



TÉCNICO  
LISBOA

# Survival Guide

for Mobility and International Students

**NAPE**  
Student Support Unit



# Hi everyone!

We are the **Student Support Unit** of TÉCNICO (NAPE) and we welcome you all to our University! We are students just like you and our mission is to ensure that you experience a smooth transition to the University and city as well as provide guidance and support whilst you are here. For that reason, we have created this survival guide to help you plan your mobility period and survive when you arrive to Portugal.

We look forward to meet you in the upcoming weeks and to help you adjust to your new life here in Lisbon. We all hope you have a pleasant experience and we encourage you to come and visit us if you have any issues or concerns that you wish to seek assistance with. You can find us daily at TÉCNICO's Main Building reception from 9am to 5pm or contact us at [nape@tecnico.ulisboa.pt](mailto:nape@tecnico.ulisboa.pt).

## NAPE Team





# Get Connected!

## Join us!

Why wait until you arrive at TÉCNICO Lisboa to start making new friends? You can start connecting right now with other new TÉCNICO students through our social media sites.

### 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 – **facebook.com/napeist** – where you can see the latest university news

### Instagram

Our Instagram is **@nape\_ist** – follow us for campus pictures and behind the scenes shots at important events.

### Snapchat

Our username is **nape\_ist** - add us to be a part of this one in a lifetime story, watching us prepare your activities and events.

### Get involved! – #tecnicOweek

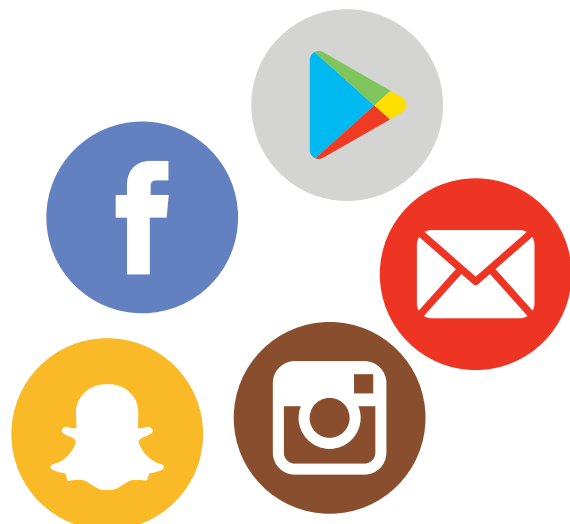
Use the hashtag **#tecnicOweek** to share your pictures and your thoughts about your first week in TÉCNICO Lisboa.

### Faculty 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 for download 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 current students and they are more than happy to help you.



# Contents

<b>1. Prior to Departure</b>	<b>5</b>
Preparation and Departure for Lisbon	5
Housing for exchange students	6
Visa card	8
Checklist	9
<b>2. Upon Arrival</b>	<b>10</b>
Get to Técnico	10
From the Airport	11
From other Locations	12
Metro Tickets	12
Transportation Monthly Pass	13
<b>3. Life in Técnico</b>	<b>14</b>
Instituto Superior Técnico	14
Student Services	15
Survive in Alameda	16
Survive in Taguspark	18
Fénix Introduction	19
Health Services	20
<b>4. Cultural Activities</b>	<b>21</b>
NAPE Activities for Mobility Students	21
Student Activities during the Academic Year	23
Get Involved	24
Sports	25
Language Courses	25
Portuguese Academic Tradition	26






# Prior to Departure

## Preparation and Departure to Lisbon

Now that you are about to leave, here are some things you need to know about life in Lisbon that we hope will help you.



Includes:

- Transportation costs to city centre (from airport)
- Temporary accommodation (7 days)
- Communication costs with home country

What?	Price approx.[€]	Where/How?	How long?	Reference <sup>1</sup>
<b>Transportation to Alameda campus</b>	1,95 (includes a rechargeable card)	By metro	5 min	
<b>Temporary accommodation</b>	105 (15 per day)	Pousada da Juventude (youth hostel)	7 days	
<b>Communication with home country</b>	9,8 per Month (free SIM card, requires ATM charging)	WTF card (ask at NAPE Reception)	As much as you want	

