



UNIVERSITY OF TRÁS-OS-MONTES AND ALTO DOURO



GENERAL INFORMATION FOR STUDENTS

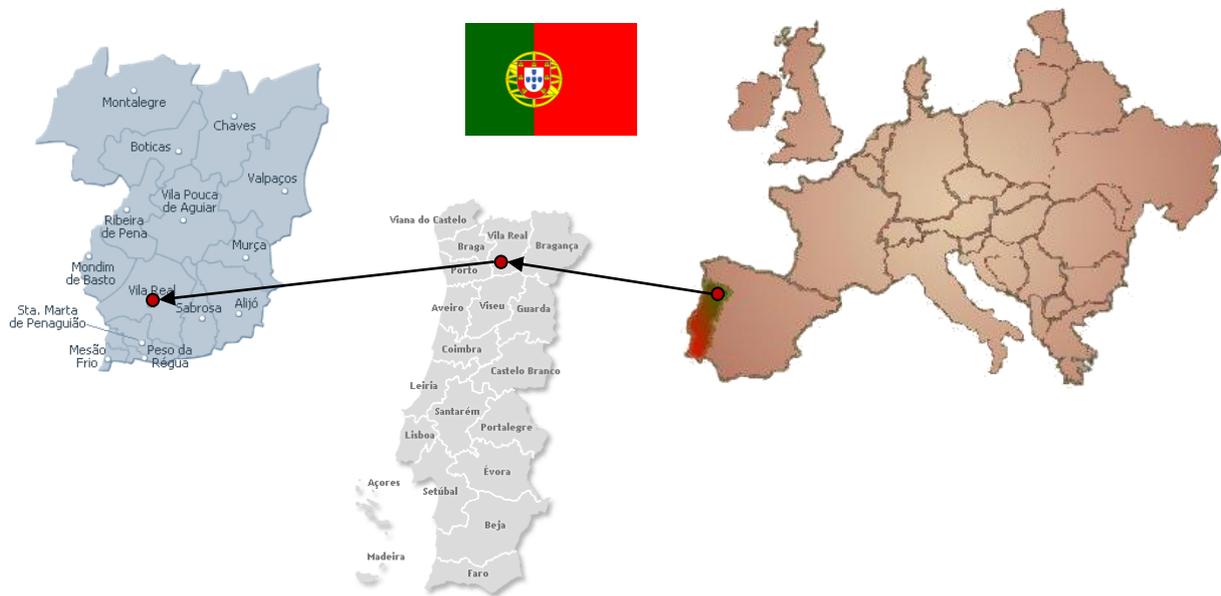


GENERAL INFORMATION FOR STUDENTS

GENERAL INFORMATION FOR STUDENTS	2
ABOUT PORTUGAL AND VILA REAL	4
CITY OF VILA REAL	5
WHY UTAD?	6
COST OF LIVING	7
ACCOMMODATION	9
RESIDENCE HALLS	9
TEMPORARY ACCOMMODATION	10
PRIVATE ACCOMMODATION	10
MEALS	11
STUDENT'S CANTEEN	11
UTAD COFFEE SHOPS	11
OTHER PLACES TO EAT	11
HEALTH INSURANCE	12
MEDICAL FACILITIES	12
MEDICAL FACILITIES AT UTAD	12
MEDICAL FACILITIES IN VILA REAL - HOSPITAL AND HEALTH CENTRES	12
YOUTH SERVICE CENTRE	12
PHARMACIES	13
FACILITIES FOR SPECIAL NEEDS STUDENTS	13
FINANCIAL SUPPORT FOR STUDENTS	14
SCHOLARSHIPS FOR REGULAR STUDENTS	14
RESEARCH SCHOLARSHIPS	14
MOBILITY SUPPORT	14
STUDENT WELFARE SERVICES	14

STUDENT AFFAIRS OFFICE	15
CONTACTS:	15
INTERNATIONAL PROGRAMMES	15
LANGUAGE REQUIREMENTS AND COURSES	16
INTERNSHIPS	16
LEARNING FACILITIES	16
LIBRARIES	16
COMPUTER SERVICES	17
LABORATORIES	18
SPORTS AND LEISURE FACILITIES	18
SPORTS FACILITIES	18
SHOPPING	19
CULTURE AND ENTERTAINMENT	19
PLACES TO VISIT IN UTAD AND VILA REAL	21
PLACES TO VISIT IN THE REGION	23
STUDENT ASSOCIATIONS	26
PRACTICAL INFORMATION FOR MOBILE STUDENTS	27
VISA	27
HOW TO REACH VILA REAL FROM OPORTO	27
HOW TO REACH VILA REAL FROM LISBON	28
TRANSPORT IN VILA REAL	30
POST OFFICES AND PUBLIC TELEPHONES	30
BANKS	30
PUBLIC LIBRARY	31
TOURIST OFFICE	31
NEWSPAPERS	31
CAMPING	31
BASIC PORTUGUESE VOCABULARY	32
UNIVERSITY CAMPUS MAP	33
USEFUL WEBSITES IN ENGLISH	33

ABOUT PORTUGAL AND VILA REAL



Official Name	Portuguese Republic (<i>República Portuguesa</i>)
Short Name	Portugal
National Flag	Red and green, with an armillary sphere and shield between both colours
Language	Portuguese
Capital City	Lisbon (<i>Lisboa</i>) – 38°46'N 9°9'W
Population	Over 10 million
Political System	Constitutional Republic
Currency	Euro
Location	Most south-western part of Europe. It includes the Azores and Madeira Archipelagos in the Atlantic ocean. Borders with Spain.
Area	91 985 Km ²
Religion	Mainly Roman Catholic, but with religious freedom
Climate	<p>Mediterranean and changeable, it is influenced by the elevation, latitude and proximity to the sea. The annual average temperature in mainland Portugal varies from 12°C (53.6°F) in the mountainous interior north, to over 18°C (64.4°F) in the south.</p> <p>In the north and centre of the country, particularly inland, the winters are cold with snowfalls occurring regularly and temperatures that may drop below –10 °C (14.0 °F). The summers are hot and dry with average temperatures as high as 20°C (68°F) – in some areas the highest temperatures may be over 45°C (113°F).</p> <p>In the south and coastal areas, temperatures are slightly lower in the summer and higher in the winter, because of the influence of the sea.</p> <p>The climate in the archipelagos is mild, with average temperatures varying between 24°C in the summer and 19°C in winter.</p>
Local Time	UTC+0 (Summer: UTC+1)

Electricity	230V/50Hz (European Plug)
International Area Code	+351
European Emergency Telephone Number	112

CITY OF VILA REAL

Vila Real is situated in the North-East Interior of Portugal and stands at an average altitude of 460 metres above sea level, on the right bank of the River Corgo, tributary of the River Douro. It is located 85 kilometres from the Atlantic Ocean (West), 18 kilometres from the Douro (South) and 65 kilometres from the nearest international border – with the Spanish region of Galicia (North). The city is the capital of a province called Trás-os-Montes and Alto Douro (translates to Behind the Mountains and Upper Douro Valley), and lies between two rivers, the Cabril and the Corgo, whose deep gorges and steep cliffs give the area both beauty and grandeur. It nestles between the mountains of the Marão and Alvão ranges, on whose peaks snow can often be seen in the cold season. During the winter, the temperate continental climate can push temperatures below zero to a minimum of (-5°C), while in summer the weather can be extremely hot (+37°C). The city has a population of around 50 000 and is essentially a centre for commercial, agricultural and service activities.



