GUIDE
FOR INTERNATIONAL STUDENTS

POLYTECHNICS INSTITUTE OF PORTALEGRE



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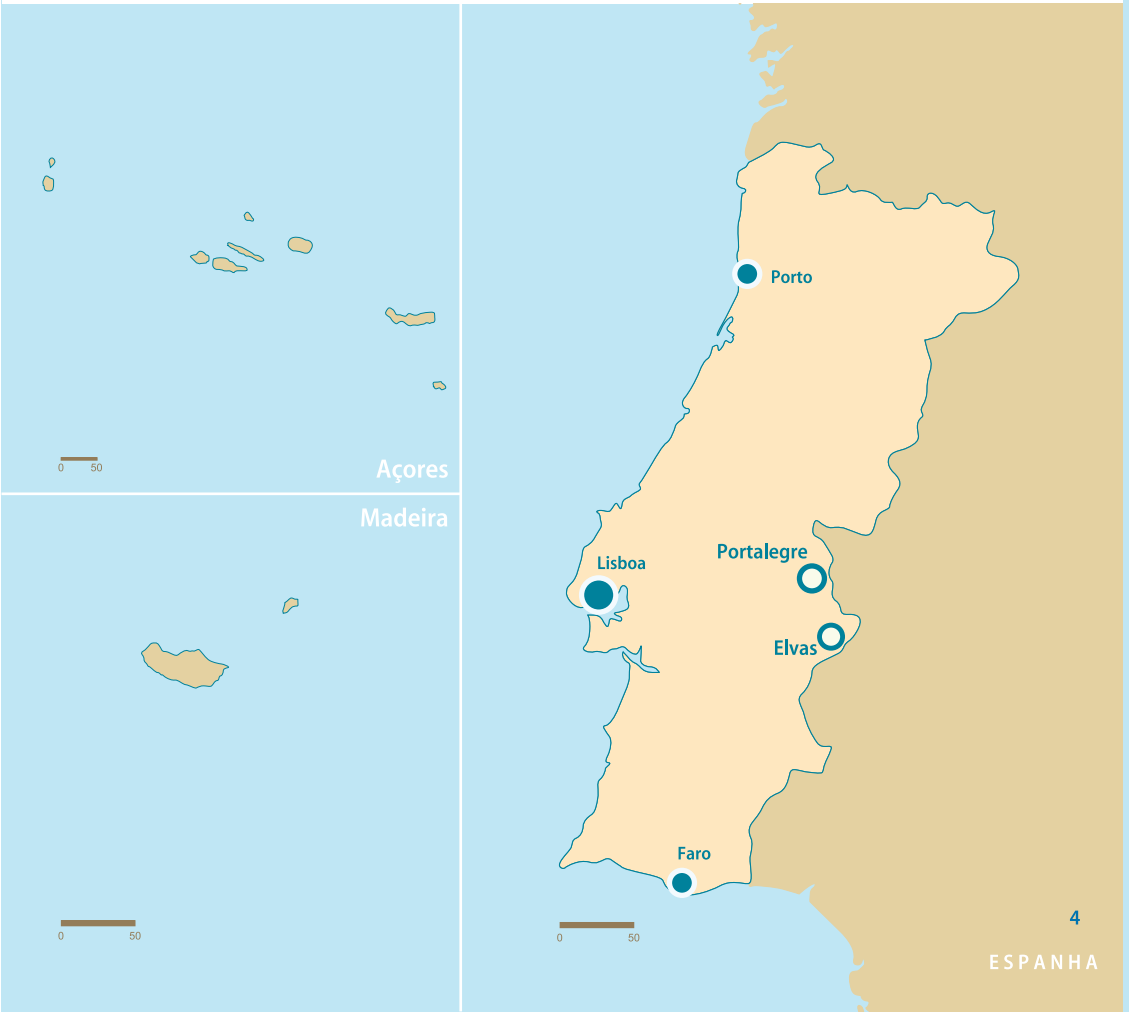
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PORTUGAL

Continental Portugal is situated on the Western coast of Europe, on the Iberian Peninsula. It borders the north and east to Spain in the west and south with the Atlantic Ocean.

The archipelagos of Madeira and the Azores, located in the Atlantic Ocean, are also part of the Portuguese territory. Portugal has 10.555.853 inhabitants. (2011 Census).



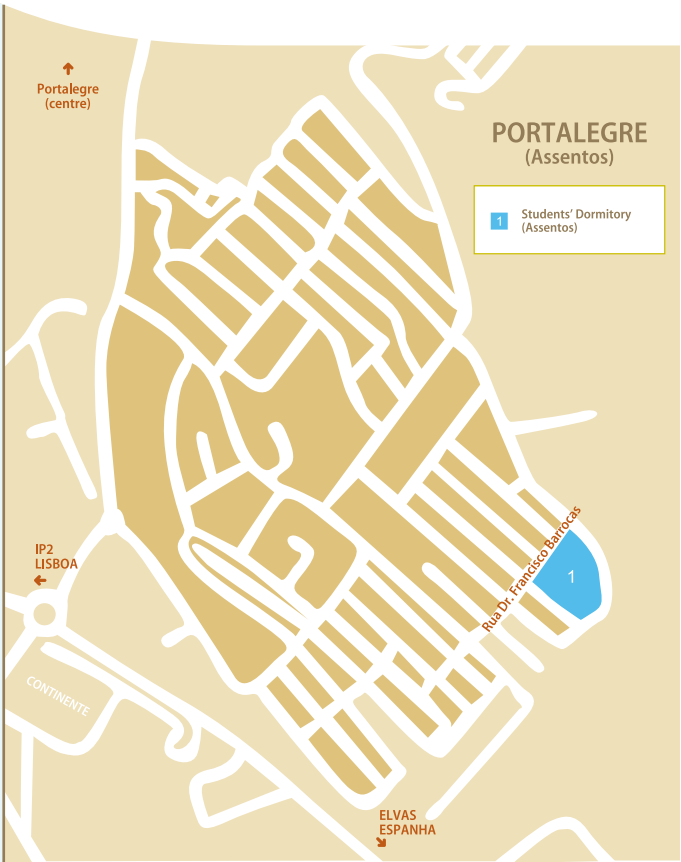
Portalegre

Alentejo is known for its diversity and natural landscape. Portalegre, district capital city of the region of Alto Alentejo, is situated on the slopes of São Mamede mountains, it has an area of 446.24 km² and 24.930 inhabitants (2011 Census).



