

Foreign Researchers' Support Guide



UNIVERSIDADE DE LISBOA

Foreign Researchers' Support Guide

Publisher

DSRE | Divisão de Relações Externas

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Book Cover

Wall Tapestry from Portalegre
No limiar da Idade Atómica (4m x 3m)
Author: Rogério Ribeiro, 1960
Rector's Cabinet

Foreign Researchers Support Guide

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Introduction

Foreign Researchers' Support Guide is a small book prepared to help those who chose Portugal to develop research activities, particularly at the *Universidade de Lisboa*.

Our strategy of mobility's promotion at the *Universidade de Lisboa* is to welcome foreign researchers in order to guarantee a bigger competitiveness both to the country and to the state members of European Union (EU).

Internal mobility at EU and politics of support in transference of competences from academic and scientific world to companies' universe increases the dimension and visibility, allowing innovation and technological development.

Our intention is to include some aspects of Portugal and to support researchers' arrival in the country, as well as all their country change trial.

All efforts were done in order to guarantee a right and up-to-date information; however changes can occur after the guide's publication.

For further information, please do not hesitate to contact the International Relations Office that you can find at the end of this guide.

Living in Portugal

The country

Portugal is one of the world's oldest countries. It became an independent nation in 1143, and has maintained its independence and national boundaries since the 13th century till now, except for a brief period under Spanish domination between 1580 and 1640. Portugal became a republic on the 5th of October 1910 and is an established democracy today. Portugal's geographic location at the south-western part of Continental Europe assures quick and easy access not only to the European market, but also to the eastern shores of the United States of America and the African Continent.

About half of its population (10 million) is economically active. The Lisbon area, the northern city of Oporto and other coastal cities have the highest population density within the country.

Language

Portuguese

Area

91 905 sq. km., including Madeira and the Azores

Location

Portugal is the westernmost country in Continental Europe. It is bounded by Spain on the north and east and by the Atlantic Ocean on the south and west.

Population

Approximately 10 million in 1996, of which 9, 4 million live in Continental Portugal, 257 000 in Madeira and 241 000 in the Azores

Population density: 108 inhabitants per sq. km.

Population growth rate: 0.1 %.

Political system

Portugal is a parliamentary republic with a President appointed by direct universal suffrage, for a 5 years mandate. The government is composed by a Minister Council presided by the Prime-Minister.

Main political parties

Parties represented at the Parliament: *Bloco de Esquerda*, *Partido Comunista Português*, *Partido Popular*, *Partido Socialista*, *Partido Social-Democrata*.

Currency

Euro

Religion

Most of the Portuguese people are Roman Catholic and many holidays have a religious character.

Climate

Portugal has a mild weather, winters are never too cold and summers are always moderately hot

	Winter	Summer
Coast and the islands of Madeira and Azores	12°C	21°C
Continental regions	5°C	25°C

Time Zone

GMT

Continental Portugal and Madeira have the same GMT hour – one hour earlier than Continental European Time (CET). In Azores it is one hour earlier than in Continental Portugal and Madeira. Legal hour changes twice a year – in March and in October.

Natural Resources

Fish, cork, tungsten, zinc, copper and marble; small uranium deposits, iron and manganese.

Major Industries

Textiles, clothing, footwear, automobile, wood pulp, paper, cork, wine, ceramics and chemicals.

Major Holidays (Continental Portugal)

- New Year's Day (1st January)
- Good Friday (March/April)
- Liberty Day (25th April)
- Labour Day (1st May)
- Corpus Christi (May/June)
- *Camões* - National Day (10th June)
- St. Anthony's (Lisbon, 13th June)
- Assumption (15th August)
- Republic Day (5th October)
- All Saints Day (1st November)
- Independence Day (1st December)
- Immaculate Conception (8th December)
- Christmas Day (25th December)

Religious and national commemorations

- Carnival (February)
- *Nossa Senhora de Fátima* Commemorations (May)
- Popular Saints parties (June)
- Wine and vintage parties (September)
- Christmas and New Year's Eve (December)

Gastronomy

The Portuguese gastronomy is very rich and varied. The typical specialities from different regions of the country are made of local ingredients and traditions.

Some plates have spices brought by the ancient navigators from the Discoveries period in the 15th century. In the Portuguese cuisine is common to find pepper, cinnamon, nutmeg or curry powder.

A typical Portuguese meal starts with an aperitif or soup, followed by a fish or/and a meat plate accompanied by potatoes, salad, rice or/and vegetables, and finished with dessert or/and coffee.

To drink, you can choose water or juice, but the difference is in the variety of wines you can find; you can also choose "Sangria", a sweet mixture of wine and pieces of fruits.

For further information...

Portugal Tourism

<http://www.visitportugal.com/Cultures/en-US/default.html>

The city of Lisbon

As the centre of one of the most attractive and competitive European regions, Lisbon is a rich melting pot of cultures, as it serves as a stopping point for a great number of routes. It hosts a significant immigration community and it offers interesting economic possibilities and quality activities in the domains of education, science and culture.

In fact, enjoying mild winters and cool summers freshened by soft Atlantic breezes, Lisbon offers some of Europe's finest hotels for both business and leisure. The city itself, situated on seven hills, combines historical and modern features. Its pavements, covered with hewn cobblestones forming myriad designs,

are unique in Europe. Many buildings are covered by characteristic tiles called “*azulejos*”, an Arab inheritance. Lisbon has more than 35 museums, modern convention centres, theatres, opera theatres, concert halls and unique and impressive monuments, such as the medieval Castle S. Jorge, at the top of Lisbon’s highest hill, built by the Visigoths and expanded by the Moors, the impressive medieval Cathedral *Sé*, the Tower of *Belém*, the Monastery of the *Jerónimos*, Lisbon’s biggest and most admirable religious monument, the square *Terreiro do Paço* and the quarter of *Baixa*.

A modern and attractive area of the city is the *Parque das Nações*, only five minutes from Lisbon International Airport, *Parque das Nações* builds on the heritage of EXPO'98 - the last world exposition of the twentieth century. *Parque das Nações* offers some of the most daring examples of contemporary architecture, Europe’s largest Oceanarium, delightful thematic gardens, exhibition centres, theatres and event halls. All located along a breathtaking 5 km stretch of the Tagus riverfront, in the heart of Lisbon, with easy access and parking, and benefiting from a wide array of shops, restaurants and bars. An invented city turned into reality.

