



ESCOLA UNIVERSITÁRIA VASCO DA GAMA

# SURVIVAL GUIDE





**euvg** escola  
universitária  
vasco da gama

HEALTH & SCIENCE SCHOOL

Escola Universitária Vasco da Gama

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# WELCOME TO COIMBRA!

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Dear Student,

On behalf of Escola Universitária Vasco da Gama (EUVG), we would like to welcome you to Coimbra.

In this survival guide you will find tips ranging from accommodation to transports, healthcare and useful emergency contacts.

We hope you have a wonderful time in Coimbra and an enriching experience for your education and future.



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## GETTING TO COIMBRA



### **By Car**

From Lisbon (South) or Oporto (North) take the A1 (motorway). If you are coming from Europe, you may take the A25 (motorway), from the Spanish border (Vilar Formoso) and connect to the IP3 at Viseu.



### **By Plane:**

The closer airports to Coimbra are: Francisco Sá Carneiro (Oporto - 110 km) and Humberto Delgado - Portela (Lisbon - 210 Km).



### **By Train:**

National trains from major Portuguese cities such as Lisbon and Oporto, operated by CP (Portuguese Railways), and other international trains coming from Vilar Formoso border / arrive daily to Coimbra.

In addition to the rail terminal "Coimbra B/Estação Velha", there's also another station "Coimbra-A/Estação Nova", in the city centre.

**[www.cp.pt](http://www.cp.pt)**



### **By Bus:**

Regular bus services connect various cities and towns to Coimbra.

Although you may find other bus services, the main national operator is "Rede de Expressos"

**[www.rede-expressos.pt/en](http://www.rede-expressos.pt/en)**



# ACCOMMODATION

One of the most stressful things you need to do before arriving to a new city is finding a place to stay. Here you can find some tips to help you find a good and safe place in Coimbra.

There are few rooms to rent near EUVG, so the best places to find one are Praça da República, Celas and Conchada. From there, you can take the bus to the university (see more in **Getting to EUVG** section).

## Best websites to rent a room or studio:

- Facebook groups (i.e., Aluguer de Quartos/Casas - Coimbra; Quartos Coimbra/Room Coimbra);
- BQuarto [www.bquarto.pt](http://www.bquarto.pt);
- Idealista [www.idealista.pt](http://www.idealista.pt);
- Joya Student [www.joyastudents.pt/pt/home](http://www.joyastudents.pt/pt/home)
- Owme [www.owme.pt](http://www.owme.pt)
- Studenthall [www.studenthall.pt](http://www.studenthall.pt)
- AHLta [www.ahlta.pt](http://www.ahlta.pt)
- Studentville [www.studentville.pt/en](http://www.studentville.pt/en)



## Some extra tips:

- Always check the place out before renting - do not rent solely based on the photos.
- Check if the utility bills (water, electricity, etc.) are included in the price.
- Check the house policy towards pets and late hour noise.
- Try to find a place with a legal contract. Having appropriate landlord contracts is essential to reducing possible problems.



## GETTING TO EUVG



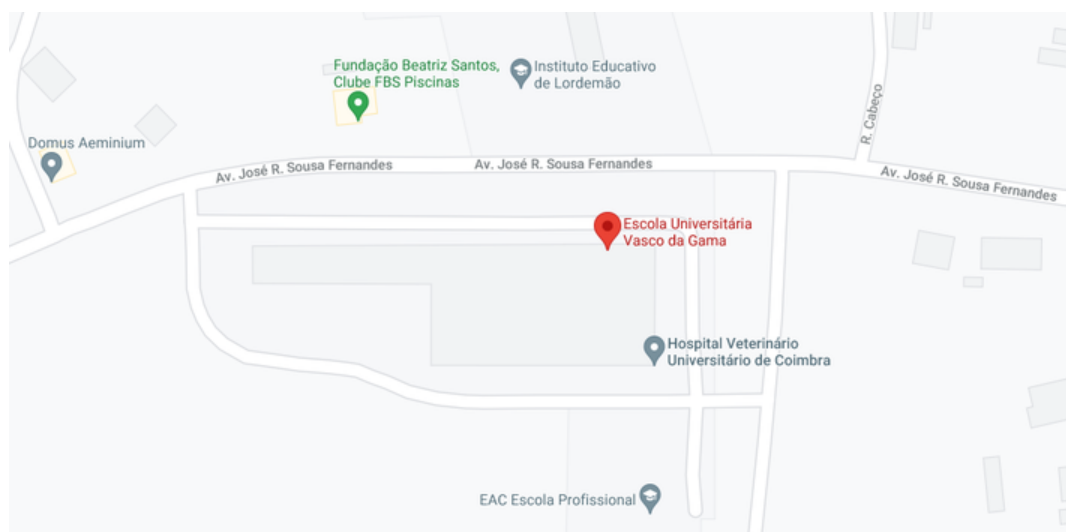
### By Bus:

Inside the city, the main public transport operator is **SMTUC** which allows you to get to basically anywhere you need in Coimbra.

