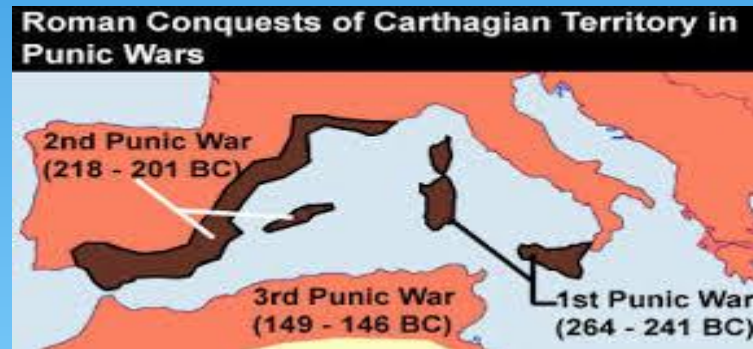


A TIMELINE OF THE HISTORY OF PORTUGAL

700 BC Celts enter Portugal bringing iron with them. Meanwhile the Phoenicians trade with Portugal.

600 BC The Greeks trade with Portugal



210 BC The Romans invade the Iberian Peninsula

409 AD Roman rule collapses and Germanic people invade the Iberian Peninsula

585 AD A people called the Visigoths conquer Portugal

711 Moors invade the Iberian Peninsula. They conquer southern Portugal.

1050 A Visigoth state grows in northern Portugal

1147 The people of northern Portugal capture Lisbon

1143 Portugal was recognised as a separate kingdom under the rule of King Afonso I



1348 The Black Death reaches Portugal

- * 1386 Portugal makes an alliance with England
- * 1415 The Portuguese capture Ceuta in Morocco
- * 1427 The Portuguese discover the Azores
- * 1488 Bartolomeu Dias sails round the Cape of Good Hope
- * 1498 Vasco da Gama reaches India



Portuguese take Goa in India

- * 1531 The Inquisition is introduced into Portugal

1640 Portugal becomes independent



1580 Spain annexes Portugal

1703 Portugal signed a trade treaty, the Methuen Treaty with England

1750 The Marques de Pombal became the king's chief minister

1755 Lisbon is devastated by an earthquake

1807 The French invade Portugal

1811 The French are driven out of Portugal

1820 A revolution takes place in Portugal

1828 Miguel becomes king of Portugal. He rules as an absolute monarch.

1834 After a rebellion Pedro becomes king

1838 A new constitution is introduced in Portugal

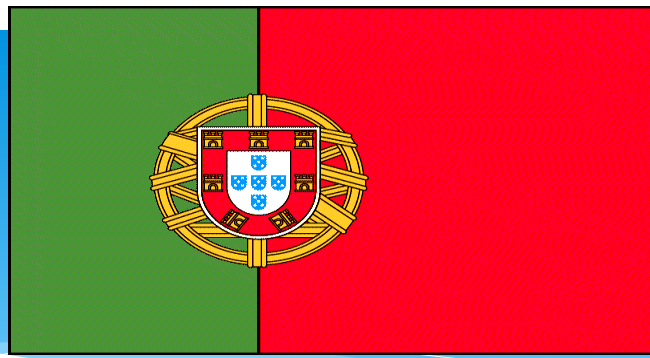
- * **1846-47** Civil War in Portugal
- * **1910** Revolution takes place in Portugal
- * **1932** Salazar becomes prime minister (and dictator) of Portugal
- * **1968** Salazar resigns



- * **1974** After the Carnation Revolution democracy is restored
- * **1986** Portugal joins the EU
- * **1999** Portugal unwisely joins the Euro
- * **2006** Anibal Cavaco Silva becomes president of Portugal



- * Modern Portugal, a founding member of NATO and a member of the European Union, has evolved into a country with a stable democracy and vibrant cultural life.



