



PORTUGAL VISIT GUIDE

by ERASMUS STUDENT
NETWORK PORTUGAL

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TÉCNICO
LISBOA



EDITORIAL

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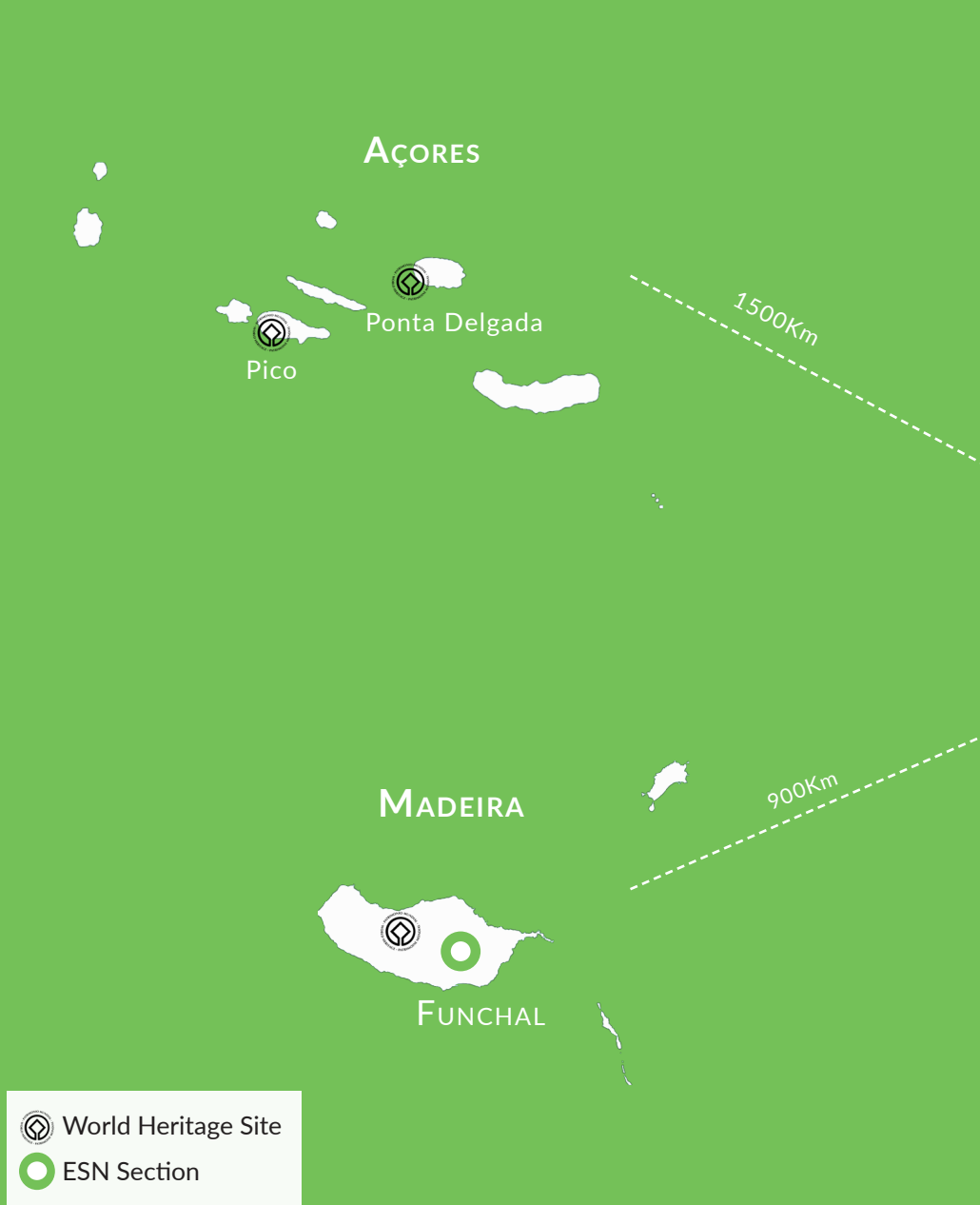
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To the fourteen ESN sections across Portugal, thank you for your contribution.



LET THE JOURNEY BEGIN...





**DISCOVERING PORTUGAL
WITH ESN**



“és de Braga?”

“comer o caco”

“dar um bacalhau”



BRAGA



BUCKET LIST

- | | |
|--|---|
| <input type="checkbox"/> Climb up to <i>Bom Jesus do Monte</i> | <input type="checkbox"/> Go to Monte Sameiro for at sunset |
| <input type="checkbox"/> Eat a <i>francesinha</i> in "Taberna Belga" | <input type="checkbox"/> Discover the waterfalls of Gerês |
| <input type="checkbox"/> Disguise yourself as a Roman during the Roman Fair of Braga | <input type="checkbox"/> Celebrate Christmas night in <i>Bananeiro</i> - with a banana and moscatel |
| <input type="checkbox"/> Buy a plastic hammer and bang the largest number of heads during the night of <i>São João</i> | <input type="checkbox"/> Visit <i>Sé de Braga</i> |
| <input type="checkbox"/> Watch a show in GNRation and Teatro Circo | |
| <input type="checkbox"/> Discover the meaning of the expression " <i>És de Braga?</i> " | |

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1

BOM JESUS DO MONTE SANCTUARY

It's the symbol of the city, where art and nature meet, making it a sacred and relaxing place. The church is an example of the neoclassical style. The city is connected to the sanctuary by monumental staircases and a funicular. It's the oldest funicular moved by water in the Iberian Peninsula.

SAMEIRO SANCTUARY

2

The construction of this sanctuary began on June 14th 1863. This sanctuary is the second largest centre of Marian devotion in Portugal, after Fátima. The temple, completed in the 20th century, stands out inside by its main altar, as well as by the tabernacle.

3

BASÍLICA DOS CONGREGADOS

The Congregados Convent was designed by architect André Soares and built in the 16th century, being finished only in the 20th century.

CATHEDRAL OF BRAGA

4

"Older than Braga's Cathedral" is a popular expression used to emphasize the seniority of something, which shows how old the cathedral is. According to lore, the diocese of Braga was created on the 3rd century, but historical records go back only 400 years.