Students can request a monthly bus pass at the SMTUC stores found in the city centre by presenting their university enrolment certificates in order to get the student discount (15€/month).

The SMTUC bus lines that operate closest to EUVG are 19T, 27 and 28. However, these lines and their schedules are subjected to alterations, so check regularly for any changes to avoid inconveniences.

[www.smutc.pt/en](http://www.smutc.pt/en)



📍 Escola Universitária Vasco da Gama. Av. José R. Sousa Fernandes. Campus Universitário – Bloco B. Lordemão. 3020-210

GPS Coordinates: 40.23545561370498, -8.415398742936599





### Building E

- Academic Services
- EUVG Direction Board
- Veterinary Sciences Dept.
- ACVG Direction
- Accounting
- International relations Office

### Building D

- Break room

### Building C

- Rooms "C"
- Conference hall 2

### Building B

- Salas "B"
- Cafeteria/refectory
- Break room
- Faculty offices'
- Reprography

### Building A

- Labs
- Rooms "A"
- Conference hall 1
- Library
- Teaching hospital



# HEALTHCARE

## How healthcare works in Portugal:

Portugal's healthcare system is excellent, whether you rely on the public or private sector. Portugal's indications of good healthcare include high vaccination rates and high life expectancy. In this section, we cover some facts about healthcare in Portugal, costs you can expect, as well as pros and cons of the public healthcare system.

## List of Hospitals in Coimbra:

- **CHC (Centro Hospitalar de Coimbra)**  
(+351) 239 400 400
- **Hospital da Luz**  
(+351) 239 096 900
- **Hospital CUF**  
(+351) 239 700 720



## Facts about Healthcare in Portugal

- Portugal has both public and private medical healthcare. Hospitals, medical centers, and other institutions are usually either public or private—not both.
- Life expectancy in Portugal is around 81 years (higher than the EU average).
- The Portuguese government spends less on public healthcare than other European countries, and out-of-pocket expenses have been increasing.
- Smoking, drinking, and obesity are the biggest causes of health issues in Portugal.
- Cardiovascular diseases and cancer are the most worrisome health concerns in the country.



# HEALTHCARE

## **EU citizens:**

You have the right to access the SNS healthcare system in Portugal - the only thing you need to bring is your European Health Insurance Card (EHIC).

## **Citizens from another countries:**

If you need emergency medical treatment, hospitals in Portugal will treat you even if you are not a resident and don't have health insurance. Emergency treatment in a Portuguese hospital is a right available to all, regardless of residence status. However, once your condition has stabilized you will need to show proof of residence status or health insurance – or pay the bill.



### **Emergency Numbers:**

**112** - Emergency Services/Ambulance  
**808 24 24 24** - Health Line 24 (Saúde 24)

# SPORTS ACTIVITIES

EUVG has protocols with different gyms in the city so you can enjoy some exercise in your free time;

Students can also play Paddle Tennis.

## CURRENCY



The currency in Portugal is the **Euro (€)**, which makes it the perfect destination if you're an EU member state. However, if you're not an EU member, you can easily convert your currency at any bank agency.

You can find twenty-four-hour ATMs (called "multibanco") inside of any bank office and in the streets. The maximum withdrawal is €400, with the most being €200 at a time. All ATMs have onscreen instructions in English and other languages.

## POSTAL SERVICE



**CTT** (Correios de Portugal) is a Portuguese postal service. There are several postal services ("correios") in Coimbra with varying opening hours. You can easily drop off your mail at the nearest one.

You can find more information at: [\*\*www.ctt.pt\*\*](http://www.ctt.pt).

If you want to mail bigger packages (for example, your luggage), you can send them through **Eurosender**.