As for modern and contemporary art, the *Centro Cultural de Belém* (Cultural Centre) and the *Centro de Arte Moderna José de Azeredo Perdigão* (Modern Art Centre *José de Azeredo Perdigão*) are the most important museums to be visited.

Also the *Museu Nacional do Azulejo* (National Tile Museum) offers a wide range of very different activities, where you can visit the permanent exhibition of predominantly Portuguese tiles from the 15th to the 21st century, perfectly integrated into the striking former Convent of *Madre de Deus*, or the temporary exhibition rooms, the restaurant and the shop.

The *Museu Nacional dos Coches* (National Coach Museum) is one of the most visited museums in Portugal and certainly of Lisbon, which houses and exhibits, under the exquisite ambiance of the old Royal Horse Riding Arena of *Belém* Palace, an exceptional collection of ceremonial vehicles from the Royal family, dating from 16th Century to late 19th Century.

Considered the most remarkable collection in the world of this kind, it allows the visitor to follow both the technical evolution of this animal pulled transport and the changes of taste expressed in the decorative arts and vehicle ornaments.

For further information...

Lisbon Tourism

<http://www.atl-turismolisboa.pt/home.asp?lng=uk>

The *Universidade de Lisboa*

Following an outstanding scientific and cultural tradition, the *Universidade de Lisboa*, whose origins date back to the establishment of the Portuguese University by King *D. Dinis* in 1288, is a state institution, a centre intended to produce, transmit and diffuse knowledge, culture and science at the highest level. The *Universidade de Lisboa* has, currently, an estimated number of 22,000 students and a teaching staff of 1 825 highly qualified teachers, many of whom are eminent cultural and scientific Portuguese personalities.

The emblem of the *Universidade de Lisboa* is that of the city of Lisbon with the heading *Universitas Olisiponensis* and the motto *Ad Lucem*. The flag colours are the same as those of the city of Lisbon (white and black). Each Faculty has a colour of its own that is used in the gowns of the teaching staff in public academic events, and by the students on their symbols and festivities.

Research is carried out in Laboratories, Institutes and Research Centres in connection with the public and private sectors as well as through exchange programmes with other Universities and national and international entities. Regarding research projects, quality services promoting schemes, construction of infrastructures, overall modernisation and improvement projects in general, the *Universidade de Lisboa* is represented and participates in European Union, Bilateral and International programmes and in Inter-institutional European projects.

The *Universidade de Lisboa* favours the relation with the community through co-operation initiatives, namely in the fields of consulting, applied research, specialised services, technological transfer, assessment of projects and training, as well as in cultural activities. It also participates in and is a member of innumerable prestigious world organizations which cover the interests, concerns and goals it pursues.

The *Universidade de Lisboa* comprises the following organic units: Rectorate, the Faculty of Letters, the Faculty of Law, the Faculty of Medicine, the Faculty of Science, the Faculty of Pharmacy, the Faculty of Psychology and Education, the Faculty of Dental Medicine, the Faculty of Fine Arts, the Social Sciences Institute and the Social Services.

Maintaining the unity of Faculties and the University itself, those organic units comprehend Departments and Development and Research Centres, which constitute their internal structural organisation. Directly under the Rectorate, the Administrative Central Offices, the *Universidade de Lisboa* also comprises the following Institutes and Museums: the Bacteriological Institute *Câmara Pestana*; the Geophysical Institute *D. Luíz*; the Professional Guidance Institute; the National Museum of Natural History (Zoological and Anthropological Museum; Museum, Laboratory and Botanical Garden; Mineralogical and Geological Museum); the Science Museum; the Linguistic Centre, the Geographical Studies Centre, the Geophysics Centre, the Science, Technology and Society Interdisciplinary Centre and the Interdisciplinary Complex.

For further information...

Unit of External Relations | Mobility Centre

Rectorate of *Universidade de Lisboa*
Alameda da Universidade, Cidade Universitária
1649 - 004 Lisboa

Telephone

+351 217 963 759

+351 217 939 193

Fax

+351 217 933 624

E-mail dre@reitoria.ul.pt

reitoria@reitoria.ul.pt

Website

<http://www.ul.pt>

Entry and residence conditions

Visa

Portugal belongs to the Schengen Convention and the common policy on the circulation of people and goods including Visas is applied. Short stay Visas obey to Schengen requisites too.

The **citizens of EU/EEE and Switzerland** do not need a Visa to enter Portugal; they only need a valid Passport or Identity Card. Should you stay between three months and one year you will need a temporary residence permit. If you want to stay for more than a year, you have to apply for a residence permit (*“título de residência”*).

The **Citizens of third countries**:

Short Stay Visa

Citizens from countries that signed an agreement with Portugal do not need a Visa to enter in Portugal if their stay is no longer than 90 days. They need a Visa if they stay longer or if they come to Portugal for working purposes.

All citizens of other countries need a Visa to stay in Portugal.

Working Visa

For Researchers the working Visa will be Type II – Scientific Research/highly qualified technical activity. This Visa is valid for one year and can be renewed for 2 more years, with a maximum duration of 3 years. The Visa is only valid for the Portuguese territory.

To obtain the Visa please go to a Portuguese embassy or consulate in your residence country.

Residence permit, as well as prolongation of your stay in Portugal (with or without Visa), can be obtained in the *Serviço de Estrangeiros e Fronteiras* (Foreigners and Borders Service), of the Ministry of Internal Affairs.

For further information...

Ministry for Foreign Affairs
www.min-estrangeiros.pt

State Secretary for Portuguese Communities
www.secomunidades.pt

Aliens and Borders Service
www.sef.pt

Accommodation

Accommodation, in private houses, can be found through newspapers, agencies and small advertisements in supermarkets, bars, coffee shops, faculties, etc.

The rent is usually paid twice in the first month corresponding to the first and last month's rent payment. Water, gas, telephone or electricity expenses are not usually included at the apartment/house rent.