5

MONASTERY OF ST. MARTIN OF TIBÃES

The old base of the Portuguese Order of St. Benedict is located on the parish of Mire de Tibães. It was shut down in 1833-1834 due to the extinction of the religious orders and its assets and properties were sold to the public. From the 70s, the monastery lost its assets and was abandoned.

THEATRO CIRCO

6

Opened in 1915 and took three years to build. With capacity to hold 1500 people, it's one of the most charismatic concert halls of the country, with a Programme that obeys to a criteria of high quality and eclecticism.

7

ARCO DA PORTA NOVA

The gate was built in 1512 to connect the medieval city to the exterior of the walls, when the city was expanded. It was the last gate to be opened in the city walls. The arch was built in 1772.

BRAGANÇA



BUCKET LIST

- ☐ Dance and sing in Mercado Club and Lagoa Azul Bar
- ☐ Live with Riskivector
- ☐ Eat the famous steak at Abel restaurant
- ☐ Travel up the Douro River by boat until Régua
- ☐ Eat crepes and ice cream at Myiced
- ☐ Visit the local markets
- ☐ Burn the devil in the One Thousand Devils Parade
- ☐ Have a picnic at Azibo Beach
- ☐ Take part in IPB Erasmus Week
- ☐ Hug a friend while “Amigos para Sempre” is played by Real Tuna Universitária de Bragança

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1

CITADEL OF BRAGANÇA

Located in the heart of the old town of Bragança, it encloses Bragança's Castle, Santa Maria's Church, Domus Municipalis - where nobility gathered discuss political matters - and the Iberian Museum of the Mask and Costume. Perfect to visit in the summer during the medieval fair.

SÃO BARTOLOMEU

It's one of those places you can't miss in this city. The place is known as *Santo* and provides to its visitors a fantastic view over Bragança. It's also the place where young people gather to make barbecues and have fun.

2

3

SÉ VELHA

The main square and church are located here. Around it is the center of commerce of the city. It's also the place where every year the *Serenata Académica* is held. It marks the beginning of the *Queima das Fitas*.

CASTRO DE AVELÃS MONASTERY

The church used to be part of a Benedictine monastery from the 12th century, it is known for its unique shape and brick positioning. Certainly, it is linked to the churches of the order of Cluny and the Road to Santiago.

4

5

GRAÇA MORAIS CONTEMPORARY MUSEUM

Inaugurated in 2008 due to the cooperation between Spain and Portugal regarding culture. It houses a permanent collection by painter Graça Morais, composed of evoking portraits of the natives of Trás-os-Montes, as well as more abstract works. Additionally, temporary expositions are included too.

RIO DE ONOR VILLAGE

This is a typical village split in half by the border between Portugal and Spain, inside the Natural Park of Montesinho.

6

7

PARQUE NATURAL DE MONTESINHO

This is a natural park where you can find nature in its purest state. There are several habitats such as oak forests inhabited by Iberian wolves, red deer and other animals. Sometimes it gets visited by brown bears from Spain.

GUIMARÃES



BUCKET LIST

- | | | | |
|--------------------------|---|--------------------------|---|
| <input type="checkbox"/> | Watch the sunset from Pio IX statue in the mountain of Penha | <input type="checkbox"/> | Watch the sunset from Pio IX statue in the mountain of Penha |
| <input type="checkbox"/> | Discover part of the history of Portugal by visiting the Guimarães' Medieval Castle | <input type="checkbox"/> | Discover part of the history of Portugal by visiting the Guimarães' Medieval Castle |
| <input type="checkbox"/> | Relax in the Vila Flor Cultural Centre gardens | <input type="checkbox"/> | Relax in the Vila Flor Cultural Centre gardens |
| <input type="checkbox"/> | Participate in the Afonsina Fair | <input type="checkbox"/> | Participate in the Afonsina Fair |
| <input type="checkbox"/> | Visit Citânia de Briteiros | | |

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1

CASTLE OF GUIMARÃES

In the middle of the 10th century, the Countess Mumadona Dias had a monastery built here, to protect the monks and the local Christian community. On the 12th century, the Count Dom Henrique and Mistress Teresa moved into the Castle of Guimarães, where Dom Afonso Henriques was born.

PALACE OF THE DUKES OF BRAGANÇA

Its construction was ordered in the 15th century by Dom Afonso. It was then converted to barracks on the 19th century, abandoned, and then restored and converted to a museum in the middle of the 20th century.

2

3

SANTIAGO SQUARE

It was possible to find here a small chapel from the 17th century devoted to Saint James, which was demolished by the end of the 19th century. It's easily located in the square, by a paved granite flooring. It's one of the main places for gathering and socializing between residents and visitors.

CITY PARK

The city of Guimarães has this space of 30 hectares for sports and other recreational activities, equipped with sports devices, footpaths, picnic areas, and a restaurant/bar.

4

5

OLIVEIRA SQUARE

On this beautiful square you'll find the Nossa Senhora da Oliveira Church. You will also see *Padrão do Salado*, an historic and unique monument due to its shape and architecture. There is also the Domus Municipalis, a majestic monument which was the castle of the parishes at the end of the 14th century.

PENHA MOUNTAIN

It is the highest point of Guimarães. In its top there is a statue of Pope Pius IX, from where you can see magnificent views that stretch all the way to the ocean.

6

7

SANTA MARIA STREET

Throughout this street you can see several houses with amazing architecture: *Casa do Arco* (n. 28), *Casa dos Peixoto* (n. 39), *Casa Gótica dos Valadares de Carvalho* (n. 9), *Casa dos Carneiro*, that currently harbours the Raul Brandão Municipal Library (n. 58), and many others.

