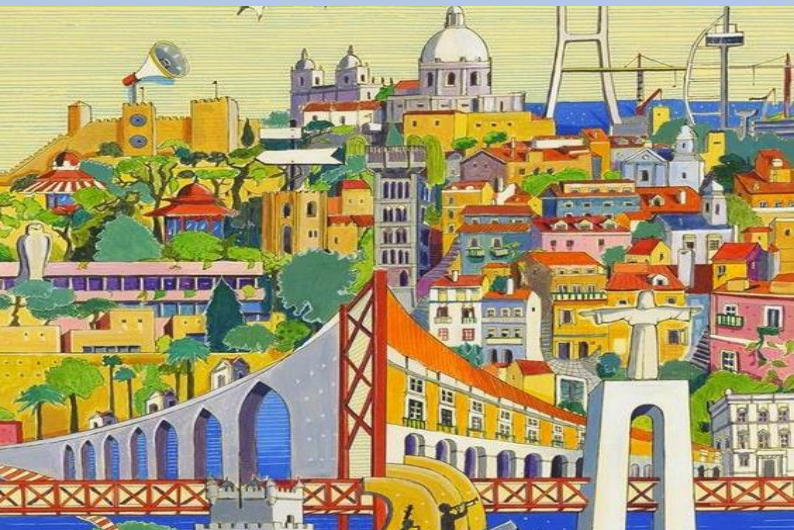


# WELCOME TO LISBON





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# INTRODUCTION



Portugal is a peaceful country and a perfect host with plenty of diversity.

From the rugged mountain peaks, remote gorges and terraced

vineyards of the north, to the pristine beaches, rolling hills and wide horizons of the south, visitors have a fascinating array of things to discover in

Portugal. It is Europe's most western point and warmest country.

Portugal is a stroll around a spectacular palace, an all-night party in one of Lisbon's hottest clubs, a hike through mountains inhabited by wolves and lynx, or a relaxed day on a deserted cove, taking

things easy in true Portuguese style - all are in close range in a country that allows visitors to travel from end to end within the space of a day.

Discovery is of course the hallmark of this seafaring nation.



Portugal's famous navigators opened up sea routes to the world, bringing back riches from Africa, India and Brazil. Their legacy is everywhere - in the cities built on the riches of the discoveries, in ornate Manueline architecture, and in present-day Portugal's openness to other cultures. For everywhere visitors go, they are

met by warmth, friendliness and generosity of spirit.

# Lisbon



is the stunning capital city of Portugal, and is one of the most charismatic and vibrant cities of Western Europe. It is a city that effortlessly blends traditional heritage, with striking modernism and progressive thinking. Lisbon offers a rich and varied history, lively nightlife and is blessed with a glorious year-round climate.

The capital of Portugal gives the impression of an ancient, lazy city where time stopped long ago. History lovers will certainly be in heaven here: there are many lavish palaces, stately museums, countless monuments and imposing churches to explore. St. George's Castle dominates Lisbon's skyline - the Moorish fortress literally overlooks the city. The other symbol of Lisbon is Belém Tower, a landmark that stands as a reminder of the city's great

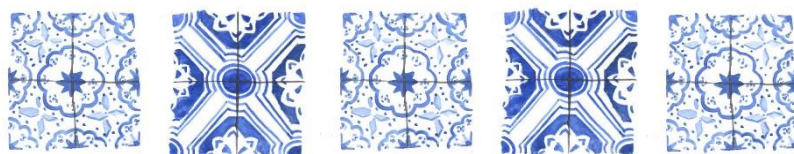
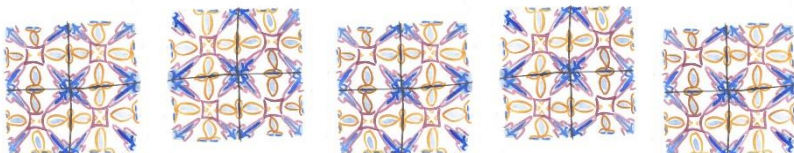
colonial past. Lisbon is also a vibrant cultural metropolis. Thanks to its unique climatic conditions and very special clear light, the city is very popular with artists come here to be inspired by its unique atmosphere.