PORTALEGRE
(Industrial Zone)

1 School of Technology and Business Studies




PORTALEGRE
(Centre)
1 Polytechnics Institute of Portalegre Central Offices
2 School of Education
3 School of Health Studies
ESPANHA
Areeiro
Av. Frei Amador Arrais
Av. Frei Amador Arrais
N
Rossio
Rua do Comércio
Rua 31 de Janeiro
R. 1.º Maio
Rua do Comércio
Travessa do Marçal
Rua do Comércio
Praça do Município
R. 1.º Maio
Rua de Elvas
Praça da República
ELVAS
LISBOA
School of Technology and Business Studies
Students' Dormitory (Assentos)

Elvas

The town of Elvas is part of the Portalegre district. It is 56 km south of Portalegre, 10 km away from Badajoz, a city of the Spanish Extremadura, and has about 23,000 inhabitants (2011 Census). The town's military fortifications were recently recognized by UNESCO as World's Cultural Heritage.



Getting to Portalegre and Elvas, from Lisboa:

Portalegre

Portalegre can be reached from Lisboa by coach.

Buses leave from Terminal Rodoviário, Sete Rios. To get there you can catch a bus from the airport or the AEROBUS, slightly more expensive (fare about: 4 €, correspondihg to a whole day ticket) but more comfortable. Get out at MARQUÊS DO POMBAL and then get the underground (Metro) to JARDIM ZOOLÓGICO (bound to Amadora or Colégio Militar/Luz). Then follow the directions to Terminal Rodoviário. If you prefer to use the taxi, go directly to Terminal Rodoviário, Sete Rios, and give the driver the same indications.

At present, these are the available timetables:

_7.30 am - arrival 11.15 am;
_10.30 am - arrival 2.55 pm;
_1.00 pm - arrival 4.35 pm (only on Fridays, Saturdays and Sundays);
_2.00 pm - arrival 4.45 pm (only on Fridays and Sundays);
_3.00 pm - arrival 6.45 pm;
_3.00 pm - arrival 7.10 pm (only on Saturdays);
_5.00 pm - arrival 8.00 pm (only Monday to Friday);
_6.00 pm - arrival 8.45 pm (only on Fridays);
_6.00 pm - arrival 9.35 pm (except on Saturday);
_7.00 pm - arrival 9.45 pm;
_7.30 pm - arrival 10.15 pm (only on Fridays and Sundays).
_8.00 pm - arrival 10.55 pm (only from October to June - only on Sundays).

The coach ticket costs about 16 €.

Please, visit www.rede-expressos.pt (national bus company website) for further information. There are also the Rodoviária do Alentejo Buses, at Oriente Station, to Portalegre. From the airport get the underground "red line" to Oriente.

Bus timetables:

_4.00 pm - arrival 7.00 pm (from Monday to Friday);
_7.15 pm - arrival 10.15 pm (only onFridays and Sundays).

Elvas

Elvas can also be reached from Lisboa by coach.

Bus from Lisboa to Elvas:

- _ 8.30 am - arrival 11.10 am;
- _ 12.00 am - arrival 3.00 pm;
- _ 2.15 pm - arrival 6.35 pm;
- _ 3.00 pm - arrival 5.40 pm (only on Fridays);
- _ 3.00 pm - arrival 6.00 pm;
- _ 5.30 pm - arrival 8.15 pm;
- _ 6.30 pm - arrival 9.45 pm;
- _7.30 pm - arrival 10.40 pm;
- _10.30 pm - arrival 1.50 am (only on sundays).

The coach ticket costs 18€.

Please, visit, for further information:

www.rede-expressos.pt

www.rodalentejo.pt



POLYTECHNICS INSTITUTE OF PORTALEGRE



It is a great honour for me to welcome you to our Polytechnics Institute and to Portalegre.

We are sure this will be a unique experience in your lives and so, we will do our best to make your stay the most pleasant and unforgetable one.

First I'd like to thank you for having chosen our Instituition to enlarge both scientific, technical and human Knowledge.

We are also proud that you are with us and we will try to come up with your expectations.

Count on teachers, staff and colleagues to help you with your academic life and also on my availability, help and friendship.

We have too much to teach you but we also want to learn with you about your culture and habits.

I'm sure this experience will be shared and together we will be able to build a better and more competitive Europe.

Feel at home. From now on you will belong to IPP!

With cordial greetings,

Joaquim Mourato
President of Polytechnics Institute of Portalegre

Polytechnics Institute of Portalegre



The Polytechnics Institute of Portalegre (IPP) is a higher education institution that includes four Schools, involved in teaching, training, research and other activities in their respective scientific, pedagogic, technical and artistic scope. It offers short cycle, first cycle, and second cycle programmes, as well as post-graduation and continuous training programmes in the areas of education, culture, media, tourism, social work, business and administration, engineering, design, graphic arts, agriculture, horse studies, veterinary nursing, nursing, dental hygiene.

IPP has about 2,500 students and 250 staff.

IPP was the first Portuguese higher education institution to be awarded the quality certification as a whole, according to the standard NP EN ISO 9001:2008, by the Portuguese Association for Quality Certification (APCER). It was also a pioneer in Social Responsibility certification, being the first Portuguese HEI to receive the certificate of compliance with NP 4469-1:2008.

International co-operation has long been a strategic objective IPP. It has taken part in international mobility and cooperation projects for a long time now, especially under Erasmus, including mobility of students, teaching and non-teaching staff.

Every student enrolled in any of the taught programmes has the possibility to benefit from the experience of studying or doing an internship abroad under that program. On the other hand, international incoming students are offered courses in Portuguese Language for Foreigners and they can attend any programme or course of their choice either in class or through a tutoring system, depending on their level of Portuguese.

IPP is a member of the European Association of Erasmus Coordinators, currently occupying one of its vice-presidencies. It holds bilateral agreements for the mobility of students, teaching and non-teaching staff with over 70 partners all over Europe and about 20 other cooperation agreements with European, African, Asian, and South-American HEI.