PORTO



BUCKET LIST

- ☐ Eat a *francesinha*
- ☐ Visit Porto Wine Cellars
- ☐ Watch the sunset in Jardim do Morro in Gaia
- ☐ Drink a beer in Passeio das Virtudes
- ☐ Take a surf lesson at Matosinhos beach
- ☐ Enjoy the city's festivities of São João
- ☐ Take a walk in Santa Catarina street
- ☐ Try *tascas*, the traditional restaurants
- ☐ Take part in Queima das Fitas
- ☐ Watch a Porto match in Estádio do Dragão

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1

TORRE DOS CLÉRIGOS

Igreja dos Clérigos (Church of the Clergymen), a Baroque church built in the 18th century, was the tallest building in Portugal at the time of its construction. Its bell tower, *Torre dos Clérigos*, considered as the ex-libris of Porto, can be seen from various points of the city.

RIBEIRA

2

The medieval riverfront district of Porto is the atmospheric and colourful area of the World Heritage city centre.

3

SERRALVES MUSEUM

The most known contemporary art museum in Porto. Two buildings which are as much a work of art themselves as the collections exhibited inside them, both surrounded by a magnificent park.

CASA DA MÚSICA

4

World-renowned architect Rem Koolhaas rocked the musical world with his crystalline creation – the jewel in the European Capital of Culture 2001's crown. Minimalist, iconic and daringly imaginative, *Casa da Música* is the beating heart of Porto's cultural scene.

5

SÃO BENTO TRAIN STATION

This historical station, classified as World Heritage by UNESCO, is known for its *azulejo* panels depicting scenes from the history of Portugal. They are the work of artist Jorge Colaço and date from 1916.

PONTE DE D. LUÍS

6

The iconic double deck iron bridge of Porto allows for breathtaking views over the river Douro, downtown Porto and the Port wine caves of Vila Nova de Gaia.

7

JARDINS DO PALÁCIO DE CRISTAL

This beautifully landscaped park is dominated by a huge domed pavilion built in 1956 which replaced the 19th century iron-and-glass "Crystal Palace". It is surrounded by a lake, flowerbeds, and roaming peacocks, all overlooking the Douro River, from which you can get superb views.

VILA REAL



BUCKET LIST

- ☐ Explore the Alvão Natural Park
- ☐ Taste pito, covilhete and gancha
- ☐ Listen to the *Serenata* in front of Capela Nova during Academic Week
- ☐ Watch the races in Vila Real
- ☐ Go to Rock Nordeste Festival
- ☐ Try a traçadinho at Taberna do Estudante
- ☐ See a Tuna Festival
- ☐ Go to Pena Aventura Park in Ribeira de Pena
- ☐ Celebrate Friday the 13th in Montalegre
- ☐ Go to Trajano Bridge in Chaves
- ☐ Go to Pioledo and enjoy the night out

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1

PARQUE DO CORGO

The Central Park of Vila Real. There you can hang out with your friends, go for a run in the maintenance circuit or just chill for a bit. You have 33 hectares to explore: discover the old mills, swim in the pools and enjoy the fresh air in lung of the city!

PALÁCIO DE MATEUS

Designed by Nicolau Nasoni, a great Italian architect from the 17th century, the *Palácio de Mateus* is one of the ex-libris of the city! Visit it and become fascinated by the marvelous gardens and interiors of the palace.

2

3

FISGAS DE ERMELO

One of the largest waterfalls in Europe (200 meters high) is here! Take the day to explore the Alvão Natural Park and cool off in one of the lagoons that this waterfall forms.

VILA VELHA VIEWPOINT

This observation point is located behind the romanic cemetery and near Vila Velha's Museum. You can feel chills here, but the palace is not haunted (we think).

4

5

SANTUÁRIO DE PANÓIAS

Built in the transition of the 2nd to the 3rd century by the Roman senator Caius Calpurnius Rufinus, this sanctuary is dedicated to the Infernal deities and to the deities of the Lapiteas, indigenous ethnic group of the region. Have fun exploring the ancient history of Vila Real.

BOTANICAL GARDEN OF THE UNIVERSITY

The whole campus of the university is a botanical garden so take your time to explore and observe all the species of plants that exist here.

6

7

ALVÃO NATURAL PARK

7220 ha of nature to explore. Discover the waterfalls, the most incredible viewpoints and enjoy the mixed hardwood forests alternating with exotic plantations. Do not be intimidated by cows or goats passing by but be careful with wolves or snakes.



“agarrar-se ao verbo”

“vai chatear o Camões”

“alhos e bugalhos”



THE CENTRE

AVEIRO



BUCKET LIST

- ☐ Taste *ovos moles*
- ☐ Go out in *Praça do Peixe* on a Thursday night
- ☐ Go to Águeda by Vouguinha (traditional train)
- ☐ Drink a shot called *traçadinho*
- ☐ Eat a *tripa de Aveiro* after a day at the beach or a night-out in Praça
- ☐ Explore the city riding a BUGA (free city bike)
- ☐ Climb all the 271 steps of Barra Beach Lighthouse
- ☐ Catch a flying cavaca during the São Gonçálinho festivities
- ☐ Sing “*Aveiro é nosso*” with university students
- ☐ Take a picture at the “I (love) Aveiro” staircase.

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1

MOLICEIROS

It's the name of the typical boats present in the *Ria de Aveiro*, the lagoon region of the River Vouga. This vessel was originally used to catch seaweed to fertilize the fields, but nowadays it is mostly used for touristic trips.

PRAÇA DO PEIXE

The construction of the "Fish Market", an unique example of the iron architecture in Aveiro, appears in one of the most typical spaces of the city. It's also the center of Aveiro's night life with the surrounding bars and clubs.

2

3

BARRA BEACH LIGHTHOUSE

The Aveiro lighthouse is the tallest lighthouse in Portugal (62m). It's located in Barra Beach (*Praia da Barra*), in Gafanha da Nazaré, Ílhavo. It is the 23rd biggest of the world, and it is still the second largest of the Iberian Peninsula.

COULORFUL HOUSES OF COSTA NOVA

These were the first houses built on this beach in Ílhavo. They had only one room that was initially used to store fishing tackle. They are all turned to the lagoon, making that area a huge palette of colours, with a white background and stripes in green, red, yellow and blue.

4

5

SALINAS (SALTPANS)

The production of salt in this region started when the *Ria de Aveiro* lagoon didn't yet exist, and Aveiro was a coastal town. The 1st document referring to Aveiro and its salt pans dates back to 959, before the foundation of Portugal.

