

INTERNATIONAL WEEK AT POLYTECHNIC OF PORTALEGRE

For the first time, IPP will hold an International Week in all its Organic Units. The Week will take place from 14 to 18 May and will bring together about 40 participants, including teachers, management staff and from various working departments from IPP partner institutions in Europe, including Belgium, Bulgaria, Estonia, Italy, Lithuania, Poland, Romania, Slovenia, Spain and Turkey. According to their work area, the participants will hold teaching sessions for the students and/or participate in training events and meetings with the various IPP departments and sections according to their interests. In addition to the work sessions, IPP visitors will be offered the opportunity to visit some of the region's most representative sites and reputable companies and institutions.

Official Programme

Sunday, 13 May

Arrivals to Portalegre/Elvas. Hotels*

Monday, 14 May

08:30 - Transportation from Elvas to Portalegre for participants in Elvas. Official

09:30 – Official Reception at IPP.

10:00-13:00 - Presentation of participants and their institutions.

13:00 – “International Tastes”.

14:00-18:30 - Visit to the medieval village of Marvão (15 km from Portalegre).

18:30 - Return to Portalegre/Elvas.

Evening - Free

Tuesday, 15 May

Morning/Afternoon – Teaching missions in Elvas/Portalegre

10:00 - Visit to IPP Schools and other facilities in Portalegre/Elvas

11:00-12:30 – Training sessions

The Quality Management System at IPP (Portalegre)

Quality Assurance at IPP International Office (Portalegre)

Evening - Free

Wednesday, 16 May

Morning/Afternoon – Teaching missions in Elvas/Portalegre

10:00 - Visit to IPP Schools and other facilities in Portalegre/Elvas

10:30 – *Portuguese for Foreigners*

Afternoon – Excursion options (to be confirmed).

Evening - Free

Thursday, 17 May

Morning/Afternoon – Teaching missions in Elvas/Portalegre

14:00 - Transportation to Campo Maior for participants in Elvas/Portalegre

14:30 – Visit to the Coffee Science Museum and Adega Mayor wine cellars with tasting of regional “tapas”

18:00 – Transportation from Campo Maior to Elvas

19:30 – Farewell Dinner in Elvas**

22:30 - Transportation back to Portalegre for participants in Portalegre

Friday, 18 May

06:30 - Departures from Portalegre/Elvas to Lisboa

* Hotels to be booked directly by participants – Please see below, under **Accommodation**

** No charge for participants

Transportation from Lisbon airport to Portalegre/Elvas

The most convenient airport is Lisbon International Airport.

A complimentary pick-up service will be organized from the Airport in Lisbon to Portalegre and Elvas, at no charge for participants. The bus will leave the Airport **at 4,30 pm on Sunday, 13th May**. Those participants who arrive earlier that day or before should be at the Airport, at the designated official **Meeting Point, Arrivals Hall**, at that day and time. Those who arrive later should travel to any of the two cities on their own arrangements. **Please let us know about your travel arrangements as soon as you can.**

There is also the option of flying to the airports in Porto (300 km North from Portalegre/Elvas) or Faro (300 km South from Portalegre/Elvas), or even to Badajoz, in Spain, about 80 km from Portalegre and 20 km from Elvas, which connects to Madrid. In case you wish to use any of these airports, travelling to either Portalegre or Elvas would be more difficult. Anyway, if that is your option, please let us know and we will try to organize a transfer.

[Information about travelling options from Lisbon to Portalegre or Elvas for participants who are not able to use our pick-up service](#)

Portalegre and Elvas can be reached from Lisboa by train, bus or car.

Trains leave from Santa Apolónia or from Oriente train stations in Lisboa and they usually require a change at Entroncamento.

The underground (Metro) network in Lisbon (red line) connects the airport and other locations to both train stations. Oriente is very close to the airport and very easy to reach from there, as it is only two Metro stops away. There are also direct buses from nearby stops.

The train station in Portalegre is located in the outskirts of the town. You will have to get a bus right outside the station to travel to the centre.

Please, visit www.cp.pt (national train company website) for timetables and for further information.

Buses leave from two different locations: from Terminal Rodoviário (main bus terminal, located close to the Jardim Zoológico underground station) and from Oriente train station (to Portalegre, only). From the former, buses are more frequent; the best and cheapest way to get there is to get the underground, red line, from the airport to S. Sebastião station and then change to the blue line to Jardim Zoológico (bound to Amadora or Colégio Militar/Luz); then follow the directions to Terminal Rodoviário (located outside the station); the bus ticket costs about 15€. Please, visit www.rede-expressos.pt (national bus company website) for timetables and for further information. To get from the airport to the Oriente, please follow the Metro directions above. For information on timetables and prices on buses to Portalegre from Oriente, please check at: <http://www.rodalentejo.pt/>

By car, the quickest way to get to Portalegre is to use the A23 (North) motorway or the A6 (South) motorway. To follow the A23 motorway, leave Lisbon towards Norte/Porto by the A1 motorway. After about 100 km, exit onto the A23, towards Castelo Branco/Torres Novas/Abrantes. Exit at exit 15, towards Portalegre/Nisa. If you choose the A6, you must first follow A12/Sul/ Ponte Vasco da Gama, then exit towards A2, bound to Algarve/Évora until the A6 exit towards Espanha/Évora. Exit at Estremoz and continue on the IP2 until Portalegre.

For Elvas, follow the route described above to Estremoz, but, instead of exiting onto Estremoz, keep on the A6 to Elvas.