The origins of Vila Real are lost in time, but we know that the area was already inhabited in the Palaeolithic period, and there is evidence of both Celt-Iberian and Roman settlements (pagan sanctuary of Panóias). During the Barbarian and Arab invasions the region was abandoned. In the 12th century peoples gradually began to settle, but it was only in 1289 that King D. Dinis presented the city with its charter.

Financially and culturally, the region around Vila Real reflects both the economic development of its wine sector, with the production of highly appreciated red wines and the world renowned Port wine; as well as that of what is known as the "Cold Land" (Terra Fria). The economy is mostly based on livestock, forestry and natural resources, which are the region's greatest source of wealth – the rivers and wind

generate electricity for the whole country, the geology provides spring, mineral and heated spa waters of the highest quality, and there are enormous reserves of granite and other ornamental rocks and minerals to be quarried. The Trás-os-Montes and Alto Douro region possesses some of the most spectacular scenery in Portugal, with extensive vineyards and impressive country residences that can be found in the valleys of the Douro and its tributaries – which together constitute the Port Wine Demarcated Region, recognized as World Heritage in 2001.



The natural beauty and contrasts of an unpolluted landscape – fertile verdant lowlands, lofty mountains, terraced valleys, olive and almond groves, deep forests, majestic rivers and gushing streams – all infuse the region with a charm, grace and peacefulness that leave no visitor unmoved. It is a region that combines centuries-old traditions – historical and archaeological heritage, traditional handcrafts and folklore, as well as varied and appetising cuisine – and an openness that encapsulates both the traditional hospitality of the region and its willingness to adapt to the challenges of today. All this endows the region with great tourist potential, and a privileged environment for pursuing academic studies.

WHY UTAD?

The Trás-os-Montes and Alto Douro University became a fully-fledged University in 1986. Today, after years of commitment to high quality teaching, research and community extension, UTAD has earned its rightful place among the new generation of Portuguese universities, and is striving to make a name for itself at both national and international levels as a centre for academic excellence and innovation.

One of the University's key challenges in the last few years was to adapt its undergraduate and postgraduate courses portfolio to the Bologna Declaration proposals and to the rapidly changing requirements of the labour market, the shifts in economic and social priorities at national and EU levels, and to the teaching and research opportunities provided by new technologies. UTAD is a high level institution oriented towards the creation and dissemination of culture, knowledge and science by merging teaching, scientific research and experimental development. Its core objectives are high quality Teaching, Research and Community Outreach, achieved by developing scientific activity that seeks to address issues of global, national or regional scope.

UTAD has an ability to adapt to new situations, balancing the resources available with modern teaching methods, and being able to propose new ways of learning and distributing scientific knowledge. UTAD inspires students to exploit their potential to the fullest, developing their academic and personal skills in

order to respond to the changing needs of the labour market. This flexibility is irrefutable proof of the University's vitality, which justifies its assertion within the Portuguese University System.



The campus, built on the site of a number of adjacent former farm estates, houses most of the Schools and Departments. It is located near the city centre and has bus connections to any city corner. There is also an academic unit close to the centre – a complex containing CIFOP (the Education Department), the Department of Arts and Crafts and the Department of Physical Education and Sports.

UTAD also has facilities in the city of Chaves, to the north of Vila Real, near the border with Spain's province of Galicia. Both the Cultural and Social Animation and Tourism degrees are housed there.

COST OF LIVING

Vila Real is quite an inexpensive city to live and study in, with an average cost of living between 400€ and 500€ per month, depending on the students' habits and choice of housing.

Here are some indicative costs of a month study period at UTAD:

Meals	Median	Range
Canteen Meal	2.45 €	
Meal, Inexpensive Restaurant	5.50 €	5.00 – 7.00
Meal for 2, Mid-range Restaurant, Three-course	35.00 €	30.00 – 40.00
Combo Meal at McDonalds or Similar	5.50 €	4.00 – 6.00
Domestic Beer (0.5 litre draught)	1.00 €	1.00 – 1.00
Imported Beer (0.33 litre bottle)	1.25 €	1.10 – 2.00
Coffee (espresso)	0.60 €	0.50 – 0.70
Cappuccino (regular)	1.00 €	0.65 – 1.50
Coke/Pepsi (0.33 litre bottle)	1.00 €	1.00 – 1.20
Water (0.33 litre bottle)	0.80 €	0.60 – 0.80
Markets	Median	Range
Milk (regular), 1 liter	0.66 €	0.52 – 0.80
Loaf of Fresh White Bread (500g)	1.30 €	0.80 – 1.50
Rice (1kg)	1.12 €	0.74 – 1.50
Eggs (12)	2.09 €	2.00 – 2.18
Local Cheese (1kg)	10.00 €	8.00 – 15.00
Chicken Breasts (Boneless, Skinless), (1kg)	3.80 €	3.60 – 4.00
Apples (1kg)	1.50 €	
Oranges (1kg)	1.25 €	

Tomato (1kg)	1.90€	1.5 – 2.30
Potato (1kg)	0.66 €	
Lettuce (1 head)	1.20 €	
Water (1.5 liter bottle)	0.38 €	0.15 – 0.60
Bottle of Wine (Mid-Range)	4.75 €	3.00 – 6.50
Domestic Beer (0.33 liter bottle)	0.95 €	0.89 – 1.00
Imported Beer (0.33 liter bottle)	1.75 €	1.50 – 2.00
Pack of Cigarettes (Marlboro)	4.15 €	3.80 – 4.50
Newspaper	1.00 €	0.75 – 2.30
Copies and books (monthly)	30.00 €	
Transportation	Median	Range
Bus ticket Vila Real/Porto	9.00€	
Bus ticket Vila Real/Lisboa	20.50€	
One-way Ticket (Local Transport)	1.35 €	1.20 – 1.50
Monthly Pass (Regular Price)	37.50 €	30.00 – 45.00
Taxi Start (Normal Tariff)	1.00 €	
Taxi 1km (Normal Tariff)	1.00 €	
Taxi 1hour Waiting (Normal Tariff)	20.00 €	
Gasoline (1 liter)	1.60 €	1.55 – 1.65
Utilities (Monthly)	Median	Range
Basic (Electricity, Heating, Water, Garbage) for 85m2 Apartment	73.57 €	50.00 – 97.14
1 min. of Prepaid Mobile Tariff Local (No Discounts or Plans)	0.26 €	0.12 – 0.40
Internet (6 Mbps, Unlimited Data, Cable/ADSL)	22.50 €	20.00 – 25.00
Sports And Leisure	Median	Range
Fitness Club, Monthly Fee for 1 Adult	40.00 €	35.00 – 50.00
Tennis Court Rent (1 Hour on Weekend)	4.00 €	
Cinema, International Release, 1 Seat	5.75 €	5.00 – 6.50
Bars – Admittance	7.00 €	5.00 – 10.00
Clothing And Shoes	Median	Range
1 Pair of Jeans (Levis 501 Or Similar)	62.50 €	60.00 – 65.00
1 Summer Dress in a Chain Store (Zara, Stradivarius, ...)	20.00 €	15.00 – 25.00
1 Pair of Nike Shoes	62.50 €	55.00 – 70.00
1 Pair of Men Leather Shoes	70.00 €	50.00 – 90.00
Rent Per Month	Median	Range
Room in an Apartment / Student Hall	150.00 €	100.00 – 200.00
Apartment (1 bedroom) in City Centre	300.00 €	250.00 – 350.00
Apartment (1 bedroom) Outside of Centre	250.00 €	200.00 – 300.00
Apartment (3 bedrooms) in City Centre	425.00 €	350.00 – 500.00
Apartment (3 bedrooms) Outside of Centre	400.00 €	300.00 – 400.00

Source - <http://www.numbeo.com/>

For more information, please access the Social Services website: www.sas.utad.pt.

