



TÉCNICO
LISBOA

Survival Guide

for Mobility and International Students

NAPE

Student Support Unit



Introduction | COVID-19

As you know, due to the pandemic situation we are currently living, we are forced to take certain precautions and cancel some of the activities we were used to do before.

In both regards, Portugal is no exception, and even though your home country probably has measures concerning COVID-19, they may not be quite the same as in here. For this reason, we compiled in this chapter some information about the regulations in Portugal and in all Técnico's campi. Since we want you to have the best experience in our country, given the current limitations, we gathered a set of outdoor places you may want to visit/go for a walk in Lisbon.

Rules

As of august of 2020, the following rules apply in all of continental Portugal territory:

- It is forbidden to consume alcoholic beverages on the street;
- It is mandatory to use a face mask (or protection visor) in all commercial buildings, restaurants and bars (except when consuming) and all indoor spaces. All of these may have their own regulations and a bottle of alcohol-based hand sanitizer for you to use before entering;
- Commercial buildings have to close at 8PM and grocery stores at 10PM;
- Gatherings are limited to 10 people;
- It is forbidden to sell alcoholic beverages after 8PM.

In all of Técnico's *campi* there are the following entering requirements:

- Temperature screening before entering, which, in Alameda, is in the north gate;
- The use of face mask is mandatory everywhere;
- Respect the maximum occupancy rates established for indoor spaces;
- Gatherings of more than 10 people are prohibited;
- Be aware of opening hours for the different activities

You can (and should) read the official Técnico webpage concerning COVID-19, at <https://tecnico.ulisboa.pt/en/coronavirus-disease-covid-19/>.

Hello!

“As students of Técnico we welcome you to our University!
We, together, form the Student Support Unit (NAPE) whose mission is to guide you and support you during your stay here at Lisbon.
For that reason, we have created this Survival Guide to help you plan your arrival to Portugal during your mobility semester.
We are looking forward to meet you and to help you adjust to your new life! We all hope you have a pleasant experience and we encourage you to come and visit us if you have any issues or concerns.
You can find us daily at Técnico's main building reception from 9am to 4pm or contact us through nape@tecnico.ulisboa.pt or our social media.

The NAPE Team





Get Connected!

Join us!

Why wait until you arrive to Lisbon to start making new friends? You can start connecting with your future colleagues right now through our social media.

Facebook

In our Facebook group you can check the latest updates about our events and get connected with all the new Técnico mobility students. You can also follow our official Facebook page (napeist) – where you can see the latest university news and events.

Instagram

Our Instagram is @nape_ist – follow us for campus pictures and behind the scenes shots at important events.

LinkedIn

Follow us and be part of this one in a lifetime journey, watching us prepare your activities and events.

Get involved! - #TecnicoOWeek

Use the hashtag #TecnicoOWeek to share your pictures and your thoughts about your first week in Técnico Lisboa.

Técnico App

The Técnico Lisboa app will help you settle in and find your way around campus, since Técnico Lisboa is one of the first portuguese intitutions with Google Maps Indoors. The app is free and it is available on the Google Play Store.

E-mail

Nervous about getting started? Don't know how classes will be like? Send us an e-mail to nape@tecnico.ulisboa.pt with all your questions - our team is formed by students as well, and they are more than happy to help you.



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Prior to Departure


Preparation and Departure to Lisbon

Now that you are about to leave, here are some things that will be helpful in your new life in Lisbon.

Initial Costs²

| What? | Price approx.[€] | Where/How? | How long? | Reference ¹ |
|----------------------------------|------------------|----------------------|---------------------|---|
| Transportation to Alameda campus | 1,50 | By metro | 20 min |  |
| Temporary accommodation | 350 | Pousada da Juventude | 7 days |  |
| Communication with home country | 11,8 per month | WTF card | As much as you want |  |

Instalation Costs²

| What? | Price approx.[€] | Where/How? | Reference ¹ |
|-------------------------|--|---------------------------|---|
| Rent Deposit | 250 - 350 | Landlord | Estimated |
| Rent | 350 - 550 | Landlord | Estimated |
| Utilities cost | Usually included in the rent cost | - | - |
| Transports monthly pass | 30 (<23 years old) 40 (>23 years old) | Mob Store at Arco do Cego |  |

Monthly living costs ²

| What? | Price approx.[€] | Where/How? | Reference ¹ |
|-----------------------|-----------------------------------|------------|------------------------|
| Monthly housing costs | 250 - 350 | Landlord | Estimated |
| Utilities cost | Usually included in the rent cost | - | - |
| Monthly living costs | 350 - 500 | - | - |
| Gym | 20 - 35 | - | - |
| Total | approx. 430 - 650 | - | - |

Study costs ²

| What? | Price approx.[€] | Where/How? | Reference ¹ |
|------------------|---------------------------|------------|--|
| Tuition fee | Free for Erasmus students | - | - |
| Study materials | 100 | IST | Estimated |
| Health insurance | Free ³ | - | Bring your European Health Insurance Card (EHIC) |

² Note that these prices are only estimations.

³ If you are not a citizen from an EU country, Iceland, Liechtenstein, Norway or Switzerland, you must bring health/ travel insurance prior to your arrival.

