

Welcome to Lisbon



Practical Information

Arrival Day

Bus. The [Aerobús](#) is a shuttle service that links Lisbon Airport to the city centre. Aerobus, the Lisbon Airport Transfer Bus, with regular links between the airport and important points in the city centre that include bus and train stations. This custom service is composed of dedicated and helpful staff, free Wi-Fi, USB chargers and stops at the main hotels, running daily between 7:30 a.m. and 11 p.m.

Line 1. 7:30 a.m. – 07 p.m. (every 20min) | 07 p.m. – 11 p.m. (every 25min)

Line 2. 7:40 a.m. – 07 p.m. (every 20min) | 07 p.m. – 10:45 p.m. (every 25min)

Metro. Offers direct links to city centre, running daily between 06:30 a.m. and 01:00 am

Taxi. Will cost approximately 20 euros to get to the city centre.



Accommodation

It's not easy to find a place since Lisbon is a popular tourist city and most of the places are rented for short term. Alternatively, people might have a look at Olx.pt (the most popular local announcements portal). Expect to pay between 250 up to 450 euros for a room depending on the quality and the level of sub-letting.

The size of homes in Portugal is categorized by the T # code (e.g. T0-Studio, with a independent bathroom, T1-1 bedroom and living room, T2-2 bedrooms and living room, etc.). [Uhub](#), [T4Lisboa](#), [Erasmusu](#), [Erasmus life Lisboa](#), [LivinLisbon](#), [Lisbonrooms](#) and [facebook groups](#) are some of the places to look out for; among the many listed on the web. Please also refer to the university accommodation website for further information.

Rental conditions vary from owner to owner and, as such, make sure to ask all the pertinent questions (contract duration, internet access, amenities and services included). Follow the procedures and request a formal residence letter, if you require VISA (you may have to pay one month rent in advance to reserve a room). You will need this letter in order to apply for the VISA, as you will be requested to provide your address in Lisbon.

Visa

Students from EU countries and from European Economic Area/EEA (Iceland, Liechtenstein and Norway) and Switzerland do not need a visa to enter Portugal. However, if their stay is longer than 3 months, they must apply for the residence card, within 30 days after the three-month stay.

Non-European Students must obtain a study visa before departure from their home country. Please contact the Portuguese consular representative (Embassy or Consulate) in your home country to request information about the VISA application process.

Further information can be found [here](#) and you could also contact International Affairs office at Técnico: nmci@tecnico.ulisboa.pt

Local Language

Portuguese Language Courses are available at the beginning of each semester. All InnoEnergy students will have the opportunity to take a short intensive Portuguese course for beginners. The InnoEnergy programme will cover all the associated costs of 1 Portuguese course per student. Further information can be found [here](#).

Utilities

Major mobile phone operators in Portugal are Vodafone, MEO and NOS.

Emergency phone numbers.

[112](#). National emergency number

[21346](#). Police

[213 422 222](#). Fire Brigade

[217 805 000](#). Hospital Santa Maria

Transport

The Inside the city of Lisbon there are two main kinds of transportation:

Subway. Metropolitano de Lisboa (normally called Metro) and runs from 06:00 to 01:00

Buses. CARRIS covers almost all of Lisbon and runs from 06:00 to 23:00. A monthly pass (passe), is valid for the urban network (bus, underground) and costs 35-40 euros.

Instituto Superior Técnico is located between the subway stations Alameda and Saldanha or you take the buses number 7, 16, 18, 20, 22, 33, 40, 42, 107. There is a direct Metro line (RED LINE) that connects "IST Alameda" to "Estação do Oriente" where is located the IST Students Residence.

Free shuttle service is available to the IST community between Alameda Campus and Tagus park Campus, from 7 AM to 8.10 PM

Lisbon is served by a wide bus network (Carris / Rodoviária de Lisboa) with extensive timetables and high frequency. For information about bus lines, schedules and routes can be found here: [Metro lines](#), [Train](#), [bus](#), [Fertagus](#).

However, taxis are cheap so you won't spend much in taking one, especially if you share it. It is easy to get to the ocean and the beaches are clean.



Banking

To open a local bank account, you will be required to present your Passport, NIF (Portuguese Fiscal Number), Proof of Residence, Proof of enrolment. To open an account, you can go to any bank. You can choose the bank situated in or near your school for convenience. [Caixa Geral de Depósitos \(CGD\)](#), [Banco Português de Investimento \(BPI\)](#), [Activo Bank](#) are some of the major banks where you can easily deal with currency exchange, deposits and all other bank operations.



