

# Sustainable Tourism, Culture and Local People





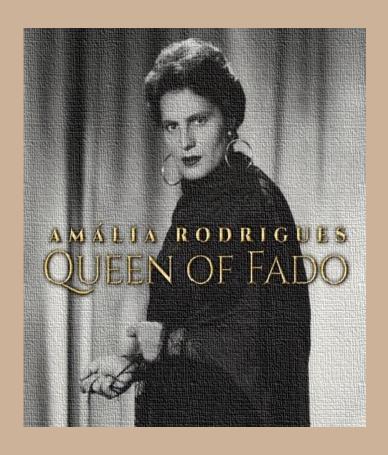




# **FADO**UNESCO Intangible Cultural Heritage

















**FADO** 

- Amália Rodrigues Uma casa portuguesa
- Mariza Chuva







# Cante Alentejano

**UNESCO Intangible Cultural Heritage** 











#### Cante Alentejano

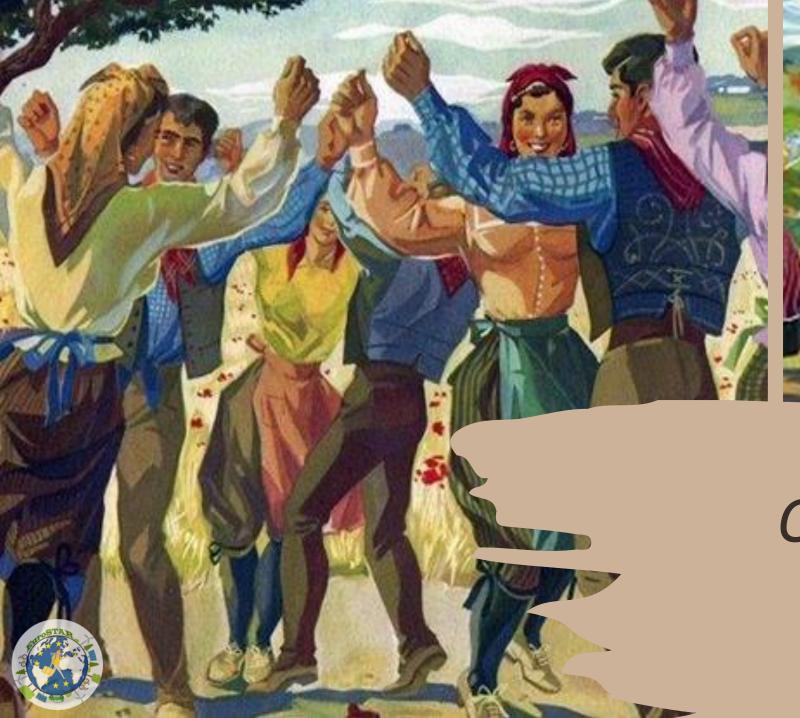


• Alentejo - eu ouvi um passarinho











#### **Our Dances**















Os Camponeses Minhotos - Senhor da serra









Pauliteiros de Palaçoulo















#### ARTS AND CRAFTS









## "Lenços dos namorados"















Azulejo

• SÃO BENTO RAILWAY STATION (Porto)

UNESCO Intangible Cultural Heritage









#### Azulejo

• CAPELA DAS ALMAS (church)







# The Rooster of Barcelos

















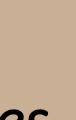
# Filigree

• The art of working the noble metals, a symbol of Portuguese jewellery









#### Our Festivities











# Queima das fitas

(University students'celebration)











#### Entrudo Chocalheiro

(Caretos de Podence- UNESCO Intagible Cultural Heritage)











# São Pedro da Afurada











#### Senhor de Matosinhos











#### São João













#### São João













# Typical Food









# Soups

Caldo Verde



Sopa da Pedra









#### Fish

Bacalhau cebolada

Sardinhas assadas

Arroz de Marisco













## Fish

















#### Meat

Cozido à Portuguesa (portuguese stew)



Cabrito Assado









#### Meat

Tripas à Moda do Porto



Francesinha











#### Pastries and Desserts

Pastel de Natas/ Pastel de Belém



**Ovos Moles** 



Rabanadas









#### Pastries and Desserts

Aletria



Pão de Ló



Bolo Rei (Christmas Cake)









## Wines

















# Wines (Porto wine)