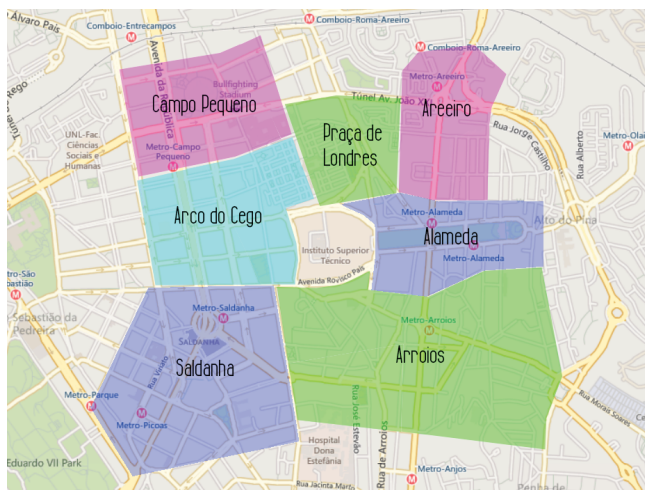
Housing for exchange students

Most of the students that study in Lisbon rent a room in a shared house, which belongs to a private landlord. Be aware that some houses may be exclusive for male or females. You may also live in a university residence or in a fraternity.

You may notice that houses are designated with the code T# (e.g. T2). This code defines the number of bedrooms in a flat and excludes all other rooms (living rooms, kitchen, and bathrooms). In some cases, you may also have the designation '+1' referring to an annex used as a room.

| Designation | Type | Description |
|-------------|-----------|--|
| T0 | Studio | Kitchen and bedroom together, separated bathroom |
| T1 | Apartment | 1 bedroom + living room ⁴ |
| T2 | Apartment | 2 bedroom + living room ⁴ |
| T3 | Apartment | 3 bedroom + living room ⁴ |
| T4 | Apartment | 4 bedroom + living room ⁴ |

⁴ Also includes kitchen and bathroom



The best living areas close to Técnico are: Alameda, Arco do Cego, Areeiro, Campo Pequeno, Estefânia, Praça de Londres and Saldanha.

These areas are located within a 15 minute walking distance from Alameda campus, making public transports optional.

Other are not as advisable due to distance such as Alvalade, Anjos, Baixa, Marquês de Pombal and Olaias or due to safety such as Chelas, Intendente and Martim Moniz.

Your top priority should be looking for the best place to live during your stay here. Fortunately, there are many choices and some platforms which you can use:

FACULTY RESIDENCES:

There are 3 residences available, each one with different characteristics, prices and locations:

- Residência Eng. Duarte Pacheco (at Parque das Nações)
- Residência Prof. Ramôa Ribeiro (at Taguspark campus)
- Residência Universitária Baldaques (near Arroios) – only available for PhD students and professors.



Please note there are a very limited number of beds available. If you are interested, for further information, contact the International and Cooperation Office, NMCI:

nmci.tecnico.ulisboa.pt | nmci@tecnico.ulisboa.pt | (+351) 21 841 73 62



STUDENTS ASSOCIATION - AEIST:

An online platform created and managed by the Students Association where you can find various rooms and houses for rent in Lisbon. Simply click on the map to select the area you want and see the submissions. Don't forget to check the recommended areas.

For further information, contact AEIST:

www.aeist.pt | aeist@tecnico.ulisboa.pt | (+351) 21 841 72 48

Técnico MAIN BUILDING - BILLBOARDS:

Here you will find several billboards filled with postings of available houses and rooms to rent to students. Most of these offers are not available online as they are posted by elderly people. Please note that many may be written only in Portuguese. If you need any assistance, please feel free to contact us.



OTHER OPTIONS:

There are a wide variety of online platforms and websites where you can search for rooms and houses in Lisbon. Many of these websites have English versions, however you must be cautious and always verify the authenticity of all postings. Here are some suggestions:

Erasmus Lisboa
Erasmus Life Lisboa
ESN Lisboa
UNIPLACES
Alameda Residence
Houze student
U.hub

Fraternity “Desordem dos Engenheiros”
Fraternity “Do Santo Condestável”
DOORM
InLife Portugal
Onda City
Place to stay
BQuarto

Visa Card

Non-European exchange students wishing to enter and stay in Portugal must go to a Portuguese Consulate or Embassy to ask for information regarding the Visa Application process.

Depending on your professional status (student, trainee or researcher) and the duration of your stay in Portugal, one of the following visa requests can be submitted:

- A student visa for the mobility of higher education students;
- A short duration visa for a maximum period of three months (valid for 3 months and one or more entries to Portugal);
- A temporary stay visa for periods longer than three months (valid for 1 year and multiple entries to Portugal);
- Other visa intending to carry out Research, Teach at an institution of higher education, or perform a Highly Qualified Activity.

NECESSARY DOCUMENTS (may vary from country to country):

- Letter of Acceptance / Admission at Técnico;
- Residence Letter with a Portuguese address;
- Proof of Means of Subsistence (Statement of monthly allowance/ scholarship/ grant);
- Proof of Health Insurance;
- Criminal Record.

For further information, please contact one of the Portuguese Embassies and Consulates ([link](#)) or the SEF - Immigration and Borders Service ([link](#)).

Checklist

Before Departure, be sure that...

- ☐ You have the confirmation Letter from Técnico that your university has sent the application form and other required documents
- ☐ Registration and Welcome Dates at Técnico

Don't forget to bring with you...