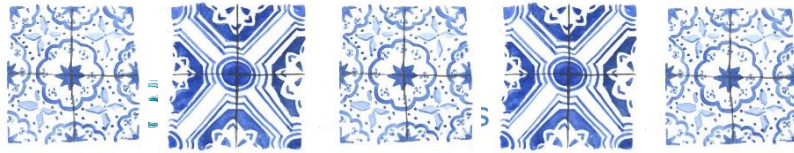
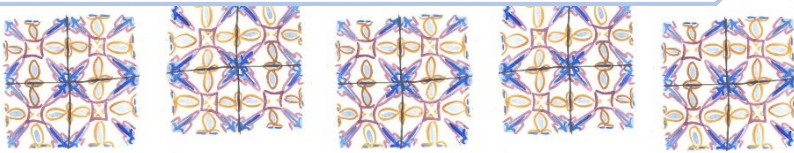
There are other fascinating natural assets: the city is built on seven hills that can be reached either on foot or by trams, lifts and a funicular: certainly a scenic way of travelling! Moreover, there are many beautiful sandy beaches very conveniently accessible right from the city center - just a few minutes walking through the back streets and you're there!

# FADO





# USEFUL INFORMATION





## TIME ZONE

WET (Western European Time): No UTC/GMT offset,  
Daylight Saving Time +1 hour March to October.

## CURRENCY

The Portuguese currency is the **EURO**



## ATMs

ATMs are the easiest way to get cash in Lisbon. You can use an international debit card at the ATMs with Multibanco.

When/if we go to smaller villages, bring cash. The ATM withdrawal limit is €200 per day, and many banks charge a foreign transaction fee of 2-3%. Banks are open Monday to Friday from 8.30 to 15.00. But ATMs are available at any time.

## EMERGENCY CONTACTS

General emergency contact: **112**

Fire emergency: **808 20 24 25**

Health problems (Saúde 24): **808 24 24 24**



## OTHER CONTACTS



### Tourist Contacts

Lisbon Tourist Office:  
+351 210 312 700

Lisbon Portela Airport:  
+351 0218 413500

## ESCOLA DE COMÉRCIO DE LISBOA



Rua Vice-Almirante Augusto de  
Castro Guedes, 51, 1800-341  
Lisboa

Tel.: (+351) 218540240  
Fax.: (+351) 218534843

Email: [geral@escolacomerciolisboa](mailto:geral@escolacomerciolisboa). School  
emergency contact: +351 912 473 989





**PUBLIC TRANSPORTATION**

**Metro ([www.metrolisboa.pt](http://www.metrolisboa.pt))** - undoubtedly the best way to get around the city. There are four lines with six transfer stations. It runs from 6:30 a.m. to 1 a.m.

**Trams, Buses, Funiculars, Lifts ([www.carris.pt](http://www.carris.pt))** - their lines conveniently connect to Metro. Ride vintage tram No. 28 for great views of Lisbon's old quarters. There's also an extensive network of night buses numbered 200+ that run at least once per hour.

A single ticket for the metro/buses is €1.45. You can purchase a magnetic card ("Viva Viagem" for €0.50) and top it up with money to pay as you, or you can buy a pack of trips (10, 20, 30) - it's cheaper, more convenient and you should definitely consider it. The more money you put on your card, the bigger bonus you get. You should validate your card when entering the vehicle - the green light indicates a successful validation.

**Taxis** - You are likely to experience rip-offs in Lisbon taxis. To avoid this situation, book a taxi ahead and inquire about the price. There's a surcharge for taking a taxi after 9 p.m. and on

weekends. There is a surcharge for luggage as well. The price starts at €2.50 and every subsequent 162 meters are €0.10.

Contact numbers:

Autocoope +351 217 932 756

Teletáxis-cooperativa +351 218 111 100

**Uber/Cabify** - these apps are extremely popular in Portugal and you can book a private transportation (similar to taxi) through your account. It doesn't involve paying with money but instead with the credit card you entered when you created your account.