IPP has a Research Center with a multi-disciplinary focus, particularly in the main two research lines: Sustainable Systems in Energy, Agriculture and Environment; and Social Intervention, Education and Health Studies.

Also a Language Centre offers tailor-made courses and structured courses in different languages and for different target groups.

Central Offices

The Central Offices of the Polytechnics include all services dedicated to the technician or administrative support to the activities of the Institute. These offices are placed at Praça do Município. All incoming mobility students should go to the Central Services to register.

Some support services to students

DORMITORIES IN PORTALEGRE AND ELVAS

The Social Services of the Portalegre Polytechnics Institute manage fully students' dormitories, with a total of 274 beds.

The dormitories have single, double, triple and quadruple rooms with access to kitchen or pantry, as well as laundry, lounge, study rooms with computer equipment and Internet.

The dormitories have rooms for students with disabilities.



Accommodation (prices)

Grant holders and students from Portuguese Speaking Countries	
Double, triple or quadruple rooms	73,36 €
Single rooms with bath	106,20 €
Single rooms shared bath	84,60 €
Daily rate	6,30 €
Weekly rate	24,30 €
Non-grant holders	
Double rooms	103,70 €
Triple or quadruple rooms	93,50 €
Single rooms with bath	122,40 €
Single rooms shared bath	112,20 €
Daily rate	14,90 €
Weekly rate	51,00 €
Erasmus Students and from other institutions	
Double rooms	116,10 €
Triple or quadruple rooms	111,60 €
Single rooms with bath	136,80 €
Single rooms shared bath	126,00 €
Daily rate	15,75 €
Weekly rate	54,00 €
Others	
Daily Rate	18,50 €
Weekly Rate	63,00 €
Monthly Rate	168,00 €
Power Tax	
Single	6,30 €
Supplementary	12,60 €

Other accommodation in Portalegre and Elvas
Rooms in private houses, about 140 €/month

CAFETERIAS AND REFECTORIES

There are cafeterias and refectories in some Colleges and at the IPP Central Offices that provide meals and other food products at affordable prices.

There are cafeterias and refectories in some qualitatively balanced and affordable meals, the Social Services run 4 refectories, 3 in Portalegre and 1 in Elvas, with a total of 456 seats.

Prices of meals at the Refectories

Students	2,40 €
Teaching/Non-teaching staff	4,20 €
Family members	4,50 €
Guests and visitors	7,00 €

BUSES

The IPP buses are permanently available for pedagogic activities.

HEALTH

IPP Students have easy access to medical treatment, nursing and other health care support within the framework of protocols signed with local Health authorities.

SPORTS INFRASTRUCTURE

The IPP has sport facilities, one sports center next to the Students' Dormitory in Portalegre and another one at ESTG that have the ideal conditions for practicing various sports.



Opening times:

Sports ground at the Technology and Management School

_ Day shift: 9 am to 6.30 pm;

_ Night shift: 6.30 pm to 10.00 pm.

Sports ground at the Students' Hall of Residence, Assentos

_ Day shift: 9 am to 6.30 pm;

_ Night shift: 6.30 pm to 10.00 pm.

PSYCHO-PEDAGOGICAL SUPPORT

With a view to improving the quality of lives of students and their insertion, a Psycho-pedagogical Office was created, located the Central Services building.

The main objectives of this Office are to contribute to the resolution of emotional difficulties and social needs of students, to promote strategies that facilitate the learning process and the process of career decision- taking.

In addition to the direct care of Students in the field of psychological support, the GAP develops several actions aimed at students and integrate, namely:

- Support for the Inclusion of Students with Special Needs which aims promote monitoring of these students, proposing a set of support measures, with order to provide them with equal opportunities for inclusion in Higher Education;

- VIP Team - Volunteers of the Polytechnic Institute Portalegre - which aims to raise Students awareness for the practice and Volunteering, as well as to publicize, promote, develop and follow the development of Volunteering projects.

Other services

Exceptional support is provided in cash or in kind, in not planned and emergency situations, within the scope of social action.

All students in the dormitories are covered by personal accident insurance.

LIBRARIES AT IPP

School of Education - Centro Documental

School of Technology and Business Studies - Biblioteca

School of Health Studies - Centro de Documentação

School of Agrarian Studies - Biblioteca

On-line libraries at

https://sites.google.com/site/bibliovirtualipp/bibliotecas/

This site was created to grant access to:

- Online resources available at IPP

- Open Access resources relevant to the academia

- The libraries in the different Schools

- The IPP library via Twitter for contacts with the outside and information diffusion

- Information to Documentation technicians

Contacts: E-mail: bipp@ipportalegre.pt

From this site it is possible to access the On-Line Knowledge Library B-ON (http://www.b-on.pt/)

Academic Calendar

Due to possible changes in each school year, students should get information on the academic calendar of each School at its web site or by contacting its International Office.

Students' Union
and other associations

Students' Union

The Students' Union at each School defines an annual calendar of activities, the most relevant of which happens in May with the Academic Week and the Queima das Fitas (ribbons burning – an academic ceremony for senior students)*. The Students Unions represent and support their students rights.

* The ribbons, which represent the colour of each course, are placed in a briefcase, blessed in a religious ceremony then a small ribbon is burned as a signal that the graduation is coming to an end.

Alumni Association (AAAIPP)

The Alumni Association aims at keeping and strengthening the relationships between former students at IPP an d the IPP itself.

Students' singing and musical groups

_ Tunapapasmisto: IPP mixed gender tuna;
_ Tuninfas: ESE and ESTG female tuna;
_ Enftuna: ESS mixed gender tuna;
_ Tun' Ameixa: ESAE mixed gender tuna;
_ Portalegre Academic Tuna: male tuna;
_ Serenade Group: male tuna of all schools.

Other information

Fees (2013/2014)*

- Bachelor Programmes – 900 €/ano
- Master Programmes – 980 €/ano

* When applicable.