- ☐ Técnico Acceptance Letter
- ☐ European Health Card or Health Insurance Documents (*for non-EU students*)
- ☐ National Identity Card (*EU students*) or Passport (*for non-EU students*)
- ☐ Visa (*if required*)
- ☐ Student ID Card / ISIC / EYC
- ☐ Medications
- ☐ 4 Passport Photos for Documents
- ☐ Money and cash (*pocket money and enough to pay the equivalent to two months of rent, deposit and first month - portuguese people use a lot of cash*)
- ☐ Your face mask (*stay safe!*)



Upon Arrival

Get to Técnico

If you travel to Lisbon by plane, you'll land in Lisbon International Airport. Since it's very close to the city center, approx. 20 minutes away from Técnico, you can easily travel using public transports. Similarly, you can also travel to Lisbon by train or bus, and the bus and railway stations are located near the city centre and reachable by bus, metro and taxi.

The public transportation system in Lisbon covers a large part of the city,. Note that there are two metro stations next to Técnico (Alameda campus) where you can exit:

- Alameda (green and red lines)
- Saldanha (red and yellow lines)

Taguspark campus is located in the Oeiras Council (outside of Lisbon), however the connection between Taguspark campus and Alameda campus is free and ensured by IST bus, which provides a shuttle service between the two campi. The shuttle has several Intermediate stops also connecting Oeiras, Sete-Rios and Cacém train stations to Taguspak campus.

Here you can find the shuttle schedule ([link](#)).

If you want more information, just check our address on Google Maps:

Alameda campus
Avenida Rovisco Pais, nº 1,
1049-001 Lisboa

Taguspark campus
Av. Prof. Doutor Cavaco Silva
2744-016 Porto Salvo

Technological and Nuclear campus
EN 10
2695-066 Bobadela

From the Airport

BY METRO:

The Airport [metro](#) station is called “Aeroporto” (red line) and it’s next to the Arrivals exit. From this station, you can easily get to the city center for just 1,50€.

If you want to go to Técnico, take the red line in the São Sebastião direction and exit at Alameda (green and red lines) or Saldanha (red and yellow lines).



BY CAR:

This alternative is more comfortable. It costs around 6 to 7€ by private transportation platforms and 25€ (incl. luggage transportation cost) by taxi. You can find many available taxis just outside the Airport. This may be the better option if you’re carrying a lot of luggage.

BY BUS:

The [Aerobus service](#) is a regular transfer connection between Lisbon Airport, several central points of the city, bus and railway stations. This shuttle costs 3,60€ (if you buy the ticket online) and runs daily from 8am to 9pm. There are also other city buses available, and some stop near the main metro stations. These rides cost 3,60€ and run almost all day.

From other locations

BY TRAIN:

If you're considering traveling to Lisbon by train, you should consider [CP – Comboios de Portugal](#) to check timetables and prices. All railway stations are connected to the metro system, and you can check the Network Diagram online.

There are two main railway stations where you can arrive in Lisbon:

- Oriente: It's the main railway station in Lisbon and it's combined with the metro (red line) and the bus station (all with the same name). If you want to go to Técnico by metro, take the red line in the São Sebastião direction and exit at Alameda (green/red lines) or Saldanha (red/ yellow lines).

- Santa Apolónia: It's the international railway station in Lisbon and it's also combined with the metro (blue line) and the bus station (all with the same name). If you want to go to Técnico by metro, take the blue line in the Amadora Este direction and then you can change lines at Baixa-Chiado (green line, direction to Telheiras), Marquês de Pombal (yellow line, direction to Odivelas) or São Sebastião (red line, direction to Aeroporto). You should exit at Alameda (green/red lines) or Saldanha (red/yellow lines).

BY LONG-DISTANCE BUS:

If you're already in Portugal and want to come to Lisbon by bus, you'll probably travel by [Rede Nacional de Expressos](#).

There are two main bus stations where you can arrive in Lisbon:

- Sete Rios: It's one of the main bus stations in Lisbon and it's combined with the metro (Jardim Zoológico, blue line) and the train station with the same name. If you want to go to Técnico by metro, take the blue line in the Santa Apolónia direction, change line at São Sebastião (red line, direction to Aeroporto) and exit at Saldanha (red/ yellow lines) or Alameda (green/red line).

- Oriente: It's one of the main bus stations in Lisbon and it's combined with the metro (red line) and the railway stations (all with the same name). If you want to go to Técnico by metro, take the red line in the São Sebastião direction and exit at Alameda (green/red lines) or Saldanha (red/ yellow lines).

Metro tickets

[Metro](#) is one of the most popular public transports in Lisbon and you'll definitely use it. If you're not planning to use it often, you should buy a Viva Viagem card.

This card costs 0,50€ and can be reloaded in automatic ticket vending machines up to one year after purchase. A one-way ticket costs 1,50€.

Transportation monthly pass

If you're planning to use the metro or bus frequently, it's a good idea to get a Monthly Transportation Pass, the Navegante Pass.

It gives you full access throughout Lisbon by integrating the public transport companies Carris, Metro and CP (in the city's urban circuits). The monthly cost is 30€ for students under 23 years old.



Before charging this pass, you need to get the Lisboa Viva Pass Card. You will need to fill out a form available at Técnico Reception (Main Building) and it will require a photo and a copy of your National Identity Card (EU students) or Passport (non-EU students). Then, just go to a Metro Customer Office (Campo Grande or Marquês de Pombal metro stations) or to the Mob Store at Arco do Cego (near the Saldanha metro station). This card costs 7€ (or 12€ if urgent).