PARQUE INFANTE D. PEDRO

Commonly known as "*Parque da Macaca*" (The Monkey's Park) it was built in an area that used to belong to Franciscan monks. Here you can find a linden tree avenue, a tea house and a fountain with tilework.

6

7

UNIVERSITY CAMPUS

One of the largest campus in Europe, spanning an area equivalent to 92 football pitches, all the of the Campus buildings were designed by Portuguese architects, such as Álvaro Siza Vieira, Eduardo Souto Moura, which have been awarded with Pritzker Architecture Prizes.

CASTELO BRANCO



BUCKET LIST

- | | | | |
|--------------------------|--|--------------------------|--------------------------|
| <input type="checkbox"/> | Visit the castle at night | <input type="checkbox"/> | Visit Jardim Episcopal |
| <input type="checkbox"/> | Visit Monsanto | <input type="checkbox"/> | Take a dip in Idanha Dam |
| <input type="checkbox"/> | Visit the City Lake | <input type="checkbox"/> | Go out in the Old Town |
| <input type="checkbox"/> | Go to Latada or Enterro | <input type="checkbox"/> | Go to a traditional fair |
| <input type="checkbox"/> | Party in Docas | | |
| <input type="checkbox"/> | Enjoy a concert in Cine-Teatro Avenida | | |

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1

CASTLE OF CASTELO BRANCO

A Medieval castle in the hilltop of the city, known like “Templar’s Castle”, although very damaged is still possible to see the remaining towers and the beautiful view of the city.

CARGALEIRO MUSEUM

The genius of one of the most outstanding Portuguese contemporary artists, Manuel Cargaleiro, born in Castelo Branco region, has proved to be a creative genius of painting and ceramics.

2

3

GARDEN OF EPISCOPAL PALACE

This Palace Garden called *Jardim do Paço* is one of the most beautiful Baroque gardens in Portugal, dominated by balconies with iron guards and stone balusters. It has five lakes with ornamented edges. Here you can find Steps of the King, amazing fountains and water features.

CITY PARK

Located in front of Garden of the Episcopal Palace, the city park was the former kitchen garden of the Palace, a great leisure space with fountains and varied trees and plants to spend an afternoon with friends.

4

5

CATHEDRAL OF CASTELO BRANCO

Also known as Church of St. Michael, this is a Roman Catholic cathedral. Was built in the Renaissance style in the 17th century and since 1978 it has been protected as one of the National monuments of Portugal.

FRANCISCO TAVARES PROENÇA JÚNIOR MUSEUM

Founded in 1910, the basis of this museum is the archaeological collection of Francisco Tavares Proença Júnior, but it has been increased with ancient art pieces from the Episcopal Palace collection and continual additions from archaeological collections.

6

7

ROTUNDA EUROPA

This is the biggest roundabout in the city where you can find a big waterfall. This roundabout is the centre of some events and celebrations of the city.

COIMBRA



BUCKET LIST

- ☐ Ask a Portuguese friend to be your “*padrinho*” or “*madrinha*” and join the Latada Parade
- ☐ During *Queima das Fitas*, attend *Serenata Monumental* at the Old Cathedral (*Sé Velha*)
- ☐ Go for dinner at Zé Manel dos Ossos
- ☐ Have a picnic at Parque Verde and get your picture taken at Pedro e Inês Bridge
- ☐ Go jogging in Choupal
- ☐ Explore the natural wonder of Serra da Lousã and its famous schist villages
- ☐ Ask a Portuguese student to take a picture with his “Harry Potter style” cape
- ☐ Enjoy the poetry and romanticism of Penedo da Saudade
- ☐ Experience a Fado Night
- ☐ Live the best day of your life at the *Queima das Fitas* parade

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1 UNIVERSITY OF COIMBRA

The University of Coimbra was founded in 1290 by the King D. Dinis I, it is the oldest university in Portugal and one of the oldest ones in the world. Here, you must visit the Book House (*Biblioteca Joanina*), the University Tower, the University Chapel (*Capela de São Miguel*) and the Great Hall of Acts (*Sala dos Capelos*).

SÉ VELHA AND SÉ NOVA

The Old Cathedral of Coimbra (*Sé Velha*) was designed by French Master Robert in the 12th century. The central gate has Moorish influences and the lateral gate has an elegant Renaissance style. About 400 later, the New Cathedral (*Sé Nova*) was built in baroque fashion, currently functioning as head office of Coimbra's Diocese.

3 CONÍMBRIGA

Populated since prehistoric times, Conímbriga was occupied by Roman troops in 139 BC. Later, following the barbarian invasions, the city was destroyed and the population moved. By 589, Conímbriga's episcopal seat had been transferred to Aeminium, which we now call Coimbra.

SANTA CRUZ MONASTERY

A church that catches the eye with its unique architecture, gothic style building and famous foyer, many times invoked in Coimbra's Fado tradition. Dom Afonso Henriques, the first King of Portugal, is buried here.

5 SEMINÁRIO MAIOR DE COIMBRA

Seminário Maior is a more than 250 years old Seminary that includes chapels, libraries, museums and gardens in its grounds, being both a religious institution and a place of culture, art and beauty, with a singular presence of Italian art in Portugal.

UNIVERSITY'S BOTANICAL GRADEN

Planned by Marquês de Pombal to assist the studies of Biology and Botany, it is a place of outstanding beauty and one of Coimbra's most iconic spaces.

7 ALMEDINA ARCH AND TOWER

The Almedina Arch was the main door of the wall surrounding medieval Coimbra and its oldest segment dates back to the 9th century. The Almedina Tower, built over the Arch, was used to watch over and protect the city's main access point.

