de Ensino da História e Geografia de Portugal em 2.º Ciclo do Ensino Básico <i>Teaching Methodologies of History and Geography of Portugal in 2nd Cycle of Basic Education</i>	4	Oficina de Recursos Pedagógicos para o Português <i>Workshop of Pedagogical Resources for Portuguese</i>	4
Prática de Ensino Supervisionada em 2.º Ciclo do Ensino Básico I <i>Supervised Teaching Practice in 2nd Cycle of Basic Education I</i>	12	Ética e Deontologia na Profissão Docente <i>Ethics and Deontology in Teaching Profession</i>	2
		Prática de Ensino Supervisionada em 2.º Ciclo do Ensino Básico II <i>Supervised Teaching Practice in 2nd Cycle of Basic Education II</i>	12

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**MASTER DEGREE ON PRIMARY SCHOOL EDUCATION AND MATHEMATICS AND NATURAL SCIENCES IN 2ND CYCLE**

(Level 7 EQF -European Qualifications Framework) [See the programs here - Tab: Plano de Estudos](#)

Mestrado em Ensino do 1.º Ciclo do Ensino Básico e de Matemática e Ciências Naturais no 2.º Ciclo do Ensino Básico (Nível 7 do QNQ - Quadro Nacional de Qualificações e do QEQ - Quadro Europeu de Qualificações)

CURRICULAR UNITS - 1 st Semester	ECTS	CURRICULAR UNITS - 2 nd Semester	ECTS
Didática da Língua e do Texto no 1.º Ciclo do Ensino Básico <i>Didactics of Language and Text in 1st Cycle of Basic Education</i>	4	Ciências Naturais e Sustentabilidade Ambiental <i>Natural Sciences and Environmental Sustainability</i>	4
Metodologias do Ensino da Matemática para o 1.º Ciclo do Ensino Básico <i>Teaching Methodologies of Mathematics for the 1st Cycle of Basic Education</i>	4	Currículo: dos Fundamentos às Práticas <i>Curriculum: from Fundamentals to Practices</i>	4
Metodologias do Ensino das Ciências Naturais e Sociais para o 1.º Ciclo do Ensino Básico <i>Teaching Methodologies of Natural and Social Sciences for the 1st Cycle of Basic Education</i>	4	Didática das Expressões Artísticas <i>Didactics of Artistic Expressions</i>	4
Educação Diferenciada e Intervenção Multimodal <i>Differentiated Education and Multimodal Intervention</i>	3	Optativa I * <i>Optional I *</i>	3
Investigação em Contextos Educativos <i>Research in Educational Contexts</i>	3	Optativa II * <i>Optional II *</i>	3
Prática de Ensino Supervisionada em 1.º Ciclo do Ensino Básico I <i>Supervised Teaching Practice in 1st Cycle of Basic Education I</i>	12	Prática de Ensino Supervisionada em 1.º Ciclo do Ensino Básico II <i>Supervised Teaching Practice in 1st Cycle of Basic Education II</i>	12
CURRICULAR UNITS - 3 rd Semester	ECTS	CURRICULAR UNITS - 4 th Semester	ECTS
Seminário Interdisciplinar I <i>Interdisciplinary Seminar I</i>	8	Seminário Interdisciplinar II <i>Interdisciplinary Seminar II</i>	8
Introdução ao Pensamento Computacional <i>Introduction to Computational Thinking</i>	4	Atividade Lúdica na Aprendizagem da Matemática <i>Play Activity in the Learning of Mathematics</i>	4
Metodologias do Ensino da Matemática para o 2.º Ciclo do Ensino Básico <i>Teaching Methodologies of Mathematics for the 2nd Cycle of Basic Education</i>	3	Recursos Tecnológicos para o Ensino das Ciências Naturais <i>Technological Resources for the Teaching of Natural Sciences</i>	4
Metodologias do Ensino das Ciências Naturais para o 2.º Ciclo do Ensino Básico <i>Teaching Methodologies of Natural Sciences for the 2nd Cycle of Basic Education</i>	3	Ética e Deontologia na Profissão Docente <i>Ethics and Deontology in Teaching Profession</i>	2
Prática de Ensino Supervisionada em 2.º Ciclo do Ensino Básico - Matemática e Ciências Naturais I <i>Supervised Teaching Practice in 2nd Cycle of Basic Education II - Mathematics and Natural Sciences I</i>	12	Prática de Ensino Supervisionada em 2.º Ciclo do Ensino Básico - Matemática e Ciências Naturais II <i>Supervised Teaching Practice in 2nd Cycle of Basic Education II - Mathematics and Natural Sciences II</i>	12