## NIGHTLIFE IN COIMBRA

Coimbra is well known for its nightlife and academic traditions. There are bars, fado houses and night clubs throughout the city. Here we tell you which are the best spots if you want to go out for a drink:

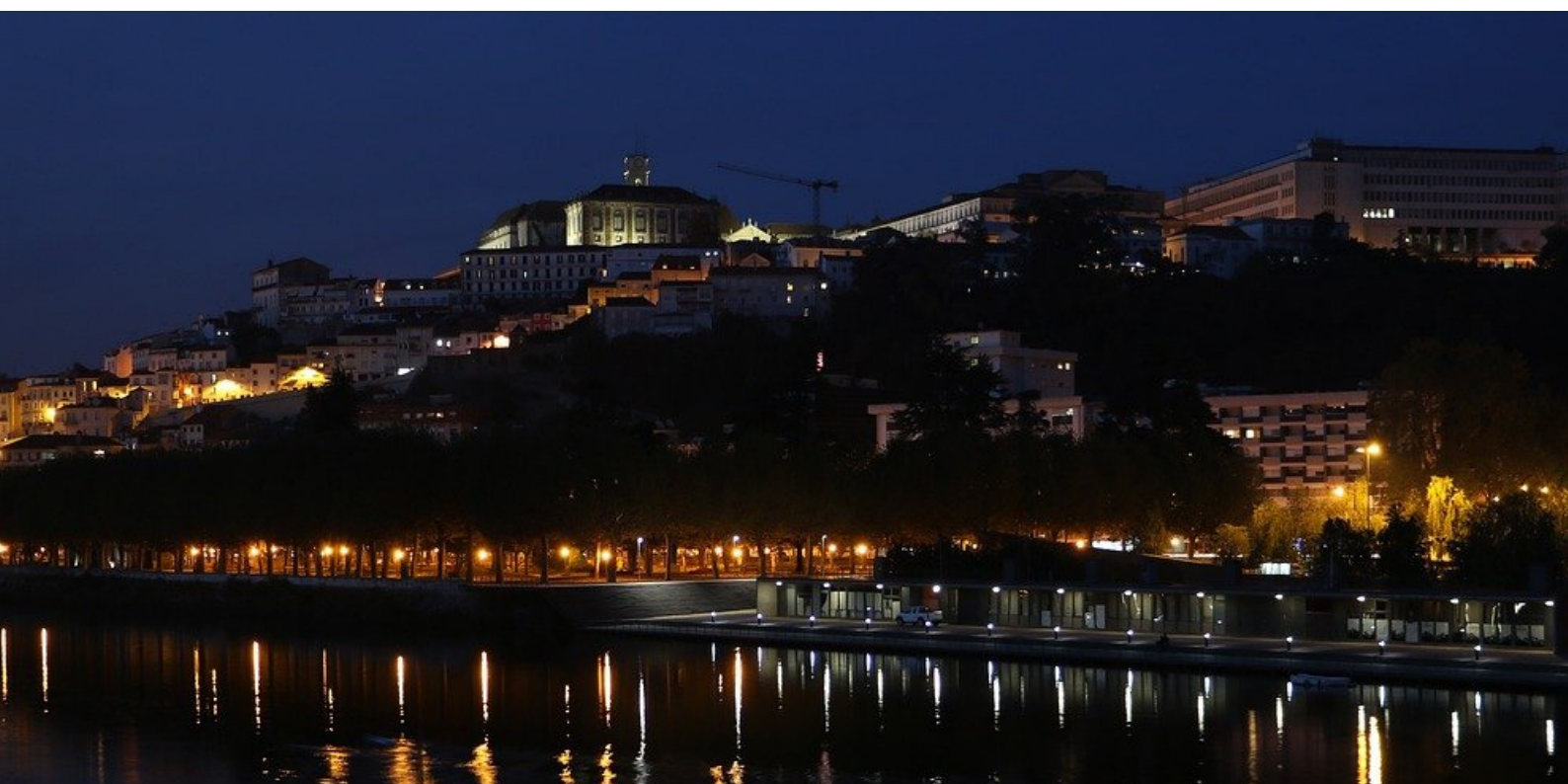
📍 **Praça da República** is the "heart" of Coimbra's nightlife. It is also one of the places chosen for academic traditions, so it's quite common to find students wearing the academic attire.

**Points of interest:** Cartola, What's Up Doc, Mandarin, O Reitor, Aqui Base Tango, NB, NL.

📍 **Largo da Sé Velha** is another popular place at nightfall. It is a unique environment, marked by steep alleys with a medieval layout, where you can find several bars.