COVILHÃ



BUCKET LIST

- ☐ Have a walk in Rectory Gardens, the most beautiful place in the University
- ☐ Visit the historical villages and towns around Covilhã
- ☐ Attend the Student's Serenade at the Chapel of Calvário
- ☐ Have the best day of your life and take part in the Latada Parade
- ☐ Play in the snow in Serra da Estrela with your friends.
- ☐ End the day with a dip in one of Serra da Estrela's rivers and waterfalls
- ☐ Visit Serra da Estrela
- ☐ Participate in traditional festivals around Covilhã
- ☐ Do not miss the sunrise in Covilhã, also known as the sea of Covilhã
- ☐ Go to the cake factory after a party and eat a pastry
- ☐ Taste Serra da Estrela cheese

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1

SERRA DA ESTRELA

This is the most touristic place that you should visit! Serra da Estrela is the second highest mountain in Portugal and the nature involving it is simply amazing, here you have beautiful landscapes, rivers and parks that will take your breath away. During the Winter, Serra da Estrela is full of snow, allowing you to experiment winter sports such as snowboard and ski as well as playing on the snow.

WOOL MUSEUM

In this museum you have the chance to get to know more about the main industry in Covilhã, textiles. It presents information about the history of this type of industry due to the fact that it was the economic pillar of the city.

2

3

MUNICIPAL SQUARE

Located in the heart of Covilhã, you can visit the City Hall, the Theatre, Misericórdia Church and Santa Maria Church. There is also a monument paying homage to the trip of Pêro da Covilhã, a diplomat and explorer of the 15th century.

PORTAS DO SOL

Here you can enjoy amazing views of the city and landscapes. You can also check out the sundial on the ground.

4

5

CARPINTEIRA BRIDGE

This is one of the tallest pedestrian bridges of Europe and was nominated for several design and architecture awards. From this place, you have a special view of the city and the surroundings. During the night-time this bridge is illuminated, creating a perfect scenario to take amazing photos.

WOOL FESTIVAL MURALS

Every year Covilhã promotes a Street Art Festival named Wool Festival, year after year more and more walls are painted making a huge portfolio of paintings which invite us to discover all of them.

6

7

MOUNTAIN BOTANICAL GARDEN

Here you can see a wide diversity of flora characteristic to Serra da Estrela as well as the mountainous areas of Southern and Central Europe and North Africa.

LEIRIA



BUCKET LIST

- | | | | |
|--------------------------|---|--------------------------|--|
| <input type="checkbox"/> | Attend the Door-to-door Festival | <input type="checkbox"/> | Visit Óbidos |
| <input type="checkbox"/> | Take a surf lesson in Peniche | <input type="checkbox"/> | Visit the Ervideira Lagoon |
| <input type="checkbox"/> | Eat Brisas do Lis | <input type="checkbox"/> | Go to the Santana Market |
| <input type="checkbox"/> | Participate in the historical reenactment "Viagem à Leiria Moderna" | <input type="checkbox"/> | Visit Bacalhôa Buddha Eden Garden in Bombarral |
| <input type="checkbox"/> | Ride a Mobilis around the city | | |
| <input type="checkbox"/> | Visit the Sanctuary of Fátima | | |

IMPORTANT INFO

There is no ESN section at this location

TOP PLACES TO VISIT

1

LEIRIA CASTLE

A medieval castle, artistically and architectonically representative of several construction and reconstruction phases since its construction began until the 20th Century. There were several battles to try to take it over, after which it had to be rebuilt in 1190 by the King D. Sancho I and in 1325, by the King D. Dinis.

MIRADOURO DA NOSSA SR.ª DA ENCARNAÇÃO

This observation point, located at the summit of a steep hill climb, east of the beach, provides beautiful views over the cliffs of Cape Carvoeiro.

2

3

MUSEUM OF LEIRIA

The Leiria Museum is an open window to the memory of the city. Its concept was designed during the time of the Liberal Monarchy but its construction only started with the Decree of the 1th of November 1917. It's located in the Convent of Santo Agostinho. Here you can see amazing views of the city and landscapes. You can also check out the sundial on the ground.

RUA DIREITA

It's one of the most famous streets in Leiria. The *Rua Direita* (Straight Street), as it has always been more commonly known to this today, got the name of *Rua Barão de Viamonte* in 1881. This straight street that is actually crooked, has been crossed by the writer Eça de Queiroz.

4

5

SÉ DE LEIRIA

At the request from D. João II to Pope Paul III, the Leiria diocese was created on the 22nd of May 1545. Due to the small size of the temples in Leiria at this time, the construction of a cathedral fitting for the new status was ordered.

RIVER LIS

Along the river Lis you can find many parks and beautiful nature with the possibility to observe many species of birds.

6

7

LAPEDO VALLEY

Vale do Lapedo is a limestone canyon where there was a find of fragments of the skeleton of a neandertal and modern human hybrid boy dating from 24500 years ago, making it an important archaeological site. Here you can visit the Interpretation Centre of Abrigo do Lagar Velho.

TOMAR



BUCKET LIST

- ☐ Go kayaking on the Nabão River
- ☐ Watch the sunset at the Convent of Christ viewpoint
- ☐ Ask a local about the secret of the Gualdim Statue
- ☐ Climb the steps of the Nossa Senhora da Piedade
- ☐ Cross the Pegões Aqueduct
- ☐ Have a meal and drink Cágado at Taverna Medieval
- ☐ Try Fatias de Tomar and Beijame Depressa
- ☐ Try placing a tabuleiro on your head
- ☐ Taste Mouchão liquor
- ☐ Kiss someone on Banco dos Namorados

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1

CONVENT OF CHRIST AND TOMAR CASTLE

Historical headquarters of the Knights Templar and the Order of Christ in Portugal. Here are represented several architectural styles from the History of Portugal, including its biggest example from the Manuelino style, unique in Portugal: the *Janela do Capítulo*.

RÉPUBLICA SQUARE

2

Praça da República is the main square in Tomar and where the Town Hall and the Church of Saint John the Baptist are located. Both buildings were gifted to the city by D. Manuel I, King of Portugal and Grand Master of the Order of Christ (16th century). The statue in the centre belongs to D. Gualdim Pais, fourth Grand Master of the Knights Templar in Portugal and founder of the city, who ordered the construction of the castle, the Convent of the Christ and the church of Santa Maria do Olival.