Rent contracts are usually made for 6 months. In the city centres, rents are much more expensive, than in the peripheries. In the main cities it is also possible to find rooms with furniture to rent. The majority of the apartments have no furniture.

Youth Hostels

Lisbon has two Youth Hostels, both in the city centre, offering excellent conditions to stay.

For further information...

Lisbon Tourism
<http://www.atl-turismolisboa.pt/>

Youth Hostels
<http://www.pousadasjuventude.pt/>

Internal working methods of the country

Working - Employees

The normal working week has 40 hours, although with some flexibility. The average time for lunch break, for an employee, is usually one hour. Regarding holidays, employees have 22 working days, as well as holidays and Christmas subsidies, equal to the value of the salary received.

Social Security

The applicable social security regime varies according to the socio-professional statute:

Employees
Self-employed workers (**includes scientific researchers**)

Workers may receive social payments only if they are registered in the Regional Social Security Centre in the region where they work.

Once registered, workers receive a Social Security beneficiary card.

Employees

The employer is responsible for the registration and has to do it until the end of the month following the beginning of the activity. The worker also may declare the beginning of his activity to the Social Security Institution.

Guaranteed Protection

In case of disease, maternity, paternity and adoption, unemployment protection, family charges, disability protection, old-age protection and death.

Self-employed workers

Affiliation is obligatory if the gross yearly income is above 6 times the national minimum wage (today, 385 euros) and optional when annual income is equal to or below that amount. For the first time self-employed workers affiliation is not compulsory for the first 12 months.

Guaranteed Protection

In case of maternity, paternity and adoption, disability, old age, death, professional diseases and family charges.

Voluntary social security

It is usually applied to **scientific research fellows**. It is an optional contribution.

Guaranteed Protection

In case of disability (minimum 72 months of contributions), old age (minimum 144 months of contributions), death (for survival pension, 72 months of contributions; for subsidy for death, 36 months of contributions), disease, maternity, paternity and adoption, professional diseases and family charges.

For further information...

Social Security
www.seg-social.pt

Health Care

Portuguese Constitution establishes that all citizens are entitled to receive global health care. The public health system is under the National Health Service's (*Serviço Nacional de Saúde – SNS*) supervision, which depends on the Ministry of Health.

The beneficiaries of the “National Health Service” (SNS) are:

Portuguese citizens
EU Member-States citizens (in conformity with the CE Regulations)

Foreign citizens residing in Portugal in conditions of reciprocity
Stateless persons residing in Portugal
Asylum seekers

Foreign citizens residing legally in Portugal have equal treatment as beneficiaries in the access to the health services and medication assistance.

Foreign citizens having a residence permit or a working Visa must obtain a National Health Service card (“*Cartão de Utente*”) and choose a family doctor.

European Union Member State residents are entitled to treatment under the same conditions as nationals (“European Health Card”) as well as the residents of third countries that have signed a bilateral agreement with Portugal.

The National Health Service Card (“*Cartão de Utente*”) is a document that proves identity of its holder to the National Health Service. It is provided free of charge. It must be presented for health care treatment; to arrange a doctor’s appointment, to supplementary diagnostic and therapeutic services; to prescribe and obtain medications.

This card can be obtained in the local Health Centre in one’s area of residence or in a counter of “Citizen’s Shop” (“*Loja do Cidadão*”).

For further information...

Citizen’s Shop
www.lojadocidadão.pt

Health General Services
www.dgs.pt

Taxes

The Portuguese tax system is composed of a set of state and local taxes levied on income, in addition to other taxes imposed on certain particular deeds or situations.

The income taxation is operated by two taxes: Personal Income Tax – IRS – and the Corporate Income Tax – IRC.

In most cases, a non-resident citizen earning income in Portugal and staying there for over 183 days, in a continuous or interpolated period or having stayed less time but disposing, until the 31st December of that year, of an habitation in Portuguese territory, will suggest that he intends to keep and occupy it as his usual residence and therefore, will be considered a resident for tax imposition purposes (IRS).

If another country citizen establishes residence in Portugal, the earned income, even if from another country, shall be subject to taxation. Double taxation occurs when the income earned in one country is received by someone resident in another country and is taxed in both countries. To avoid this situation, Portugal has signed Conventions with other countries¹, namely all EU members.

A researcher from other country outside EU must obtain a tax identification number (NIF), essential to declare the income to the Taxation Administration - personally or through any singular or collective person - in any Finance Service or “Citizen’s Shop”. This fiscal card is available on presentation of a

¹ List of countries that signed conventions with Portugal to avoid double taxation:
Germany, Austria, Belgium, Brazil, Bulgaria, Cape Verde, Canada, China, Korea, Cuba, Denmark, Spain, USA, Finland, France, Greece, The Netherlands, Hungary, India, Italy, Ireland, Iceland, Latvia, Lithuania, Luxembourg, Macao, Malta, Morocco, Mexico, Mozambique, Norway, Poland, United Kingdom, Czech Republic, Romania, Russia, Singapore, Sweden, Switzerland, Tunisia, Ukraine and Venezuela.

valid passport at the local tax office or “Citizen’s Shop”. Every year the researcher must deliver an annual income statement (“*modelo 3*”), and respective annexes, between February 1st and March 15th of the year that follows the receiving of the income, where the amounts received will be indicated, under the same circumstances as Portuguese citizens.

Valued Added Tax – IVA – applies to transmission of goods, provision of services and import of goods. Rates vary from 5% to 21%.

For further information...

Ministry for Finance
www.min-financas.pt

Taxation Administration
www.dgci.min-financas.pt

Schools

Foreign researchers, who bring their children to live in Portugal, must consult the following web portal of the Ministry of Education, which lists establishments from infant schools to high schools in all country.

For further information...

School Innovation and Development General Services (Ministry for Education)
www.dgicd.min-edu.pt

Higher Education System

Although the access to the University, when it was founded, was not easy for anyone, after the economic, social and cultural development of the country, it became easier.

However it was only in the seventies that we could assist to a considerable expansion of the Portuguese higher education system. Particularly, in 1973 through a reform that created schools of higher education outside the traditional teaching centres, which contributed both to decentralize higher education and to develop these regions.

