Coimbra

EUVG

ESCOLA UNIVERSITÁRIA
VASCO DA GAMA

SURVIVAL GUIDE

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WELCOME TO COIMBRA!

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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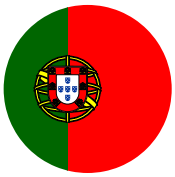
BEFORE ARRIVING



A good preparation before your trip will help make your arrival and integration in Portugal much easier. Depending on your nationality, you may need to complete some administrative procedures before travelling and others after arriving in Coimbra.

This section provides information on the main steps to follow, including the required documentation, public services to contact and essential procedures for living and studying in Portugal. Whenever you have any questions, EUVG will be available to support you and direct you to the appropriate authorities.

CHECK LIST

- ☐ **Apply for a student visa (if applicable)**
- ☐ **Check your passport validity**
- ☐ **Obtain health insurance (if applicable)**
- ☐ **Arrange accommodation**
- ☐ **Bring your European Health Insurance Card (EU students)**
- ☐ **Keep digital copies of your important documents**
- ☐ **Confirm your enrolment at EUVG**

ONCE YOU ARRIVE IN PORTUGAL

help you settle in Portugal, below are the main administrative procedures you may need to complete during your stay.

Obtaining a Portuguese Tax Identification Number (NIF)

The Portuguese Tax Identification Number (Número de Identificação Fiscal – NIF) is required for several procedures in Portugal, including:

- Opening a bank account;
- Signing a rental agreement;
- Signing telecommunications contracts;
- Carrying out financial and tax-related procedures.

Where to apply:

- Tax Office (Serviço de Finanças);
- **Coimbra Citizen Shop (Loja de Cidadão de Coimbra).**

Documents usually required:

- Valid identification document (Passport or National Identity Card);
- Proof of address;
- Additional documents, where applicable.

Students from European Union countries may apply for a NIF directly. Students from non-EU countries should check the requirements applicable to their situation, including the possible need for a fiscal representative.

Social Security Registration (NISS)

Registration with the Portuguese Social Security system is only required if you will be working in Portugal (employment contract or paid internship).

Where to apply:

- **Social Security Office**;
- In some cases, the registration process is initiated by the employer.

Documents usually required:

- Identification document;
- Portuguese Tax Identification Number (NIF);
- Employment contract or proof of professional activity.

ONCE YOU ARRIVE IN PORTUGAL

Opening a Bank Account

Although not mandatory, opening a Portuguese bank account is recommended to facilitate:

- Tuition fee payments;
- Receiving scholarships or salaries;
- Managing your daily expenses.

Banks usually require:

- Identification document;
- NIF;
- Proof of address;
- Proof of enrolment at EUVG.

Other Useful Procedures

- Registration with the Portuguese National Health Service (SNS)

Students from the European Union should use their European Health Insurance Card (EHIC) during their stay in Portugal.
Students from non-EU countries should check the conditions for accessing the Portuguese National Health Service (SNS) or ensure that they have valid health insurance.

- Registration of European Union Citizens (CRUE)

Students from European Union Member States, the European Economic Area or Switzerland who intend to stay in Portugal for more than three months must register with Coimbra City Council and apply for the EU Citizen Registration Certificate (CRUE).
The application must be submitted within 30 days after completing the first three months of residence in Portugal.
Documents usually required:

- Valid identification document (Passport or National Identity Card);
- Proof of residence in Coimbra;
- Proof of enrolment at EUVG or another higher education institution;
- Any additional documents requested by Coimbra City Council.

Students are advised to consult Coimbra City Council for updated information regarding appointments, documentation and applicable fees.

ONCE YOU ARRIVE IN PORTUGAL

Students from Non-EU Countries

Ensure they hold a valid student visa before travelling to Portugal;
Apply for or renew their residence permit with AIMA, where applicable;

- Keep track of the validity of their immigration documents.

Useful Contacts

AIMA – Agency for Integration, Migration and Asylum

AIMA is the Portuguese authority responsible for:

- Residence permits;
- Residence permit renewals;
- Family reunification;
- Immigration procedures.

AIMA Coimbra Office
Address:
Avenida D. Sesnando Davides, 16
3000-607 Coimbra
Telephone: +351 218 106 191
Opening hours: Weekdays, 09:00–16:00 (subject to change)
Website: https://aima.gov.pt

Appointments may be required. Students are advised to consult the AIMA website before visiting.

Embassies and Consulates

International students may need to contact their country's embassy or consulate for:

- Passport renewal or issuance;
- Consular registration;
- Official certificates and legal documents;
- Assistance in emergency situations.

Most countries do not have a consulate in Coimbra. Consular services are generally located in Lisbon or Porto.

CLAIM – Local Support Centre for Migrant Integration

CLAIM provides free support to migrants in areas such as:

- Immigration documentation;
- Integration in Portugal;
- Healthcare;
- Education;
- Housing;
- Social Security;
- Employment;
- Rights and duties of foreign citizens.

EUVG students may contact the Coimbra CLAIM office for information and guidance.

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).

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 and Flixbus

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.

