

# GENERAL INFORMATION



<b>GENERAL INFORMATION FOR STUDENTS</b> .....	2
<u>  </u> <b>LIVING COST</b> .....	2
<u>  </u> <b>WITHDRAWALS AND TRANSACTING MONEY</b> .....	2
<u>  </u> <b>ACCOMMODATION</b> .....	2
<u>  </u> <b>MEALS AND PORTUGUESE CUISINE</b> .....	2
<u>  </u> <b>MEDICAL FACILITIES</b> .....	3
<u>  </u> <b>SPORTS FACILITIES AND LEISURE ACTIVITIES</b> .....	4
<u>  </u> <b>OTHER INFORMATIONS: TRANSPORTATION</b> .....	4
<u>  </u> <b>OTHER INFORMATIONS: COMMUNICATIONS</b> .....	4
<b>CONTACTS AND ACESS TO ESAI:</b> .....	5

## GENERAL INFORMATION FOR STUDENTS

### LIVING COST

Generally speaking, the cost of living in Portugal can be considered to be lower when compared with most of E.U. countries.

As an estimate, a student in Lisbon will need somewhere between 450€ and 600€ per month for accommodation, food, study material and other basic expenses.

### WITHDRAWALS AND TRANSACTING MONEY

Portugal has a national inter-bank network of ATMs (Automatic Teller Machines). "Multibanco" terminals are distributed among shopping centres, petrol stations, shopping areas and in the street near to banks.

Apart from providing cash withdrawals of up to €400 per day, other services are available, including bank transfers, bank statements, public and private services payments, purchase train tickets and even purchase of tickets for public events like football matches or shows.

The ATMs can be used with a wide variety of international credit and debit cards. (For further information contact your bank).

You can also open a bank account, in most banks, as long as you intend to stay for more than 3 months. To open the account, you will need to present identification as well as a tax number. Students don't pay tax in Portugal, but all persons are issued with a tax number anyway. To receive the tax number, you must go to the *Direção Geral dos Impostos* (i.e. the tax office) located in the [Loja do Cidadão](#) (the Citizen's Service Bureau).

### ACCOMMODATION

ESAI does not provide accommodation, but as DDRI plays a key role in mobility student's integration, which includes support for obtaining housing, can provide information and help in this process.

Surrounding the school, there are several offers of accommodation where students can find rooms or homes at various prices, as well as information from other students who want to find roommates/homes.

Mobility Students may also find accommodation information through the following links:

- [Lisbon Apartment](#)
- [Minha Casa em Lisboa](#)
- [Erasmus Lisboa](#)

### MEALS AND PORTUGUESE CUISINE

ESAI has a canteen / bar where all students can have a full meal for 5€ or snack.

If students choose for an apartment or a house they can cook their own meals. Supermarkets in Portugal have an international nature, featuring a wide range of products at an affordable price.

Mediterranean ingredients like olive oil, garlic, onions, lemons and bay leaves have an essential role in seasoning the main dishes. Oriental spices, like pepper and spicy are also used to seasoning.

The meat is often seasoned with spices or infused with wine, accompanied by potatoes, rice and vegetables.

North sea cod is a very characteristic dish.

Soups can be light and nutritious with vegetables and pulses, or made in a heavier country style with broad beans, kidney beans, chick peas or rice.

## MEDICAL FACILITIES

### Public Health Clinics

Public Health Clinics (“Centro de Saúde”) are part of the National Health System in order to provide general healthcare for general public. In case of sudden illness you should go to the permanent attendance service (SAP), or to the nearest Hospital in case of a life threatening situation or serious illness.

### Payments and healthcare insurance

**Healthcare must always be paid for, either directly by the patient or by a health insurance policy. Students must ensure that they have an adequate health insurance policy.**

### Cartão Europeu de Seguro de Doença (CESD) - European Health Insurance Card (EHIC)

The European Health Insurance Card of (EHIC) allows an insured or person covered by a social security system of one of the 28 Member States of the European Union, Iceland, Liechtenstein, Norway and Switzerland, to obtain from public providers medical assistance during their temporary stay in any of those States.

It is a unique model card, common across the European Union, Iceland, Liechtenstein, Norway and Switzerland, free and designed to simplify the identification of the holder and the institution that is financially responsible for the costs of health.

**Healthcare** is provided to holders of the EHIC in the same way that the beneficiaries of the social security system of the country where they are, which means that **healthcare can sometimes be** subject to payment of user fees (non-refundable).

More information about EHIC [here](#)

### Social Security System

Many students can benefit from the international agreements in which Portugal participates in order to gain access to the Portuguese Social Security System, and through it to the National Health System, particularly within the framework of the following:

- At multilateral level, the Community Regulations on Social Security, number 1408/71 and number. 574/72, which include the member states of the European Union as well as Iceland, Liechtenstein, Norway, which are part of the European Economic Area, as well as Switzerland.
- At bilateral level, the conventions / agreements celebrated with Andorra, Argentina, Australia, Brazil, Cape Verde, Canada, USA, Guinea-Bissau, Morocco, Venezuela and Uruguay.

For further information about these conventions and agreements, students should contact the social security services in their home country before travelling to Portugal.

### Pharmacies

Most pharmacies in Lisbon are open during the week from 09:00am to 01:00pm and from 03:00pm to 07h00pm. On Saturday from 09:00am to 01:00pm. They are closed on Saturday afternoon and on Sunday.

Pharmacies which are located in shopping centers are open from 10:00 am to 11:00pm every day.