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MASTER DEGREE ON EDUCATION - SPECIALIZATION IN INNOVATION IN EDUCATION/PEDAGOGICAL SUPERVISION PROFESSIONAL PRACTICE GUIDANCE/INCLUSION IN EDUCATION

(Level 7 EQF -European Qualifications Framework) [See the programs here - Tab: Plano de Estudos](#)

Mestrado em Educação - Área de Especialização em Inovação em Educação/Supervisão Pedagógica e Orientação da Prática Profissional/Inclusão em Educação (Nível 7 do QNQ - Quadro Nacional de Qualificações e do QEQ - Quadro Europeu de Qualificações)

This course works in post-labor basis and only at the beginning of the academic year will be possible to confirm whether it will be available. However, similar subjects can be found in other courses.

CURRICULAR UNITS - 1st Semester	ECTS	CURRICULAR UNITS - 2nd Semester	ECTS
Pensamento Educacional Contemporâneo <i>Education and Contemporaneity</i>	7	Inovação Pedagógica e Curricular <i>Pedagogical and Curricular Innovation</i>	7
Desenvolvimento Profissional Docente <i>Teacher Professional Development</i>	6	Liderança e Gestão de Equipas Educativas <i>Leadership and Educational Teams Management</i>	5
Planeamento Estratégico e Qualidade em Educação <i>Strategic Planning and Quality in Education</i>	6	Didática na Gestão Curricular <i>Didactics in Curriculum Management</i>	6
Neurociências e Educação <i>Neurosciences and Education</i>	6	Autonomia e Participação da Comunidade Educativa <i>Autonomy and Participation of the Educational Community</i>	5
Investigação em Educação <i>Research in Education</i>	5	Modelos e Práticas de Supervisão Pedagógica <i>Pedagogical Supervision Models and Practices</i>	7
		Avaliação em Supervisão Pedagógica <i>Evaluation in Pedagogical Supervision</i>	6
		Conceção e Gestão de Projetos de Formação e Melhoria <i>Design and Management of Education and Training Projects</i>	5
		Perspetivas Didáticas para a Orientação da Prática Profissional <i>Didactic Perspectives for the Professional Practice Guidance</i>	5
		Neurodesenvolvimento e Indicadores de Risco <i>Neurodevelopment and Risk Indicators</i>	7
		Desenvolvimento de Aprendizagens Significativas <i>Effective Learning Development</i>	6
		Tecnologia e Comunicação Aumentativa e Alternativa <i>Augmentative and Alternative Technology and Communication</i>	5
		Ambientes de Aprendizagem Equitativos e Interação Social <i>Equitable Learning Environments and Social Interaction</i>	5

NOTE: Classes are taught in Portuguese. Therefore, you need 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.



MASTER DEGREE ON COMMUNITY INTERVENTION

(Level 7 EQF -European Qualifications Framework) [See the programs here - Tab: Plano de Estudos](#)

Mestrado em Intervenção Comunitária (Nível 7 do QNQ - Quadro Nacional de Qualificações e do QEQ - Quadro Europeu de Qualificações)

This course works in post-labor basis and only at the beginning of the academic year will be possible to confirm whether it will be available. However, similar subjects can be found in other courses.