<sup>1</sup> Click n the image to go to the website

## Instalation Costs <sup>2</sup>

What?	Price approx.[€]	Where/How?	Reference <sup>1</sup>
<b>Telephone costs for appointments</b>	Free	NAPE Reception	
<b>Rent Deposit</b>	250 - 350	Landlord	Estimated
<b>1st month of rent</b> (room in a shared house near Alameda)	250 - 350	Landlord	Estimated
<b>Utilities cost</b> (water, electricity, internet, etc)	Usually included in the rent cost	-	-
<b>Metro &amp; Bus monthly pass</b> (only combined pass available)	36,20	Mob Store at Arco do Cego	

## Monthly living costs <sup>2</sup>

What?	Price approx. [€]	Where/How?	Reference <sup>1</sup>
<b>Monthly housing costs</b>	250 - 350	Landlord	Estimated
<b>Utilities cost</b> (water, electricity, internet, etc)	Usually included in the rent cost	-	-
<b>Monthly living costs</b>	150 - 300	-	-
<b>Gym</b> (optional)	20 - 35	-	-
<b>Total</b>	approx. 430 - 650	-	-

## Study costs <sup>2</sup>

What?	Price approx. [€]	Where/How?	Reference <sup>1</sup>
<b>Tuition fee</b>	Free for Erasmus students	-	-
<b>Study materials</b> (copies and books)	100	IST	Estimated (varies with the course)
<b>Health insurance</b>	Free <sup>3</sup>	-	Bring your European Health Insurance Card (EHIC)

<sup>2</sup> Note that these prices are only estimations.

<sup>3</sup> 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
<b>T0</b>	Studio	Kitchen and bedroom together, separated bathroom
<b>T1</b>	Apartment	1 bedroom + living room <sup>4</sup>
<b>T2</b>	Apartment	2 bedroom + living room <sup>4</sup>
<b>T3</b>	Apartment	3 bedroom + living room <sup>4</sup>
<b>T4</b>	Apartment	4 bedroom + living room <sup>4</sup>

<sup>4</sup> Also includes kitchen and bathroom



The **best living areas** close to Técnico are: *Alameda, Arco do Cego, Areeiro, Arroios, Campo Pequeno, Estefânia, Praça de Londres and Saldanha*. These areas (marked in the map on the left) are located within a 15 minute walking distance from Alameda campus, making public transport optional. Other areas are not as advisable due to distance (Alvalade, Anjos, Baixa, Marquês de Pombal, Olaias) or safety (Chelas, Intendente, 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](mailto:nmci.tecnico.ulisboa.pt) | [nmci@tecnico.ulisboa.pt](mailto: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 check the recommended areas.

For further information, contact AEIST: [www.aeist.pt](http://www.aeist.pt) | [aeist@tecnico.ulisboa.pt](mailto: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 (click on the name to go to the website):

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...

- 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 (Better safe than sorry)
- 4 Passport Photos for Documents
- Money (pocket money and enough to pay the equivalent to two months of rent, deposit and first month, if you haven't done it yet)



# 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 centre, approx. 15 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, including some surrounding areas such as Amadora, Loures, Odivelas and Oeiras. All the different infrastructures are well connected and some services are available almost 24 hours per day.

Note that there are two metro stations next to Técnico (Alameda campus) where you can exit:

Alameda (green/red lines)

Saldanha (red/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 Taguspark 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