**Points of interest:** Moelas, RS, Pintos, Bigorna Bar.

📍 **Quebra Costas** is an area of the city marked by a steep staircase that connects the High and Downtown. It is a popular place for those who like to go out at night. Here you can find small shops with handmade products and gourmet specialties, tapas and snack houses and small bars with Fado nights. During the summer months Quebra Costas hosts *Quebrajazz Fest Festival*.



# CULTURAL ACTIVITIES

## Latada

(1st Semester)

This festival is held in October and marks the start of the academic year in Coimbra. During a week, a series of cultural events welcome the freshmen who have just joined the university.

## Queima das Fitas

(2nd Semester)

Queima das Fitas ("*Burning of the Ribbons*") is one of the most popular academic traditions in Portugal. It usually takes place in May and marks the end of university life for graduating seniors.

The two main events are the *Serenata Monumental* and the *Cortejo da Queima das Fitas*.

### **Serenata Monumental** (*Monumental Serenade*)

The Monumental Serenade, which takes place at Largo da Sé Velha (*Sé Velha Square*), marks the beginning of the festivities. It begins after the bell strikes 12 on the staircase of Sé Velha with the Song of Coimbra.

### **Cortejo da Queima das Fitas** (*Parade*)

The Parade is a demonstration of the academy of Coimbra, where students walk through the city streets in trucks coated with paper flowers, with the colours of the faculties.





# CULTURAL ACTIVITIES

## Feira Cultural de Coimbra (Cultural Fair of Coimbra)

It is an annual fair, which takes place between May and June, with the aim to promote and value culture. Literature, plastic arts, music, and gastronomy are some of the cultural manifestations highlighted in this fair.

## Feira das Cebolas (Onion Fair)

This fair takes place during August in Praça do Comércio. It recreates a scenery of older times, when the farmers of the region came to Coimbra to sell their traditional onion braids. Music and gastronomy are also presented in this fair.

## Festas da Rainha Santa Isabel (The Holy Queen Festivities)

After her beatification, in 1516, by Pope Leo X, the cult of the Holy Queen was recognized by King Manuel I. Isabel of Aragon was canonized in 1625 by Pope Urban VIII. Nowadays, the festivities in honour of the Holy Queen are held in early July, in even years. In a mix of religious and profane manifestations, the high moments of the festivities are the two processions (one during the day and another at night) in which the image of the Queen is transported to the church of the Monastery of Santa Cruz, later returning to its place of origin, the Monastery of Santa Clara-a-Nova, where the incorrupt body of Isabel of Aragon is buried. These are days of great devotion, in which the city, decked, gains a unique and very own atmosphere.



# TRAJE ACADÉMICO

The **Capa e Batina** (traditionally called in academic/student slang) or academic attire, identifying the Portuguese student, is formally referred to as "national costume".

The "Capa e Batina" is the uniform that unequivocally identifies the student from Portugal, despite the fact that there are other costumes, but expressive only of local realities.

Although the uniform is generally associated with praxis activities, it can be used by any university student outside the events associated with Praxe.

Places where you can buy one: A Toga, Copitraje e O Caloiro.





# WHAT TO VISIT IN COIMBRA



## 1. University of Coimbra (UNESCO World Heritage)

- |  |  |
|--|--|
| <input type="checkbox"/> Escadas Monumentais<br>(Monumental stairs with 125 steps) | <input type="checkbox"/> Torre da Universidade de Coimbra/Cabra (University's Tower) |
| <input type="checkbox"/> Porta Férrea  | <input type="checkbox"/> Capela de São Miguel (Chapel)                               |
| <input type="checkbox"/> Paço das Escolas  | <input type="checkbox"/> Biblioteca Joanina (Library)                                |
| <input type="checkbox"/> Via Latina  |  |



# WHAT TO VISIT IN COIMBRA



## 2. Sé Nova (New Cathedral of Coimbra)

The New Cathedral (Sé Nova in portuguese) was originally the church of the Jesuit Formation house of Coimbra, established in the city in 1543. The Cathedral is located near the historical University of Coimbra in the upper part of the town (Alta de Coimbra).

It's also known to the student body as the location of the religious ceremony **Bênção das Pastas**. A sort of "graduation" celebration for that years finalists.



## WHAT TO VISIT IN COIMBRA



### 3. Museu Nacional Machado de Castro

The Machado de Castro National Museum owes its designation to the Conimbricense who was a royal sculptor during the reign of King José, Queen Maria I and King João VI and the most notable representative of Portuguese sculpture in the 18th century.