ACCOMMODATION

RESIDENCE HALLS

UTAD's [Social Welfare Services](#) currently operate five Student Halls (four in the *Além Rio* complex and one in *Codessais*), with 523 beds available. In accordance with the law, recipients of scholarships are given priority when rooms are attributed. International students who will be staying for less than a school year are also considered for lodging at the Student Halls. These Halls are governed by internal regulations, which include the terms of entry and use of facilities, standards of internal discipline and student participation in their management.

STUDENT HALL	TYPE OF ROOM	DESCRIPTION	OTHER FACILITIES	PRICE PER MONTH (2013)
<i>Além Rio</i> Block A – Mixed 101 Beds	Individual or Double (rooms for students with physical limitations)	<ul style="list-style-type: none"> ▪ Private Bathrooms ▪ Bed linens and towels provided 	<ul style="list-style-type: none"> ▪ Wireless Internet in every building ▪ Kitchens with a microwave and a refrigerator in every floor ▪ Self-service laundry service (use with coin-chips. Also includes washer and drier, irons and ironing boards.) ▪ Snack-bar and Cafeteria ▪ Computer Room/internet access ▪ Social/common rooms ▪ Medical and nursing services 	318.00€ per person/30 days
<i>Além Rio</i> Block B – Mixed 112 Beds	56 double rooms			
<i>Além Rio</i> Block C – Female 115 Beds	57 double rooms 1 individual room			
<i>Além Rio</i> Block D – Male 115 Beds	57 double rooms 1 individual room			
<i>Codessais</i> Mixed 80 Beds	40 double rooms			

International Students who wish to make a reservation for accommodation at UTAD's Residence Halls must state so in their Application Form. Students should always confirm the reservation with UTAD's International Relations Office (GRIM) before departure, so that they can go directly to their housings upon arrival (students must show an identification card or passport to be granted access).

The number of rooms available for exchange students at our Residence Halls is limited, and so it is advisable that students send their application form to our International Relations Office as soon as possible.

The room allocation criteria are as follows:

1. Students who will stay for short periods (3 or 6 months);
2. Students from East European countries;
3. Students who can prove that they and their families have limited economic income;
4. Arrival order;

Other international students, researchers and staff who want to apply for accommodation at the Residence Halls should also contact GRIM.

TEMPORARY ACCOMMODATION

Below are the addresses of some places in Vila Real where students can book a room for the first week(s) of their stay in Vila Real, time during which they will be able to look for private accommodation by themselves.

<p>HOTEL MIRACORGO ***</p> <p>Address: Avenida 1º de Maio, 76 a 78 5000 - 651 Vila Real Phone: +351 259 325 001 GPS:N 41° 17' 43.764" / W 7° 44' 38.706" E-mail: info@hotelmiracorgo.com Webpage: www.hotelmiracorgo.com</p>	<p>ESTALAGEM QUINTA DO PAÇO ****</p> <p>Address: Arroios, Vilalva 5000-051 Vila Real Phone: +351 259340790 E-mail: quinta.do.paco@mail.telepac.pt Webpage: http://www.quintapaco.com</p>
<p>HOTEL MIRANEVE **</p> <p>Address: R D. Pedro Castro 5000-669 Vila Real Phone: +351 259323153 E-mail: hotelmiraneve@live.com.pt Webpage:http://www.logitravel.pt/hoteis/hotel-miraneve-vila-real-2094795.html</p>	
<p>RESIDENCIAL S. DOMINGOS **</p> <p>Address: Travessa de S. Domingos, 33 5000-522 Vila Real Phone: +351 259 322 039</p>	<p>PENSÃO AREIAS **</p> <p>Address: R. Miguel Bombarda 58 5000-625 Vila Real Phone: +351 259322913</p>
<p>For more information please visit the website of Câmara Municipal de Vila Real: http://www.cm-vilareal.pt/tourism-and-animation.html</p>	

PRIVATE ACCOMMODATION

GRIM will help all students find private accommodation after their arrival in Vila Real. If students wish to have those arrangements done before their arrival, they must complete all the information on the Accommodation form and return it to grim@utad.pt. The Accommodation form can be found [here](#).

Before their departure from the home country, students should book themselves a hotel room for the first few nights or make sure that our International Office has guaranteed them a room. After arriving, they should go to the International Relations and Mobility Office. Students will be given some addresses to visit and decide about which lodgings to take. All available accommodation is located within the public transportation zone.

MEALS

STUDENT'S CANTEEN

UTAD's Social Welfare Services (SASUTAD) operate two student canteens, one in *Quinta de Prados* and the other at *Codessais*, close to CIFOP in the city centre. Both are open Monday to Friday for lunch from 12h00 to 14h00 and from 19h00 to 21h30.

The SASUTAD have established protocols with restaurants in Vila Real, in order to ensure the social service meals on weekends. The acquisition of meal tickets for the weekend should be made at the reception of the *Codssais* Student Hall. Local purchase of meal tickets: Friday: 9h00 to 21h30. (Each student can only acquire 1 ticket per meal, and the presentation of the Student Card is required).



UTAD COFFEE SHOPS

The Social Welfare Services also operate coffee-shops, snack bars and cafeterias in every building on the university campus, where snacks, refreshments and light meals can be purchased.

OTHER PLACES TO EAT

There are several and varied cafés, snack-bars and restaurants in the city of Vila Real where students can get a quick and inexpensive meal, enjoy the traditional cooking of the region, or go to one of the several well-known international franchise restaurants (McDonald's, Subway, Burger King, Pizza Hut, among others).

HEALTH INSURANCE

Students from the EU and the EEA countries are covered by the European Health Insurance Card (forms E-111 or E-128), which entitles them to benefit from the National Social Security System as any Portuguese citizen. Students must contact their Social Security Office to procure these forms before they leave their own country.

Students from countries outside the EU or EEA need to get/purchase a health insurance that will be valid in Portugal for at least the duration of their stay.

In case of an accident or injury, students must immediately contact GRIM, so that all formalities can be triggered and the incident can be formally acknowledged to Social Security or the insurance company.