EUVG has a partnership with

Conditions:

- 2-year contracts: Guaranteed monthly rate throughout the entire contract term, plus one month's refundable security deposit (refunded upon return of the accommodation in good condition).
- 10-month booking: 5% discount on the total booking value, plus one month's refundable security deposit (refunded upon return of the accommodation in good condition).

To benefit from these conditions, students must:

- Visit the StudentVille website at www.studentville.pt and select the "Book Now" option;
- Choose the residence, room type, and desired stay period:
- Send an email to info@studentville.pt, indicating:
  - The desired residence and room;
  - The booking period;
  - The reference "EUVG Discount", to ensure the conditions established under this Agreement are applied.
- Upon receipt of the email, StudentVille will contact the student to provide the updated booking amount, reflecting the conditions applicable under this Agreement, as well as the necessary steps to confirm the reservation.

ACCOMMODATION

EUVG has a partnership with:

Uniplaces

EUVG community can benefit from a 40% discount on service fees when booking rooms or apartments in Coimbra, elsewhere in Portugal, or abroad.

Send an email to **rel.externas@euvg.pt** to obtain your exclusive discount code.

Other websites to rent a room or a studio:

- BQuarto
- Owme
- Studenthall
- Livensa Living
- Joya Student
- Lumio Studios
- Casa 60

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 (Free pass under 23 years)

The SMTUC bus lines that operate closest to EUVG are 19T, 27, 28 and 35. **See here the complete route map to the EUVG Campus, provided by the Coimbra City Council.**

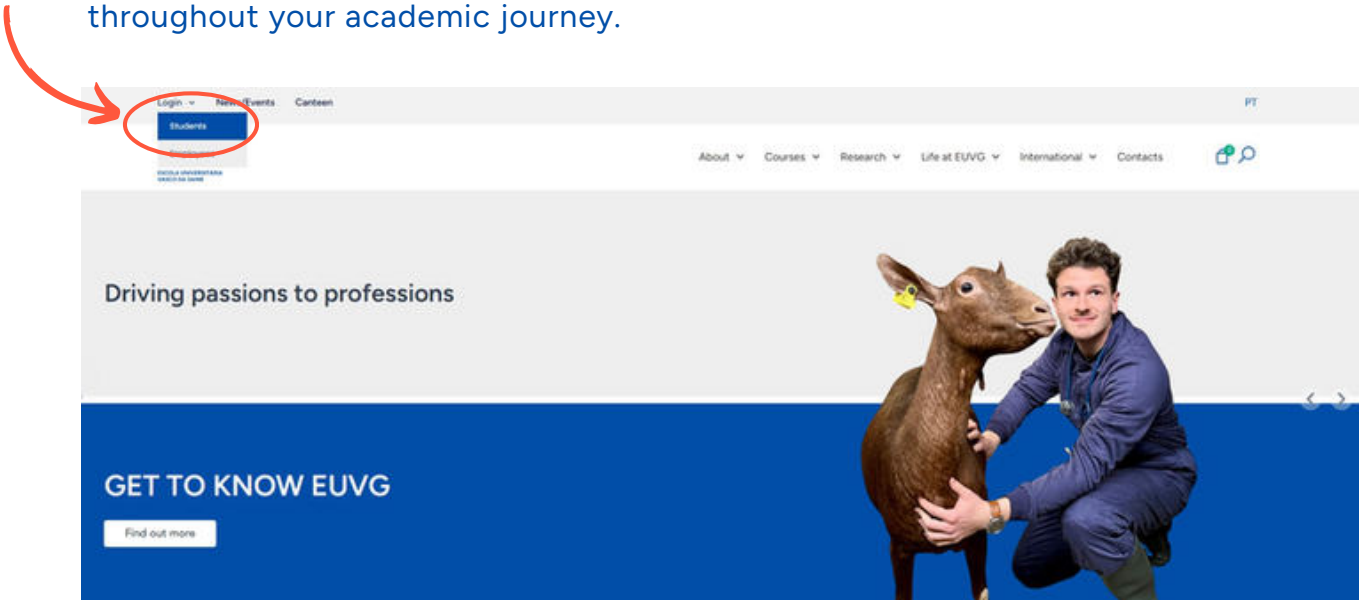
Escola Universitária Vasco da Gama. Av. José R. Sousa Fernandes.
Campus Universitário – Bloco B. Lordemão. 3020-210

GPS Coordinates: 40.23545561370498, -8.415398742936599

GETTING TO EUVG

EUVG Digital Platforms and Services

After completing your enrolment, you will receive login credentials to access the EUVG digital platforms. Keep your credentials safe, as you will need them throughout your academic journey.



InforEstudante

Academic management platform used for:

- Enrolment and course registration;
- Timetable consultation;
- Grades and assessments;
- Financial information;
- Requests for academic documents;
- Updating personal information.

🔗 **https://inforestudante.euvg.pt**

EUVetBook

Teaching and learning platform used to access course materials, clinical case banks and Integrated Veterinary Practice resources.

🔗 **https://www.euvetbook.euvg.pt/login.php**

EUVG Library

Access to the library catalogue, bibliographic resources and research support services.

🔗 **https://biblioteca.euvg.pt/**

Student Access Portal

Central access point to several EUVG digital services, including attendance registration and other student platforms.