Health

A valid European Health Insurance Card (EHIC) gives you the right to access state-provided healthcare during a temporary stay in another European Economic Area (EEA). Non-EU citizens must have health insurance during the whole period of studies. Please make sure that your insurance policy is valid in Portugal. The Portuguese health system works with a combination of public and private health services. You don't need health insurance to be accepted in the emergency room, but you will need it for consultations in the public hospitals.

Further information on procedures for making appointments etc., can be found [here](#).



Food

The cost of living in Portugal is lower than in most EU countries. The average monthly budget for meals would be around 200-250 euros.

There is a students' canteen in IST where lunch or dinner is served for approximately 2€ per meal, where full meals should not cost more than 5 €. There are some fast food restaurants near IST, as well as many low-priced restaurants.

Taste Lisbon's most typical foods: pataniscas de bacalhau (codfish cakes), peixinhos da horta (green bean tempura) and sardinhas assadas (barbecued sardines) on bread, and the famous and traditional pastel de nata (custard tartlet) for dessert.



Shopping

Shopping centres are normally not much more expensive and are usually open on weekends. There are big shopping zones in the following streets/squares of Lisbon: Chiado, Rossio, Rua Augusta (Baixa de Lisboa – downtown) and Avenida da Liberdade.

The major supermarket chains in Lisbon and Portugal are Continente, Jumbo (Auchan), Pingo Doce, Minipreço and Lidl. You can find all the groceries you need and some house utilities in there as well.

There are also three big shopping centres in Lisbon: Amoreiras, Colombo, Vasco da Gama. The Saldanha Atrium is a smaller shopping mall that is conveniently located near IST.

Industry in the region

Part-time jobs

All full-time students with a student visa or temporary residence permit, EU / EEA citizens and non EU students with a Residence Permit can work in Portugal subject to authorisation from the [Portuguese immigration service \(SEF\)](#). Job offers in Portugal are normally not classified by nationality, but fluency in Portuguese is often implicit and an advantage.

The InnoEnergy Masters courses involve travelling to other European cities and are quite demanding. Hence do not fall chase money in exhausting part-time jobs which robs your energy and concentration from your main goal. However, I have tried to list down some of the part time jobs other than the few openings which might pop up at the InnoEnergy Office or on campus.

The head quarters of Energais de Portugal is located in Lisbon. Apart from linkedin, students can find EU-based traineeships via the European Commission Traineeships Office (Bureau de Stages), or you can search for internships and placements on AIESEC (for students and recent graduates) or IAESTE (for students in science, engineering and applied arts). Internships can also be found at Europlacement and Intern Abroad, [Técnico Summer Internships](#).

You can join [Técnico Career Sessions](#), [Técnico Career Weeks](#) to meet potential employers. You can also attend the Jobshop@Técnico, which is organized by [AEIST](#).

Further information can be found [here](#) and [here](#).



Fun

Fun Suggestions

You'll probably figure this part out by yourself but still, you might find some useful tips here.

Lisbon has a great deal to offer young, adventurous masters students. It is a decent size, but you can easily walk around the whole city. For the most part it feels rather safe, I have heard of a few areas (Chelas) that should be avoided at night. Being on the Atlantic coast, the beach and surfing are two possibilities. You could get there though by taking a train or car. The city itself has different nightlife areas, the most renown is the Bairro Alto. Anjos is a great area to find some neat bars like Bus and RDA (pizza Sundays!).

The nightlife is good, whether it be in Bairro Alto or at one of the clubs located along the river. The neighbourhood near the university (around Alameda, Arroios and Anjos) is nice and it kind of has a hipster vibe to it. Along the Tagus waterfront are numerous places to dine, drink or dance, such as the Alcantara Docks. The area of Bairro Alto, home to the city's original Fado houses, is now full of bars and small restaurants.

Travelling around Lisbon is also highly recommended: Sintra, Cascais, etc. Plenty of beautiful miradors to visit and see the city from above. Lisbon has great food and restaurants too for quite cheap so be sure to get out sometimes and have nice dinners together!



Few usefull Links & Apps

Links

- InnoEnergy platform incoming Students 2019/20
- Download the IECommunity app
- [IST Shuttle](#)
- [Library](#)
- [International Exchange Erasmus Student Network](#)

Apps



ESN



Técnico



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