MEDICAL FACILITIES

MEDICAL FACILITIES AT UTAD

In UTAD's *Além-Rio* Residential Complex (Block B) there is an inexpensive Student Health Service with medical and nursing personnel, which offers access to general practice and family planning, gynaecology and psychology consultations, as well as a nursing service.

<http://www.sas.utad.pt/saude/Paginas/default.aspx>

MEDICAL FACILITIES IN VILA REAL - HOSPITAL AND HEALTH CENTRES

The Hospital of Trás-os-Montes and Alto Douro (General and Emergency Services – Phone: +351 259 300 500) is located in Lordelo, a suburb close to the city centre.

In addition, there are two health centres (*Centros de Saúde*) that serve the city – one in *Avenida Dr. Manuel Cardona* (Phone +351 259324095, E-mail: csvreal1@srsvreal.min-saude.pt), and another in *Mateus (Quinta da Redonda)* on the outskirts of the city (Phone +351 259 302090, E-mail: csvreal2@srsvreal.min-saude.pt). All students holding a European Health Insurance Card or a private health insurance can benefit from regular or emergency medical appointments both in health centres and in the hospital.

YOUTH SERVICE CENTRE

The Youth Service Center provides free and confidential counseling and family planning consultations without the need to make an appointment. Psychology consultations are also provided by appointment.

These services are performed by three doctors, usually on Tuesdays, Wednesdays and Thursdays from 14h00 to 16h30 (please check the monthly schedule or make a quick call to confirm the hours – Tel.: +351 259 378 953 | E-mail: cajvr@portugalmail.pt).

PHARMACIES

Pharmacies are open week days from 09h00 to 13h00 and from 15h to 19h00 and on Saturday mornings. One of the local pharmacies will be open for the rest of the weekend, lunch times and nights. You can check the daily roster of pharmacies that will be open 24h on the local newspaper, at [this website](#), by checking the front door of any pharmacy (open or closed) or by dialling 118 on your telephone.

Pharmacy	Address	Phone Number
Almeida	Avenida Carvalho Araújo	+351 259 322 874
Baptista	Rua Dr. Roque Silveira 20/4	+351 259 322 040
Barreira	Rua Dr. Roque Silveira 141/3	+351 259 348 735
Chaves Ferreira	Rua da Santa Sofia, 5/7	+351 259 338 180
Galeno	Avenida 1° de Maio, 7	+351 259 374 801
Lordelo	Urbanização São Lourenço, lote 16	+351 259 341 031
Mateus	Bairro do Marrão	+351 259 338 710
Mesquita	Rua D. Margarida Chaves, 77	+351 259 323 125
Montezelos	Rua de Montezelos, 39	+351 259 326 734
Seixas	Avenida Aureliano Barrigas, 33/35	+351 259 324 167
Portugal	Avenida Europa Edifício Rotunda Nervir-lj 5	+351 259 309190
Araucária	Quinta da Araucária, 3 Loja 2	+351 259 325 428

FACILITIES FOR SPECIAL NEEDS STUDENTS

UTAD has a Rehabilitation and Accessibility Engineering Centre – CERTIC, which is oriented towards the application of science and technology in the improvement of the quality of life of people with special needs, including persons with disabilities, elderly and bedridden in areas such as access to information technologies, communication and mobility.



Taking into account the respect for EU transversal policies, such as equal opportunities and support to special needs and underprivileged students, the Centre for Accessibility to New Information and Communication Technologies of Vila Real (CANTIC) was created in 2001 in the UTAD campus, with a Technical Help Room open to all students and to the community in general.

Most of UTAD's buildings are equipped and accessible to persons with various disabilities. At the *Além-Rio* Residential Complex (Block A) there are also a few rooms equipped for students with physical disabilities.

FINANCIAL SUPPORT FOR STUDENTS

SCHOLARSHIPS FOR REGULAR STUDENTS

Economically underprivileged students regularly enrolled at UTAD for a 1st, 2nd or 3rd Cycle Degree may apply for a study grant with the Social Welfare Services. This type of scholarship is not available for exchange students.

RESEARCH SCHOLARSHIPS

Students from all study cycles can also apply for research scholarships, which can be financed by several national and international bodies, among which:

- BCP (Banco Comercial Português) Foundation: www.millenniumbcp.pt
- Calouste Gulbenkian Foundation: www.gulbenkian.pt
- Orient Foundation: www.foriente.pt
- Portuguese-American Foundation: www.flad.pt
- Science and Technology Foundation: www.fct.mctes.pt
- Camões Institute, IP: www.instituto-camoes.pt
- Portuguese Institute for Development Support: www.ipad.mne.gov.pt
- Santander Totta: www.santandertotta.pt
- Social Services in Higher Education: www.dges.mctes.pt

MOBILITY SUPPORT

UTAD students who go abroad within the framework of an Exchange Programme may be granted financial support, in accordance with the values established by the mobility programme. In Europe, there are grants within the Erasmus+ programme.

UTAD does not provide any financial support for incoming students, who must procure a grant with their home institutions or other entities.

STUDENT WELFARE SERVICES

The University has a financially and administratively independent Student Welfare Service (SASUTAD), which provides financial assistance and oversees scholarships, as well as part-time paid employment in various sections of the University's administrative services.

SASUTAD also manages a series of key services through which students enjoy better overall study conditions, thereby ensuring higher rates of academic success. It coordinates on- and off-campus catering facilities (4 canteens that serve up to 3000 meals per day, plus numerous cafeterias and snack bars) and

provides healthcare and personal counselling services in its student clinic (by special arrangement with the Regional Health Authority). It also runs the Student Residential Halls

The SASUTAD run a central laundry located in the *Além-Rio* Residential Complex, where all the clothes from the residence halls, canteens, cafeterias and bars are taken for cleaning and maintenance, as well as equipment resulting from sports and cultural activities. There are also 8 self-service laundries distributed by the *Além-Rio* and *Codessais* Residential Complexes

STUDENT AFFAIRS OFFICE

At UTAD, the [Academic Services](#) are responsible for providing information, organising and monitoring all the procedures related to the enrolment, attendance and final certification of students.

In what concerns international exchange students, under the various mobility programmes, [GRIM](#) (International Relations and Mobility Office) takes over the responsibility of most academic and administrative procedures. **GRIM is open Mondays, Wednesdays and Thursdays from 14h30 to 17h00.**



CONTACTS:

Vice-Rector for Science, Technology and Innovation
Prof. António José Rocha Martins da Silva
E-mail: vr_cti@utad.pt

GRIM coordinator and ECTS Contact Person:
Lúcia Fernandes
E-mail: grim.coord@utad.pt
Also Responsible for PLI, CsF and other
Cooperation Agreements

Incoming Erasmus Students
Sara Alves Dias
E-mail: grim@utad.pt

Outgoing Erasmus Students
Cristina Durão
E-Mail: grim.sec@utad.pt

Ana Rita Carlos
E-mail: grim.alunos@utad.pt

International Students from Portuguese speaking countries
Maria José Mota
E-Mail: grim.luso@utad.pt

INTERNATIONAL PROGRAMMES

UTAD values the research activities by both its teaching and non-teaching staff, in an effort to stimulate the intellectual and professional education of its students and ensure the conditions for all duly qualified citizens to have access to higher education and lifelong learning, promoting equal access and equal opportunities. Thus, UTAD encourages effective mobility in students and graduates, at both national and international levels, namely within the European Union and in Portuguese-speaking countries, having consolidated and strengthened partnerships with various EU and Non-EU institutions.