*Technological and Nuclear campus*  
EN 10  
2695-066 Bobadela

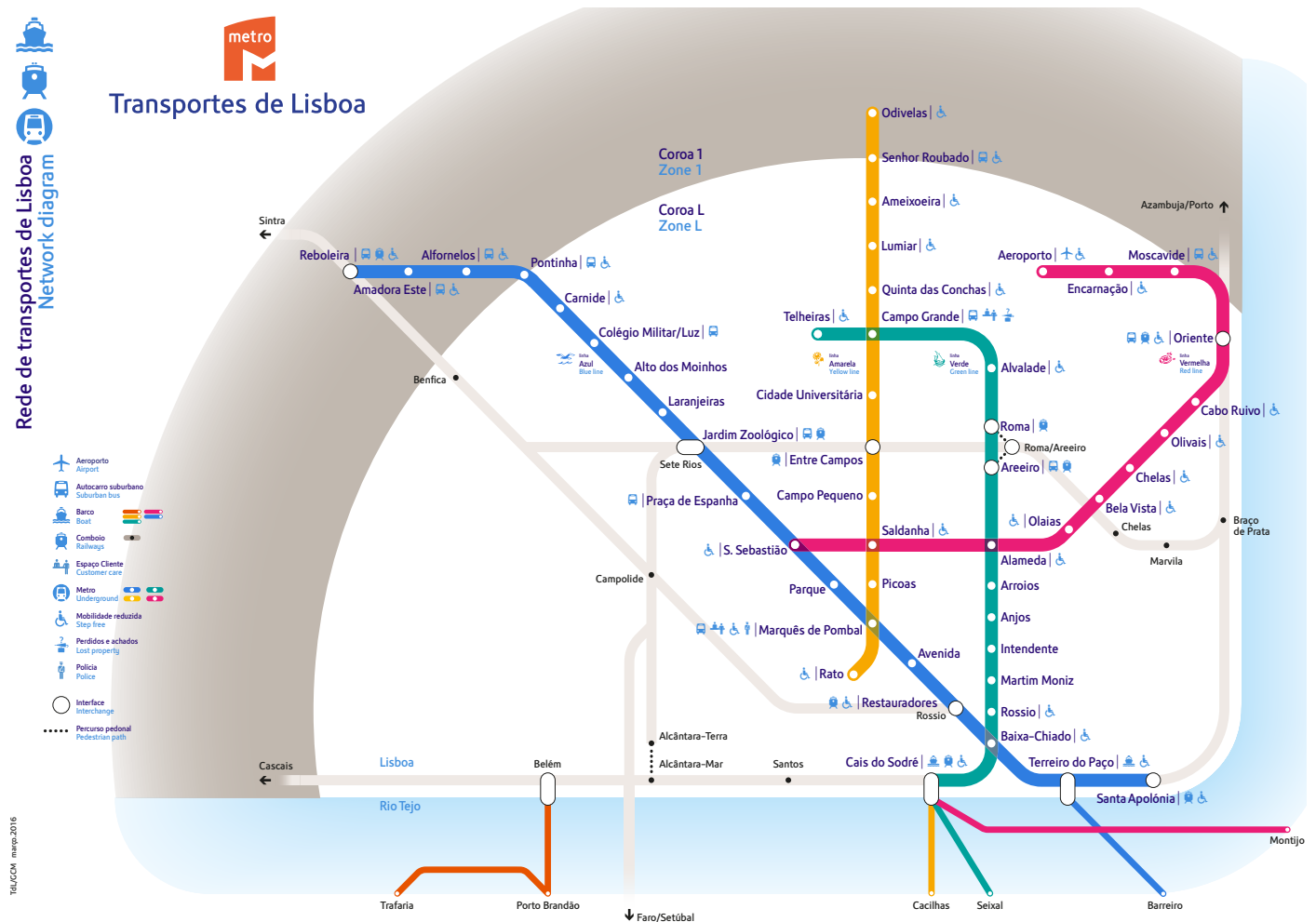


# From the Airport

## 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 centre.

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



You can also check the Metro Network Diagram online ([link](#)).

## BY TAXI:

This alternative is more expensive; nonetheless, it's better if you're carrying a lot of luggage. It costs around 12€ (incl. luggage transportation cost). You can find many available taxis just outside the Airport. Just tell the taxi driver to take you to **Instituto Superior Técnico**. Don't forget to ask for the receipt!

## BY BUS:

The Aerobus service ([link](#)) 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 7am to 11pm. There are also other city buses available, and some stop near the main metro stations. These rides cost 1,80€ and run almost all day. You should check this information prior to your arrival ([link](#)).

# From other locations

## BY TRAIN:

If you're considering traveling to Lisbon by train, you should consider **CP – Comboios de Portugal** (link) to check timetables and prices. All railway stations are connected to the metro system, and you can check the Metro 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 BUS:

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

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 **1.45€**.



# 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** (link).

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 **36,20€**.



Before loading with this pass, you need to get the *Lisboa Viva Pass Card*. You 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



# 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 central-most 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 when applying for courses that some 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 9 am to 5 pm. 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.