3

FOREST OF SETE MONTES

A park in a forest planted by the Order of Christ, with several pedestrian routes, recreation areas, and monkish monuments.

MOUCHÃO PARK

4

An island in the River Nabão transformed in a recreation Park. There we can find the iconic Wheel of Mouchão, an example of the moorish influence on the Portuguese agriculture.

5

PEGÕES AQUEDUCT

Close to the city, it's one of the largest aqueducts in Portugal. It is used to supply all the water to the Convent of Christ and it has been considered one of the most beautiful views of Tomar.

SYNAGOGUE

6

The oldest synagogue in Portugal and the only surviving renaissance example. It houses the permanent exhibition Religious Life Artifacts of the Jewish Communities Around the World.

7

LEVADA MUSEUM

One of the oldest factories in Portugal, transformed in a temporary exhibition venue. It has been constructed on an artificial island in the River Nabão.



“Meter o Rossio na Betesga”

“Cair o Carmo e a Trindade”

“Rés-vés Campo de Ourique!”

LISBOA AND THE TEJO VALLEY



LISBOA



BUCKET LIST

- ☐ Visit *Castelo de São Jorge*
- ☐ Try Portuguese's most delicious pastry at *Pasteis de Belém*
- ☐ Get lost in *Bairro Alto* and *Erasmus Corner*
- ☐ Discover the many viewpoints of *Lisboa*
- ☐ Go to a *tasca* and listen to some *Fado* music
- ☐ Learn the meaning of "*Saudade*"
- ☐ Try surfing in *Costa da Caparica*
- ☐ Have sardines, bifanas and bacalhau
- ☐ Go to *Santos Populares* and buy a manjerico
- ☐ Find the tile panel saying "*Boa Viagem, Lisboa Espera Por Ti*" and take a picture with it on your last day of Erasmus

SOCIAL MEDIA



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1

SENHORA DO MONTE VIEWPOINT

The highest viewpoint in the city of Lisboa is located in the neighbourhood of Graça. You can spot some of the most spectacular sunsets from the best viewpoint in the city, with a beer and some guitar music as background.

BAIXA - CHIADO

2

Baixa literally means low, thus named because this group of streets stands between the hills of Bairro Alto and Alfama. This area, with lots of restaurants, cafes and souvenir shops, was built in the shape of a grid after the city was destroyed by an intense seaquake and ensuing tsunami and fire in 1755.

3

BAIRRO ALTO

Bairro Alto, on top of a hill, is a neighborhood filled with bars and pubs making it the starting point for many good nights in Lisboa.

PRAÇA DO COMÉRCIO

4

Also part of the reconstruction of Lisboa after the 1755 earthquake - *Praça do Comércio*, also known as *Terreiro do Paço*, is a majestic square facing the river. It is connected to the Baixa area by a triumphal arch and at its centre you can find the statue of King José I.

5

ALFAMA

Alfama is the oldest neighbourhood of Lisboa and also one of the most traditional. It encompasses the Castle of São Jorge, the flea market of Ladra and many viewpoints. The breathtaking views and the sound of the trams are the most distinctive characteristics of this neighbourhood that resisted the 1755 earthquake.

CAPARICA BEACH

6

Caparica is a 20 km long beach, popular both for swimmers and surfers. It is located on the other side of the river in Almada, beyond the *25 de Abril* Bridge, and it is also a location for many parties and festivals during the summer.

7

SINTRA

This town, part of the Greater Lisboa area, was declared a World Heritage Site by UNESCO in 1995. Many monuments can be found here, such as *Palácio da Pena*, *Palácio de Queluz* or the mysterious *Quinta da Regaleira*.

ALMADA



BUCKET LIST

- ☐ Cross Tejo River by boat
- ☐ Surf in Costa da Caparica
- ☐ Attend a *Festival de Tunas Universitárias*
- ☐ Visit Christ the King
- ☐ Watch the sunset from Miradouro dos Capuchos
- ☐ Go to Tróia by ferry boat
- ☐ Take artistic pictures at Mata dos Medos
- ☐ Taste Moscatel de Setúbal
- ☐ Go sightseeing in Serra da Arrábida
- ☐ Take a picture of Lisbon from the Olho de Boi dock at night

SOCIAL MEDIA



esnalmada.org



1

CHRIST THE KING

The Sanctuary of Christ the King is a monument raised 215 meters above sea level and offering a 360 degree panoramic view over both banks of the Tagus River. *Cristo Rei* was inspired by the Christ the Redeemer statue of Rio de Janeiro, in Brazil, after the Cardinal Patriarch of Lisbon visited that monument. The giant statue in cement was raised to express gratitude because the Portuguese were spared the effects of World War II.

25TH OF APRIL BRIDGE

The 25th of April Bridge, often compared to the Golden Gate Bridge in San Francisco, in the USA, was inaugurated in 1966 and is the suspension bridge connecting the city of Lisbon to Almada on the South bank of the Tagus River.

2

3

BOCA DO VENTO ELEVATOR

The Boca do Vento Elevator is situated in the urban area along the south margin of Tagus River, along the cliffs and arriba, with a view of the city of Lisbon along *Almada Velha*. Its riverfront base fronts the old city along the wharf and river, in a garden that connects to important points along the river bank.

THE FRAGATTE D. FERNANDO II AND GLORIA

Dating from the 19th century, it was the last Portuguese sailing frigate to make the "Career of India". This museum boat is located in Cacilhas where visitors have the opportunity to visualize the experience aboard a frigate of the 19th century.

4

5

CACILHAS LIGHTHOUSE

Also called *Miradouro do Farol*, it was inaugurated in the 19th century. Deactivated in 1978, it was transferred to Terceira Island, in the Azores. In 2009, he returned to Cacilhas, as *ex-libris*. It offers an excellent panoramic view over the Tagus River and Lisbon.

MANNOR OF THE ZAGALLOS

It is an old 18th century farm house, which currently hosts numerous cultural activities throughout the year. The main building, the gardens and the three chapels retain a vast collection of tiles, covering three centuries of the tile history in Portugal.