CURRICULAR UNITS - 1st Semester	ECTS	CURRICULAR UNITS - 2nd Semester	ECTS
Psicologia Comunitária <i>Community Psychology</i>	7	Pedagogia Intercultural, Migrações e Cidadania <i>Intercultural Pedagogy, Migration and Citizenship</i>	7
Questões Aprofundadas de Intervenção Comunitária <i>Deep Issues of Community Intervention</i>	7	Perspetivas Contemporâneas de Exclusão Social <i>Contemporary Perspectives of Social Exclusion</i>	7
Políticas Sociais <i>Social Policies</i>	6	Violências na Sociedade Atual <i>Violence in Contemporary Society</i>	6
Antropologia Social e Cultural <i>Social and Cultural Anthropology</i>	5	Dinâmicas de Desenvolvimento Local <i>Local Development Dynamics</i>	5
Educação Emocional <i>Emotional Education</i>	5	Sociologia das Organizações <i>Sociology of Organisations</i>	5

NOTE: Classes are taught in Portuguese. Therefore, you are need 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

[Evaluation Rules](#)

SYSTEM OF CLASSES ATTENDANCE

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



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 and 30 credits represent a semester. 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



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 **Learning Agreement** 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. The students must mention the study programme they intend to proceed (including the number of ECTS credits allocated). Preferably, use the [Erasmus Dashboard](#) to send the application/Learning Agreement.

The Learning Agreement has to be signed by the student, by the home Institution (Responsible person in the sending institution) and sent as soon as possible to the Center for Institutional Relations and Cooperation (CRIC - Centro de Relações Institucionais e de Cooperação) of the ESEPF. It shall be returned after the Institutional Coordinator for the Mobility of the ESEPF sign it.

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 document.

Additional Documentation (to send by e-mail to CRIC) : ID document (Passport/ID Card) and 1 passport digital photo (.jpg or .gif).

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

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 need:

- ID document (Passport/ID 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.

DEADLINES

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 Erasmus+ presupposes fee waving at the host institution, including fees due to registration, final 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 Erasmus+. 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 28 EU countries and Norway, Iceland and Liechtenstein and Switzerland, for private or professional reasons.

This document allows students 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 Center for Institutional Relations and Cooperation (CRIC) with all the needed documentation and inform CRIC 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.

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: cric@esepef.pt)

Enrolment

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

Students must already be enrolled at their home institution.

Disabled Students

Disabled students should inform the CRIC in advance.

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

Social and Cultural Integration

The welcome and cultural integration of the students is in charge of the GAE, CRIC 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 (<https://www.aeroportoporto.pt/pt/opo/home>), and is located 11 km North of Porto. The Portuguese main air carrier is TAP Air Portugal, with offices in the main cities. Moreover, there are a great number of other international air carriers, such as several low-cost companies, 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 01.00.

Buses

www.step.pt

There are three regular STCP bus services (buses 601, 602, 604 and 3M), which can take you from the airport to the various parts of the city. For these services the ticket 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 55x35x20cm implies it has to be carried in the boot - therefore an additional fee will be charged. 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 fee 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 and Alto Douro (A4). There is also a toll-free motorway connecting Porto to Valença (A28).

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 Campo 24 de Agosto n.º 125, and InterNorte (www.internorte.pt) in Praça da Galiza n.º 96. This company has bus connections to most European capitals, through connections to Paris.

Railway transports

www.cp.pt

Tel. (National calls): 707210220

Tel. (International calls): +351 707210220

You can also get to Porto by train from about anywhere in Europe. Porto has 2 main railway stations:

- Estação de Campanhã - which provides international connections and connections to Lisboa, Douro and Minho;
- Estação de S. Bento - which provides connections to Galicia, Douro and Minho, as well as to Aveiro.

City transports

The main means of transport are the city is the bus (STCP - www.stcp.pt) and Metro do Porto (www.metroporto.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 (valid for 24 hours) is also available (to travel for an unlimited number of trips in any STCP, Underground or CP/USGP services - *Unidade de Suburbanos do Grande Porto*) for 7.00 EUR or for 15.00 EUR (three days - 72 hours) - Andante Tour.

Metro do Porto allows people to move around more easily, thus improving the quality of life in the city. With 82 metro stations (14 underground), the construction of the network was started in 1999, and 6 lines are now operational.