In UTAD, exchange programmes such as Erasmus+, Erasmus Mundus, Almeida Garrett, the Fulbright Programme and Vulcanus in Japan, among others, are a privileged vehicle in the development of transnational and multilateral cooperation through student/teacher/staff mobility.

A great portion of exchanges in UTAD are conducted under conventions with Portuguese-speaking countries both in the scope of studies/traineeships and teaching staff/non-teaching staff mobility, having developed a network of Portuguese-Brazilian bilateral agreements for post-graduation degrees. UTAD also works with the Brazilian PLI – International Graduation Programme and Science Without Borders – CsF.

LANGUAGE REQUIREMENTS AND COURSES

At UTAD most classes are taught in Portuguese, and students are expected to know enough of the language to follow them. Depending on agreements between students and teachers, some exams and individual work/projects may be held in another language, spoken by both parties.

In the beginning of each semester, UTAD offers students/trainees, and teachers/staff the opportunity of attending a Portuguese Language and Culture Course designed for foreign nationals, organized by the Training Office and taught by faculty members from the university's Languages and Culture Department. All participants who complete a course are given a language certificate and awarded ECTS credits.

INTERNSHIPS

Curricular internships are an integrant part of the student's course outline, and can be undertaken in a professional or in a research environment, either at national level (arranged by the course directors) or abroad. International placements for curricular internships can be undertaken in the framework of mobility programmes, such as Erasmus+, which allows students to do either a study period abroad or a curricular internship at a European host organization/business/research centre, as long as this mobility period is validated by their Department's Mobility Academic Coordinator. These placements are fully recognized in the student's curriculum through ECTS credits.

UTAD also receives students from foreign countries who wish to undertake an internship in one of our research centres, consortiums or other entities associated with the University.

LEARNING FACILITIES

LIBRARIES

The university's libraries are administered by the Documentation and Library Service. In addition to the main library, UTAD has of a number of small departmental libraries whose books, journals and documents may be consulted and/or borrowed with the permission of either the librarian in charge, or the head of the

department. These libraries also have reading-rooms and literature research facilities. All these services are available to Exchange Students.

The Libraries provide the following services: supervised consultation of books, periodicals and other materials; loan of library resources for home study; inter-library loans; accessing bibliographical data (including periodicals) on manual and computerised catalogues; local database and CD-ROM searches.



In order to benefit from the [library services](#), and to borrow books for home study, students have to register as library users. This is done by filling in the appropriate form, with a photograph attached, in return for which they will receive a library card. Students may borrow up to three books at a time for a maximum period of five working days (it is possible to renew the loans), and are responsible for returning the book in the condition in which it was borrowed. A fine will be applied for delays. Certain materials, such as encyclopaedias, atlases and maps, dictionaries, periodicals, CD-ROMs, other reference books, special publications and any other articles designated with a red stamp, can only be consulted in the library.

Below is a list of the University Libraries:

LIBRARY:	OPENING HOURS:
<u>Central Library</u> (UTAD campus)	Monday to Friday: 9h00 – 19h30 During Vacations: 9h10 – 12h15 and 14h15 – 17h15
<u>CIFOP Library</u> (Rua Dr. Manuel Cardona)	Monday to Friday: 9h00 – 19h30 During Vacations: 9h10 – 12h15 and 14h15 – 17h15
<u>Chaves Campus Library</u> (Av. Nuno Álvares, Edifício Imperador, Apt.61 – Chaves)	Monday to Friday: 9h00 – 12h30 and 14h00 – 17h30

UTAD has adhered to an open access policy in what concerns scientific production. An online [institutional repository](#) has been created to store, preserve, divulge and provide access to the university's scientific output. Another aim of this repository is to maximize the prominence and usage of this research, which is available for free to all who access the Internet. For further information, please ask the library staff.

COMPUTER SERVICES

UTAD has several computer rooms available for student use. In addition to Internet access in these facilities, UTAD also enjoys a wireless network that can be accessed by all students and teachers by entering their credentials.

These credentials are attributed to every student when they enrol (exchange students included), and can be used to access the institutional e-mail account, the e-learning platform (SIDE) and any other electronic service in the university.

For help with software configurations, students should go to the Computer Centre (Engineering building 1, 1st floor), which is open Mondays to Fridays from 10h00 to 13h00 and 14h00 to 17h00.



LABORATORIES

There is a significant number of research laboratories in the various schools and research centres in UTAD, which are used not only for research, but also for teaching purposes, when the Curricular Unit's programme requires laboratorial work.



SPORTS AND LEISURE FACILITIES

SPORTS FACILITIES

For a small fee, UTAD has made all of its sport facilities available to students in extra-curricular schedules.



Students have access to gymnasiums, weight rooms, a Squash field, an athletics track and several outdoors fields (basketball, football, tennis, etc...).

UTAD's Academic Association Sports Section coordinates the university's clubs and teams' activities in a wide range of areas, including athletics, basketball, canoeing, chess, soccer (also indoor), gymnastics, karate, table tennis, tennis, swimming, water polo, rugby, volleyball, handball and basketball.

There is a municipal open-air swimming pool, as well as an indoor pool (Telephone: +351 259 308159) at *Rua Diogo Dias Ferreira* (near UTAD's CIFOP building).

The *Vila Real Gymnasium Club* provides facilities for a number of indoor sports – swimming, gymnastics, weight-lifting, aerobics and karate, among others. Each sport has its own weekly timetable (afternoons and evenings). There are other private gyms around the city where students can become members.

SHOPPING

In Vila Real's Centre there are several historical places to visit, where students can find various department stores filled with national and international products, as well as some seasonal fairs and markets where local produce and hand-made goods can be purchased. There is also an assortment of coffee shops and patisseries where even the sweetest tooth can be satisfied. Most stores in the City Centre are open Monday to Friday from 09h30 to 19h00 (some might be closed for an hour during lunch time). On Saturdays stores open from 09h30 to 13h00, and are closed Saturday afternoon, Sundays and National Holidays (This may vary from one store to another).

There is also a Shopping Centre within a 15 minute walk from the UTAD campus – Dolce Vita Douro, which is opened Monday to Sunday from 10h00 to 23h00.



CULTURE AND ENTERTAINMENT

THEATRE

The Vila Real Theatre presents the public with great breadth and quality performances, thoroughly innovating the cultural offer in the region.



(adjoining the Corgo Park) and two car parking lots.

The complex consists of the Main Auditorium (up to 500 seats), the Small Auditorium (150 seats), the Outside Auditorium (700 seats), the Hall, the Museum of Sound and Image, the Exhibition Hall, the Office of Arts, the Gallery-Bar, Concert-Cafe, bars, terraces, large gardens

The activities of the Vila Real Theatre are based on a strategy of dialogue with the National Network of Theatres and the main agents and national producers. In addition to a very broad program in the theatre, music, dance, new circus and exhibitions framework, the theatre is also co-producing shows with other regional, national and international entities.