Life at Técnico

Instituto Superior Técnico

Since its creation in 1911, Técnico is the largest and most reputable school of Engineering, Science, Technology and Architecture in Portugal. It provides top quality higher education, focused on Research, Development and Innovation (RD&I) activities, immersing all of us in a thrilling and global atmosphere geared towards solving the challenges of the future.

Nowadays, Técnico has 3 campi:

ALAMEDA CAMPUS: built in 1937, it is located in one of the most central parts of Lisbon, between Saldanha and the Alameda D. Afonso Henriques, benefiting from a transport network that easily accesses the entire city.



TAGUSPARK CAMPUS: built in 2001, it is located in the council of Oeiras and integrated in the Science and Technology Park, a leading institution in this area.

Note that some courses are taught only in Taguspark (outside of Lisbon!). However, there is a free transfer service that links Alameda and Taguspark (see the Survive in Taguspark section).



TECHNOLOGICAL AND NUCLEAR CAMPUS: located in the council of Loures, it is one of the most important technology parks in the country, particularly in the areas of nuclear science and nuclear techniques, as well as radiology protection and nuclear safety. At present, there are no classes in this campus, only research labs.



Student Services

STUDENT SUPPORT UNIT - NAPE ([link](#)): supporting all kind of activities that contribute to a better involvement in the academic community, we ensure exchange students a smooth integration into the Portuguese student life.

To facilitate the contact with Portuguese students and our traditions, we also organize events to promote the exchange of experiences, conversations, fun and networking.

You can find us daily at the Técnico reception (Main Building), from 9am to 4pm. If you have any problems, don't hesitate to contact us!

MOBILITY AND INTERNATIONAL COOPERATION OFFICE - NMCI ([link](#)): coordinates the participation of students in numerous international mobility programmes and networks. Likewise, Técnico follows an active strategy of attracting international students.

If you have any problem concerning your stay at Técnico (learning agreement, official documents, etc), contact this office.

COMPUTER AND NETWORK SERVICES - DSI ([link](#)): manages the network infrastructure (Fénix) as well as all other information systems at Técnico. This is the office you must contact if you have any problem concerning your e-mail account or your student account.

ACADEMIC AREA ([link](#)): organizes and manages all academic issues and may issue official documents that you may require. Nonetheless, you should contact NMCI first.

PEDAGOGICAL COUNCIL ([link](#)): ensures the education quality at Técnico. This is the office you contact if you have any problem concerning your courses, evaluation processes, exams, or even professors.

PEDAGOGICAL ORGANIZATION OFFICE - GOP ([link](#)): supervises the registration process on Fénix, the rooms and the schedule allocations/organizations. This is the office you contact if you have any problem concerning overbooked courses. Nonetheless, you should contact NMCI first.



Student Services

1 NAPE (1st floor)

2 GOP (1st floor)

3 Pedagogical Council (ground floor)

4 NMCI (ground floor)

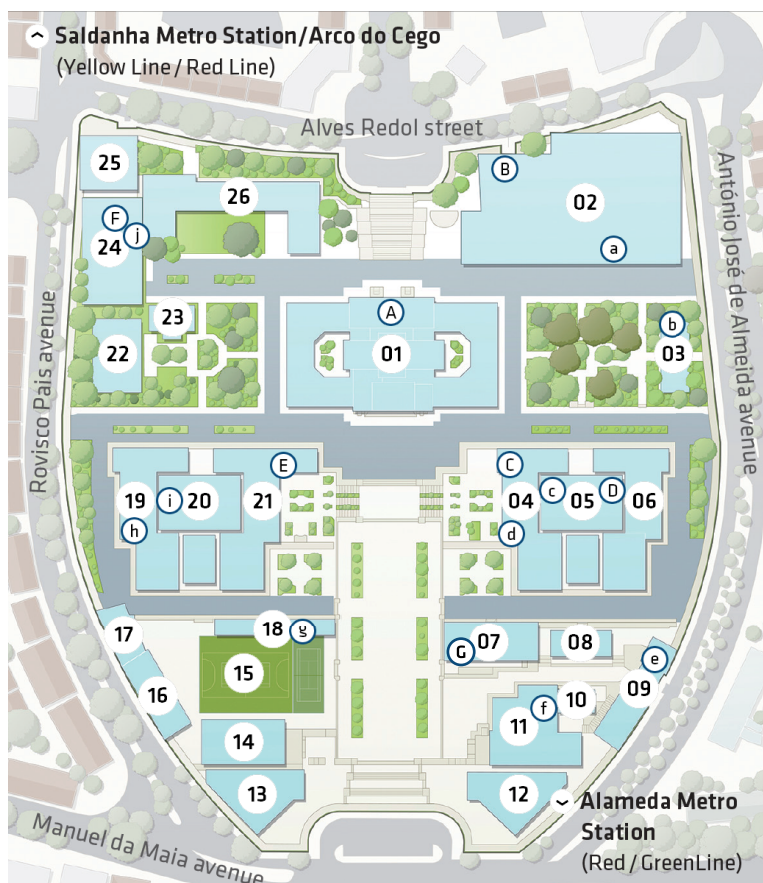
5 DSI (ground floor)

6 Academic Area or Graduate Unit (ground floor)

7 GATU (1st floor)

Survive in Alameda campus

Alameda is the first university campus built in Portugal, and as you can imagine it has many facilities that could be difficult for you to find. In order to help you with this task, the maps below give you some information such as where to study, where to eat and where to print. The table also gives you the approximate price of a meal in Técnico.