Some average prices of products and services

1 Coffee – 0,60 €
1 Beer – 0,80 €
1 Cinema ticket – 3,50 €
1 City Bus ticket – 1,00 €
1 Meal at a restaurant – 10,00 €
1 Liter gasoline – 1,60 €



SCHOOLS

School of Education



Location and Contacts

Escola Superior de Educação
Praça da República – Apartado 125 | 7301-957 Portalegre
Phone: 00351 245 339 400 | Fax: 00351 245 204 619
Web site: www.esep.pt
E-mail: geral@esep.pt

Training offer

BACHELOR DEGREE PROGRAMMES

. Basic Education
. Journalism and Media
. Social Work
. Tourism

MASTER DEGREE PROGRAMMES

. Education and Protection of Children and Youngsters at Risk
. Gerontology (in partnership with the Health School)
. Journalism, Communication and Culture
. Pre-School Education
. Special Education Needs
. Teaching at First Cycle of Basic Education and of History and Geography of Portugal at the Second Cycle of Basic Education

SHORT-CYCLE HIGHER EDUCATION PROFESSIONAL COURSES

IPP started its activities with the Education School, in 1985.

ESE is located at a palace from the 19th century at Praça da República (*Republic Square*), where a Secundary School used to be.

Special Programme for Erasmus Students

_ Portuguese Language for Foreigners;

_ Social Sciences;

_ Environmental Education;

_ School Practice/Activities.

Or

_ Language and Culture:

  _ Portuguese Language;

  _ Place, Culture and Society.

_ European Studies:

  _ Contemporary Europe - Challenges and Opportunities;

  _ European Identity?

_ Project Work.



Facilities



Auditorium


Sciences Lab


TV Studio Room

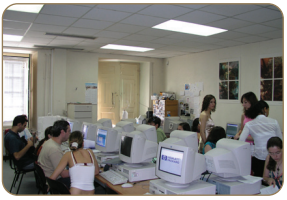

Visual Arts Room


Audio Studio and Control Room
for Recording and Broadcasting


Photography Lab


Digital Video Control Room


Video Control Room


Computer Centre


Computer Room



Cafeteria



Gimnasium



Photocopy Centre



Library



Teaching Staff Offices



Theoretical/Practical Classrooms

Working Times

_ **School:** 8.00 am to 11.00 pm.
_ **Canteen at Central Offices:**
. Monday to Friday - Lunch: 12.00 pm to 2.15 pm; Dinner: 6.45 pm to 9.00 pm;
. Sundays and Bank Holidays - Lunch: 12.30 pm to 2.00 pm; Dinner: 6.45 pm to 8.30 pm.
_ **Cafeteria:** Monday to Thursday: 8.00 am to 7.00 pm.
_ **Audiovisual Centre:** 9.30 am to 12.30 pm; 2.00 pm to 5.30 pm.
_ **Photocopy Centre:** 9.00 am to 12.30 pm; 2.00 pm to 8.00 pm.
_ **Library:** During classes period: 9.00 am to 10.00 pm, Monday to Thursday and 9.00 am to 8.00 pm, Friday.
During classes pauses: 9.00 am to 12.30 pm; 2.00 pm to 5.30 pm, Monday to Friday.
Semester pauses: 9.00 am to 6.00 pm, Monday to Friday.
_ **Computer Centre:**
During classes period: 9.00 am to 8.00 pm, Monday to Thursday; 9.00 am to 6.00 pm, Friday.

School of Technology and Business Studies



Location and Contacts

Escola Superior de Tecnologia e Gestão
Lugar da Abadessa – Apartado 148 | 7301-901 Portalegre
Phone: 00351 245 300 200 | Fax: 00351 245 300 230
Web site: www.estgp.pt
E-mail: estg@estgp.pt

Training offer

BACHELOR DEGREE PROGRAMMES

. Advertising and Marketing Management
. Biofuel Production Technologies
. Communication Design
. Computer Engineering
. Design and Multimedia Animation
. Management
. Secretariat and Public Relations

MASTER DEGREE PROGRAMMES

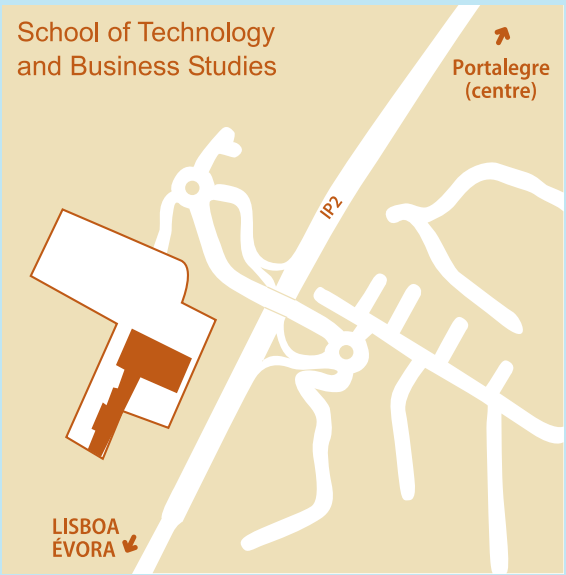
. Accounting and Finances
(in association with ISCA - IPPorto)
. SME Management
. Technologies for Environmental Improvement and Energy Production
. Urban Renewal
(in association with ESTT - IPTomar)

SHORT-CYCLE HIGHER EDUCATION PROFESSIONAL COURSES

The School of Technology and Business Studies is situated in Lugar da Abadessa, close to the city's Industrial Area. The School offers a set of courses in areas such as Human and Business Sciences, Design and Engineering.

Special Programme for Erasmus Students

_ Erasmus Students can attend, without any restriction, all the subjects taught at in ESTG.