At the time, Portugal had 42 public and 37 private higher education schools. At the end of the decade, short duration higher education became polytechnic higher education, which coexisted with universities.

The growth of the number of higher education institutions persisted, exceeding 50%, in both public and private cooperative teaching, between the second half of the eighties and the beginning of the nineties. By the early nineties Portugal disposed of 152 public and 81 private schools of higher education.

Public Higher Education

Public Higher Education is organized in a binary system: the university and the polytechnic education.

The public university network is composed of:
15 universities with 110 teaching units (faculties or departments)
1 non-integrated university
4 military and police science university institutions

The public network of polytechnic higher education is composed of:

15 polytechnic institutes, with 78 teaching units (higher education schools or institutes), 3 non-integrated Nursing Colleges, 2 non-integrated higher education schools, three higher education polytechnic colleges (military and police Colleges), 10 higher education polytechnic colleges integrated into universities and 3 polytechnic branches or extensions.

Private and Cooperative Higher Education

The private and cooperative university network consists of 15 universities and 34 non-integrated university schools.

Cooperative higher education, on the other hand, disposes of 8 branches with 18 teaching units (faculties, institutions or schools)

Bologna Process

Portugal is reorganizing the higher education system in conformity to the Bologna Process. This Process which establishes the harmonization of the European higher education system was adopted by 45 countries and it is being implemented in Portugal.

As a consequence, the Law 74/2006, of 24th March, on the new model of higher education organization regarding the study cycles developed in the scope of the Bologna Process, was adopted.

Higher education is organized in three cycles (degree/bachelorship, master and doctorate), which will be subject to a previous accreditation.

Each cycle is structured in accordance with the European Credit Transfer System; its purpose is to pass from an education system based on the transmission of knowledge, to a system based on the development of competencies and the promotion of mobility and professional competitiveness.

Academic degrees:

University Education

Degree/Bachelorship –180 credits - six curricular semesters.

Master – from 90 to 120 credits - three or four curricular semesters.

The degree of Master can also be conferred after an integrated study cycle - 300 to 360 credits - with a normal duration of ten to twelve curricular semesters.

Doctorate – requires the elaboration of an original thesis, especially for this purpose and adequate to the branch of knowledge or specialization;

Polytechnic Education

Degree/bachelorship – 180 credits - six curricular semesters.

Master – from 90 to 120 credits - three to four curricular semesters.

As established in the 2005 European Ministerial Conference on the Bologna Agreement, in Bergen, the generalised adoption of this model of cycles should be completed between 2007 and 2010 and is one of the essential objectives of the higher education politics.

For further information...

Higher Education General Services (Ministry for Science, Technology and Higher Education)

www.dges.mctes.pt

EURYDICE

www.eurydice.org

Equivalence and recognition of foreign degrees

Higher Education Degrees have different kinds of recognition and we should first distinguish equivalence and recognition of degrees.

Academic Equivalence – the Portuguese higher education system has in the same area of knowledge, identical degrees, which means a similar kind of degree, degree duration and study plans. In these cases, foreign degrees can be declared equivalent by Portuguese universities.

Academic Recognition – the Portuguese higher education system does not have, in the same area of knowledge, a degree with a correspondent level, although there is a correspondent degree level.

In Portugal, the system regarding academic equivalence/recognition of foreign higher education qualifications is regulated by the Law 283/83, dated 21st June and by the Regulation 1071/83, dated 29th December.

According to that Law, requests regarding equivalence/recognition of foreign qualifications are analysed case by case, by the higher education institutions that offer similar degree programmes. There is no automatic equivalence.

Who can demand equivalence/recognition of the degree?

Portuguese citizens

Foreign citizens from countries:

With which specific agreements about equivalence were signed according to the present law;

or

With agreements according to the principles of reciprocity, i.e. Portuguese citizens have the same rights foresaw to the foreigners.

For further information...

NARIC – National Academic Recognition Information Centres

www.naricportugal.pt

Ministério da Educação/ CIREP

Av. 5 de Outubro, n.º 107

Higher Education General Services (Ministry for Science, Technology and Higher Education)

www.dges.mces.pt

Support unit for academic and professional recognition - High Commission for Immigration and Ethnic Minorities (ACIME)

www.acime.gov.pt

Professional Recognition of High Level Qualifications

Having a Regulated Profession means, to have an academic degree with a minimum of three years of duration, i.e. it is also necessary a professional title to work given according to some legal and administrative arrangements.

This title is usually conferred by a Professional Order, which is a public association representing some professional classes. Establishing several terms and conditions, the Professional Order authorizes the exercise of a profession.

In the higher education field, the professional recognition to accede these regulated professions - by EU citizens or from Liechtenstein, Norway, Iceland and Switzerland and, also, from Central and East Europe countries which are part of EU since 2004 - is regulated by communitarian directives.

If you are from a country outside the EU the professional recognition will be made by the *Sistema Nacional de Certificação Profissional* (SNCP), which is the Portuguese system for professional certification. The SNCP certifies professional competences and regulates the professional education.

To obtain further information about the law in force, please see Directive nº 89/48/CEE in the Higher Education General Services, if you join the necessary conditions to request your professional recognition. To know more about the list with all the professions and Professional Orders, please see the ACIME website – Academic and Professional Recognition – pg 112.

For further information...

Directive nº89/48/CEE

http://europa.eu.int/smartapi/cgi/sga_doc?smartapi!celexplus!prod!DocNumber&type_doc=Directive&an_doc=1989&nu_doc=0048&lg=en

Academic and Professional Recognition (Publication)

http://www.acime.gov.pt/docs/Publicacoes/brochport/Rec_Habilt.pdf

Banks

The Bank system in Portugal is very well structured. In most shops credit and debit cards are accepted, as well as cash and cheques. Many banks are spread all over the cities. There are also many ATMs and most of them accept any credit card. In Portugal you can pay most bills (water, electricity, phone, etc...) in the ATMs as well as buy train or some show tickets. In some ATMs, in some banks, you can even request cheques and make a deposit. Internet banking is becoming everyday more common.

To open a bank account you need a valid ID card or passport and a card with your Tax Number (issued by the local tax department). You may be asked for a letter of your employer or a proof of your application for the University.