- 1 Main Building
- 2 Civil Building
- 3 North Garden Building
- 4 Mechanics Building I
- 5 North Tower
- 6 Electrical Engineering Building
- 7 Information Technologies Building II
- 8 Mechanics Building IV
- 9 Information Technologies Building I
- 10 Information Technologies Building III
- 11 Mechanics Building II
- 12 Mechanics Building III
- 13 Canteen
- 14 Students Association Building
- 15 Playing Fields
- 16 Swimming Pool (*not functioning*)
- 17 Social Action Building
- 18 Copy Section
- 19 Mining Building
- 20 South Tower
- 21 Chemistry Building
- 22 South Garden Building
- 23 Kindergarten
- 24 Mathematics Building
- 25 Physics Building
- 26 Interdisciplinary Building

Libraries

- A Main Library (8 am – 7 pm)
- B Civil and Architecture Library (9 am – 6 pm)
- C Mechanics Library (9.30 am – 6 pm)
- D Electrical and Informatics Library (9.00 am – 8 pm)
- E Chemistry and Bioengineering Library (9 am – 8 pm)
- F Mathematics Library (10 am – 1.30 pm)
- G Information Technologies Building II (9 am – 5 pm)

Where to print?

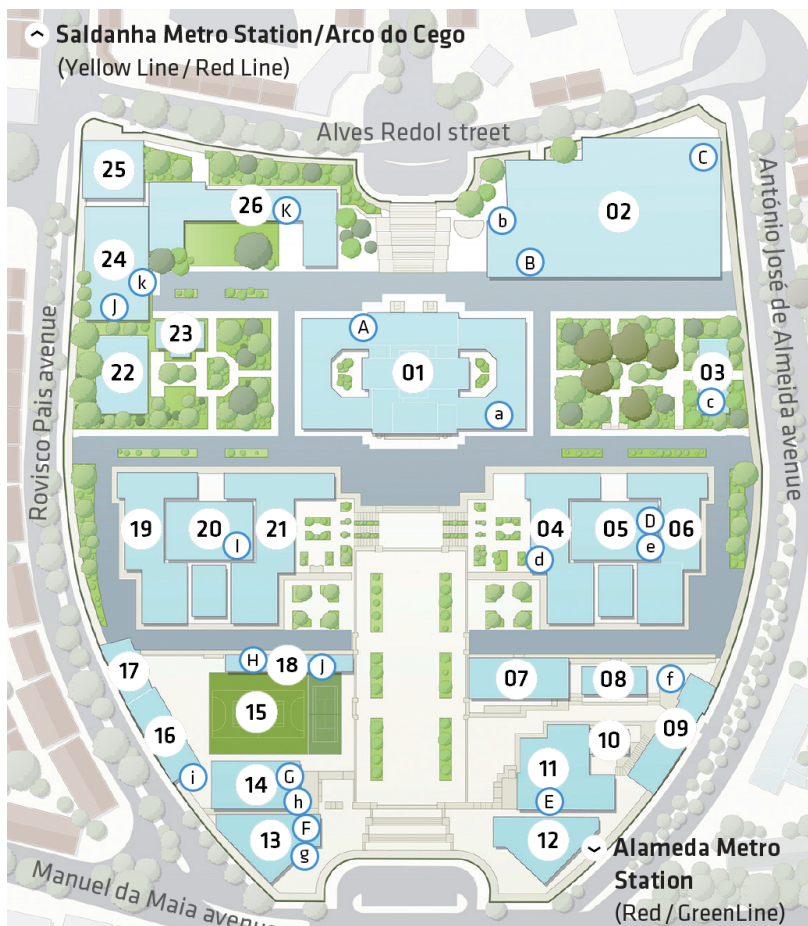
- Reprography (-1 floor)
- Civil LTI (1st floor) *
- Chemistry LTI (5th floor) *
- Mechanics LTI (Mechanics Building II)*
- Copy Section

*It is also a computer room

Study Rooms

- a Civil Building (24h)
- b North Garden Building (24h)*
- c North Tower (8 am – 8 pm)
- d Mechanics Building I (8 am – 8 pm)
- e Information Technologies Building I F1 (8 am – 8 pm)
- f Mechanics Building II (8 am – 8 pm)
- g Copy Section (8 am – 9 pm)
- h Mining Building I1 (8 am – 8 pm)
- i South Tower Q5.3 (8 am – 8 pm)
- j Mathematics Building P10/P2 (8 am – 8 pm)

*It is also a computer room



Where to Eat?
(floor indicated between brackets)

- A Main Building
- B Civil Building Bar
- C Civil Building Canteen
- D Sena Bar – North Tower (-1)
- E Mechanics Building II Bar
- F Canteen
- G Students Association Building Bar (-1)
- H Bar and Esplanada AEIST
- I Praxe Bar – South Tower (1)
- J Mathematics Building Canteen (-1)
- K Interdisciplinary Building Bar

Where to get coffee & snacks?
(vending machines)

- a Main Building (Naval Section)
- b Civil Building (24h)
- c North Garden Building (24h)
- d Mechanics Building I
- e North Tower
- f Information Technologies Building I
- g Canteen
- h Students Association Building
- i Swimming Pool
- j Copy Section
- k Mathematics Building