The Museum opened to the public on October 11th, 1913, occupying the buildings that, from the 12th century to the XVIII century, were built for episcopal residence and, in the middle of the 20th century, adapted to the museological function.



## WHAT TO VISIT IN COIMBRA



### 4. Jardim Botânico (Botanical Garden)

- ☐ Museu de História Natural (Natural History Museum)
- ☐ Bamboo Forest
- ☐ São Bento Chapel
- ☐ Victória Greenhouse
- ☐ Lime Grove (Alameda de Tílias)



## WHAT TO VISIT IN COIMBRA



### 5. Sé Velha de Coimbra (Old Cathedral of Coimbra)

The Old Cathedral of Coimbra was built in the 2nd half of the 12th century and it's one of the main tourist attractions in the city of Coimbra.

This cathedral is a symbol of one of the most important moments in the course of any student of Coimbra - every year, the **Serenata Monumental** (Monumental Serenate) is held in the staircase of this building, where thousands of students, wearing their traditional all black uniform (Traje Académico), gather around to hear the beautiful Fado de Coimbra as a welcoming to the *Caloiros* (freshmen) but mainly as a farewell to its finalists. It's a very emotional moment and a rite of passage to any student that's lucky enough to experience Coimbra.

# WHAT TO VISIT IN COIMBRA



## 6. Praça da República

- ☐ Jardim da Sereia (garden)
- ☐ Associação Académica de Coimbra/AAC
- ☐ Teatro Académico Gil Vicente/TAGV (theater)



# WHAT TO VISIT IN COIMBRA



## 7. Baixa de Coimbra (Downtown Coimbra)

- ☐ Jardim da Manga
- ☐ Igreja de Santa Cruz
- ☐ Largo da Portagem
- ☐ Arco da Almedina



## WHAT TO VISIT IN COIMBRA



### 8. Quebra Costas

☐ Casas de Fado (Fado Houses)

☐ Tricana de Coimbra

## WHAT TO VISIT IN COIMBRA



### 9. Parque Verde

- ☐ Ponte Pedro e Inês (bridge)
- ☐ Mosteiro de Santa Clara-a-Velha (monastery ruins)
- ☐ Mosteiro de Santa Clara-a-Nova (monastery)
- ☐ Jardim da Quinta das Lágrimas (palace and gardens)
- ☐ Portugal dos Pequenitos



# LIVING IN PORTUGAL: CULTURAL ASPECTS

## Language

Portuguese is the third most widely spoken European language in the world. The most-commonly spoken foreign languages are English, Spanish, and French. German is also known in the main tourist regions of the country, such as Lisbon, Madeira and the Algarve.

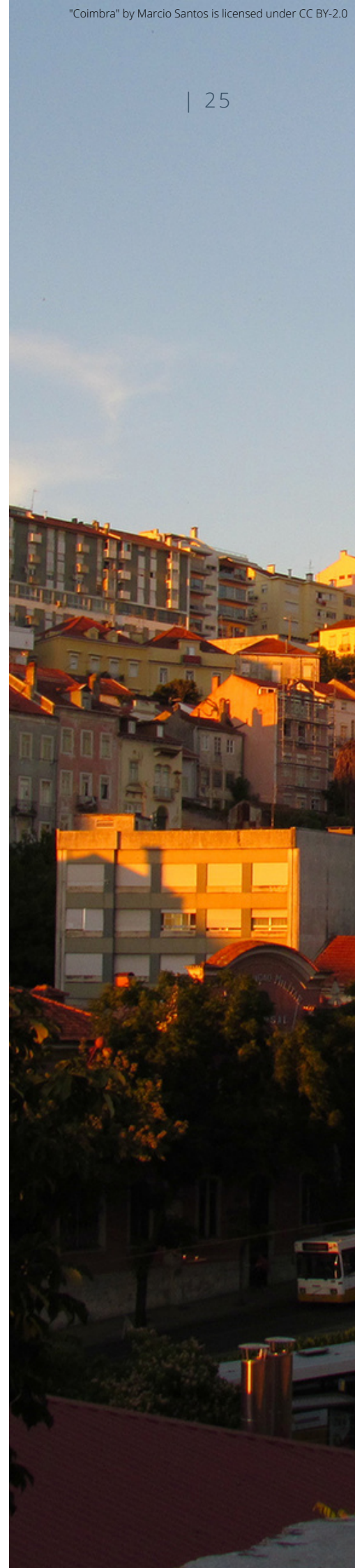
## Greetings and Meetings

Initial greetings are reserved, yet polite. Once a personal relationship has been established, men may greet each other with a hug or a handshake, and women kiss each other once on each cheek. Respect is very socially enforced and you'll be perceived as rude if you do not greet friends, acquaintances or servers. **Ex:** Every time you enter a restaurant, café, establishment, bus, etc, it's always appreciated that you greet the servers).