Most banks have a work schedule open weekdays from 8h00 a.m. and 3h00 p.m. Simple bank operations can be done in ATM – known as *Multibanco* – where with your magnetic card you can accede to your bank account, raise/take money up to €200, everyday, until 2h00. *Multibanco* also allows bank transfers, deposits, payments and other operations.

To open a bank account:

The best way to move your money is opening a Portuguese bank account. For that you need a passport or a valid identity card, as well as your fiscal identity card already required at your local finances department.

For further information...

(Several banks)

Banco Espírito Santo

www.bes.pt

Banco Português de Investimentos

www.bpi.pt

Banco Santander Totta

www.totta.pt

Caixa Geral de Depósitos

www.cgd.pt

Millennium BCP
www.millenniumbcp.pt

Public Transportation

Urban transport is available in almost all cities, however Lisbon and Oporto have a better offering. In both cities, you can use bus, tram, subway, taxi or train. Lisbon also has a ferry transport that connects both margins of the River Tagus.

Buses

Urban buses are cheap – approximately €1,30 – and normally it functions efficiently and on time.

For further information...

CARRIS (Buses Company in Lisbon)
www.carris.pt

STCP (Buses Company in Oporto)
www.stcp.pt

Underground

If you use the Underground to go to the *Universidade de Lisboa*, you should leave at “*Cidade Universitária*” station. The underground tickets cost €0,75.

For further information...

Underground in Lisbon
www.metrolisboa.pt

Underground in Oporto
www.metro.doporto.pt

Taxis

In most cities you can stop a taxi in the streets, get one in a taxi stop or use the Radio-Taxi service. Portuguese taxis are either of a beige colour or black and green.

Trains

If you arrive by train, you will probably get off at “*Gare do Oriente*” station. The best way to go to the Centre is taking the Underground.

There are 3600 km of train rails in Portugal. The service is very good between the main cities of the country, which includes express trains with bar and restaurant. Suburban trains, namely in Lisbon and Oporto areas, are also fast and efficient. Children under 4 years do not pay ticket and, under 11 years, only pay half the price.

For further information...

Portuguese Train Company
www.cp.pt

Intercity Bus Service

If you want to travel around Portugal, “*Rede Nacional de Expressos*” is a good alternative because it’s cheaper than the train and offers long course intercity and regional bus services with great comfort.

For further information...

Rede Nacional de Expressos
www.rede-expressos.pt

Air Travel

The Lisbon airport is about 3 km from University Campus. The best way to get to the Lisbon centre is by taking an airport shuttle bus. There is an AERO BUS every twenty minutes from 7:45 a.m. to 8:45 p.m. going from the airport to the “*Cais do Sodré*” train/underground station. The ticket is around €3, 00.

Various companies fly to Portugal. The national airline is TAP.

For further information...

TAP (Portuguese Air Company)
www.tap.pt

Main national airports

Continental Portugal and Azores
www.ana-aeropostos.pt

Madeira (*Funchal, Porto Santo*)
www.anam.pt

Driving

Like in the rest of continental Europe, you drive on the right side. Unless the contrary is indicated, cars coming from the right side have priority. It is always obligatory to use the safety-belt both for passengers in front and behind. Peak traffic hours are normally between 8h00 a.m. and 10h00 a.m. and between 5h00 p.m. and 8h00 p.m.

Speed limit in localities is 50 km/h, outside localities 90 km and in highways 120 km.

The “*Direcção Geral de Viação*” (DGV), in the scope of the Ministry of Internal Affairs, is responsible for the administration of the traffic system and road safety, as well as for studying and implementing operational measures and regulations for traffic enforcement.

If your usual residence is not in Portugal and you have a foreign driving license, you can drive in Portugal if your license is from:

- One of the European Economic Area (EEA states, Switzerland and Brazil)
- A country recognized by Portugal through an international treaty
- A country that recognizes identical validity to Portuguese drivers' licenses

If you have a residence in Portugal, and a driver's license from one of the EU Member States, or from the EEA, you have 30 days to declare your Portuguese address to the Traffic Service of your residence area and you will receive a document necessary for internal control.

If you need to change for a national driver's license, you will obtain all the necessary information in the Traffic service of your residence area.

For further information...

DGV (Ministry of Internal Affairs)
www.dgv.pt

Telephones

The telephone market in Portugal is very liberal. However the main fixed communication provider is Portugal Telecom. You can choose from a wide range of prices and services which suit your needs best. Portugal Telecom also provides cable TV and ADSL internet.

You can choose one of the three mobile service providers: TMN, Optimus and Vodafone. In them you can opt for a rechargeable phone card or for a monthly subscription. If you want the cheapest phone, it will only function with a card of the provider you chose and will be blocked to other mobile service providers. This is known as “net-locking”. Although, if you bring an unblocked mobile phone, you can buy a card from any of the mobile service providers and use it in your phone equipment.

To search for a specific contact number or address, you can use “*Páginas Amarelas*” (Yellow Pages) or call 118 of Portugal Telecom. The “*Páginas Amarelas*” can be searched either in the internet, or in a book list.

For further information...
(Several telephonic companies)

www.pai.pt
www.118.pt
www.telecom.pt
www.optimus.pt
www.tmn.pt
www.vodafone.pt

Living Costs

To have a vision of the cost of living in Portugal, please see the information below which shows the medium prices of daily expenses.

Cinema Entrance	€ 5,00
Coffee	€ 0,60
Beer – Lager	€ 1,00
Newspaper	€ 0,90
Bars – Discotheques	€10,00
Meal – Average Restaurant	€15,00
1 Underground Ticket	€ 0,75
1 Bus Ticket	€ 1,30
Táxi – Day Fare	€ 2,00 € 2,35

Tourism

Portugal has a great natural beauty with a long coast and beaches of quality, as well as a vast interior area with natural parks where rare species of fauna and flora inhabit.

For further information...