# PROGRAMME





**M O N D A Y, 4<sup>TH</sup> FEBRUARY**



**9am - 9:30 am CHECK IN AT ESCOLA DE  
COMÉRCIO (ECL)**



Rua Vice-Almirante Augusto de Castro Guedes 51, Lisboa



**Bus: 705, 783**

**Tube (Metro): Red Line, exit in Encarnação**



**9:30am - 10:30am ECL TOUR**



**10:30am - 1pm TIME TO CREATE: POSTER**



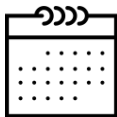
**1pm - 2pm LUNCH**

At Escola de Comércio de Lisboa



**2pm - 5:30pm**

**LISBON HISTORICAL QUARTERS: Baixa and  
Chiado (page 24)**



**T U E S D A Y, 5<sup>TH</sup> FEBRUARY**



**9:15pm - 12:30pm**

**BREAKING THROUGH STEREROYPES (at ECL)**



**12:30pm - 1:30pm LUNCH**

At Escola de Comércio de Lisboa



**1:30pm - 5pm**

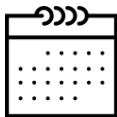
**LISBON HISTORICAL QUARTERS:**

Alfama (page 30)

**VISIT** to Castelo de São Jorge (page 34)



**FREE EVENING**



**W E D N E S D A Y , 6<sup>TH</sup> FEBRUARY**



**8:30am ARRIVAL AT ECL**

**9:15am MERCADO DA RIBEIRA** (page 35)

**10am - 12:00pm BELÉM** (page 36)



**Bus:** 714, 727, 728, 729, 751,743

**Tram:** 15

**Train:** Lisboa-Cascais line, exit in Estação Fluvial de Belém

**12:00pm - 1:15pm HEAD BACK TO ECL**



**1:15pm - 2:30pm LUNCH**

At Escola de Comércio de Lisboa



**2:30pm - 6pm COMPETITION: WHO WANTS TO  
BE A EUROPEAN?** (at ECL)

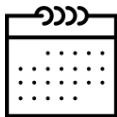


**6pm - 7pm ReFoRe FINAL MEET UP**



**7:30pm FAREWELL DINNER** at Lx Factory

**Address:** R. Rodrigues de Faria 103, 1300-501 Alcântara,  
Lisboa



**T H U R S D A Y, 7<sup>TH</sup> F E B R U A R Y**



**D E P A R T U R E**

**PLEASE FILL IN YOUR BOARDING PASS WITH  
THE DEPARTURE AND ARRIVAL TIME**

BOARDING PASS

BOARDING PASS

BOARDING PASS

**DEPARTURE: LISBON AIRPORT**

**DATE: 7<sup>TH</sup> FEBRUARY**

**DEPARTURE TIME:**

**ARRIVAL TIME:**



BOARDING PASS

BOARDING PASS

BOARDING PASS



# CULTURAL VISITS

MARVILA



CHIADO

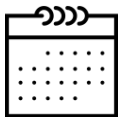


SAUDADE



BELEM





MONDAY, 4<sup>TH</sup> FEBRUARY

LISBON HISTORICAL QUARTERS: BAIXA AND CHIADO

## ELEVADOR DE SANTA JUSTA



Elevador de Santa Justa is a 19<sup>th</sup> century lift which takes passengers up the steep hill from Baixa to Largo do Carmo and the ruins of the Carmo Church.

Historically, Elevador de Santa Justa provided an invaluable service by eliminating the steep slog up Carmo Hill, but today it's primarily a tourist attraction and one of the most unique sights of the city. At the top of the lift there's a new viewing platform, providing wonderful panoramic views over the historical centre of Lisbon.



## RUA AUGUSTA



Rua Augusta is the liveliest street in Lisbon. Closed to traffic and paved with Portuguese sidewalk, it links the city's two main squares (Praça do Comércio and

Rossio), offering several international brand stores along with other older ones that still maintain the original façades. Rua Augusta is home to numerous fashion retailers, restaurants and cafés. Street performers are frequently found entertaining passers-by.

Don't forget to visit the triumphal arch built in the wake of the 1755 earthquake to celebrate Lisbon's reconstruction: **Arco da Rua Augusta**. A lift will take you to the top, where fine views await.



## PRAÇA DO COMÉRCIO



Praça do Comércio is the largest of Lisbon's mighty plazas. It is on the bank of the Tagus River in the downtown area and was, historically, the gateway to the city. This impressive square was the place where productions from the west and the overseas colonies were bought and sold, while expeditions to the furthest corners of the world were being financed.

