

Lisbon's BEST Course in Summer

Survival Guide

How to Save a Life: Redefining
Healthcare with AI-Wearables



LISBON'S
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IN SUMMER

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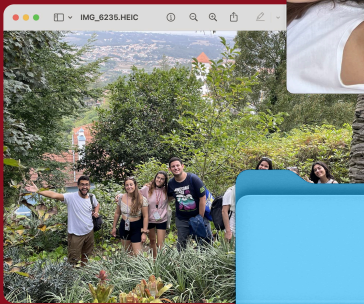
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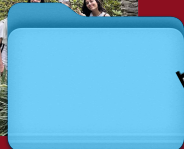
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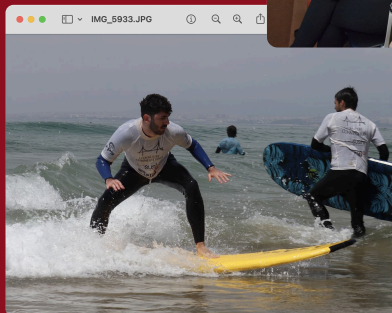
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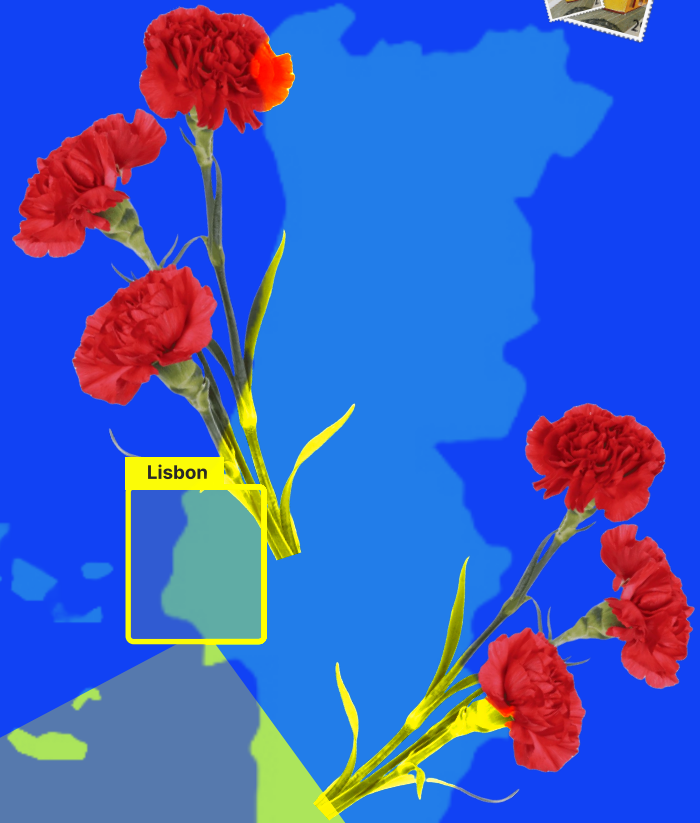


About Portugal!

Portugal is a country located in the **Iberian peninsula** where the **past and present** coexist in harmony. With a **long and complex** history, we do our best to **preserve** it as much as we can **throughout the years**.

This little piece of land was “**born**” in the year of **1143** and has one of the **oldest heritages in Europe** but don't be fooled, although our average age is 47 years old, we're a very **adventurous country!**

You'll find **stunning beaches** with perfect waves for surfing, **breathtaking mountain trails**, and an **irresistible nightlife**.



Lisbon



Lisbon



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About Lisbon!

Lisbon is the kind of city that **stays with you**. Portugal's **capital** is one of the **oldest cities in the world**, with history in every corner. It's a city **full of energy and contrasts**, where the **old and the new come together** in the coolest ways. There are a **LOT of monuments and attractions** for you to discover. Here's a few of them...

Padrão dos Descobrimentos



The Monument of the Discoveries is **located along the river** where ships departed to explore and trade with **India** and **the Orient**, the monument represents the Portuguese **Age of Discovery** (or "Age of Exploration") during the 15th and 16th centuries.

Castelo de S. Jorge



Saint George's Castle in Lisbon has a **rich history**, with fortifications on its hill occupied by **Phoenicians, Carthaginians, Romans, and Moors** before the Portuguese took it in the **1147 Siege of Lisbon**. Since the 12th century, it has served as a **royal palace**, military barracks, the Torre do Tombo National Archive, and now functioning as a **national monument and museum**.

Torre de Belém



The **16th-century** tower in Lisbon, a **ceremonial gateway** and point for Portuguese explorers, symbolises **Portugal's maritime** and colonial power during the **Renaissance**. A hallmark of the Manueline style, it also features Moorish-inspired elements like minarets, showcasing a **blend of architectural influences**.

Mosteiro dos Jerónimos



The Jerónimos Monastery is where the remains of **Vasco da Gama** (one of our biggest explorers) and **Luís de Camões** (who wrote the epic poem, "Os Lusíadas") are **since 1880**.