Youth Hostels
www.pousadasjuventude.pt

Historic Hotels – *Pousadas de Portugal*

(Ancient rural houses, monastries and palaces, where transformed into charming high quality hostels and hotels)

www.pousadas.pt

Rural Tourism

(Homes which range from stately manor houses and elegant country houses, to farm houses and rustic cottages, each with its own individual character. They are family homes in opposition to hotels, and offer a very different kind of holiday experience)

www.turihab.pt

About Portugal

www.portugalinside.pt

www.guiadeportugal.pt

www.portugal-info.net

www.portugal-live.net

www.portugal.org

www.portugaltravelguide.com

www.portugalvirtual.net

www.portugalvirtual.pt

www.visitportugal.com

Learning the language

If you're going to live in Portugal you will probably need an adequate language course and you can find it at the Faculty of Letters:

Intensive Course of Portuguese Language and Culture

General Course

3 weeks/60h

Regular Course

13 weeks/2 semesters with 52h each

There are Summer Courses and also regular courses, starting every semester (October and February). For further information about timetables and prices, please contact the Faculty of Letters (Faculdade de Letras).

For further information...

Faculty of Letters
External Relations Unit
Alameda da Universidade
1600-214 Lisboa

Phone

+351 217 920 061

Fax

+351 217 960 063

E-mail

gab.rel.externas@fl.ul.pt

Looking for a job (labour market)

Several sources of information on labour are available for citizens, in which, besides publication of job offers, counselling services on job hunting are provided. The most important are the following ones:

The university

The *Universidade de Lisboa* have specialised job search services – Career Advisory Services – whose basic mission is the foster placement in the labour market of recent graduates.

For further information...

Career Advisory Services – *Universidade de Lisboa*

http://www.ul.pt/portal/page?_pageid=173,178997&_dad=portal&_schema=PORTAL

The Portuguese Public Employment Service (IEFP)

Here you can find information about:

IEFP - *Instituto do Emprego e Formação Profissional* (Employment and Vocational Training Institute) - facts and historical background

Working and recruiting in Portugal - EURES Portuguese services

Vocational Qualifications, Skills Recognition and Certification in Portugal - National Reference Point for Vocational Qualifications (NRP Portugal)

Main services and active labour market programmes provided by IEFP in Portugal

For Jobseekers (Employment, Vocational Training and Certification)

For Companies

For further information...

Employment and Vocational Training Institute

www.iefp.pt

The EURES Network (European Employment Services)

The EURES Network is a cooperative network for employment and the free circulation of workers within the framework of the European Economic Area (EEA), founded in 1993 by decision of the European Commission.

The purpose of EURES is to provide information, advice and recruitment/placement (job-matching) services for the benefit of workers and employers as well as any citizen wishing to benefit from the principle of the free movement of persons.

The EURES Network in Portugal is part of the IEFP which has an adviser in each region.

For further information...

EURES Network

<http://europa.eu.int/eures/>

The Temporary Work Agencies

Temporary work agencies are private companies that provide temporary employment by hiring workers to perform services for other companies.

The IEFP provides a list of the temporary work agencies authorised to work in Portugal. The list with the authorised temporary work agencies in the Lisbon region are in the following address:

http://portal.iefp.pt/portal/page?_pageid=117,107462&_dad=gov_portal_iefp&_schema=GOV_PORTAL_IEFP

The Companies devoted to selection of employment seekers and human resources

These are private companies that gather and handle the vacant positions of other companies, and subsequently perform a pre-selection of the employment seekers, after which the requesting company can choose the professional that most interests the company.

The Media: Press, Radio, TV and Internet

Most national and regional newspapers carry daily situations vacant sections, although the Sunday papers have the greatest number of positions vacant. The local newspapers also have classified advertisements, in which different vacancies can be found.

For further information...

With general information

www.expresso.pt

www.publico.pt

www.dn.pt

www.correiodamanha.pt

Specialised newspapers

www.expressoemprego.pt

www.ocasiao.pt

With the growing importance of the internet over the recent years as an instrument for seeking employment, the Portuguese Government created, recently, the “*Portal IEFP NETemprego*” where you can access all kind of information about jobs, and also create a personal registration with your own *curriculum vitae*.

For further information...

Portal IEFP NETemprego

<http://www.netemprego.gov.pt/IEFP/index.jsp>

Several web sites are available that allow companies and workers to find each other, and these sites offer hundreds of services, making them true employment gateways.

For further information...

www.empregos.online.pt

www.net-empregos.com

www.empregopt.com

www.emprego.aeiou.pt

www.superemprego.sapo.pt

www.emprego.universia.pt

www.emprego.pt

Legislation

National

Regulation for Doctorate Scholarship in Companies - *Despacho* n° 3037/2004 from 27th January, published in the *Diário da República* n°35, II *Série*, from 11th February 2004

Legal Regime for Higher Education Degrees and Certificates– *Decreto-Lei* nº 74/2006 from 24th March, published in the *Diário da República* nº 60, I *Série*, from 24th March 2006

Statute for Researchers with scholarship – Law 40/2004 from 18th August, published in the *Diário da República* nº194, I *Série* A, from 18th August 2004
www.fct.mctes.pt/pt/apoios/bolsas/estatutodobolseiro

Research Career Statute - *Decreto-Lei* nº 124/99, published in the *Diário da República* nº92, I *Série* A, from 20th April 1999

Dispatch nº 435/2001 – 16th May 2001 – 113/2001 – *Série* II – from the Ministry for Work and Social Solidarity and Science and Technology – about advanced education actions and human resources qualification in the field of QCA III, through the measures 1.1 and 1.2 - Operational Programme for Science, Technology, and Innovation - and through the measure 1.2 - Operational programme for Information Society

Ante-project of a law proposal which regulates the entrance, permanence, exit and moving of foreigners in Portuguese Territory

European

The researchers and their families have the right of enter and live in any EU state member, in which were admitted, and have equal treatment in work conditions, access to public property and services according to the national law.