HOW TO GET TO THE ESEPF

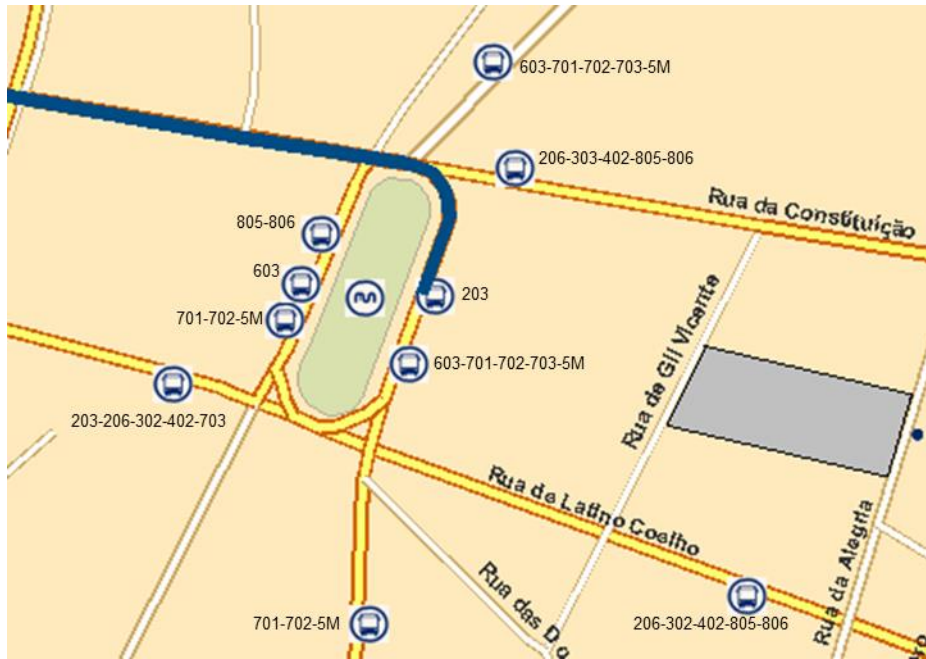
Here you can find a map of the ESEPF's location with the number of the buses (STCP) and the metro's line which take you there.

http://www.esepf.pt/a_univ/contact.html

Coordinates:

41°09'37.5"N 8°36'07.4"W

41.160419, -8.602060





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)

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), kilograms (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 www.edp.pt tel.: 800505505). 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 0.5 g of alcohol per litre of blood (or over) 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 200 EUR and 300 EUR

Meals: between 150 EUR and 225 EUR

Transports: for a Z2 Andante Monthly Pass: 30.00 EUR/22.50 EUR for students under 23 years

Daily products:

- a carton of milk - 0.60 EUR
- a bottle of water (1.5 l) - 0.50 EUR
- a piece of bread - 0.12 EUR
- 1 kg of rice - 0.75 EUR
- 1 coffee (expresso) - 0.60 EUR
- 1 meal – 4.00 EUR (in the canteen)

Newspapers - 1.20 EUR (daily) and 3.50 EUR (weekly)

Cinema – 6.50 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 Centro Hospitalar São João (225512100) and Centro Hospitalar do Porto - Hospital de Santo António (222077500). 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 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.

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

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. The maximum amount which you are allowed per day is 400 EUR (200EUR+200EUR).

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: 800811107 (free call)

American Express: 707504050

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.: 800206235). 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 "pré-comprado", at STCP shops (including Andante - www.linhandante.com) shops, bookshops and newsstands. One ticket bought in advance costs 1.20 EUR (Z2). A pack of 11 tickets to travel within this area (Z2) costs 12 EUR. You need to buy in advance a card (Andante Azul), which costs 0.60 EUR.

You can also purchase tickets from the bus driver, but the price is considerably higher: 2.00 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 (Z2), costs 30.00 EUR



(22.50 EUR for students under 23 years). To have a monthly pass you need to buy in advance a card (Andante Gold for students), which costs 6.00 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 6 operational lines: Line A: Estádio do Dragão - Senhor de Matosinhos; Line B: Estádio do Dragão - Póvoa de Varzim; Line C: Campanha - ISMAI; Line D: Hospital de S. João - Sto. Ovídio; Line E: Estádio do Dragão - Aeroporto; Line F: Fânzeres - Senhora da Hora.