## Student Services

- 1 NAPE (1<sup>st</sup> floor)
- 2 GOP (1<sup>st</sup> floor)
- 3 Pedagogical Council (ground floor)
- 4 NMCI (ground floor)
- 5 DSI (ground floor)
- 6 Academic Area or Graduate Unit (ground floor)
- 7 GATU (1<sup>st</sup> 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
- 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 da Bola
- I Alquimia 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. [€]
<b>A. Main Building</b>	Soup + Baguette + Drink	2.70 - 4.35
<b>B. Civil Building Bar</b>	Main Course + Salad (extra: Soup)	3 - 4
<b>C. Civil Building Canteen</b>	Soup + Bread + Main Course + Salad	3.70
<b>D. Sena Bar and Restaurant</b>	Baguette + Drink and/or Soup	2.50 - 5
<b>E. Mechanics Building II Bar</b>	Sandwich + Drink	2.40
<b>F. Canteen<sup>5</sup></b>	Soup + Bread + Main Course + Salad + Dessert	2.65
<b>G. AEIST Bar<sup>5</sup></b>	Main Course + Drink + Soup or Dessert	4.10
<b>H. Bar da Bola<sup>5</sup></b>	Main Course + Drink + Coffee	4.10
<b>I. Alquimia Bar</b>	Main Course + Drink	2.50 - 4.10
<b>J. Math. Building Canteen</b>	Soup + Bread + Main Course + Salad + Dessert	4.27
<b>K. Interdisc. Building Bar</b>	Main Course	3.20 - 5

<sup>5</sup> These are the only restaurants open for dinner

# 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 Snack Bar Praxe Bar
- b Taguspark Restaurant/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. Snack Bar Praxe Bar	Soup + Salad / Baguette + Drink + Coffee	4 - 6
b. Taguspark Restaurant/Bar	Soup + Main Course + Salad + Drink + Dessert	4.50 (dinner: 3.50)
c. Canteen <sup>6</sup>	Soup + Bread + Main Course + Salad + Dessert	2.50

<sup>6</sup> You have to buy the coupon ahead of time in the Mail Services Office (1st floor)

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);

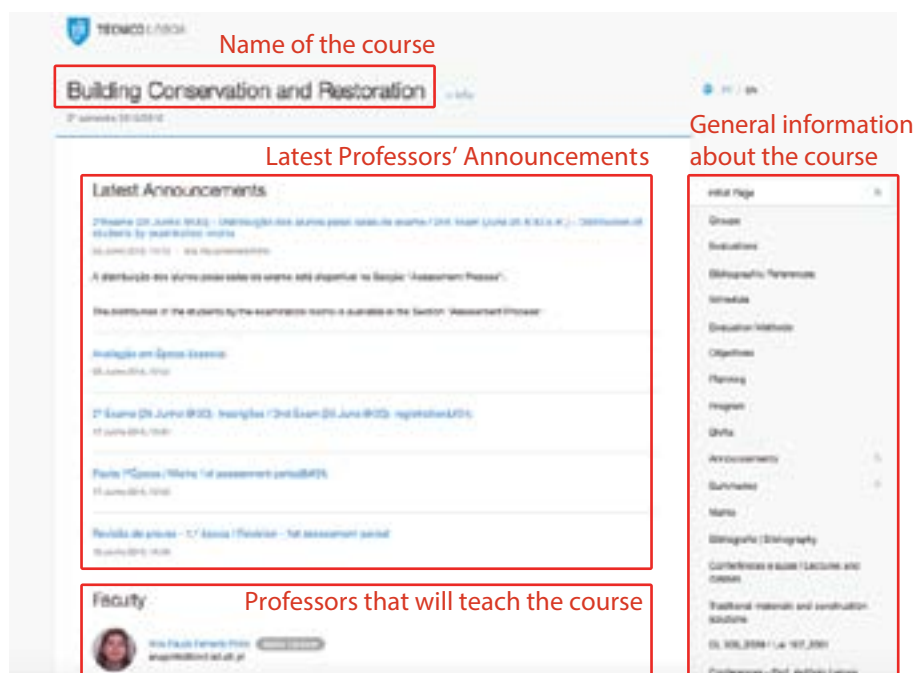
**STUDENT:** you can find your class schedule, student curriculum, courses in which you're enrolled, the evaluation dates of each course and your degree representative (student delegate). Furthermore, in this section you can submit projects and other evaluations, and enrol in classes and tests/exams;

**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 localisation 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:



# 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, **808242424**.



# Cultural Activities

## NAPE Activities for Mobility and International Students

Throughout the whole semester, we'll also prepare a set of events especially for you! We have put together some really great activities and events to ease your adjustment period at our university and to show you more about our country and traditions. You definitely can't miss these opportunities!