Treaty of Rome, establishing the CE (with the Treaty of Nice reforms): Articles 12º, 39º, 42º, 43º and 61º and the following ones

Directive 2004/38/CE – 29th April 2004 – from the European Parliament and Council – Free circulation and residence of the EU citizens and their families in the State-members territory

Regulation 883/2004/CE – 29th April 2005 – from the European Parliament and Council – about coordination between the Social Security Systems

Directive 2005/71/CE from the Council – 12th October 2005 – about the admission of citizens from third countries to do Scientific Research in the EU

European Recommendations

Researcher European Letter

Code of Conduct for the Recruitment of Researchers

Recommendation 2005/761/CE from the European Parliament and Council – 28th September 2005 – to turn easier the uniform visa of short duration emission in the EU State-members to researchers from third countries to Scientific Research in the EU

Recommendation 2005/762/CE from the Council - 12th October 2005 - to turn easier the admission of citizen from third countries to Scientific Research in the EU

II. Research in Portugal

Universidade de Lisboa – Research Centres

Research Support Cabinet

Interdisciplinary Compound
Universidade de Lisboa
Av. Prof. Gama Pinto, 2
1649-003 Lisboa

Contact

Doutora Ana Moutinho

Phone

+351 217 904 774

Fax

+351 217 954 288

Electronic mail

acm@cii.fc.ul.pt

Site

<http://www.gai.ul.pt>

Interdisciplinary Compound

Av. Prof. Gama Pinto, 2
1649-003 Lisboa

Phone

+351 217 904 700

Fax

+351 217 954 288

Electronic mail

fonseca@cii.fc.ul.pt

Site

<http://www.ciul.ul.pt>

Associated Labs by Scientific Area

Exact Sciences

Physics

Centre for Astronomy and Astrophysics

<http://astro.oal.ul.pt/caaul/index2.html>

Centre for Atomic Physics

<http://alf1.cii.fc.ul.pt/~cfa>

Condensed Matter Physics Centre

<http://cfmc.cii.fc.ul.pt>

Centre for Nuclear Physics

<http://cfnul.cii.fc.ul.pt/>

Centre for Theoretical and Computational Physics

<http://alfmail.cii.fc.ul.pt/~cftcweb/CFTCNEW/index.php>

Matemathics

Algebra Centre

<http://caul.cii.fc.ul.pt>

Centre of Statistics and Applications

<http://www.ceaul.fc.ul.pt>

Centre for Linear and Combined Structures

<http://hermite.cii.fc.ul.pt>

Operations Research Center

<http://cio.fc.ul.pt>

Centre for Mathematics and Fundamental Applications

<http://ptmat.ptmat.fc.ul.pt/>

Group of Mathematical Physics

<http://gfm.cii.fc.ul.pt>

Chemistry

Centre for Electrochemistry and Kinetics

<http://www.cecul.fc.ul.pt>

Chemistry and Biochemistry Centre

<http://cqb.fc.ul.pt/index.htm>

Centre for Molecular Sciences and Materials

<http://ccmm.fc.ul.pt>

Natural Sciences

Biological Sciences

Centre for Environmental Biology

www.fc.ul.pt/cba

Center for Ecology and Plant Biology

<http://cebv.fc.ul.pt>

Centre of Biological Engineering

<http://www.ceb.fc.ul.pt>

Centre of Genetics and Molecular Biology

<http://alf1.cii.fc.ul.pt/~cgbm/>

Sciences of the Sea

Oceanography Institute

www.io.fc.ul.pt

Guia Marine Laboratory

<http://lmg.fc.ul.pt>

Hearth and Space Sciences

Geophysical Institute Infante D. Luiz

<http://www.igidl.ul.pt/>

Geology Centre

<http://centro-geologia.fc.ul.pt>

Centre of Mineral Resources, Mineralogy and Crystallography

<http://creminer.fc.ul.pt>

Laboratory of Tectonophysics and Experimental Tectonics

<http://www.lattex.fc.ul.pt/>

Health Sciences

Cardiology Centre

http://fmlweb.fm.ul.pt/public/C_Cardiologia/indice.htm

Centre of Pharmaceutical Sciences Studies

www.ff.ul.pt/~cecf

Centre of Pulmonary Diseases Studies

www.hsm.pt

Hematology and Immunology Centre

Centre for Research and Otorrinolaringology

www.fm.ul.pt

Metabolismo and Endocrinology Centre

www.fm.ul.pt/public/Centro_Metabolismo_Endocrinologia/www/pt_objectivos.ht

Centre for Molecular Pathogenesis – the Molecular Biology and Experimental Biopathology Unit

<http://www.ff.ul.pt/centros.aspx>

Centre for Molecular Pathogenesis – the Retrovirus and Associated Infections

<http://www.ff.ul.pt/centros.aspx>

Institute of Biophysics and Biomedical Engineering

<http://ibeb.fc.ul.pt>

Institute of Preventive Medicine

<http://www.fm.ul.pt/medpreventiva>

Pharmaceutical Science and Technology Unit

www.ff.ul.pt/~uctf

Unit of Pharmacology and Pharmacotoxicology

www.ff.ul.pt

Engineering and Technologies Sciences

Electronic Engineering and Computers Area
Large-Scale Informatics Systems Laboratory
<http://lasige.di.fc.ul.pt>

Laboratory of Agent Modelling
<http://labmag.di.fc.ul.pt>

Social Sciences

Communication Sciences Area
Interdisciplinary Centre of Science, Technology and Society

Education Sciences Area
Education Research Centre
<http://educ.fc.ul.pt/cie>

Educational Sciences' Research and Development Unit
<http://www.fpce.ul.pt/centros/unidadce/>

Language Sciences Area
Linguistics Centre
www.clul.ul.pt

Language Studies Centre

Sociology, Antropology, Demography and Geography Area
Geographycal Studies Centre
www.ceg.ul.pt

Portuguese Popular Traditions Centre Prof. Manuel Viegas Guerreiro
<http://www.fl.ul.pt/unidades/centros/ctp/index.htm>

Arts and Humanities

Performance Studies Area
Theatre Studies Centre
www.fl.ul.pt/centros_invst/teatro/pagina/centro-estudos-teatro.htm

Literary Studies Area
Centre for German and European Studies

Centre for English Studies
http://www.fl.ul.pt/centros_invst/centro_angl/index.htm

Centre for Classical Studies
<http://cec.catus.net>

Centre for Comparartive Studies
http://www.fl.ul.pt/centros_invst/comparat

Centre for Portuguese Literature
<http://www.fl.ul.pt/unidades/centros/lepul/index.htm>