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Important Facts:

Population ----- 10,425,292

Language ----- Portuguese (there's a crash course in Portuguese at the end of the survival guide)

Emergency Number ----- 112

Time zone ----- CET-1 during summer

Currency ----- Euro (€)

International phone code ----- +351



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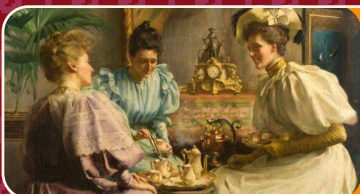
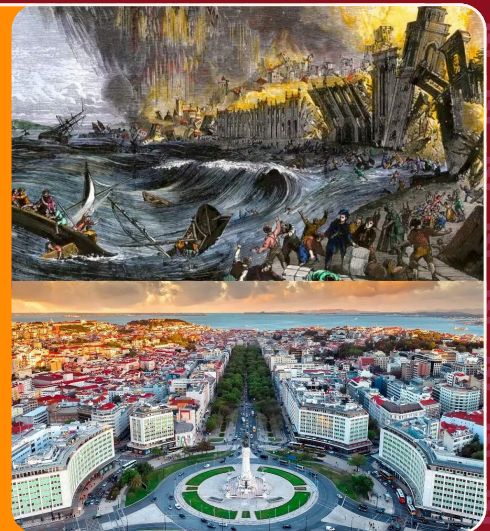
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Interesting Facts



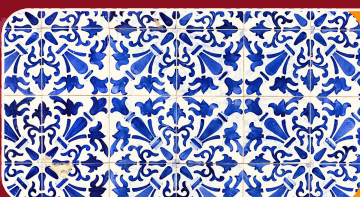
Lisbon has the **oldest bookshop in the world**: Bertrand (1732) according to the **Guinness World Records**.

There was a **huge earthquake** followed by a **tsunami in 1755** that **almost destroyed the whole city** and took the life of 40,000 people. The **reconstruction process** of the city was managed by **Marquês de Pombal** (there's a statue of him in the center of the most popular roundabout of Lisbon).



Lisbon is thought to be the **creator of tea-time**, introducing it to Britain.

Fado is a Portuguese **music genre** derived from music from the **18th century** when immigrants from Portugal's colonies settled in the **Alfama district**. (Fado means **fate**, so it's a very emotional, nostalgic type of music.)



Portugal is famed for its **ceramic tiles (azulejos)**. You'll see them **everywhere** and most of them used to be **made by hand**.



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Average Prices

Date	Table	Guests	Server	100315
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APPT - SOUP/SAL - ENTREE - VEG/POT - DESSERT - BEV

Description	Price
Water bottle (0,5L):	0,20€ (supermarket) / 1€ (restaurants)
Water bottle (1,5L):	1,60€ (supermarket)
Beer (0,2 to 0,33L)	1€
Coffee	0,90€ (espresso)
Shot	1,5€
Ginjinha (You'll find out what it is in the food section!)	1€
Big Mac menu	6,15€
Average meal price	11€
Chips	2€
Pastel de nata	1,40€
Pack of cigarettes	5,4€
Movie ticket	7,95€
Night club fee from	15€
Pack of 3 condoms	1,99€
Metro ticket	1,85€
Bus ticket	2€
Tram ticket	3€
Rechargeable cards	0,50€



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Portuguese Food



Pastel de nata: Portuguese egg custard tart pastry, optionally dusted with cinnamon and powdered sugar. In 2009 The Guardian listed Pastéis de Nata as one of the 50 “best things to eat” in the world!



Pastel de bacalhau: Codfish fritters are a typical Portuguese dish made of potato puree, onion, parsley and steamed codfish amassed together in a ball and linked with eggs and milk, and then deep-fried.



Caldo Verde: This dish became a traditional Portuguese dish, because it goes well with cold winter nights and it's the star of many popular festivities in Portugal. In this soup, one of the most important ingredients is the chorizo. It is added in the end when the soup is ready to eat, adding a differing flavour to the plate.

Francesinha: A sandwich that is served on a plate using thick slices of white loaf bread with ham (Portuguese Fiambre), sausage, cheese, and steak. The sandwich is then topped with more cheese, usually taken to the oven to melt, and lastly, a slightly spicy sauce on top. The Francesinha sandwich (originated from Porto) has striking flavors and varied textures that require quality ingredients!



Vinho do Porto: Port wine or simply Port, is a worldwide famous Portuguese fortified wine produced in the Douro Valley of northern Portugal. It is typically a sweet red wine, often served with dessert, although it also comes in dry, semi-dry, and white varieties.

Ginjinha: A delightful Portuguese liqueur cherished for its sweet and unique flavour derived from sour cherries. It's often served in a chocolate shot cup for you to eat after drinking what's inside.



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BESTgpt >



Hey BESTgpt, could you do a **Portuguese Crash Course** pleaseeee?



Yes of course! (Or better say "Sim claro!")