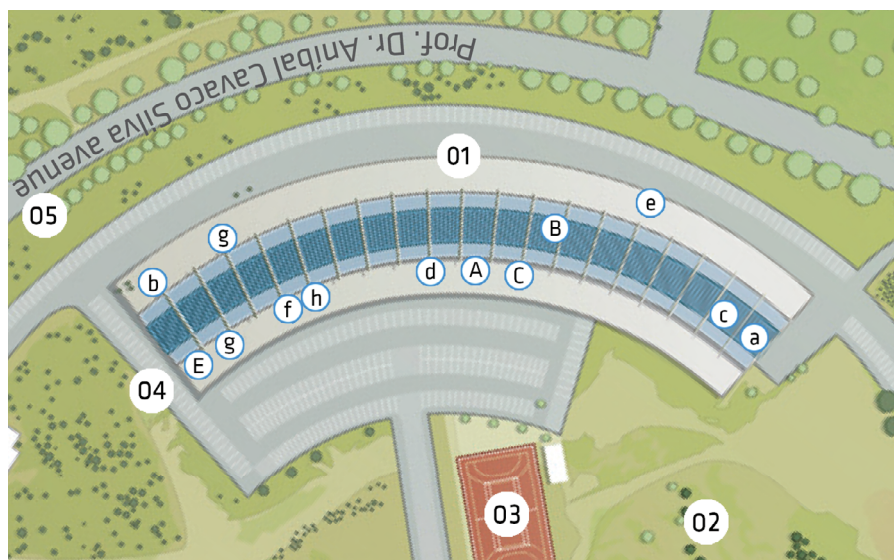
| Where | Menu | Price Approx. [€] |
|--|--|----------------------|
| A. Main Building | Soup + Baguette + Drink | 2.70 - 4.35 |
| B. Civil Building Bar ⁶ | Main Course + Salad (extra: Soup) | 3 - 4 |
| C. Civil Building Canteen | Soup + Bread + Main Course + Salad | 3.70 |
| D. Sena Bar and Restaurant | Baguette + Drink and/or Soup | 2.50 - 5 |
| E. Mechanics Building II Bar | Sandwich + Drink | 2.40 |
| F. Canteen ^{5,6} | Soup + Bread + Main Course + Salad + Dessert | 2.75 |
| G. AEIST Bar ^{5,6} | Main Course + Drink + Soup or Dessert | 4.10 |
| H. Esplanada AEIST ^{5,6} | Main Course + Drink + Coffee | 4.10 |
| I. Praxe Bar | Main Course + Drink | 2.50 - 4.10 |
| J. Math. Building Canteen ⁶ | Main Course | 4.05 |
| K. Interdisc. Building Bar | Main Course | 3.20 - 5 |

⁵ These are the only restaurants open for dinner

⁶ These contain vegetarian options

Survive in Taguspark campus

Taguspark campus has also many facilities that could be difficult for you to find. In order to help you with this task, the maps below give you some information such as where to study, where to eat, where to print. The table also gives you the approximate price of a meal in Técnico.



- 01 Main Building
 - A Student Support Unit
 - B Library (9 am – 6 pm)
 - C Eating Room
 - D Student Services
 - E AEIST
- 02 Residence
- 03 Playing Fields
- 04 Shuttle Stop
- 05 Buses Stop

Where to Eat?
(floor indicated between brackets)

- a Green Bar
- b Red bar
- c Canteen (-1 floor)

Where to get coffee & snacks?
(vending machines)

- d Entrance
- e Library
- f Copy Section

Study Rooms

g Ground Floor 0.34 and 0.71 (24h) *
* If you need a study room or a laboratory to work/study ask the security officer

Where to print?

- h Copy Section

| Where | Menu | Price Approx. [€] |
|--------------|--|----------------------|
| a. Green Bar | Soup + Salad / Baguette + Drink + Coffee | 4 - 6 |
| b. Red Bar | Soup + Main Course + Salad + Drink + Dessert | 4.80 (dinner: 3.50) |
| c. Canteen | Soup + Bread + Main Course + Salad + Dessert | 2.75 |

Note that you can't have dinner in the Taguspark campus after 7 pm.

Fénix Introduction

Fénix is the intranet platform of Técnico, which is divided into several areas (described below). When enrolled, each student receives a username/istID and a password to access this platform.

MESSAGING: you can find the latest news about Técnico and the courses you are enrolled in (if they are in your favourites' list) and search for the contacts of professors and colleagues (Find Person);

STUDENT: you can find your class schedule, student curriculum, courses in which you're enrolled, the evaluation dates of each course and your degree representative (student delegate). Furthermore, in this section you can submit projects and other evaluations, and enrol in classes and tests/exams;

PERSONAL: you can find your personal information, which is available for your professors.

SPACE MANAGEMENT: you can search for any classroom or auditorium and you'll be able to check not only its location but also its schedule.

All courses have their own webpage in Fénix, where you can find the course schedules, planning, evaluation results, support material and bibliography. On this page, you can also find the professors who teach the respective course and the announcements published by them.

It's recommended that you check your course pages frequently because the professors constantly use it to communicate with the students (i.e. announcing extra classes, changes in classrooms and evaluation dates) – see the example below:

The screenshot shows the Fénix platform interface for a course. At the top, the logo of Técnico Lisboa is visible. The course title 'Building Conservation and Restoration' is highlighted with a red box. Below the title, the semester '2º semestre 2015/2016' is displayed. The page is divided into two main sections. The left section, titled 'Latest Professors' Announcements', contains a list of announcements with dates and times. The right section, titled 'General information about the course', contains a list of links to various course-related pages. At the bottom, the 'Faculty' section is highlighted with a red box, showing the name and contact information of the professor Ana Paula Ferreira Pinto.