Facilities



Auditorium



Teaching Amphitheatre



Electronic Edition Lab



Serigraphy Lab



Computer Lab



CAD-CAM Lab



Physics Lab



Chemistry Lab



Mechanics Lab



Electricity Lab



Industrial Technology Lab



Languages Lab



Photography Lab



Theoretical/Practical Classrooms



Computer Rooms



Library



Canteen



Cafeteria



Teaching Staff Offices



Students' Union



Security Services



The School's Annex



The Amphitheatre at the School's Annex



The Computer Rooms at the School's Annex



The Computer Rooms at the School's Annex

Working Times

_ Canteen at ESTG:
Weekdays - Lunch: 12.00 pm to 2.15 pm; Dinner: 6.45 pm to 8.30 pm;
Saturdays - Lunch: 12.30 pm to 2.00 pm.
_ Canteen at Central Offices:
Weekdays - Lunch: 12.00 pm to 2.15 pm; Dinner: 6.45 pm to 9.00 pm;
Sundays and Bank Holidays - Lunch: 12.30 pm to 2.00 pm; Dinner: 6.45 pm to 8.30 pm.
_ Cafeteria: Weekdays:8.00 am to 8.00 pm; Saturdays: 8.00 am to 1.00 pm.
_ Library: During classes period: 9.00 am to 8.00 pm;
During classes pauses: 9.00 am to 12.30 pm; 2.00 pm to 5.30 pm.

School of Agrarian Studies



Location and Contacts

Escola Superior Agrária
Quartel do Trem – Avenida 14 de janeiro, s/n
Apartado 254 | 7350-903 Elvas
Phone: 00351 268 628 528 | Fax: 00351 268 628 529
Web site: www.esaelvas.pt
E-mail: esae@esaelvas.pt

Training offer

BACHELOR DEGREE PROGRAMMES

. Agronomy
. Horse Breeding
. Veterinary Nursing

MASTER DEGREE PROGRAMMES

. Complementary Means of diagnosis in Veterinary Nursing
. Planning, Audit and Green Spaces Inspection
. Sustainable Agriculture
. Veterinary Nursing in companion animals

SHORT-CYCLE HIGHER EDUCATION PROFESSIONAL COURSES

Special Programme for Erasmus Students

The School of Agrarian Studies is located in Elvas. The scholar activities started to function, with new facilities, in the old "Quartel do Trem", in 2004.

ERASMUS students can choose, without any restriction, all subjects taught at ESAE.



Facilities

"Quartel do Trem"



Theoretical/Practical Classroom



Chemistry Lab



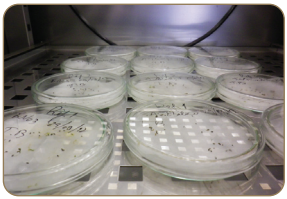
Microbiology Lab



Machine's Workshop



Computer Room



Laboratory of Plant Biology



Library



Laboratory of Food Technology



Auditorium



Plant Nursery



Students' Union



Academic Services

Experimental Farm

- Subjects Support Unit;
- Spaces to develop assays;
- Research Projects;
- Agrarian Samples;
- Practical Works of geographic information systems;
- Ground samples.

"Centro Hípico de Fronteira"

- Riding Lessons.



Riding



Experimental Farm

Working Times

_ **General attendance:** 8.00 am to 8.00 pm;
_ **Library:** 9.00 am to 6.00 pm;
_ **Academic Services:** 10.00 am to 12.00 pm; 2.30 pm to 4.00 pm;
_ **Treasurer's Office:** 10.00 am to 12.00 pm; 2.30 pm to 4.00 pm;
_ **Lab:** 9.00 am to 12.30 pm; 2.00 pm to 5.30 pm;
_ **International Office:** 9.00 am to 5.30 pm (near the Students' Dormitory);
_ **Canteen at Students' Residence:**
Lunch: 12.00 pm to 2.15 pm; 2.00 pm to 4.00 pm;
Dinner: 7.00 pm to 8.30 pm;
_ **Cafeteria:** 8.30 am to 11.00 am; 1.00 pm to 5.30 pm.

School of Health



Location and Contacts

Escola Superior de Saúde
Avenida de Santo António | Apartado 89 | 7351-901 Portalegre
Phone: 00351 245 300 430 | Fax: 00351 245 300 439
Web site: www.essp.pt
E-mail: geral@essp.pt

Training offer

BACHELOR DEGREE PROGRAMMES

. Nursing

. Oral Hygiene

MASTER DEGREE PROGRAMMES

. Nursing

SHORT-CYCLE HIGHER EDUCATION PROFESSIONAL COURSES

School of Health was built in 1971, with the purpose of graduating Nursing Assistants.

With its integration in the Institute, in 2001, the school suffered some changes to adapt itself to its purpose - Higher Education Training.

It is located next to José Maria Grande Hospital.

Special Programme for Erasmus Students

The students can attend all subjects taught at ESS.



Facilities



Theoretical/Practical Classrooms



Canteen/Cafeteria



Library



Students' Union
School's Musical Group Cabinet



Teaching staff offices



Management Boards Cabinets



Practical Lab



Photocopy Centre



Students' Gathering Room



Computer Rooms



Oral Hygiene Lab

Working Times

_ General attendance:
9.00 am to 12.30 pm; 2.00 pm to 5.30 pm;
_ Library:
9.00 am to 8.00 pm;
_ Academic Services:
9.00 am to 12.30 pm; 2.00 pm to 5.30 pm;
_ Treasurer's Office:
9.00 am to 12.30 pm; 2.00 pm to 5.30 pm;
_ LInformatics Room:
9.00 am to 12.30 pm; 2.00 pm to 5.30 pm;
_ International Office:
9.00 am to 8.00 pm or 11.00 pm;
_ Canteen:
12.45 pm to 2.45 pm.

Erasmus Coordinators

School of Education - Maria Elisabete Mendes
elisabete@esep.pt

School of Technology and Business Studies - Helena Cameron
helenac@estg.pt

School of Health - António Casa Nova
casanova@essp.pt

School of Agrarian Studies - Ana Pereira
apereira@esaelvas.pt

USEFUL INFORMATION

Useful Information
(Some examples)

_ Emergencies – Phone: 112;
_ Telephone number and/or address inquires – Phone: 1820.

Portalegre

_ Police Station – Praça da República – Phone: 245 300 620;
_ Tourism Information – Phone: 245 331 359;
_ Fire Department Headquarters – Av. da Extremadura Espanhola
Phone: 245 309 300;
_ Dr. José Maria Grande Hospital – Av. de Santo António
Phone: 245 301 000; **Emergencies working hours:** open day and night.
_ Portalegre Health Care Centre – Rua 1.º de maio
Phone: 245 302 050;
_ Atalaião Health Care Centre – Praceta Eça de Queirós
Phone: 245 203 756;
_ Assentos Health Care Centre – Rua Coronel Jorge Velez Caroço, bloco 18 – Phone: 245 202 156.