🔗 **https://www.euvg.pt/estudantes/**

ACADEMIC SERVICES

Support with:

- Enrolment;
- Registration;
- Certificates;
- Tuition fees;
- Academic procedures.

GAPS - PSYCHOLOGICAL AND SOCIAL SUPPORT OFFICE

- Psychological support;
- Scholarships;
- **Employability**;
- Accommodation guidance;
- Social support.

BUILDING E

- SAcademic Services
- Board of Directors
- Academic Departments
- GAPS
- ACVG Management
- Accounting
- Erasmus Office

BUILDING D

- EUVG Students' Association

BUILDING C

- Classrooms C
- Library
- Amphitheaters 1, 2, 3, 4 and 5

BUILDING B

- Classrooms B
- Bar/Cafeteria
- Faculty Offices
- Copy Shop

BUILDING A

- Classrooms A
- Laboratories
- Auditorium
- Veterinary University 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:

- **CHUC (Centro Hospitalar Universitário de Coimbra)** (+351) 239 400 400 (Public Healthcare)
- **Hospital da Luz** (+351) 239 096 900 (Private Healthcare)
- **Hospital CUF** (+351) 239 700 720 (Private Healthcare)

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.
- 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).
- 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.

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.

Estimated Cost of Housing
250 euros/month (shared room)
350-700 euros/month (studio)

Estimated Cost of Meals
100 euros/month (groceries)
Campus cafeteria provides microwaves to heat up meals

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**.

SPORTS ACTIVITIES

EUVG has protocols with different gyms in the city so you can enjoy some exercise in your free time, they are:

- PHIVE **https://phive.pt/**

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**: What's Up Doc, O Reitor, Aqui Base Tango, NB, Noites Longas, The Murphy's Irish Pub

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.

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)

- [ ] Escadas Monumentais (Monumental stairs with 125 steps)
- [ ] Porta Férrea
- [ ] Paço das Escolas
- [ ] Via Latina
- [ ] Torre da Universidade de Coimbra/Cabra (University's Tower)
- [ ] Capela de São Miguel (Chapel)
- [ ] Biblioteca Joanina (Library)

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 **Benção 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
- [ ] 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.

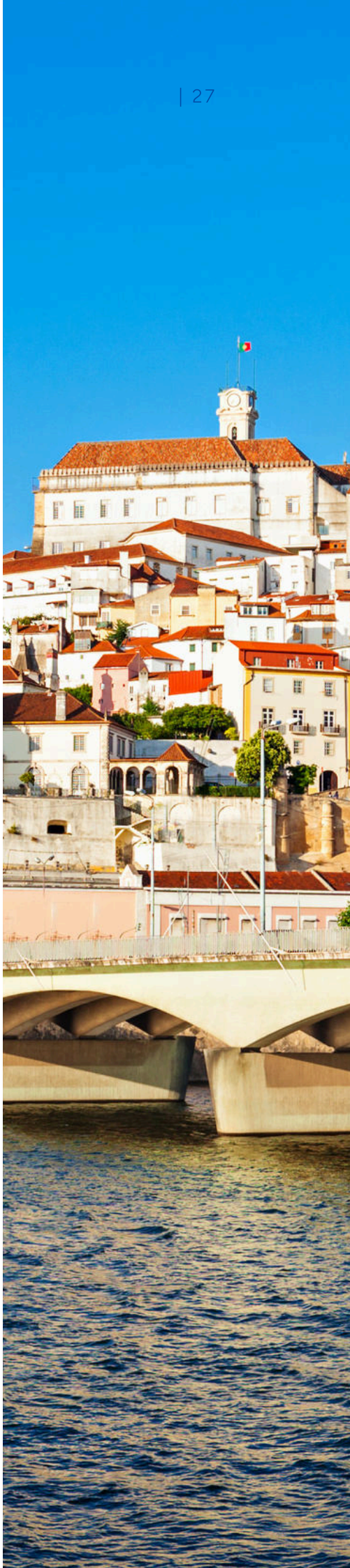
Greetings and Meetings

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 nascesses 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.

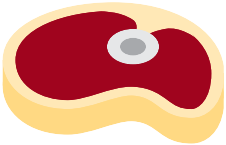
"Tempestade num copo de água" (A storm in a glass of water) - Similar to the previous one, it's another expression that means someone is overreacting.

"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.

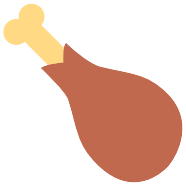
FUN FACTS: PORTUGUESE EXPRESSIONS AND PROVERBS



"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

July 4th - The Holy Queen day (Coimbra's Holiday)

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

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VASCO DA GAMA

EMERGENCY CONTACTS

International Country Code:
+351

SOS Number | Emergency Services/Ambulance:
112

Saúde 24 | Health Line 24:
808 24 24 24

Firefighters:
117

Tourism Information:
239 857 186

Victim's Support:
116 006

21 358 79 00

Civil Protection:
239 854 060

ESN (Erasmus Student Network) Portugal:
https://esncoimbra.org/

www.esnportugal.org