Name of the course

Building Conservation and Restoration + info

2º semestre 2015/2016

Latest Professors' Announcements

Latest Announcements

2º Exame (25 Junho 8h30) - Distribuição dos alunos pelas salas de exame / 2nd Exam (June 25 8:30 a.m.) - Distribution of students by examination rooms

24 Junho 2016, 15:13 - Ana Paula Ferreira Pinto

A distribuição dos alunos pelas salas de exame está disponível na Secção "Assessment Process".

The distribution of the students by the examination rooms is available in the Section "Assessment Process"

Avaliação em Época Especial

22 Junho 2016, 12:54

2º Exame (25 Junho 8h30)- Inscrições / 2nd Exam (25 June 8h30)- registration"

17 Junho 2016, 13:04

Pauta 1ª Época / Marks 1st assessment period"

17 Junho 2016, 12:36

Revisão de provas - 1.ª época / Revision - 1st assessment period

15 Junho 2016, 14:36

General information about the course

Initial Page

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Bibliografia | Bibliography

Conferências e aulas | Lectures and classes

Traditional materials and construction solutions

DL 309_2009 / Lei 107_2001

Conferences - Prof. António Lamas

Faculty

Professors that will teach the course

Ana Paula Ferreira Pinto Senior Lecturer

anapinto@civil.ist.utl.pt

Health Services

Técnico MEDICAL CENTRE: promotes the physical and psychological welfare of the entire academic community. These services include clinical medicine, gynaecology, mental health and vaccinations, amongst other medical specialties. It is located at the Alameda campus, upon presentation of your student's card and a payment of a small fee.

PUBLIC HOSPITALS: there are two main public hospitals nearby the Alameda campus:

- Hospital de São José: located close to the Martim Moniz Square (downtown), it is the closest hospital to Alameda campus. The nearest metro station is Martim Moniz (green line) and there are also several buses nearby.
- Hospital de Santa Maria: located in Cidade Universitária (the main university area in Lisbon), in front of the University Stadium. The nearest metro station is Cidade Universitária (yellow line) and there are also several buses nearby.

For EU students: the health service is free, but it's necessary to pay a small emergency fee (around 20€). Please don't forget to carry your European Health Card.

For non-EU students: please do not forget to bring your Health Insurance documents.

EMERGENCY LINE: In the European Union the emergency number is 112. There is also a totally free health line where you can call, named SAÚDE 24 to obtain any medical information, 808 24 24 24.



Cultural Activities

Portugal was already an attractive place for prehistoric civilisations because of its geographical locations and climate. Spread all over the country, the traces of the Roman Period, the Germanic and Visigoths's Invasions, and the Islamic occupation are still clear and their influence shaped the country in a unique and remarkable way.

In the following list, you can find a sample of Portuguese culture's richness and diversity, expressed in historic monuments, museums, gastronomy, and traditions.

However, Portugal has a lot more to offer (as its clean and peaceful beaches, the magnificent Douro Wine Region, the marvellous fado houses in Lisbon, Coimbra and Porto, the Popular Festivals, and so much more).

Points of Interest

LISBON

Mosteiro dos Jerónimos (Jerónimos Monastery)
Castelo de São Jorge (St. George's Castle)
Torre de Belém (Belém Tower)
Padrão dos Descobrimentos (Padron of the Discoveries)
Alfama
Bairro Alto
Museu Nacional do Azulejo (National Azulejo Museum)
Museu Calouste Gulbenkian (Calouste Gulbenkian Museum)
Museu Nacional de Arte Antiga
Museu do Fado (Fado's Museum)
Fundação José Saramago (José Saramago's Foundation)
Igreja de São Roque (St. Roque's Church)
Pavilhão do Conhecimento (Knowledge Pavilion)

SINTRA

Palácio Nacional de Sintra
Quinta da Regaleira (Regaleira Farm)
Parque e Palácio Nacional da Pena (National Pena Palace and Park)
Castelo dos Mouros (Castle of the Moors)

PORTO (OPORTO)

Sé Catedral do Porto (Porto Cathedral)
Palácio da Bolsa (Bolsa Palace)
Torre dos Clérigos (Clérigos' Tower)
Wine Tours
Museu Serralves (Serralves Museum)
Livraria Lello (Lello Bookstore)
Ponte D. Luis (D. Luis Bridge)
Jardim das Virtudes (Virtudes Garden)
Passeio das Virtudes (Virtudes Sidewalk)
Casa da Música (House of Music)
Serra do Pilar (Pilar Mountain)

ACROSS PORTUGAL

Bom Jesus do Monte - Braga

Universidade de Coimbra - Coimbra

Praia da Nazaré - Nazaré

Serra da Estrela

Palácio Nacional de Mafra - Mafra (Mafra's National Palace)

Santuário de Fátima - Fátima (Shrine of Fátima)

Óbidos

Mosteiro da Batalha - Batalha (Batalha's Monastery)

Parque Nacional da Peneda-Gerês (Peneda-Gerês' National Park)

Ericeira

Sports

Sports in Portugal are an important part of its culture. Football, however, is the most popular and practiced in Portugal. Some of the best football players and coaches of all times are Portuguese (as Eusébio, Figo, and Cristiano Ronaldo) and some Portuguese teams are among the best in Europe. Even so, there are other sports to highlight, as futsal, athletics, canoeing, cycling, tennis, table tennis, water sports, and others.