Pharmacies

_ Farmácia Chambel – Avenida Movimento das Forças Armadas, n.º 3
Phone: 245 205 461;
_ Farmácia Cunha Miranda – Rua Jorge Velez Caroço, n.º 8
Phone: 245 204 416;
_ Farmácia Elvas – Rua General Conde Jorge Avilez, n.º 18
Phone: 245 202 809;
_ Farmácia Esteves Abreu – Rua do Comércio, n.º 75
Phone: 245 331 128;
_ Farmácia Portalegrense – Rua Cândido dos Reis, n.º 74, r/c
Phone: 245 337 480;
_ Farmácia Romba – Rua Guilherme G. Fernandes, n.º 19
Phone: 245 201 534.

All pharmacies are open from 9.00 am to 1.00 pm and from 3.00 pm to 7.00 pm on weekdays and from 9.00 am to 1.00 pm on saturdays.

*** One of these pharmacies is open during periods beyond these working hours, according to a calendar available at each of them.**

Banks

_ Banco Espírito Santo – Avenida da Liberdade, n.º 23
Phone: 245 330 023;
_ BANIF - Banco Internacional do Funchal, SA – Rua D. Nuno A. Pereira 51/3
Phone: 245 309 840;
_ Banco Popular – Rua General Conde Jorge Avilez, n.º 10
Phone: 245 309 500;
_ Banco BPN – Rua D. Nuno A. Pereira, n.º 75
Phone: 245 307 150;
_ Caixa Geral de Depósitos
– Rua de Elvas, n.º 7 – Phone: 245 339 100;
– Rua Alexandre Herculano, n.º 92 – Phone: 245 309 340;
_ Banco Santander Totta SA – Largo António José Lourinho, n.º 13
Phone: 245 300 080;
_ C. C. Agr. Mútuo de Portalegre – Largo António José Lourinho, n.º 9
Phone: 245 337 030;
_ Montepio Geral – Largo António José Lourinho, n.º 12
Phone: 245 000 030;
_ Deutsch Bank – Rua General Lacerda Machado, n.º 40
Phone: 245 337 520;
_ Millenium BCP – Rua D. Nuno A. Pereira, n.º 8; Phone: 245 009 030.
– Rua Mestre João Serra, n.º 13, r/c, Zona Industrial
Phone: 245 009 110.

*** Every bank opens from 9.00 am to 3.00 pm on weekdays, except Deutsch Bank, which closes at 5.00 pm on weekdays. On Saturdays and Sundays, all are closed.**

Communications

_ Wireless hotpoints:
At every IPP College;
At the Students´ Dormitory (Assentos).

– Post Office – Avenida da Liberdade
Phone: 245 300 450; **working hours:** from 8.30 am to 6.00 pm on weekdays.

– PT Communications – Rua Alexandre Herculano;
Phone: 245 308 012.

Shopping Hours

_ Traditional town shops:
From 9.00 am to 1.00 pm and from 3.00 pm to 7.00 pm on weekdays and from 9.00 am to 1.00 pm on Saturdays (closed on Sundays)

– Super/Hypermarkets:

Pingo Doce: from 8.30 am to 9.00 pm, every day;
Continente: from 8.30 am to 10.00 pm, every day.

Lidl:
from 9.00 am to 9.00 pm, every day.

Intermarché:
from 8.30 am to 9.00 pm, every day.

Minipreço:
from 9.00 am to 9.00 pm, every day.

E.Leclerc:
from 9.00 am to 10.00 pm, every day.

Aldi:
from 9.00 am to 9.00 pm, every day.

Public Transportation

URBAN BUSES

Urban buses, including electric buses run all day in town. To buy a bus pass and get information on specific bus lines and timetables, please contact Serviços Municipalizados, Rua Guilherme Fontes, n.º 28 – Phone: **245 307 401.**

Monthly bus passes: Price for students: 14,50 €.
On sale at Serviços Municipalizados.

INTER-URBAN TRANSPORTATION

_ Normal or Express Bus services:

Rodoviária do Alntejo: Bus station located at Rossio;
Phone: **245 330 096;** Fax number: **245 331 558;**
website: www.rodalentejo.pt / www.rede-expressos.pt

TAXI STANDS

_ Avenida da Liberdade – Phone: **245 203 842;**
_ Rua de Elvas – Phone: **245 201 380;**
_ Rossio – Phone: **245 202 375;**
_ Assentos – Phone: **245 204 694;**
_ Largo dos Aviadores – Phone: **245 330 959.**

Leisure Activities

CINEMA

_ Cinema às Terças do IPP (ESE Auditorium) – Praça da República
_ Entertainment Arts Centre (Cinema) – Phone: **245 307 498.**

THEATER

_ D'O Semeador Theater – Convento de Santa Clara
Phone: **245 207 894.**

OTHER

_ Municipal Library – Convento de Santa Clara
Phone: **245 339 930;**
Working hours: 10.30 am to 12.30 pm and from 3.00 pm to 7.00 pm (Tuesday to Friday); 3.00 pm to 6.00 pm (Saturdays); closed on Sundays and Mondays.

_ Portalegre Choir – Phone: **918 091 813;**
_ Adágio Music School – Rua D. António Ferreira Gomes n.º 27
Phone: **245 331 241;**
_ Escola de Artes do Norte Alentejo (Music School) – Phone: **245 331 218;**
_ Portalegre Tourism – Rua Guilherme Fontes, n.º 22
Phone: **245 307 445; Working hours:** from 9.30 am to 1.00 pm and from 2.30 pm to 6.00 pm.
_ Alentejo Tourism ERT – Estrada da santana – Phone: **284 313 540;**
Working hours: from 9.00 am to 12.30 pm and from 2.00 pm to 5.30 pm.
_ Folk Dance Group of Portalegre – Rua Poeta José Régio, n.º 3
Phone: **245 207 783.**
_ Centre of Spectacle Arts – Praça da República, n.º 39
Phone: **245 307 498; Working hours:** from 10.00 am to 1.00 pm and from 3.00 pm to 7.00 pm (from Monday to Friday);
Spectacle days: from 4.00 pm to 7.00 pm; from 8.00 pm to 11.00 pm.