Being polite is expected and seen as a basic as well as great quality in Portugal. Always remember to say "bom dia" (good morning), "boa tarde" (good afternoon), "por favor" (please) e "obrigado" (thank you), and you're sure to make a good impression!

## Titles

The proper form to address someone is "senhor" (sir) and "senhora" (ma'am), followed by the surname. Anyone with a university degree is referred to as "doutor" or "doutora" (doctor)





## FUN FACTS: PORTUGUESE EXPRESSIONS AND PROVERBS



**"Aqui há gato..." (There's a cat here...)** - Used in a situation where someone is suspicious of something or someone else.



**"Ferver em pouca água" (Boil in little water)** - A metaphor used to refer to a person that has a small temper.



**"Fritar a pipoca" (Fry the popcorn)** - Means someone is stressed about something.



**"Partir o côco a rir" (Breaking a coconut while laughing)** - Basically insinuates that you're laughing so hard you could smack a coconut and break it.



**"Se não nascesteś tinhas de ser inventado" (If you hadn't been born you had to be invented)** - Refers to someone that has a very unique personality or is spontaneous and different.

## FUN FACTS: PORTUGUESE EXPRESSIONS AND PROVERBS



**"Bicho de 7 cabeças" (A monster with 7 heads)** - Used when someone overexaggerates a situation or when they're making a bigger deal about something than it needs to be.



**"Tempestade num copo de água" (A storm in a glass of water)** - Similar to the previous one, it's another expression that means someone is overreacting.



**"Quem vai ao ar, perde o lugar" (Whoever leaves, loses their seat)** - Means exactly what it says: if you leave a place or your seat, you'll lose it.



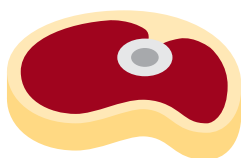
**"Quem tudo quer, tudo perde" (He who wants everything, loses everything)** - Usually used to refer to someone who is greedy or asks for too much.



**"Meter a pata na poça" (Put the paw in the puddle)** - Basically means you screwed up or did something bad.



## FUN FACTS: PORTUGUESE EXPRESSIONS AND PROVERBS

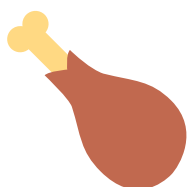


**"Estou feito ao bife" (I'm fried as a steak)** - Used when someone has done something they weren't supposed to and are now aware they're going to receive some sort of punishment.

**Ex:** Your parents told you not to do something because you could get hurt, but you did it anyway and got hurt, and now you know they'll be mad and ground or punish you.



**"À grande e à francesa" (Big and french)** - An expression used to refer to something that's very extravagant and over the top.



**"Muitos anos a virar frangos" (Many years turning chickens)** - It means you've been doing something for a long time that you could basically do it with your eyes closed. Used to refer to someone that has a lot of experience in a certain field or area.



**"Dar com a língua nos dentes"** - Not easy to translate to the letter but it means "you blabbed" or "snitched". Basically confessed something that was supposed to be a secret;



**"Apanhado com a boca na botija"** - Another difficult expression to translate but is basically the equivalent to the english expression "Caught red handed" which means you were caught in the act.

## HOLIDAYS AND OTHER IMPORTANT DATES

**January 1st - New Year's Day**

**April 25th - Liberty Day**

**May 1st - Worker's Day**

**June 10th - Portugal Day**

**August 15th - *Assunção de Nossa Senhora***

**October 5th - Implementation of the Republic**

**November 1st - All Saints Day**

**December 1st - Restoration of Independence**

**December 8th - *Imaculada Conceição***

**December 25th - Christmas Day**



# USEFUL CONTACTS

**International Country Code:**

+315

**SOS Number:**

112

**Saúde 24:**

808 24 24 00

**Firefighters:**

117

**Tourism Information:**

21 358 79 00

**Victim's Support:**

808 781 212

**Civil Protection:**

239 854 060

**ESN (Erasmus Student Network) Portugal:**

[www.esnportugal.org](http://www.esnportugal.org)





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