6

7

CASA DA CERCA

Casa da Cerca is Almada's Center for Contemporary Art. Ideal place to visit excellent exhibitions, stroll in its magnificent garden and enjoy the superb view over the Tagus River and the city of Lisbon, thus making your view memorable.



“Apanha a lebre”

“Coisas do arco da velha”

“Onde o diabo perdeu as botas”

ALENTEJO



ÉVORA



BUCKET LIST

- ☐ Explore the monuments and other landmarks around the city centre
- ☐ See the sunset at Alto de São Bento
- ☐ Hold a glass with your right hand at a dinner, and learn how to sing “mão direita é penalti”
- ☐ Spend a sunny afternoon at Barue with your friends
- ☐ Photograph a peacock at the Public Garden
- ☐ Eat a bifana and learn how to roast a chouriço
- ☐ Have a botellón at the Cathedral and taste wine from Alentejo
- ☐ Go to an ESN party at Capítulo 8 and watch the sunrise at the Giraldo Square
- ☐ Visit the megalithic monument Cromeleque dos Almendres

SOCIAL MEDIA



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1

HISTORICAL CITY CENTER

Évora's architectural and artistic heritage is so omnipresent and impressive that this alone guides the steps of anyone who loves strolling around with no fixed direction: from the Roman to the Neoclassical, by way of the Gothic and various expressions of the Manueline, the Renaissance and the Baroque, all the epochs of History are documented.

Classified by UNESCO as a World Heritage Site since 1986.

SÃO FRANCISCO CHURCH

2

Church from the Manueline-Mudejar and Renaissance style, was built between the end of the 15th century and the beginning of the 16th century. This building replaced an earlier Gothic temple, even though it still has remains of this style. It is in this church that you can find the Bones Chapel.

3

DOM MANUEL PALACE AND PUBLIC GARDEN

The Palace was built by King Afonso V in the 16th century. The Palace was inhabited by several Portuguese monarchs, losing the use from 1895, having been sent to destroy in 1619. The present building at the public garden is only part of the former Palace.

UNIVERSITY OF ÉVORA

4

Our University is the second oldest in Portugal, having been founded in 1559 by Cardeal D. Henrique and has a long and troubled history. Its oldest building - Colégio do Espírito Santo, is the epicentre of the academic tradition and houses many ceremonies.

The dove, symbol of the Holy Spirit, is also the symbol of the University.

5

ROMAN TEMPLE

The most important landmark of our city and one of the best preserved Roman temples in Europe, Évora's Roman temple was built in the 1st century AD as a part of a Roman forum honouring Emperor Augustus.

CHAPEL OF BONES

6

In the basement of the church of São Francisco you can find a chapel with its walls all lined with real human bones and skulls. It was built in the 17th century by action of 3 Franciscan friars with the goal of passing the message of the fragility of human life and time itself.

7

CATHEDRAL OF ÉVORA

Exhibiting the Romanic and Gothic architectural styles, the cathedral of Évora is a majestic building which will impress you by its size and detailed features.



“Môce Marafado”

“Cabeça de azinho”

“Fazer meia azul”



FARO



BUCKET LIST

- ☐ Watch the Sunset at the Sagres Fortress
- ☐ Go on a boat trip along the coast of Algarve
- ☐ Sign up for a surf lesson at Faro's Beach with our partners
- ☐ Watch a local football game of SC Farense
- ☐ Go to the top of Faro's Cathedral and enjoy the view
- ☐ Enjoy *bacalhau* and *arroz de marisco*
- ☐ Enjoy the Santa Iria Fair in October and eat a fartura
- ☐ Watch the most beautiful sunset at *Marina de Faro*
- ☐ Party in *Recepção ao Caloiro* in September and *Semana Académica* in May
- ☐ Swim to the Benagil caves and enjoy the sun in *Praia da Marinha* in Lagoa

SOCIAL MEDIA



esnalgarve.org



1

ARCHAEOLOGICAL MUSEUM OF FARO

Was the second to be created in Algarve. On February 2, 1894, it was built to honour Infante Dom Henrique, on the occasion of the 5th centenary of his birth.

CARMO CHURCH

It is one of the most important aesthetic manifestations of religious and artistic heritage of the Algarve region. It was founded in 1713 by Bishop D. António Pereira da Silva.

2

3

ALAMEDA DE JOÃO GARDEN

It's the largest green area in the city, here you can enjoy the diverse flora namely some century old trees and several animals, the highlight goes to a façade, set on a former slaughterhouse and a good example of the neo-Arabic revivalism architecture that allows access to the Municipal Library.

LIGHTHOUSE BEACH

Located in the far west of Culatra Island, here you can find the Santa Maria Cape, an important milestone for navigation. The beaches have a length of approximately 7 kilometers to the eastern point. The beach near Nova Barra has lifeguard surveillance and support. The restaurants in the island are very appreciated for fresh fish and seafood. A small paradise.

4

5

FARO BEACH

Also known as Faro Island, this stretch of sand is part of the Ancão Peninsula, which borders the *Ria Formosa* to the west. From where you have a great view of the mountains and the city of Faro.

ESTÓI PALACE

Built in 1840, this is a magnificent palace, now converted into a hotel. Inside of it you can find gardens with orangetrees and palmtrees, as well as beautiful sculptures, paintings and walls covered in blue and white tiles.

6

7

BELMAÇO PALACE

This is a two floor building, except for the tower with 3 floors. It was commissioned in 1912 by a wealthy tradesman: Manuel de Jesus Belmarço. The project was designed in 1912 by the architect Manuel Joaquim Norte Júnior being considered an interesting manifestation of Revivalist Architecture.



“Semilha”

“O relógio da Sé é que se repete”

“Não há romaria sem cambado”



MADEIRA

FUNCHAL



BUCKET LIST

- ☐ Try a new fruit at the Farmer's Market in Funchal
- ☐ Try *poncha* and *niquita*
- ☐ Dance with a group of *Bailinho da Madeira*
- ☐ Go on a Catamaran trip to watch dolphins and whales
- ☐ Take a ride by cable car in Monte
- ☐ Swim in the Natural Pools of Porto Moniz and Doca das Cavacas, in Funchal
- ☐ Go to Pico Ruivo and watch the sunset and sunrise
- ☐ Go to Porto Santo
- ☐ Visit Dão Lourenço Point
- ☐ Eat Bolo do Caco and espetadas
- ☐ Do a Levada

SOCIAL MEDIA



ESNMadeira

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1

PICO RUIVO

Visit the highest peak in Madeira island and gasp in awe with all the beauty

PORTO MONIZ NATURAL POOLS

Cool off with a swim in the natural pools formed in the lava that once flowed down to the ocean.