The Vila Real Theatre opens its doors every day with various activities. With exhibitions of theatre, music, dance and activities in the Education Service at the Concert-Cafe (and performances Monday through Thursday), there is always reason to enjoy this great place. <http://www.teatrodevilareal.com>

CINEMA

Currently in Vila Real there is one cinema complex, at the *Dolce Vita Douro* Shopping Centre.

To know which films are available go to www.dolcevita.pt, choose *Douro* (on the blue menu, then click on *Cinema* on the left side menu).



BARS AND DANCING

The nightlife in Vila Real, provided by coffee houses, bars and clubs in and around the city centre is very prolific. In the city there's a place called Pioledo, where UTAD's students and young people usually get together to hang out and start the night party. There are also several activities, such as open air concerts and themed parties, where students can have fun with their friends, meet new people and come into contact with customs different from the ones at their home country.

HANDCRAFTS AND TRADITIONAL HOLIDAYS, FAIRS AND FESTIVALS



Distinctive kiln-blackened pottery is produced in the village of Bisalhães close to Vila Real, and beautiful linen items are still hand-woven to traditional patterns in the highland community of Agarez.

The city's traditional holidays are on June 13th (the municipal fair of Santo António) and June 29th (São Pedro's fair).

LOCAL CUISINE AND RESTAURANTS

The city and region have rich and varied local cuisine, including such dishes as *cabrito no forno* (oven-roast youth lamb), *covilhetes* (small pies made of beef or chicken), *tripas aos molhos* (rolled tripe), *presunto* (wonderful smoked ham), *bola de carne* (a savoury loaf filled with various types of meat), and a host of different sausages such as *salpicão* (made of pickled pork), *alheiras* (made with bread and chicken), *mouras* (a type of blood sausage); there are also numerous traditional sweets and pastries, such as *Pitos de Santa Luzia* (consisting of pumpkin wrapped in pastry), *Toucinho do Céu* (made from almonds and eggs), *Pastéis de Santa Clara* (custard tarts) and *Cavacórios* (a special cake for Lent).





The wines of the region are excellent, ranging from the fortified wines such as Port and Favaios, produced from grapes grown on the shale terraces of the valley of the Douro river and its tributaries, to the established table wines from Vila Real, Murça, Mesão Frio and Santa Marta de Penaguião, the emerging areas of Valpaços, Chaves and Macedo de Cavalheiros, and the sparkling wines of Tarouca from the Raposeira and Murganheira vineyards near Lamego.

There are restaurants of all types throughout the city centre and the suburbs, some of which have special menus and prices for students. Not far from Vila Real are the *Casa de Campeã* (off the IP4 driving towards Porto), and the *Pousada de São Gonçalo* (also off the IP4 in the Marão mountains) where the food is excellent and the atmosphere welcoming.

Around Vila Real there are some typical rural tourism houses such as *Casa das Cardosas*, *Casa Agrícola da Levada*, *Casa da Timpeira* and *Quinta de S. Martinho*.

PLACES TO VISIT IN UTAD AND VILA REAL

ON CAMPUS

Fernando Real Geology Museum

The *Fernando Real* Museum of Geology is a place where the Sciences of the Earth are represented through a series of artefacts that represent some of the geological processes that have been occurring on Earth for many millions of years. It has an area of approximately 250 m². The Museum's assets are distributed over various collections, such as: the evolution of life through the geological periods, bringing together pieces of fossils, ichnofossils and models that demonstrate this evolution; minerals such as elements that form rocks; types of rocks according to their origins; and collections of samples related to the main Portuguese mines. <http://www.museugeologia.utad.pt>



Luís Torres de Castro Botanical Garden



The *Luís Torres de Castro* Botanical Garden is currently one of the largest botanical gardens in Europe and within it plant species from the four corners of the world can be observed. Four hundred million years are present in this paradise of life and universe of emotions: from Devonian-Carboniferous archaeogenetics to Miocene neogenetics, from the distant late Antarctic to the banks of the Corgo River. There are

almost a thousand different species that cover what was once waste ground dispossessed of its primitive nature. The transformation of a traditional farm in the Douro region into a space as we know it today shows that it is possible to develop such diverse and rich vegetation as this from the monotony and geometry of a common farm. <http://jb.utad.pt>

IN VILA REAL

Palácio de Mateus Museum

One of the most emblematic buildings of the Portuguese Baroque in the Vila Real District, *Palácio de Mateus* (Mateus Palace) dates from the first half of the 18th century, having been built by António José Botelho Mourão, the 3rd Mateus Squire, substituting the former abodes of the family residing in Vila Real since the 17th century. Classified as a National Monument in 1911, this unique specimen of Baroque architecture in the Italian style is attributed to the famous Italian architect Nicolau Nasoni, who is believed to having dedicated himself to the construction of the Palace between 1739 and 1743. While the Palace is still owned by the founder's descendants, its keeping and subsequent cultural activities have been attributed to the *Fundação da Casa de Mateus* since 1970. <http://www.casademateus.com>



Museum of Archaeology and Numismatics

The Vila Real Archaeological and Numismatic Museum (MANVR) is a museum of regional character, as is the scope of the specimens that compose it. As a primary objective, the Museum is a starting point for the understanding and interpretation of the region in which it operates. This area has a very rich heritage with a long tradition in the field of archaeological research. The Museum is situated on Rua do Rossio, and it's open to the public every day from 09h30 to 12h30 and from 14h00 to 18h00. The museum features a fine and valuable collection of bank notes and coins, and organises public meetings each fortnight on a wide variety of cultural, literary and other themes. <http://www.museu.cm-vilareal.pt>

Vila Velha Museum

Created mostly for the exhibition of the fruits of archaeological excavations that have been undertaken in the historical centre of the older part of town, the *Vila Velha* Museum allows for an ever deeper knowledge of the occupation of the city's territory, and consequently, the origins of Vila Real. <http://www.mvv.cm-vilareal.pt>

Cultural Heritage in the City

The most important buildings in the Vila Real area are the gothic Cathedral (*São Domingos*), built in the 15th century; the barroque *Capela Nova* (New Chapel) designed by Nicolau Nasoni; and the *Igreja de S. Pedro* (Saint Peter's church). Other noteworthy monuments include the *Casa de Arco* and the house of *Diogo Cão* (the first European to reach Angola), the *Misericórdia* church, the pillory and the oldest building in Vila Real, the 14th century *Capela de São Brás* (Chapel of Saint Brás) close to the old cemetery.

PLACES TO VISIT IN THE REGION

Panóias Sanctuary



Just a few kilometres outside Vila Real visitors can find *Panóias*, a pre-Christian shrine dedicated to Serapis and other pagan gods, with its curiously sculpted rocks.