At Técnico, you can find a large range of different sports and teams with which you can get involved. In the following list, you can find the existing teams and their respective contacts/webpages.

| Sport | E-mail |
|---|---------------------------------|
| Aikido | do.clube@gmail.com |
| Male handball | andebol.masculino@aeist.pt |
| Female handball | andebol.feminino@aeist.pt |
| Female /Male Basketball (A and B) | nbistecnico@gmail.com |
| Football | futebol@aeist.pt |
| Female Futsal | futsal.feminino@aeist.pt |
| Male Futsal | futsalmasculino@aeist.pt |
| Rugby | rugby.crtecnico@gmail.com |
| Table Tennis | tenisdemesa.aeist@gmail.com |
| Female Volleyball | voleibol.feminino@aeist.pt |
| Male Volleyball | glfaria2899@gmail.com |
| Tennis | equipadetenis.tecnico@gmail.com |

Language Courses

While in Portugal, and especially if you have never been in contact with the Portuguese language, you might get interested in developing your language skills. In order to answer that need, the Lifelong Learning Office promotes [Portuguese Language Courses](#) for all IST International and Mobility Students.

Additionally, if you are interested in learning other languages, AEIST gives you the opportunity to get enrolled in 30 to 90 hours language courses for different levels of knowledge. There are fourteen different languages available and all the information you need can be found [here](#).

Portuguese Academic Tradition

While studying at Técnico and living in Lisbon, you will probably notice students strolling around, inside and outside the campus, wearing dark clothes. This is called Praxe and it is an iconic symbol of the Portuguese academic tradition.

At Técnico, Praxe aims to establish a united and strong bond between students, while welcoming and introducing the newcomers to the academic routine. This includes playing games, singing chants, strolling around the city, among other activities that support the loss of societal inhibitions.

The traditional clothes used by those who integrate Praxe are called “capa” and “batina” and there are two key events related with this educational convention, which are the *Batismo do Caloiro* and the *Queima das Fitas*.

Get Involved

During your study journey at Técnico, you should definitely get involved with the rest of the student community. And the perfect way to do so is by joining one of the several student organisations from Técnico!

AEIST (STUDENTS ASSOCIATION): Founded in 1911, at the same time as Técnico, AEIST represents the entire Student Community. By paying a membership fee, you get discounts on the services below that can make your life much easier:

- Sports: for more information, see the Sports Section
- Copy Section: Where you can print, copy and buy some courses' notes
- Language Courses: For more information, see Language Courses Section

AUTONOMOUS STUDENT ORGANIZATIONS: Almost every course in Técnico has its specific student organisation, which promotes activities according to its own scientific field. For instance, they organise many workshops, singular lectures, field trips, barbecues and other events where you can directly contact potential employers.

OTHERS ORGANISATIONS: You can also join groups and associations with people from several courses that get together to share their favourite hobbies and activities.

AmbientalIST ([link](#)) - Environmental Assoc.
Cinema ParalST ([link](#)) - Cinema Assoc.
GEST ([link](#)) - Strategic, Simulation & Tactics Assoc.
GTIST ([link](#)) - Theatre Assoc.

Jornal Diferencial ([link](#)) - Newspaper Assoc.
NAFIST ([link](#)) - Photographic Assoc.
Radio Zero ([link](#)) - Radio Assoc.
QueerIST ([link](#)) - LGBTI+ Associ.

Tunas - group of university students in traditional university outfit who play traditional instruments and sing serenades (see the Portuguese Academic Tradition Section).

PSEM ([link](#)) - group of students that design, build and test ultra-energy-efficient vehicles to compete against other teams from faculties from all over the world.

Formula Student @ Técnico ([link](#)) - Europe's most well-established educational motorsport competition, which aims to inspire and develop enterprising and innovative young engineers.

TLMoto ([link](#)) - Group of students from Técnico Lisboa focused on designing, building and competing with electric motorcycles.

Técnico Solar Boat ([link](#)) - university project that develop a solar powered boat. Its main purpose is to participate in worldwide engineering competitions.

BEST Lisbon ([link](#)) - Board of European Students of Technology - European non-profit and non-political organization, which provides communication, co-operation and exchange possibilities for students all over Europe.

IEEE-IST ([link](#)) - Official local student branch of IEEE - Institute of Electrical and Electronics Engineers, the biggest professional organisation for engineers in the world.

Portuguese 101

| | |
|----------------|---|
| Hello | Olá |
| Thank you! | Obrigado (<i>if you are a boy</i>) Obrigada (<i>if you are a girl</i>) |
| Please | Por favor |
| Cheers! | Saúde! |
| Yes/No | Sim/Não |
| How are you? | Tudo bem? |
| I am fine | Estou ótimo |
| Pleasure | Prazer |
| Good Afternoon | Boa tarde |
| Good Evening | Boa noite |
| Good Morning | Bom dia |
| Bye | Adeus |
| See you later | Até logo |

Break the Erasmus bubble!

STAY TUNED at nape.tecnico.ulisboa.pt

AND JOIN US
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[INSTAGRAM \(NAPE_IST\)](#)
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