Information about Portalegre and Elvas

Geography and history

Portalegre and Elvas, the two cities where the IPP has schools, are distant about 50 km from each other and are located in the center/south of Portugal, near the border with Spain, in the Alentejo region, considered by Lonely Planet Traveller as one of the best 52 destinations in the world (January 2016). No wonder: no one is indifferent to the impressive fortifications or the Roman aqueduct of Elvas, classified as World Heritage by UNESCO, the whiteness of Castelo de Vide, the grandeur of the nearby village of Marvão, castle on top of the rocky hillside, or the majesty the Monastery of Flor da Rosa in Crato, one of the oldest in the country and currently a luxury hotel.

Portalegre is the district capital of the same name, the largest city in Northern Alentejo, although only about 25,000 people. Elvas has a similar size.

The capital, Lisbon, is 2 hours and 1.30 hours away from Portalegre or Elvas. Porto, the second city in the country is 3 hours away, the same distance from both to the sunny beaches of the Algarve, in the south. Spain's Extremadura is a step away - Badajoz, one of its biggest cities is 10 km from Elvas and 70 km from Portalegre.

Portalegre and Elvas are served by a good road network: the Lisbon-Madrid motorway passes through Elvas and the motorway that connects the interior to the coast is located at only 40 km from Portalegre. Intercity transport buses and trains link both cities throughout the country.

Portalegre is immersed in São Mamede Natural Park, with numerous nature pathways and stage of important hiking, tracking and other events of sports in nature. The gastronomic wealth gives fame to the region, such as wine and olive oil produced here, the best in the world.

Culture, sport and commercial spaces

Both cities are equipped with modern culture and leisure facilities such as the Performing Arts Centre in Portalegre, the scenery of a famous Jazz Festival (JazzFest), or the Coliseum in Elvas, the Contemporary Art museums in Elvas or Tapestries Museum in Portalegre, unique in the world.

Here takes place the famous Baja Off-Road race, of the oldest events in the country of its kind and of one of the most important in Europe.

Portalegre and Elvas are equipped with traditional commercial alongside other medium/large spaces.

Cost of living

Portalegre and Elvas have an above-average quality of life, only possible due to the combination of the services offered and the respective cost.

Examples of some costs: a coffee - 0.60 Euros; a beer - 0.80 Euros; an urban bus ticket - 1.40 Euro; a meal at an average restaurant - 10-15 Euros; hiring a private room - about 130 euros / month.

Health and safety

Portalegre and Elvas are safe cities, with an extremely low crime rate. There are no records of violent crimes against persons or property in the past 12 months.

The District Hospital of Portalegre is one of the largest and most important in the region, providing health care in several medical specialities.

Accommodation

The region offers a wide variety of accommodation options, from hotels, to hostels, local accommodation units (self-catering), or Bed and Breakfast. Most of these are announced on booking websites, like booking.com.

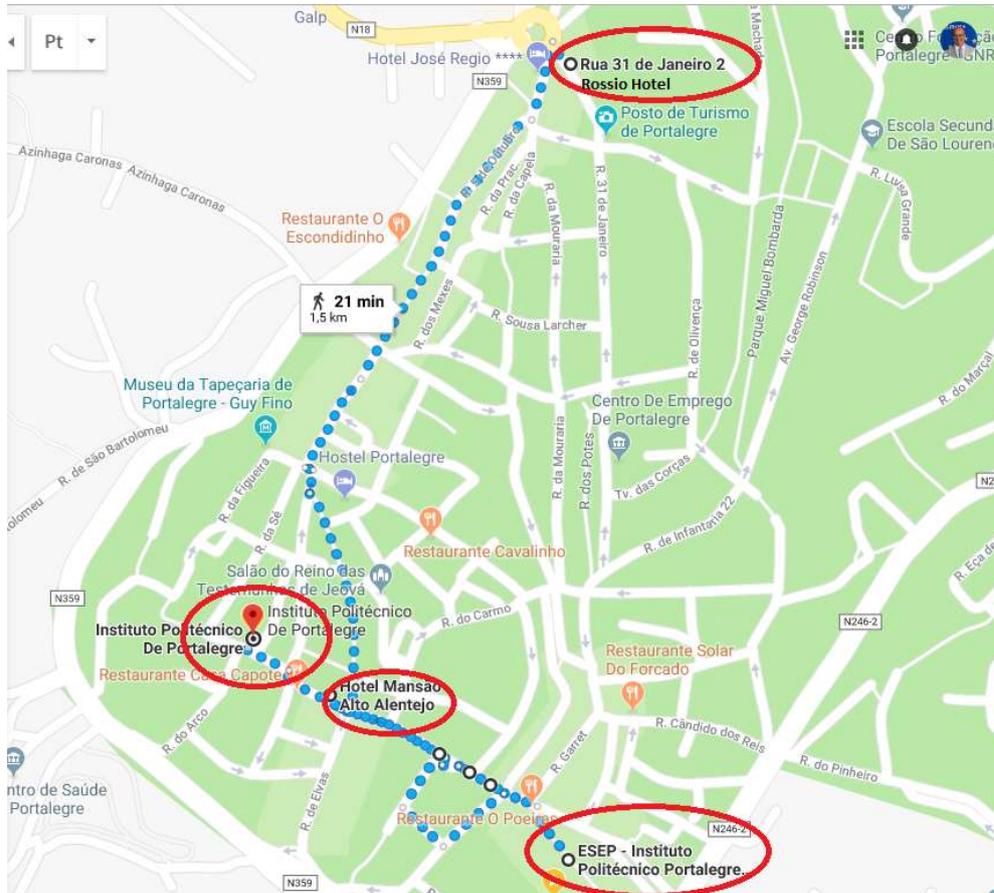
Once you have booked your accommodation, please let us know. Also, please let us know if you need any help or recommendation.

More information about IPP

<http://www.ippportalegre.pt/pt/ipp/cooperacao-institucional/international-en-prov/>

Maps of venue areas

PORTALEGRE



ELVAS