### MENTORING PROGRAMME

There are Portuguese students who volunteer to become International Students' **Mentors**. The role of a mentor starts on Reception Day by helping you with anything you might need.



Afterwards, your mentor will be completely available to show you around, answer any questions, explain the functioning of classes and so on. This could be your first real connection in TÉCNICO, so don't miss this opportunity!

### RECEPTION AND ORIENTATION WEEK



During the **Orientation Week**, it's very important that you are aware of the Registration Process. There are several days available, allocated by courses and with specific schedules.

When you get to TÉCNICO, you'll be welcomed by the Student Support Unit (NAPE), the Mobility Office Staff (NCMI) and also by your Mentor. After your registration is concluded, your mentor will take you on a tour through the Alameda campus and you can use his/her help to find a flat, a public transportation card, a cell phone card and other things.



## BOAT PARTY!

Is there a better way of enjoying the last days of summer than to hang out with your friends while watching the sunset on a boat over the Tagus river? Of course not, and for that reason we have the perfect event for you. ELL is organizing this amazing boat party that you don't want to miss out on! You can register for this extra event when you come to register for the *Orientation Week!*

## SÃO JORGE CASTLE VISIT

St. George's Castle is placed at the top of the hill in Lisbon and you have the most amazing view to the city and the river from there. This place is also full of history!

Stay tuned to the Facebook group because the NAPE Team will be organizing a visit to the castle very soon.



## FOOTBALL INTERNATIONAL DAY

Are you a football fan? We sure hope so because we will be organizing a football tournament so that we can all hang out together and have some fun.

Whether you come with a team or you come on your own, it doesn't matter. Come show us your best skills!

## MAGUSTO BBQ

Let's celebrate the fall in the best way possible: with a barbecue! You'll see that this kind of party is very popular around the TÉCNICO community. It's the best opportunity to hang out with your friends whilst tasting the typical bifana.

In this particular time of the year, we will show you one more Portuguese tradition named Magusto de São Martinho, adding some amazing extras such as roasted chestnuts and a traditional Portuguese drink "Água-pé".



# Student Activities during the Academic Year

Besides the activities and events we are preparing for you, there are more things you cannot miss during your stay.

## ARRAIAL DO TÉCNICO (TÉCNICO WELCOME FESTIVAL)



The TÉCNICO Welcome Festival takes place at the beginning of October! Right in the middle of the Alameda campus, this two day festival is one of the best academic welcoming festivals in Portugal!

It is organised by the Students Association (AEIST) and brings together some of the best Portuguese bands and DJs, and of course the traditional Portuguese Tunas!

## FESTIVAL ACADÉMICO DE LISBOA

(LISBON'S BIG ACADEMIC PARTY)

The big FAL will take place on the 29<sup>th</sup> and 30<sup>th</sup> of September and it's a big party that brings together a wide variety of Portuguese bands and DJs.

It's an awesome opportunity to celebrate the start of the new semestre!



## TÉCNICO BARBECUES



As a TÉCNICO student, you will notice that every Portuguese student knows about our barbecues. They're awesome, don't miss them!

Almost every group of students organises at least one barbecue, and it's a great way to have fun while meeting new colleagues. This makes TÉCNICO a nice faculty, where you can conciliate study duties and social life.

## SEMANA ACADÉMICA DE LISBOA

(ACADEMIC WEEK OF LISBON)

This is a student event that brings together all college students of Lisbon to party and celebrate the end of the academic year. It is an excellent opportunity to meet students from other universities and to get to know some of the best Portuguese and worldwide bands!

It takes place on May and it's a week that you can't miss!