## CAIS DAS COLUNAS



Cais das Colunas is located at Praça do Comércio, in the historical centre of Lisbon; its marble steps used to be the noble entrance into the city,

through which heads of state and other prominent figures have arrived. It used to give access to ferry boats and other vessels connecting Praça do Comércio to the Tagus' south bank. The pier was named after the two columns (colunas) that can be seen on the side of the main steps. These simple yet elegant pillars were designed by architect Eugénio dos Santos and were part of the city reconstruction plan after the 1755 earthquake nearly destroyed it. The two columns are replicas of those thought to have been in Solomon's temple. They're representative of wisdom and devotion.

## PRAÇA LUÍS CAMÕES



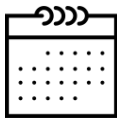
Luís de Camões Square divides two neighbourhoods: Chiado and Bairro Alto. In its centre is a monumental statue of 16th century poet Luís de Camões who wrote the epic poem *Os Lusíadas*, which heroically describes Vasco da Gama's discovery of the sea route to India. The square is one of the city's favourite meeting places, especially at night.

## A BRASILEIRA



It was founded in 1905 by Adrian Telles to import and sell Brazilian coffee in the 19th century. It was the first shop to sell the "bica", a small cup of strong coffee, similar to espresso.

It was during the nascent Republic that numerous intellectuals, artists and literary writers began to walk through its doors. United by the poet-General Henrique Rosa (the adoptive uncle of Fernando Pessoa), many of the literary figures would help to establish the magazine Orpheu. In front is a statue of poet Fernando Pessoa sitting in a chair, recalling the days when he used to write at this café.



T U E S D A Y, 5<sup>TH</sup> FEBRUARY

LISBON HISTORICAL QUARTERS: ALFAMA

## SÉ DE LISBOA



Lisbon Cathedral, also known as Sé de Lisboa, is the most important and iconic religious building. The Cathedral's construction dates from the 12<sup>th</sup> century and is mainly Romanesque in style. Its official name is Santa Maria Maior. It has survived several natural disasters, like the great earthquake of 1755, which left part of the religious edifice in ruins. Throughout the centuries, the Cathedral has been renovated and rebuilt on various occasions. It is nowadays a mix of different architectural styles. Address: Largo da Sé 1100-585 Lisboa.

## CERCA VELHA



The Moorish Wall delimited and protected Lisbon during the Medieval Period. You can find vestiges of it scattered around Alfama, but you might walk right past them if you aren't paying attention or don't know where to look.

## MIRADOURO DE SANTA LUZIA



This is one of the most romantic locations in Lisbon. It's a landscaped terrace next to a small church with the same name, offering

a beautiful panoramic view of the city's oldest district, Alfama. The dome of the National Pantheon, Santo Estevão Church and São Miguel Church stand out among the sea of rooftops below. At the centre of the bougainvillea garden is a bust of Lisbon historian Júlio de Castilho, and behind it are two tile panels -- one illustrating St George's Castle and the other showing Comércio Square before its destruction in the 1755 earthquake.



## MURAL AMÁLIA RODRIGUES



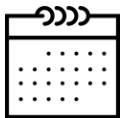
The profile of a woman, painted in black and white, over the pavement is Amália Rodrigues, the Portuguese singer that took Fado beyond Portugal's borders. It was the director Ruben Alves' idea and the artist who materialized it was Vhils. Known for creating faces on building walls with pickaxes and small explosions, this Portuguese artist was part of Forbes' "30 under 30 list" as one of the most influential young people in the world.

## CASTELO DE SÃO JORGE



With a breathtaking view of the city, the Castle of Saint George, located in the old medieval citadel, was inhabited by the

Moors who fortified it for their own defense. When D. Afonso Henriques, Portugal's first King, conquered the castle in 1147 after surrounding it for 3 months, he expelled the Muslims and opened the castle doors to the Christians. The King and his court moved into the castle, later turning it into the Royal Palace. Inside the **Tower of Ulysses**, a camera obscura offers a unique 360-degree view of Lisbon. There are also a few galleries displaying relics from past centuries, including traces of the Moorish neighbourhood dating from the 11th century at the **Archaeological Site**.