- * OFFICIAL NAME: Portuguese Republic
- * FORM OF GOVERNMENT: Republic, parliamentary democracy
- * CAPITAL: Lisbon
- * POPULATION: 10,813,834
- * OFFICIAL LANGUAGES: Portuguese, Mirandese
- * MONEY: Euro
- * AREA: 35,516 square miles (91,985 square kilometers)



Geography

- * Portugal occupies the western part of the Iberian Peninsula and is slightly smaller than Indiana. The country is crossed by three large rivers that rise in Spain, flow into the Atlantic, and divide the country into three geographic areas. The Minho River, part of the northern boundary, cuts through a mountainous area that extends south to the vicinity of the Douro River. South of the Douro, the mountains slope to the plains around the Tejo River. The remaining division is the southern one of Alentejo. The Azores stretch over 340 mi (547 km) in the Atlantic and consist of nine islands with a total area of 902 sq mi (2,335 sq km). Madeira, consisting of two inhabited islands, Madeira and Porto Santo, and two groups of uninhabited islands, lie in the Atlantic about 535 mi (861 km) southwest of Lisbon.

* NATURE

Most of Portugal was once covered by forests. Today, only a quarter of the country remains forested. While some native species, such as the cork tree are still common, many plants are foreign species and were introduced by humans.

* Farming and hunting have reduced the numbers of wild animals living in Portugal. The common animals are boars, wild goats, fallow deer, foxes, and Iberian hares. The Iberian lynx is the most

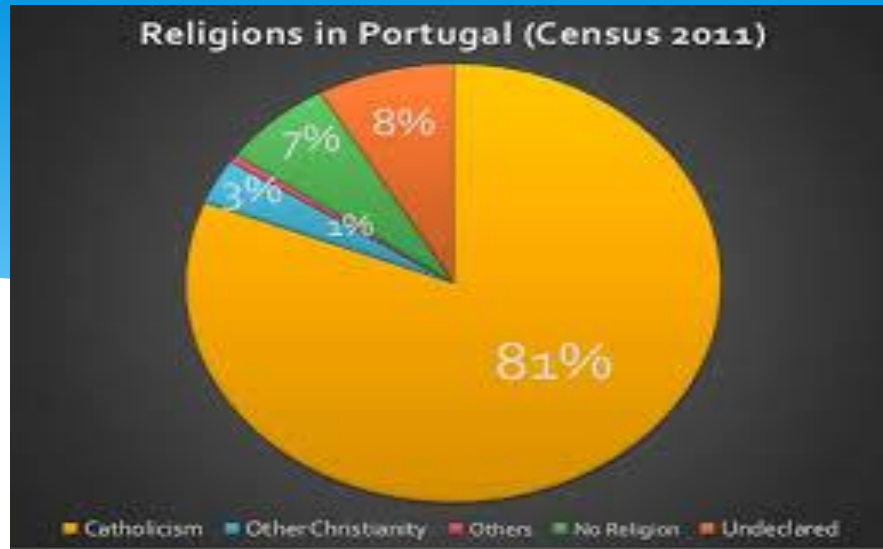
endangered cat species in the world. Portugal and Spain are working together to create open space to allow the remaining few hundred lynxes to roam freely.

* The coastline is a rich habitat for crabs, clams, and oysters, and tuna, bonito, and sardines



journey to and from
Europe to Africa





* **Religion:**

- * Roman Catholics make up around 81% of the population, but only about 20% of these regularly attend mass and take the sacraments. The remaining 19% is a mixture of Agnostic, Anglican, Atheist, Jewish, Muslim and Protestant communities, together with other religions that have been brought in through immigration over the years.