The Sanctuary comprises an enclosure where (among others) there are three large boulders where several cavities of different sizes as well as access ladders have been cut around 200-300 B.C. The rocks also contain some inscriptions, although today, only three inscriptions in Latin and one in Greek are conserved, offering

information on the instructions of rituals celebrated in *Panóias*, the identification of the gods and the dedicator. <http://www.culturanorte.pt/pagina,59,79.aspx>

Douro River and Natural Scenery

Starting either from Oporto or from *Régua*, there is a breath-taking train journey along the banks of the River *Douro* as far as *Barca de Alva*. Alternatively, you may choose to take an unforgettable trip by boat along the same stretch of river. Indeed, some of the most spectacular scenery in Portugal, with extensive vineyards and impressive country houses (*quintas*), can be found in the valleys of the Douro – which together constitute the Port Wine Demarcated Region, world heritage 2001.



The Douro River is the second largest river in Portugal, with a total length of 927 kilometres from its source in the *Serra de Urbión*, in Spain, to the city of Oporto. In Portuguese territory, this river is 210 kilometres long, and is navigable throughout its course. Once too narrow and dangerous, this river has brought prosperity to the region since the 18th century, offering transport for the Port Wine, produced on the margins of the river and its tributaries.

For those who prefer more natural landscapes, the conservation area of the *Alvão* Nature Park, some 12 kilometres from Vila Real, provides an ideal location. There you can visit the typical villages of *Lamas de Olo*, with its traditional rural architecture and rich highland pastures where the local breed of cattle (the maronês) graze. In *Ermelo*, the houses are built with slate from the surrounding hills. Nearby, the magnificent waterfalls are the centre-piece of mountain scenery of rare beauty. <http://www.guiadacidade.pt/pt/poi-rio-douro-23221>

São Leonardo Viewpoint (Galafura)

Around the villages of *Covelinhas* and *Gouvinhas*, between the cities of Vila Real and Peso da Régua, the *São Leonardo* Viewpoint provides several panoramas of natural beauty over the wonderful Rio Douro valley, manifesting excellence in the Trás-os-Montes region. The sights are surprising, as the magnificent beauty of the Douro River is cut by terraced slopes on which the grapes for the renowned Douro Wine are grown, having characterized life in the region for centuries. <http://www.guiadacidade.pt/pt/poi-miradouro-de-sao-leonardo-galafura-20934>



Nossa Senhora dos Remédios Sanctuary (Lamego)



The *Nossa Senhora dos Remédios* Sanctuary is not only the major tourist attraction in Lamego, but also one of Portugal's most famous places of pilgrimage. The awe-inspiring 686 step double stairway, which many pilgrims climb on their knees on the 6th and 8th of September each year, has 9 terraces that lead up to the twin-towered church. As construction began in 1750, the Temple's façade shows several Baroque features, having the sanctuary been completed in 1905.

<http://www.discoverdourovalley.com/content/santuário-de-nossa-senhora-dos-remédios/douEA3EE3491DC5CDE20>

Monastery and Church of São João de Tarouca

Founded in 1139, this was one of the first monasteries the Order of the Cistercians created on the Iberian Peninsula. While parts are in ruins, impressive remains the monastery's former grandiosity can still be seen nowadays, highlighted by current restoring works.

<http://tarouca.com.sapo.pt/SJoao.htm>

Cities of Vidago and Chaves

To the north, within 60 kilometres of Vila Real, stand the thermal towns of Vidago and Chaves. In the century old Vidago Park, with 40 acres of private landscape, featuring imposing cedars, plantains, pine trees and holly trees, you will find one of the most beautiful and charismatic locations of Portugal, the *Vidago Palace Resort*. Construction of the *Vidago Palace Hotel* began in 1908, with its neo romantic architectural style, reminiscent of the great palaces of other eras. The *Hotel Casino Chaves*



is situated at the exit of the A24 to the city of Chaves, majestically overlooking the city, in beautiful green surroundings. It is the ideal place to spend a few days of rest and leisure. Only 8 km away from Spain, the *Hotel Casino Chaves* not only offers the most up-to-date infrastructures, lots of entertainment, leisure and



well-being, but also the guarantee of quality service. In a unique relaxing atmosphere, this four-star hotel will be the ideal venue not only for those travelling for leisure or on business but also for anyone looking for comfort and refinement. The *Hotel Casino Chaves* offers a wide range of

amenities from a driving range to a football pitch, as well as a complete health club. It also provides a great deal of entertainment with its shows and live music.

In addition to its natural springs, developed by the Romans, a fine archaeological museum and one of UTAD's campus extensions, Chaves has a bustling commercial life typical of frontier towns. This region of the Alto Tâmega is known by its water systems. Not only the spas, but the entire hydrographical network,

are a rich source of heritage in this region. The extraordinary polygon formed by the spas of *Caldas Santas de Carvalhelhos* in the municipe of Boticas, and *Termas de Chaves*, *Vidago* and *Pedras Salgadas* and their natural parks, is important for several hydrological treatments. Some of them with very beneficial health effects.

Other Suggestions in the Surroundings

To the south, but much closer, lies *Régua*, on the Douro River, surrounded by the terraced vineyards where the grapes for port wine grow and *Lamego*, with its historic monuments, museum and hill-top shrine. Following the IP4 highway east, you can visit *Mirandela* and finally arrive at *Bragança* - some 120 kilometres from Vila Real, with its imposing castle, fine historic buildings and renowned cuisine.

STUDENT ASSOCIATIONS

The **ACADEMIC ASSOCIATION** is a student run union, which represents UTAD students. It is organized according to the following sections, which provide various services:

The sports section coordinates the clubs and teams' activities in a wide range of disciplines, including athletics, basketball, canoeing, chess, soccer (including indoor), gymnastics, karate, table tennis, tennis, swimming, water polo, rugby, volleyball, handball, basketball, paintball, chess and a wide range of other leisure activities.

The cultural section provides the framework for numerous musical, dramatic and cultural activities, such as choirs specialising in classical, traditional and other types of vocal music, a theatre group, a cinema club, and NEPA - the Nature Protection & Study Group. It also produces the student newspaper "O Informativo".

Various cultural and recreational events, and other forms of entertainment are organised throughout the academic year, including the Freshmen's Week (Semana de Caloiro) and the Academic Sports Week (both held in November), the Week of Culture (January) and the Academic Week (May) among others.



The Academic Association operates in a building near the copy centre on the university campus.

Address:

UTAD Academic Association – Quinta de Prados | 5001-801 Vila Real

Telephone: +351 259 330 740 | Mobile Phone: +351 911061428

E-mail: aautad@gmail.com | Website: <http://www.aautad.pt>

The university has also in place a branch of the **ERASMUS STUDENT NETWORK (ESN)**, located in the same building as the GRIM. The ESN supports the Erasmus international student exchange with the MENTOR Programme, which assists foreign students with settling in a new country, a new city, a new school and a



INTERNATIONAL EXCHANGE
ERASMUS STUDENT NETWORK

different culture. In the programme, each foreign student is assigned to a Portuguese student who will help them with the classes, the culture and with university life as a whole. The person responsible for ESN at UTAD can be contacted through the [ESN UTAD Facebook page](#).

PRACTICAL INFORMATION FOR MOBILE STUDENTS

VISA

Students from the European Union, the European Economic Area (Iceland, Lichtenstein and Norway) and Switzerland do not need a visa to enter Portugal. For up to 3 months, these students may live freely in Portugal with only a valid identity card/passport. If they choose to stay for longer than 3 months however, they must obtain a Register Certificate at their residence area civil parish hall in order to formalise their right of residence.