W E D N E S D A Y , 6<sup>TH</sup> FEBRUARY

## MERCADO DA RIBEIRA



Mercado da Ribeira is Lisbon's main food market since 1892, when it opened with an iron interior and a large oriental dome. In 2014 it was taken over by Time Out Lisboa magazine, whose management added stalls offering food and traditional local products. The traditional stalls selling fresh produce are found on the ground floor and the food court, with canteen-style communal tables has become a major food destination which mixes stalls from top chefs with different brands of local products, and the foods range from seafood to steak sandwiches, hamburgers, sushi and ice cream, among other specialties.

## BELÉM



Belém is one of the most important neighbourhoods in the city of Lisbon. With a beautiful view to the river, this area blends the history of Portugal with recent architecture and arts. In Belém you can still enjoy numerous terraces and take an opportunity to taste the wonderful and well-known pastel de Belém.

If you still have time, you can visit MAAT (Museum of Art, Architecture and Technology), Centro Cultural de Belém, the Presidential Palace and the famous monuments Mosteiro dos Jerónimos, Torre de Belém, and the 20<sup>th</sup> century Monument to the Discoveries, which honours the courage and bravery of the Portuguese navigators.



Mosteiro dos Jerónimos, Manueline style, built in the 16<sup>th</sup> century.



The Monument to the Discoveries was originally erected in 1940 on the occasion of the Portuguese World Exhibition to honor the historical figures involved in the Portuguese Discoveries. The current replica, in concrete and stone, was inaugurated in 1960.



The tower was begun to be constructed in 1514 and finished in 1520

CCB was founded in 1992.



MAAT was founded on October 4, 2016.



From Belém to Rossio we will walk through the most unforgettable places of the Portuguese gastronomy, which will amaze you with its variety, history and delicious taste!

We will visit squares, monuments, iconic cafés, typical establishments and restaurants.

We will taste the foods that have been passed down from parents to sons over time. We will visit bakeries that know the secrets of Portuguese sweets, such as the unmistakable coffee and Pastéis de Belém.

## PASTÉIS DE BELÉM



This Café has existed since 1837 and became a reference for the Portuguese and for tourists. It sells the unique and wonderful Pastéis de

Belém (Portuguese custard tart).

**Address:** Rua de Belém 84-92, 1300-085 Lisboa



## SANTINI ICE CREAM PARLOUR

In 1949, Attilio Santini opened the doors of what is the best known Portuguese *gelataria*. The first store to open was in Cascais.



Attilio Santini marked the beginning of something that can already be considered a tradition.

**Address:** Museu dos Coches, Praça Afonso de Albuquerque, Lisboa

## A GINJINHA



Opened in 1840 by a Galician, it is one of the oldest shops in downtown (also known as Baixa Pombalina) and sells one of the most typical Portuguese drinks “ginjinha” (cherry liquor) and has become iconic over time.

**Address:** Largo São Domingos 8, 1100-201 Lisboa

## A BRASILEIRA CAFÉ



*Brasileira*, also known as *A Brasileira do Chiado*, is an emblematic coffee shop in the city of Lisbon. It was founded in 1905.

**Address:** R. Garrett 122, 1200-273 Lisboa

## CAFÉ NICOLA

Café Nicola opened in 1929 and has the same name until today. The customers can have a coffee and appreciate



Fernando Santos' paintings about the poet Bocage and his time.

**Address:** Praça Dom Pedro IV 24-25, 1200-091 Lisboa

## CASA PORTUGUESA DO PASTEL DE BACALHAU



*Casa Portuguesa do Pastel de Bacalhau* embraces the land and the sea through two traditions: the Serra da Estrela cheese and the traditional codfish.

**Address:** R. Augusta, nº 106 e 108, Lisboa

## THE BEER MUSEUM

Founded in 2012, it was designed to be a centre of culture, beer and gastronomy. The menu reflects the native Portuguese-speaking countries food.



**Address:** Terreiro do Paço- ala nascente nº62 a 65, 1100-148 Lisboa

## ELEVEN RESTAURANT



The restaurant is located in the heart of Lisbon's business district, overlooking the entire city and surrounded by lush gardens. Its architecture is modern, minimalist and organic, using natural materials like wood and decorative stones, and boasting enormous glass windows that open towards Lisbon and the river.