* Language

- * Portuguese language is one of the Romance languages. Like all other languages of this group, Portuguese is a direct modern descendant of Latin, the vernacular Latin of the Roman soldiers and settlers rather than the classical Latin of the cultured Roman citizens. It developed in ancient Gallaeci (modern Galicia, in northwestern Spain) and in northern Portugal, and then spread throughout present-day Portugal.
- * Portuguese owes its importance (as the second Romance language, after Spanish, in terms of numbers of speakers) largely to its position as the language of Brazil.
- * Approximately 200 million people speak Portuguese as their native tongue worldwide making it the third most spoken European language. Apart from the Portuguese themselves, the language is also spoken in parts of Africa including Angola, Cape Verde, Mozambique and Guinea-Bissau as well as in East Timor in Asia. It is also the language of the island-nation of São Tomé and Príncipe, in the Gulf of Guinea.
- * There are five main Portuguese dialect groups: (1) Northern, or Galician, (2) Central, or Beira, (3) Southern (including Lisbon, Alentejo and Algarve), (4) Insular (including the dialects of Madeira and the Azores and (5) Brazilian.

Portuguese Society & Culture



The Family

- * The family is the foundation of the social structure and forms the basis of stability.
- * The extended family is quite close.
- * The individual derives a social network and assistance from the family.
- * Loyalty to the family comes before other social relationships, even business.
- * Nepotism is considered a good thing, since it implies that employing people one knows and trusts is of primary importance.



- * **Appearances Matter**

- * . In Portuguese society appearance is very important, especially in the cities.
- * . People are fashion conscious and believe that clothes indicate social standing and success.
- * . They take great pride in wearing good fabrics and clothes of the best standard they can afford.



* Meeting & Greeting Etiquette in Portugal

- * . Initial greetings are reserved, yet polite and gracious.
- * . The handshake accompanied by direct eye contact and the appropriate greeting for the time of day.
- * . Once a personal relationship has developed, greetings become more personal: men may greet each other with a hug and a handshake and women kiss each other twice on the cheek starting with the right.



* Titles

- * . The proper form of address is the honorific title 'senhor' and 'senhora' with the surname.
- * . Anyone with a university degree is referred to with the honorific title, plus 'doutour' or 'doutoura' ('doctor') with or without their surname.
- * . Wait until invited before moving to a first-name basis.
- * . Use the formal rather than the informal case until your Portuguese friend suggests otherwise.

Gift Giving Etiquette



- * . If you are invited to a Portuguese home for dinner, bring flowers, good quality chocolates or candy to the hostess.
- * . Do not bring wine unless you know which wines your hosts prefer.
- * . Do not give 13 flowers. The number is considered unlucky.
- * . Do not give lilies or chrysanthemums since they are used at funerals.
- * . Do not give red flowers since red is the symbol of the revolution.
- * . Gifts are usually opened when received.

* Dining Etiquette



- * . If invited to a dinner arrive no more than 15 minutes after the stipulated time.
- * . You may arrive between 30 minutes and one hour later than the stipulated time when invited to a party or other large social gathering.
- * . Dress conservatively. There is little difference between business and social attire.
- * . Do not discuss business in social situations.
- * . If you did not bring a gift to the hostess, send flowers the next day.
- * . Table manners are formal.
- * . Remain standing until invited to sit down. You may be shown to a particular seat.
- * . Table manners are Continental -- the fork is held in the left hand and the knife in the right while eating.
- * . Do not begin eating until the hostess says "bom apetite".
- * . Do not rest your elbows on the table, although your hands should be visible at all times.
- * . Most food is eaten with utensils, including fruit and cheese.
- * . Keep your napkin to the left of your plate while eating. Do not place the napkin in your lap. When you have finished eating, move your napkin to the right of your plate.
- * . If you have not finished eating, cross your knife and fork on your plate with the fork over the knife.
- * . Leave some food on your plate when you have finished eating.
- * . Indicate you have finished eating by laying your knife and fork parallel on your plate, tines facing up, with the handles facing to the right.