Philosophy

Centre for Philosophy
www.centrofilosofia.org

Sciences' Philosophy Centre
www.educ.fc.ul.pt/docentes/opombo

History Area

Archeology Centre

History Centre
http://www.fl.ul.pt/unidades/centros/c_historia/index.htm

Sciences History Centre
<http://chcul.fc.ul.pt>

Psychology Area

Clinical and Experimental Psychology Centre: Development, Cognition and Personality
www.fpce.ul.pt

Psychometrics and Educational Psychology Centre
<http://www.fpce.ul.pt/centros/psicomt/>

Escola Politécnica, Museum Compound

Rua da Escola Politécnica, 58
1250-102 Lisboa – Portugal

Phone

+351 213 905 850

+351 213 961 521

Fax

+351 213 970 882

Researchers Mobility

The researchers' mobility portal is one of the European portals developed by the EU Member States aiming to stimulate the academic professionals and students, to pursue research careers, in order to build a favourable environment to the mobility of researchers within the European Research Area and attract researchers from third countries to this area.

The Portuguese Researchers' Mobility Portal is essentially devoted to foreign researchers who want to come and live in Portugal. However, it also contains useful information to the Portuguese researchers who want to work abroad, providing links to other Mobility Portals and Centres of other EU countries.

The development of the Portuguese Researchers' Mobility Portal is a project within the framework of the Sixth Framework Program co-financed by the European Commission and the Ministry of Science, Technology and Higher Education.

For further information...

Portuguese Researchers' Mobility Portal
www.eracareers.pt

Mobility Centres

Portugal has a network of 15 Mobility Centres, members of the ERA-MORE network, spread around the country. The main goal is to assist researchers in their mobility experience, offering free information and personalized assistance, in areas that cover legal and administrative issues, cultural and country aspects, such as entry conditions, visas, work permits, recognition of degrees, job opportunities, taxation, health and medical care, accommodation, transports, schooling, language courses, and tourism among others.

Bridgehead Organizations

GRICES - International Relations for Science and Higher Education

Av. 5 de Outubro, 85 – 5º
1050 – 050 Lisboa

Phone

+351 217828 308

Fax

+351 217 971 687

E-Mail

mobility@grices.mctes.pt

Website

www.grices.mctes.pt

Foundation for Science and Technology

Av. D. Carlos I, 126 – 2º
1249 – 074 Lisboa

Contact

Sílvia Silva

Phone

+351 213 924 300

Fax

+351 213 907 481

E-Mail
mobility@fct.mctes.pt

Website
www.fct.mctes.pt

Mobility Centres

Agência de Inovação – Innovation Agency

Campus do INETI, Edifício 0
Estrada do Paço do Lumiar
1649 – 038 Lisboa

Contact
Jorge Liz

Phone
+351 212 432 100

Fax
+351 212 432 101

E-Mail
pegadoliz@adi.pt

Website
www.adi.pt

Gulbenkian Institute for Science

Apartado 14
2781 – 901 Oeiras

Contact
Greta Martins

Phone
+351 214 464 643

Fax
+351 214 410 852

E-Mail
gmartins@igc.gulbenkian.pt

Website
www.igc.gulbenkian.pt

Public Universities in Lisbon

Universidade de Lisboa
Alameda da Universidade
1649 – 004 Lisboa

Contact
Eugénia Balsas

Phone
+351 217 939 193

Fax
+351 217 933 624

E-Mail
eugenia.balsas@reitoria.ul.pt

Website

www.ul.pt

Universidade Nova de Lisboa (NOVA)

Campus de Campolide

1099 – 085 Lisboa

Contact

Carmo Sampaio

Phone

+351 213 715 641/46

Fax

+351 213 715 645

E-Mail

grinternacionais@unl.pt

Website

www.unl.pt

Technical University of Lisbon

Alameda Santo António dos Capuchos, 1

1169 – 047 Lisboa

Contact

Ricardo Nobre

Phone

+351 218 811 911

Fax

+351 218 811 992

E-Mail

gre@reitoria.utl.pt

Website

www.utl.pt

III. Useful information

Contacts

International Relations Unit

The International Relations Unit at the Central Administration Offices – Rectorate - is responsible for the administration of international affairs, including EU programmes, agreements and protocols established between the *Universidade de Lisboa* and foreign entities.

Rectorate
Universidade de Lisboa
Alameda da Universidade
1600 – 004 Lisboa

Phone

+351 217 963 759

Fax

+351 217 933 624

Institutions

Institution	Site
<i>Associação dos Bolseiros de Investigação Científica</i> (Association of Research Scholars)	www.bolseiros.org
<i>Associação dos Institutos Superiores Politécnicos Portuguesas</i> (Higher Education Polytechnics Association)	www.adispor.pt
<i>Associação Portuguesa do Ensino Superior Privado</i> (Portuguese Association of the Private Higher Education)	www.apesp.pt
European Information Centre Jacques Delors	www.cijdelors.pt
<i>Conferência de Reitores das Universidades Portuguesas</i> (Portuguese Universities Rectors Council)	www.crup.pt
Embassies and Consulates	www.min-nestrangeiros.pt www.secomunidades.pt
Lisbon Relocation Office	http://lisbonrelocationoffice.com/index.php
Government Portal	www.portugal.gov.pt
Representation of the European Commission in Portugal	www.europa.eu.int/portugal
<i>Serviço de Estrangeiros e Fronteiras</i> (Aliens and Borders Service)	www.sef.pt

SOS Vocabulary

Portuguese	English
<i>Olá!</i>	Hello!
<i>adeus</i>	good bye
<i>obrigada</i>	thank you
<i>sim</i>	yes
<i>não</i>	no
<i>se faz favor</i>	please
<i>preço</i>	price
<i>autocarro</i>	bus
<i>carro</i>	car
<i>comboio</i>	train
<i>avião</i>	plane
<i>escola</i>	school
<i>casa</i>	house
<i>bilhete de identidade</i>	ID card
<i>bilhete</i>	ticket
<i>homem</i>	man
<i>mulher</i>	woman
<i>criança</i>	child
<i>estudante</i>	student
<i>esquerda</i>	left
<i>direita</i>	right
<i>em frente</i>	in front



**UNIVERSIDADE
DE LISBOA**