Special 24-hour **Pharmacies** are available by pharmacies on a rotation basis. The contacts of which pharmacies are on weekend and night duty is provided in local newspapers, listed in the front windows of all pharmacies and [on-line](#).

### Vaccination

Portuguese Ministry of Health highly recommends that all citizens must be vaccinated against tetanus, with a maximum lapse of ten years between doses.

## SPORTS FACILITIES AND LEISURE ACTIVITIES

Although ESAI doesn't have sports and leisure facilities, the location of the school (in Lisbon) allows access to a wide range of equipment, sports and leisure activities, mainly those provide and organized by the Município de Lisboa (Câmara Municipal de Lisboa).

For further information please check:

[Sport Facilities](#) | [Leisure Activities](#)

## OTHER INFORMATIONS: TRANSPORTATION

Lisbon Public Transportation:

[Carris](#) (Buses, Trams & Funiculars)

Here is the official and up-to-date [map on the Carris website](#) also there are 'spider' maps of areas where many routes intersect. Note that there are separate maps for daytime and night-time bus networks.

[Metro](#)

Lisbon's Metro is the quickest way to travel to some areas and there are four lines. All lines operate from 06:30am to 01:00am every day. The metro is the least expensive.

More information about the network can be found on the [Metropolitano de Lisboa website](#). Note that the ticket costs an extra 50 cents but can be recharged - don't throw it away!

**Train**

Lisbon has several train stations and a network that serves national, regional, suburban and urban areas. Check [CP official site](#) for more information and to purchase tickets. Also for trains that cross the river to the southern suburbs see [Fertagus](#)

**Boat**

Because of its location along the river Tejo, Lisbon has three fluvial stations (also serving the Bus and Metro networks) connecting the city to other places located in the southern margin of the river, like Cacilhas, Seixal and Montijo among others. The "Cacilheiro" is another symbolical mean of transportation of Lisbon's Metropolitan area. You can check out schedules, ticket prices on the [Transtejo-Soflusa official website](#)

[Fares and Passes](#)

Please consult the previous website provided for the updates prices.

## OTHER INFORMATIONS: COMMUNICATIONS

**Telephones:** landline telephone service

[Meo](#) | [NOS](#) | [Vodafone](#)

Information required: Full name | Address | Passport details/Identity Card details | Proof of Address (Utility bills and/or Residency Card) | Tax Number (NIF or CIF) | IBAN

Note: In Portugal telephone calls are cheaper off-peak from 21:00-09:00 and on weekends.

To call out of Portugal dial the country code and the client number 00 +

To call into Portugal dial country code followed by the Portuguese number 00351 +

Emergencies: call 112

**Mobile Telephone:**

[MEO](#) | [NOS](#) | [Vodafone](#)

Mobile telephones are offered on contract and as pay-as-you-go. It is possible to sign up at a mobile providers' shop or online. For pay-as-you-go services only personal details (name and address) are required; for a contract the following is necessary:

Passport details/Identity Card details | Proof of Address (Utility bills and/or Residency Card) | Tax Number (NIF or CIF) | IBAN | Telephone details | Fill out a form and/or a member of staff will enter the details into a computer data base

A phonecard with a reference number is issued when a phone is purchased.

Pay-as-you-go telephones can be topped up directly from a bank account at the ATM Multibanco system. Select Telemóveis and then one of the three companies MEO, NOS, or Vodafone  
 Select Carregamento Cartões  
 Key in the Mulibanco Reference Number (Referencia Multibanco) on the phonecard card (the one without the 91/93/96 prefix)  
 Key in the quantity to be credited in Euros (Montante)  
 Press Confirmar (Confirm)

It is also possible to put credit on a mobile phone at one of the many mobile phone shops which accept cash and payment via Multibanco direct debit cards.

**Internet:**

Fibre Optic, ADSL broadband, cable and wireless Internet brands

[NOS](#) | [Meo](#) | [Vodafone](#) | [Cabovisão](#)

[MEO WiFi](#) and [NOS WiFi](#) are wireless Internet services. They have a lot of Hotspots in key places such as business centres, hotels, conference and congress centres, shopping centres and airports allowing access online.

To subscribe to an Internet service in Portugal it is necessary to fill out a subscription form (Formulário de Adesão) and sign a contract. The client is given a username and password.

Internet companies require all of the following documents:

Full name | Address | Passport details/Identity Card details | Proof of Address (Utility bills and/or Residency Card) | Tax Number (NIF or CIF) | Telephone contact

Internet service contracts may be cancelled by sending a letter or email to the company providing: Full Name | User Name | ADSL telephone number | Tax Number | Address | Telephone contact

**CONTACTS AND ACCESS TO ESAI:**

Praça Eduardo Mondlane, 7 C **BUS:**  
1950-104 Lisboa

**755** From **Sete Rios** (    ) to **Poço Do Bispo**

Coordenadas GPS:  
N: 38°44'37.23" W:  
9°06'48.69"

**759** From **Restauradores** (    ) to **estação do Oriente** (    )

**749** From **Estação de Entrecampos**(    ) to **ISEL** (  )

For further information, please contact:

**Administrative services**

Monday to Friday: from 01:00 to 09:30 pm



Telephone: +351 21 83 67 010

Fax : +351 21 83 67 019

Email: [esai@esai.pt](mailto:esai@esai.pt)

ERASMUS Coordinator:

Dr. Vitor Reis: [vitorreis@esai.pt](mailto:vitorreis@esai.pt)

Development Department and International Relations (DDRI)

Cristel Ferra: [cristelferra@esai.pt](mailto:cristelferra@esai.pt)

DDRI Office Hours:

Tuesdays and Thursdays from 3:00 to 5:00pm