- * **Music**

- * Fado is Portugal's main traditional music and is a form of song which can encompass anything and everything but is mainly characterised by mournful and melancholy tunes and lyrics. In 2011, Fado was added to UNESCO's Representative List of the Intangible Cultural Heritage of Humanity.
- * The word 'Fado' means fate in Portuguese, however given the sad nature of the music, a good way to describe the spirit of the song is 'lament'. One thing is for sure, Fado is Portugal's pride and joy and the country's national musical treasure. However, folk music and dancing is Portugal's fundamental form of musical expression



* Traditional Dances

- * Each region of Portugal has its own style of dance and songs with the most traditional tunes played at a slower rhythm compared to those heard in Spain.
- * Some of the best examples of the regional dances are the vira, chula, corridinho, tirana and fandango, where couples perform a lively dance usually to a fast beat of hand-clapping, guitars and accordions. Many of these dances reflect the

courting and matrimonial traditions of the area and are often passionate and exciting to watch.

- * During many of these traditional dances, people dress up in a variety of ways ranging from working clothes to colourful costumes.





* Architecture

- * Romanesque and Gothic influences have given Portugal some of its greatest cathedrals, which are fantastic places to visit while on holiday. In the late 16th century a national style (estilo Manuelino) was synthesised by adapting several forms into an elaborate and flamboyant style of architecture.
- * Outstanding examples of Portuguese architecture include Mosteiro dos Jerónimos (Jerónimos Monastery) in Lisbon, in ornate Manueline style; Sé Catedral (Cathedral) in Lisbon, the facade of which partially exhibits remains of Romanesque construction; Mosteiro de Alcobaça (Alcobaça Monastery); Convento de Cristo (Convent of Christ) in Tomar; the late Portuguese Gothic abbey of Mosteiro da Batalha (Batalha Monastery); Torre dos Clérigos (Tower of the Clergy) in Porto and Sé Catedral de Braga – Braga's Romanesque cathedral



* Food and Drinks

- * Every country has its traditions, especially when it comes to cooking! Portugal has some superb gastronomy guaranteed to delight your taste buds. Among the customary specialities are the famous pastéis de nata (custard tarts), regional cheeses, bacalhau (salted cod) and a great variety of meat and seafood dishes, as well as great wines. For more information about Portugal's fantastic gastronomy





* FOOD AND WINE

- * Portugal is famous for its food and wine. From the exquisite cuisine of the upmarket restaurants to the local “tascas”, you are guaranteed a delicious gastronomic experience. The more modern, recent restaurants offer vegetarian dishes and Portuguese fusion cuisine.
- * Bacalhau:
- * Bacalhau is salted cod. Although it is one of the main ingredients in Portuguese gastronomy, bacalhau is imported from Canada and Norway where the colder Atlantic waters are very rich in this fish. You will find that there are thousands of ways to cook bacalhau.
- * Meat-lovers:
- * Meat is eaten all over the country. However, there are two areas famous for their meat dishes. The Alentejo is famous for its pork and Trás-os-Montes for its cured meats.
- * Bread and Cheese:
- * Each region will also have its specific bread and cheese. The most famous cheese is Queijo da Serra from the Serra da Estrela mountain range. Queijo de



Azeitão, from Azeitão (near Lisbon) is also delicious. Every restaurant will place a basket of bread on the table as a starter. If it is not home-made, it will be fresh from the bakery next door.

- * Sweets:
- * Many Portuguese sweets are a legacy of Moorish occupation, especially in the Algarve. Try the “rebuçados da régua” in the city of Peso da Régua in the Douro region. If you travel to Lisbon, stop by Belém to try the famous “Pastéis de nata” of Belém.
- * Wine:
- * Portugal is famous for its fortified wines: Port and Madeira. Port comes from the Douro region and Madeira from the island. These are great wines for an aperitif or as a digestif after a meal.
- * Beer:
- * During meals, the Portuguese will also drink beer. However, a good, fresh beer is most appreciated in the late afternoon. at sunset.



The Top 10 Places In Portugal

- * Sunsplashed beaches



- The Baixa, Lisbon's downtown area



- * Portugal's famous Algarve
Azores



- Sintra's Palácio da Pena Vila Franca do Campo,



* Porto



Coimbra



* Funchal, Madeira



Evora



Óbidos