Here's a quick crash course in Portuguese, by difficulty level.

1. Basic Greetings & Phrases

- **Hi/Hello** - Olá
- **My name is** - Chamo-me / O meu nome é
- **Good Morning** - Bom dia
- **Good evening** - Boa noite
- **Yes/No/Maybe** - Sim / Não / Talvez
- **Thank you** - Obrigado/a
- **Please** - Por favor
- **You're welcome** - De nada
- **Help** - Ajuda
- **I don't speak portuguese** - Não falo português
- **I love you** - Amo-te

2. Pro-Level Expressions

- **You're like an helicopter, pretty and hot**
És como um helicóptero, gira e boa (or giro e bom).
- **So many curves and I don't have brakes**
Cheia de curvas e eu sem travões
- **I'm done to the steak (I'm fucked)**
Estou feito ao bife
- **Lots of years turning chickens (To have a lot of experience)**
Muitos anos a virar frangos

How's that for a start? Let me know if you want more topics or specific phrases! 😊

Message BESTgpt



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Transportation

1st

→ To Lisbon



By plane

Since Portugal is located in the corner of the European continent, **this will probably be the best way to get to Lisbon**. The airport is called **Aeroporto Humberto Delgado** and there will be a lot of low-cost companies available.

By bus

Flixbus is also an option as well as our national bus company, Rede Expressos. You can catch one to the Oriente or Sete rios stations where you'll be able to catch the metro.

By train

Not recommended since our international railway routes are almost nonexistent. There's a railway route from Vigo to Porto, you can check the prices and timetables [here](#). You can also catch an Alfa Pendular if you're coming from either Algarve or Porto, you can check all the important info [here](#).

2nd

→ To Técnico Lisboa

⚠ The front entrance is your meet up point!!

Our university, It's home to our dear LBG and It's where you'll attend classes.

Address: Avenida Rovisco Pais 1, 1049-001 Lisboa

From the airport Take the Red metro line to "S.Sebastião" and get off at "Saldanha".

From the train station

- **Entrecampos:** Take the Yellow metro line to "Rato" and get off at "Saldanha"
- **Oriente:** Take the Red metro line to "S.Sebastião" and get off at "Saldanha"
- **Santa Apolónia:** Take the Blue metro line to "Reboleira" and get off at "Baixa-Chiado". Then change to the Green line to "Telheiras" and get off at "Alameda".

From the bus station

- **Sete-Rios:** Take the Blue metro line to "Santa Apolónia" and get off at "S. Sebastião". Then take the Red metro line to "Aeroporto" and get off at "Saldanha".
- **Oriente:** Take the Red metro line to "S. Sebastião" and get off at "Saldanha".

How to use the Metro:

You can buy your metro tickets in one of these:



If you're buying a ticket for the first time:

1. Choose the language you prefer;
2. Select the option "No rechargeable card";
3. Select the number of trips you'll need.

Remember to keep the card after you use your trips.

If you already have a rechargeable card:

1. Insert your card;
2. Choose the language you prefer;
3. Select the option "Rechargeable card";
4. Select the number of trips you'll need.

You can always pay your trip via contactless in the metro gates using your credit card.

Remember that if you're only changing lines at a metro station it won't count as a trip, a metro trip only applies to when you leave the actual station.



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Okay, you're coming to Portugal.

What should you bring?

Medicine



Pocket Money
+ Fee Money



ID/Passport



VISA
(if required)

Sunscreen



EU Health Insurance Card



Phone charger
(Plug type F)



Things for international evening

(your country's flag, some traditional food and/or beverages ...)



Hygiene Products



Towels

(For showering)



Hat



Beach Towel



Water Bottle



Sleeping bag



Swimming Suit



Pax responsibility: The "Never Alone Guide" provides additional information for participants accepted to BEST events. You can check it out through this [link](#).



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Santos Populares

In **June**, Portugal's **streets come alive** with **vibrant festivals** honoring **three Catholic saints**: Saint Anthony (June 13), Saint John (June 24), and Saint Peter (June 29). These celebrations are perfect for **savoring traditional Portuguese cuisine**, such as **grilled sardines** and “**caldo verde**”.



Fado

Fado, **originating in 1800s Lisbon**, is a **mournful music genre** reflecting themes of the **sea**, **poverty**, and **fate**. It embodies **saudade**, a deep sense of **longing and irreparable loss**, performed in settings like **gardens**, **taverns**, and **streets**.

Academic spirit

Portugal's **oldest university**, founded in 1290 by King Dinis, is located in **Coimbra**. Student life here is **rich in tradition and joy**, highlighted by academic celebrations like **Queima das Fitas** and **Festa das Latas e Imposição de Insígnias**, symbolizing key stages of the academic journey. These traditions, along with the **iconic black student gowns**, have spread nationwide.



Weather

Atlantic & Mediterranean Temperature in the summer (min 20°C max 35°C).



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Important contacts



Team Member ID

Name

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