Sports

FOOTBALL

_ Portalegre Football Association – Rua Luís Barahona, n.º 8
Phone: 245 302 350;
_ Municipal Stadium (Avenida do Brasil);
_ Assentos Municipal Stadium;
_ IPP football grounds.

SWIMMING

_ Portalegre Swimming Club – Bairro dos Assentos;
Phone: 245 366 137;
_ Assentos Swimming Pool – Bairro dos Assentos;
Phone: 245 366 181;
_ Municipal Swimming Pool – Phone: 245 201 016;
_ Quinta da Saúde Swimming Pool – Phone: 927 950 665;
_ Reguengo Swimming Pool – Phone: 927 950 638;
_ Ribeira de Nisa Swimming Pool – Phone: 927 950 689;

HORSE RIDING

_ Portalegre Horse Riding Centre – Bairro dos Assentos, Parque da Feira;
Phone: 932 153 548 / 961 575 566.

FISHING/ANGLING
_ Clube de Pesca Desportiva do Alto Alentejo
Phone: 245 201 791.

GYMS
_ Jacobis, Ginásio Desporto e Nutrição
Bairro Ferreira Raínho n.º 12A/B – Phone: 245 330 740;

_ Bluegym – Avenida das Descobertas n.º 16/B
Phone: 245 202 727;

_ VIVAFIT
Rua de São Bernardo n.º 6 – Phone: 245 092 099;

IN-DOOR SPORTS
_ Sports Hall – Avenida do Brasil – Phone: 245 203 352;

Clubs and Associations

_ S. Cristóvão Popular Centre – Bairro de S. Cristóvão
Phone: 245 609 110;

_ Assentos Workers Popular Centre – Prof. Jorge Belém, n.º 21, lt.6
Phone: 245 366 253;

_ Grupo Desportivo Portalegrense – Municipal Stadium
Phone: 245 207 280;

_ Sport Clube Estrela – Rua Mouzinho Albuquerque, n.º 6, 1º D
Phone: 245 201 293.

Other

_ Silvina Candeias School – Parque Miguel Bombarda, n.º 8 r/c
Phone: 245 207 213;

_ INATEL – Largo de S. Bartolomeu, n.º2 e 4 – Phone: 245 337 016.

Typical Regional Dishes

TYPICAL DISHES
_ Açorda à alentejana (cooked smashed bread with herbs);
_ Alhada de cação (fish soup);
_ Ensopado de borrego (stewed lamb);
_ Gaspacho (cold vinegar soup);
_ Migas (smashed bread or potatoes with pork or fish);
_ Sopa de batata (potato soup);
_ Sopa de feijão com couve (beans and cabbage soup);
_ Sopa de tomate (tomato soup).

CONVENT DESSERTS (some examples)
_ Amêndoas de Portalegre (almonds covered with chocolat or sugar);
_ Boleimas (typical apple pie);
_ Bolo Finto (typical Easter cake);
_ Doce de Amêndoa (almond dessert);
_ Lampreia de Portalegre (typical cake in the shape of a fish, made with almonds, eggs and sugar);
_ Miniaturas de amêndoas (miniature almond cakes in the shape of cheese, ham or chestnuts).

Elvas

_ Police Station – Rua André Gonçalves – Phone: 268 639 470;
_ Tourism Information – Phone: 268 622 236;
_ Fire Department Headquarters – Av. dos Bombeiros Voluntários;
Phones: 268 636 320;
_ Santa Luzia Hospital– Rua Mariana Martins;
Phone: 268 637 200;
_ Elvas Health Care Centre – Rua Dra Adelaide Cabette, n.º 2;
Phone: 268 637 170;
working hours: 9.00 am to 12.00 pm; 2.00 pm to 5.30 pm:
Medical appointments: from 2.00 pm to 8.00 pm.

Pharmacies

_ Farmácia Calado – Av. António Sardinha, n.º 5, r/c Esq.;
Phone: 268 622 165;
_ Farmácia Costa – Rua dos Lusíadas, n.º 16;
Phone: 268 636 629;
_ Farmácia Europa – Rua de Madrid, n.º 2B;
Phone: 268 639 109;
_ Farmácia Lux – Praça 25 de abril, n.º 15;
Phone: 268 622 655;
_ Farmácia Mouta Lda. – Rua da Cadeia, n.º 37;
Phone: 268 622 150;
_ Farmácia Rosado & Silva – Rua da Cadeia, n.º 28;
Phone: 268 639 400.

All pharmacies are open from 9.00 am to 1.00 pm and from 3.00 pm to 7.00 pm on weekdays and from 9.00 am to 1.00 pm on saturdays.

* One or more of these pharmacies are open during periods beyond these working hours on a 24 hours basis, according to a calendar available at each of them.

Banks

_ BPI SA – Av. Alcamin, n.º 58 – Phone: 268 621 957;
_ Santander Portugal, SA – Rua da Cadeia, n.º 39 – Phone: 268 637 720;
_ Banco Bilbao Vizcaya Argentaria – Rua da Cadeia, n.º 9
Phone: 268 639 580;
_ Caixa de Crédito Mútuo de Elvas – Rua Olivença, n.º 7
Phone: 268 622 118;
_ Caixa Geral de Depósitos – Rua da Cadeia, n.º 32
Phone: 268 639 260;
_ Banco Espírito Santo – Praça da República, n.º 17 – Phone: 268 639 240.

Communications

_ **Wireless hotpoints:**
At Agrarian College;
At Agrarian College Students' Hall of Residence;

_ **Post Office – Phone: 268 639 030;**

_ **PT Communications – Bairro Guarda Fiscal Caia**
Phone: 268 308 012;

_ **Internet Space – Praça da República – Phone: 268 641 008.**

Shopping Hours

_ Traditional town shops:
From 9.30 am to 1.00 pm and from 3.30 pm to 7.00 pm on weekdays and from 9.00 am to 1.00 pm on Saturdays (closed on Sundays).

_ Super/Hypermarkets:

- Continente
- Lidl
- Intermarché
- Minipreço

These supermarkets are usually open every day, except for some holidays, from 9.00 am to 9.00 pm or 10.00 pm.