**Address:** Rua Marquês de Fronteira, Jardim Amália Rodrigues, Lisboa.

## CINCO LOUNGE

CINCO lounge exists to create a sophisticated and cool cocktail culture in the fabulous city of Lisbon. The owners endeavour to provide a combination of contemporary and classic cocktails made using only premium spirits and fresh fruits, and by introducing new cocktails each season, keeping things moving in the desired direction. **Address:** Rua Ruben A. Leitão 17ª Lisboa



## 100 MONTADITOS

The history of 100 Montaditos began in the year 2000, in a small beach of Islantilla, Huelva, with a



revolutionary gastronomic concept. Here you can eat a type of traditional bread, which is always served hot and crispy.

**Address:** Praça Dom Luís I 10, 1200-161 Lisboa

## REPÚBLICA DA CERVEJA



This iconic restaurant in Parque das Nações was the first beer house to open its doors in that part of town, with a privileged location,

right next to the river.

**Address:** Jardim das Tágides, Lt. 2.26.01, Parque das Nações, Lisboa

## JOKER LOUNGE SALDANHA



This bar is open until three in the morning during the weekend and has a lot of entertainment: football table, dart boards and snooker

tables.

Joker Lounge Saldanha does not have a specific room for games, although it presents all these possibilities to entertain.

**Address:** Av. Marquês de Tomar 44 b 1050-053, Lisboa



**USEFUL LANGUAGE**

## Basics

Se faz favor./Com licença.

Excuse me.

Não entendo.

I don't understand.

Pode falar mais devagar?

Could you speak more slowly, please?

Pode repetir?

Could you repeat it, please?

Onde fica a casa de banho?

Where can I find a toilet/  
bathroom?

## Problems

Socorro! Polícia!

Help! Police!

Estou perdid(a).

I'm lost.

Perdi a minha  
mala/carteira.

I've lost my purse/handbag/wallet.

Preciso de um médico.

I need a doctor.

Chame(m) o 112, por favor!

Someone please call 999!



## Transportation

Um bilhete para \_\_\_\_\_, por favor.

Para onde vai este comboio/autocarro?

Onde apanho o comboio/autocarro para \_\_\_\_\_?

Este comboio/autocarro para em \_\_\_\_\_?

Quando parte o comboio/autocarro?

Um bilhete de ida/volta...

One ticket to \_\_\_\_\_, please.

Where does this train/bus go?

Where is the train/bus to \_\_\_\_\_?

Does this train/bus stop at \_\_\_\_\_?

When does the train/bus leave?

One way ticket/return ticket...

## Asking for directions

Como vou para \_\_\_\_\_?

Onde fica o(a) \_\_\_\_\_?

Há algum(a) \_\_\_\_\_ aqui perto?

Pode mostrar-me no mapa?

How do I get to \_\_\_\_\_?

Where is the \_\_\_\_\_?

Is there a \_\_\_\_\_ around here?

Can you show me on the map?

## Money

Aceita Euros?

Do you accept Euros?

Aceita cartões de crédito?

Do you accept credit cards?

Onde posso trocar dinheiro?

Where can I exchange  
currency/money?

Onde há uma caixa  
multibanco?

Where can I find an ATM?

## Eating

Uma mesa para \_\_\_\_\_  
pessoa(s).

A table for \_\_\_\_\_  
person/people.

Posso/podemos sentar-nos à  
janela?

May I/we sit by the window?

Posso ver a ementa, por favor?

Can I see the menu, please?

Sou vegetariano.

I'm a vegetarian.

Quero \_\_\_\_\_.

I'd like \_\_\_\_\_.

A conta, por favor.

The check, please.

## Shopping

Tem isto no meu tamanho?

Quanto custa isto?

Posso experimentar?

Onde fica o provador?

Serve./Não serve.

Tem um tamanho mais pequeno/maior?

Vou levar. / Não vou levar.

Pode dar-me um saco?

Posso trocar isto?

Do you have this in my size?

How much is this?

Can I try it on?

Where is the fitting room?

It fits./It doesn't fit.

Do you have a smaller/larger size?

I'll take it. / I'll leave it.

Can I have a bag?

Can I exchange this?