# 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.

**AeroTéc** (link) - Aerospace Eng.

**Fórum Civil** (link) - Civil Eng.

**Fórum Mecânica** (link) - Mechanical Eng.

**N3E** (link) - Electronics Eng.

**NAEN** (link) - Naval Architecture & Marine Eng.

**NEB** (link) - Biological Eng.

**NEBM** (link) - Biomedical Eng.

**NEEAmb** (link) - Environmental Eng.

**NEECIST** (link) - Electrical and Computer Eng.

**NEEGI** (link) - Industrial Eng. & Management

**NEETI** (link) - Telecom. & Informatics Eng.

**NEIIST** (link) - Info. Systems & Computer Eng.

**NEMAT** (link) - Materials Eng.

**NEQIST** (link) - Chemical Eng.

**NFIST** (link) - Physics Eng.

**NMATH** (link) - Applied Math & Computation

**NucleAr** (link) - Architecture

**NUMIST** (link) - Geological and Mining Eng.

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

**Cinema ParaIST** (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.

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

**PSEMbyIST** (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.

**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.

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



# Sports

## AEIST SPORTS:

The Students Association offers you the opportunity to practice a wide range of sports at TÉCNICO, such as basketball, football, rugby, aquatic polo, handball, tennis, table-tennis, surfing and body boarding.

Next to the AEIST building, is the swimming pool building, where you can swim by yourself or take classes. Note that you have to be a member of AEIST and, sometimes, you might be required to pay a fee to use certain facilities.



## UNIVERSITY STADIUM – UNIVERSITY OF LISBON (link):

As you already know, TÉCNICO is a faculty of the University of Lisbon, thus students have access to its facilities.

The University Stadium is a sports complex located in front of the Santa Maria's Hospital (*Cidade Universitária* metro station). As a student, you can practice different sports and activities, such as water sports, team sports or combat sports, and also fitness, tennis and golf. Note that each activity has its own prices and conditions.



# Language Courses

As a student at TÉCNICO, there are different Portuguese language courses available to help you in your daily life, depending on your mobility programme. These courses are held at the beginning of each semester at Alameda campus. Take note that there are limited places available and you may have to pay a small fee.

- **FOR ERASMUS AND SMILE STUDENTS:** for further information, please contact the International and Cooperation Office, NMCI, [nmci@tecnico.ulisboa.pt](mailto:nmci@tecnico.ulisboa.pt);

- **FOR ALL STUDENTS AT TÉCNICO LISBOA:** for further information, please contact [ruisilva@tecnico.ulisboa.pt](mailto:ruisilva@tecnico.ulisboa.pt).

If you're interested in this course, upon arrival you should ask and fill a language course form available at the Mobility Office (NMCI). Don't forget to do it as soon as you arrive, as places are limited!

**AEIST LANGUAGE COURSES:** the Students Association also provides students with several language courses that you can sign up for (including Portuguese courses). These courses have a cost but you have a discount if you are member of AEIST. For more information, please contact [gefe@aeist.pt](mailto:gefe@aeist.pt), or go to the AEIST building.

# Portuguese Academic Tradition

If you arrive at TÉCNICO and you encounter many students wearing a black suit, don't panic! It's just the traditional Portuguese outfit of university students!

The outfit (called *traje*) was originally created for the students of the University of Coimbra. In order to respect this old tradition (a few centuries old!), students wearing this traditional outfit have to follow certain rules.

Moreover, you can also find several groups of students wearing this traditional outfit and playing traditional songs and singing serenades: these are called **Tunas**.

At TÉCNICO, there are 3 different **Tunas**, and each one of them has its own festival, where they invite tunas from other Portuguese universities:

**TUIST - Tuna Universitária do IST** (link): it's composed of only male students and it's the oldest Tuna of TÉCNICO. They organise 2 different annual festivals during the academic year: **TUIST**, in March, and **Noites de Luar**, in May.

**TFIST - Tuna Feminina do IST** (link): it's composed of only female students and they organise one annual festival, called **Expedição**, in December.

**TMIST - Tuna Mista do IST** (link): it's composed of both male and female students. It's the youngest Tuna of TÉCNICO and the only one established in the Taguspark campus. They organise one annual event, the **Festival de Tunas Mistas**, in October.

**Break the Erasmus Bubble, Join Us!**

**STAY TUNED at [nape.tecnico.ulisboa.pt](http://nape.tecnico.ulisboa.pt)**

**AND JOIN US at [fb.com/napeist](https://fb.com/napeist)!**