Public Transportation

BUSES

_ Bus station Rodoviária do Alentejo, located at Rua do Património
Phone: 268 622 875;

- City buses
Buses working hours: from 8.30 am to 7.30 pm;
Price: 1,00 €.

- Intercity buses
See prices and schedules at www.rede-expressos.pt

TAXI STANDS

_ Taxi station, located at Rua da Cadeia – **Phone: 268 622 287.**

Leisure Activities

CINEMA, THEATER, DANCE and MUSIC EVENTS
_ Cine-Teatro S. Mateus (auditorium);
_ Cine-Teatro Municipal (auditorium).

OTHER EVENTS and ACTIVITIES
_ José Rondão Almeida Coliseum;
_ Public Library Auditorium;
_ House of Culture;
_ Music School;
_ 14 of January Band;
_ Públia Hortênsia de Castro Choir.

Sportive Equipments

FOOTBALL
_ Football Club "Os Elvenses" – Rua de Évora;
_ Football "O Elvas" – Clube Alentejano de Desportos.

SWIMMING
_ Swimming Club – Av. D. Sancho Manuel;
_ Public Swimming Pool – Av. D. Sancho Manuel;
_ Pool/Equestrian Center Elxadai Park.

OTHERS
_ Estádio Municipal de Atletismo (Stadium).

HORSE RIDING

_ São Brás Horse Riding Centre.

TENNIS

_ Tennis Club – Apartado 168.

CYCLING

_ Cycling Club – Sportive Area.

RUGBY

_ Rugby Club – Sportive Area.

Clubs and Associations

_ 1.st of December Association of Recreation – Rua Aires Varela;
_ Association of Instruction and Recreation – Rua Martim Mendes;
_ Boa Fé Workers Popular Centre – Rua José Vicente Abreu;
_ Gota d'arte – artistic association – Rua João Franco do Vale;

Typical Regional Dishes

TYPICAL DISHES

_ Bacalhau Dourado (salted and dried codfish scrambled with eggs and chips);
_ Smashed Bread or Potatoes with tomatoes
_ White Beans Soup;
_ Smashed Bread or Potatoes with Beans.

CONVENT DESSERTS

_ Broinhas (small biscuits);
_ Enxovalhada (egg dessert);
_ Fatias Douradas (fried bread with egg);
_ Nógados (peanuts with caramel);
_ Queijadas (small cheese cakes);
_ Sericaia.

Portalegre





Museum House José Régio
Mainly dedicated to religious and Christ statuets

Castle

Convent of St. Bernardo

Convent of St. Francisco

Convent of St. Clara
(today the Municipal Library)

Church of S. Christopher

Church of S. Lawrence

Church of Our Lord of Bonfim

Tapestry Museum
Artistic Tapestry Museum

Municipal Museum

Our Lady of Penha
A hill with a chapel dominating town

Achaiolli Palace
The Palace where ESE is located

Yellow Palace

Platanus tree
Famous old tree at Rossio Square

Cathedral

Seminar Portalegre
The school for priests





Elvas

In 2012, Elvas and its Fortifications were recognized by the UNESCO as a World Heritage Site.



Cabeça Gorda Anta (Dolmen)
Pre Historical Burial Construction

Torna de Paço Pereira Anta (Dolmen)
Pre Historical Burial Construction

D. Miguel Anta (Dolmen)
Pre Historical Burial Construction

Alto de Miraflores Anta (Dolmen)
Pre Historical Burial Construction

Olival Monte Velho Anta (Dolmen)
Pre Historical Burial Construction

Porto de Cima de D. Miguel Anta (Dolmen)
Pre Historical Burial Construction

Torrão Anta (Dolmen)
Pre Historical Burial Construction

Amoreira Aqueduct

Castle

Senhora da Graça Fort

Santa Luzia Fort
Fort/Military Museum

Church of Dominicas

Church of Our Lady of Assumption

Church of S. Peter

Cathedral

Walls of Elvas
Fortifications

Fernandina Tower

Photography Museum João Carpinteiro

Museum of Contemporary Art

Sacred Art Museum Casa do Cabido

Quartel do Trem
Ancient military headquarters, currently School of Agrarian Studies

Information: www.cm-elvas.pt
E-mail: turismo@cm-elvas.pt

Common Portuguese Expressions
(some examples)

Adeus / Ciao – Goodbye, Bye
Adoro! – I love
Até amanhã! – See you tomorrow
Até logo! – See you later/in a while
Boa noite! – Good evening/night
Boa tarde! – Good afternoon
Bom dia! – Good morning
Com licença! – Excuse me
Dá-me um abraço! – Give me a hug
Dá-me um beijo ! – Give me a kiss
Desculpe! – I'm sorry. Excuse me
É muito bonito! – It's very pretty
Eu não falo muito bem Português! – O don't speak Portuguese very well
Ganhámos! – We won
Gosto muito! – I like (it) very much
Não gosto! – I don't like (it)
Não percebo o que dizes! – I don't understand what you are saying
Não posso! – I can't
Não quero! – I don't want
Não sei! – I don't know
Não, obrigado! – No, thanks
Nem pensar! – No way!
Obrigado/obrigada – Thank you (very much)
Olá! / Oi! – Hi!
Perdemos! – We lost
Podes ajudar-me? – Can you help me (please)?
Por favor! – Please
Posso entrar? – May I come in?
Se faz favor! – Please
Tenho fome! – I'm hungry
Tudo bem? – Everything OK?
Vou à casa de banho! – I'm going to the toilet
Vou comprar... – I'm going to buy...
Vou ficar com saudades de Portugal! – I'll miss Portugal

Artistic Tapestry Works
Handmade Baskets
Wooden Tools
Wood Furniture and Restoration
Wood Miniatures
Iron Furniture
Leather Artifacts
Belts and other skin artifacts
Decorative Ceramic Painting
Lace and embroidery





INSTITUTO
POLITÉCNICO
de PORTALEGRE

GUIDE
FOR INTERNACIONAL STUDENTS

Training, research and scientific and technological development, services to the community and social services in all IPP units.

GRPC/IPP

IPP.GRPC.6-Rev.4