2

3

MADEIRA CAR CABLE

Visitors can enjoy a half-day programme riding the two tourist cable car routes up and down the green slopes of the island's south coast and see some beautiful hidden scenery.

CABO GIRÃO VIEWPORT

It's the highest cape in Europe, with an elevation of 580 m which is famous for its suspended glass platform.

4

5

LEVADAS

Walking in reinvigorating, exciting and highly rewarding trails named "levadas" (man-made waterways across the mountains) of Madeira is a challenge as well as an unique experience.

FANAL LEISURE AREA

This area integrates a public barbecue grill, which is ideal for a picnic with friends, surrounded by nature, particularly the laurissilva forest. It's also a great starting point for some walking trails.

6

7

FARMER'S MARKET

This venue features all kinds of products mixing colours, sounds and smells. You will find fruits, vegetables, fish, meat and traditional handicraft.



“gamas”

“Corisco mal amanhado”

“Quem Cassara”



AÇORES



BUCKET LIST

- ☐ See a dolphin or a whale during a boat trip
- ☐ Hike Pico mountain, the highest mountain in Portugal, and see the sunset
- ☐ Eat a meal cooked on volcanic soil
- ☐ Catch a ferry between islands
- ☐ Go to São Jorge and climb Pico da Esperança or Morro das Velas
- ☐ Take a bath in geothermal pools and springs
- ☐ Go to Quiosque Tomé
- ☐ Drink Kima, a typical Azorean soda
- ☐ Sunbathe in a dark sand beach
- ☐ Visit Gorreana in São Miguel, the only tea plantation in Europe

IMPORTANT INFO

There is no ESN section at this location

TOP PLACES TO VISIT

1

SEVEN CITIES LAGOON

This stunning lagoon, known for its two colored waters, blue and green, is one of the most well known turistic spots in São Miguel Islands.

ANGRA DO HEROÍSMO

2

This city is the historical capital of the Azores. The richness of its history and cultural heritage led to the Angra do Heroísmo City Central being classified as a UNESCO World Heritage Site in 1983.

3

FURNAS DE SÃO MIGUEL

Furnas are well known for their thermal waters and pools, and for the Terra Nostra Hotel, which features a natural hot spring pool, and the Terra Nostra Park. In Furnas you can also try leavened cake (bolo lêvedo) and a curious stew cooked underground thanks to the hot volcanic soil.

CALDEIRA VELHA IN SÃO MIGUEL

4

The Natural and Regional Monument of Caldeira Velha is located in Ribeira Grande, São Miguel Island, Azores archipelago and is a biosphere reserve of great importance for the Laurisilva forests.

5

LAGOA DO FOGO IN SÃO MIGUEL

Lagoa do Fogo is one of the largest lagoons of the Azores and the second largest of São Miguel Island, classified as a nature reserve. It has a beach that was recognized as one of the 7 Wonders of Portugal in the Wild Beach category.

TERRA NOSTRA PARK

6

Parque Terra Nostra is a Portuguese botanical garden located in Furnas Valley, Povoação municipality, São Miguel island, Azores archipelago. This park houses one of the largest collections of camellias in the world, with over 600 different sons-in-law and also the largest collection in Europe of Cicas.

7

MONTE BRASIL

Monte Brasil is an extinct volcano that emerged from the sea to join Angra do Heroísmo. It is surrounded by four peaks: Pico das Cruzinhas, Pico do Facho, Pico da Quebrada (where the whale watcher is located) and Pico do Zimbreiro. It is classified as a Recreational Forest Reserve.

WHAT IS ESN?

The Erasmus Student Network (ESN) is a non-profit international student organisation founded in 1989 to develop and promote student exchange under the motto “students helping students”.

Currently ESN is the biggest student association in Europe, working with:

- +800 higher education institutions
- 42 countries
- +34.000 young volunteers (active members and buddies)

Operating on three levels: local, national and international, ESN aims towards a more flexible and mobile education environment, the enhancement of the student exchange and providing a multicultural experience to those unable to have a period abroad (“internationalisation at home”) with the help of its members - most of which are former exchange students themselves.

ESN aims for a motivated and open-minded young society ready to make a change in Europe's future. Therefore, every action contributes to the development of the network, as well as its volunteers.

OUR SOCIAL MEDIA



ESNportugal



esnportugal



ESNpt

Erasmus Student
Network Portugal



ESNportugal



THE CAUSES OF ESN



CULTURE

Language, religion, food, art, beliefs and values are at the core of who we are. ESN works towards the promotion of intercultural understanding through activities such as international dinners and language tandems.

EDUCATION AND YOUTH



ESN strives for better mobility programs, guaranteeing that young people are given a voice in this process. Activities such as Erasmus in Schools, which brings local students and international students together, helps share their experiences.



SKILLS AND EMPLOYABILITY

During their mobility exchange and through volunteering, students acquire valuable skills for their future. ESN aims to increase the recognition of these skills among potential employers and Higher Education institutions.

ENVIRONMENTAL SUSTAINABILITY



International mobility programs have a great impact on the environment. To raise awareness and educate international students about this issue, ESN organises vegan workshops, beach cleanings and other activities.



HEALTH AND WELL-BEING

Living abroad is an opportunity to maintain or develop healthier habits. Promoting activities such as sports days and healthy food workshops are some of the ways in which ESN works towards raising awareness to the importance of this topic.

SOCIAL INCLUSION



ESN strives for a more inclusive mobility experience through programmes and projects that raise awareness and transform students into more active citizens through activities such as Blind Talks, volunteering with the local community.

NOTES

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TÉCNICO
LISBOA



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