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 0.60 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 for students: this version of Andante, which costs 6.00 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 1.20 EUR, whereas a trip within Z3 costs 1.60 EUR. If you buy 10 trips, you will pay 12 EUR and 16 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 - www.flytap.com/).

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.: 225026695
Schedule: 9.00 to 18.30

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 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 30, you can buy the "Cartão Jovem" (European Youth Card), as it can provide you with discounts in shops, cinemas, transports, etc.. You can purchase it in any branch of CTT, Delegação Regional do Instituto Português do Desporto e Juventude (Rua Rodrigues Lobo n.º 98) or Youth Hostels. All you need is a passport photo and 10.00 EUR and the 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 traditional among Portuguese students nowadays. This is 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, a hostel, a motel or an apart hotel.

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 (Youth Hostels) (www.pousadasjuventude.pt) or Camping (www.rroteiro-campista.pt).



The Youth Hostel in Porto is located in Rua Paulo da Gama n.º 551 (porto@movijovem.pt) and the closest camping site is Camping Orbitur Angeiras - Lavra - Matosinhos. 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 (Rua Clube dos Fenianos, 25) but there is one former City Hall (Tourism Office - Sé - Terreiro da Sé) and another one in Praça da Ribeira (iPoint Ribeira (May-Oct)). Tourism Information Offices exist also in the main railway stations (iPoint Campanhã - Campanhã Railway Station) and at the airport.

For specific support to young people, there is also the IPDJ (Instituto Português do Desporto e Juventude), which is responsible for the Youth Card (see "Shopping") and for some specific hostels (R. Rodrigues Lobo, 98, 4150-638 Porto, E-mail: mailporto@ipdj.pt), 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 can take 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. 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.

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 several channels. There are also private TV channels (ex: 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.

ESEPF: LIBRARY, STUDY ROOMS AND COMPUTING FACILITIES

Library

The SDI (Serviços de Documentação e Informação) is the Library of the ESEPF and 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.

In the library you can make a requisition for books, journals, educational games or dvd.

If you don't hand the books or documents in the established time of delivery, you must pay a fine (0.50 EUR for each document and per day - including Saturdays, Sundays and holidays).

Study rooms

The ESEPF has got 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.

There is at school the possibility of printing documents.

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.



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 feel invited to meditation, rest, be sociable, read or even contemplate.

Social Room

At this room students are invited to get into touch.

Students' Association Room

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

Students' Union

The students' union has been assuming an interactive role. 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/)

Cinema

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.

In the centre of the city of Porto there are some cinemas:

- Medeia Cine Estúdio do Teatro Municipal Campo Alegre
- NOS- Centro Comercial Alameda Shop&Spot
- Cinema Trindade
- Cinema Passos Manuel

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

Theatres and concert halls

Porto has four main theatre rooms and concert halls:

- Teatro Nacional São João
- Teatro Municipal Rivoli
- Coliseu do Porto
- Casa da Música

Besides, there are smaller rooms, such as:

- Teatro Municipal Campo Alegre
- Teatro Sá da Bandeira
- Teatro Carlos Alberto - TECA
- Hard Club
- Mosteiro de São Bento da Vitória
- Super Bock Arena - Pavilhão Rosa Mota
- Maus Hábitos - Espaço de Intervenção Cultural
- Palácio do Bolhão - (ACE) Escola de Artes
- Teatro da Vilarinha



- Balleateatro
- Teatro Helena Sá e Costa (ESMAE)

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. Students are entitled to a discount.

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 do Porto

Rua D. João IV (ao Jardim de S. Lázaro), 4049-017 Porto

bpmp@cm-porto.pt

Biblioteca Municipal Almeida Garrett

Rua D. Manuel II - Jardins do Palácio de Cristal 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 many traditional markets. The two most known are:

- Mercado do Bolhão - Rua Fernandes Tomás



- Mercado do Bom Sucesso - Praça do Bom sucesso

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 (<http://www.serralves.pt/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://www.visitporto.travel/>

<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 May/June 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 á 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.

Porto, 4th May 2020