Other foreign students must obtain a student visa from the nearest Portuguese Embassy/Consulate before departure from their home country. Within 3 days of their arrival, students need to contact the “Serviço de Estrangeiros e Fronteiras” (SEF – Foreigners and Borders Service) in Vila Real (address: Largo Conde de Amarante, Edifício do Governo Civil, 5000-529 VILA REAL, Phone: +351 259 303 200, Fax: +351 259 328 390, Email: del.vreal@sef.pt), in order to give notice of their arrival and request a residence permit. This permit is issued once they have presented their passport, a Letter of Acceptance from UTAD (sent to the students’ universities after the application documents are processed by UTAD’s coordinators), their accommodation address, a statement of financial support, and a guarantee of health assistance.

HOW TO REACH VILA REAL FROM OPORTO

FROM THE AIRPORT TO OPORTO’S CITY CENTRE	
SUBWAY/UNDERGROUND (METRO)	<ul style="list-style-type: none"> ▪ At the airport (<i>Aeroporto</i>) take the <i>Linha Violeta</i> (Purple line) in the direction of Estádio do Dragão (Dragão Stadium); ▪ Get out at <i>Trindade</i> Stop (28 minutes) and walk to <i>Passos Manuel</i> or <i>Alexandre Herculano</i> Bus Stations which are close by. <p>Metro timetable: 06h00 - 01h30 Ticket: 1.80 € (one way. VAT included) More information at: www.metroporto.pt</p>
Bus	<p><u>From Aeroporto-Maia Av.:</u></p> <ul style="list-style-type: none"> ▪ Walk to bus stop Ponte de Moreira (travel time 4min) ▪ Get in Bus nº 602 – Cordoaria (Waiting time: 6 min) ▪ Get out at Trindade Stop and walk to <i>Passos Manuel</i> or <i>Alexandre Herculano</i> Bus

	<p>Stations which are close by.</p> <p>Buses of the 601, ZA, 602 and 604 Line link various parts of the city to the airport. Ticket: 1.80 € (one way. VAT included) More information at: www.stcp.pt</p>
TAXI	<p>Take a taxi at the airport and ask to be taken to <i>Passos Manuel</i> or <i>Alexandre Herculano</i> Bus Stations.</p> <p>Note: The fare on the taxi meter should read 3.25 € (daytime pick-up). Outside city limits, fares are charged per kilometre (km=0.47€). 1.60€ is charged for the transportation of luggage or animals. Before taking a taxi, be sure to inquire about the fare (An additional 20% is charged for services on Saturdays, Sundays and holidays and for night time service from 9pm to 6am)</p> <p>You can get more info and purchase a Taxi Voucher at the Tourism Information Counter in the airport's Arrivals Hall. Source: www.antral.pt</p>

	FROM OPORTO TO VILA REAL	ADDITIONAL INFORMATION
BY CAR	Follow the direction Porto – Vila Real (A4 highway) then take Vila Real (IP4 Main Road).	
BY BUS	<p>With “Rodonorte” company departing from Travessa Passos Manuel, Porto This company operates at Vila Real, and it is the best way to get to the city.</p> <p>Address: Travessa Passos Manuel 4000 Porto</p>	<p>Ticket Price - 9 € (one way) For more information please call + 351 222 005 637 – Porto + 351 259 340 710 – Vila Real www.rodonorte.pt</p>
	<p>With “Rede Expressos” bus company. Departing from Garagem Atlântico</p> <p>Address: Rua Alexandre Herculano 366, Porto</p>	<p>Price ticket - 9 € (one way) For more information please call +351 222052459 – Porto www.rede-expressos.pt/</p>

HOW TO REACH VILA REAL FROM LISBON

FROM THE AIRPORT TO LISBON’S CITY CENTRE	
SUBWAY/UNDERGROUND (METRO)	<ul style="list-style-type: none"> ▪ There is a metro connection near the airport that can take you to the city centre or directly to the <i>Oriente</i> train and bus stations ▪ Fare: 1.40€ (one hour); 6€ (all day pass)

	<p>Metro timetable: 06h30 - 01h00 More information about the Metro at: www.metrolisboa.pt More information about public transport in Lisbon: www.transporlis.sapo.pt</p>
BUS	<p><u>Carris buses:</u> Nº 91 (Aerobus) - makes the run between Lisbon Airport and the city Centre, with stops at <i>Estação Oriente</i> Bus Station and <i>Sete Rios</i> Bus Station.</p> <ul style="list-style-type: none"> ▪ The carris/metro combined tickets and passes can now be bought at Lisbon Airport at the CTT post Office). ▪ Service begins at 7:05 am and ends at 11 pm. Bus passes every 20 minutes. The ticket may be purchased from the driver as you board the bus. Ticket for all-day travel: 5.00€ <p>More information at: www.carris.pt</p>
TAXI	<ul style="list-style-type: none"> ▪ Take a taxi at the airport and ask to be taken to <i>Estação Oriente</i> or <i>Sete Rios</i> Bus Stations. ▪ There are two taxi stands within the perimeter of the airport, one at arrivals and the other at departures. <p>Note: The fare on the taxi meter should read 3.25 € (daytime pick-up). Outside city limits, fares are charged per kilometre (km=0.47€). 1.60€ is charged for the transportation of luggage or animals. Before taking a taxi, be sure to inquire about the fare (An additional 20% is charged for services on Saturdays, Sundays and holidays and for night time service from 9pm to 6am)</p> <p>You can get more info and purchase a Taxi Voucher at the Tourism Information Counter in the airport's Arrivals Hall. Source: www.antral.pt</p>

	FROM LISBON TO VILA REAL	ADDITIONAL INFORMATION
BY CAR	Follow the direction Norte – Porto (A1 highway), then Porto – Vila Real (A4 Highway), and finally take the Vila Real Road (IP4 Main Road).	
BY BUS	<p>With “Rodonorte” company departing from Gare do Oriente, Lisbon This company operates at Vila Real, and it is the best way to get to the city.</p> <p>Address: Gare do Oriente 1700 Lisboa Or “Santos Viagens Turismo, Lda”. Gare do Oriente - Bilheteira (ticket booth) nº 7 1700 Lisboa</p>	<p>Ticket Price - 20.50€ (one way)</p> <p>For more information please call +351 968 561 734 (Gare do oriente) Or Santos Viagens Turismo, Lda. - Gare do Oriente – Ticket Office nº7 Phone: +351 218 956 850 www.rodonorte.pt</p>

BY BUS	<p>With “Rede Expressos” bus company. Departing from Sete Rios, Lisbon.</p> <p>Address: Terminal Rodoviário de Sete Rios 1500-423 Lisboa</p>	<p>Ticket Price - 21.00€ (one way) For more information please call +351 222052459 – Porto www.rede-expressos.pt/</p>
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	FROM LISBON TO OPORTO	ADDITIONAL INFORMATION
BY TRAIN	<p>Take the train at Santa Apolónia Station (you can reach it by metro, bus or taxi) to the Porto-São Bento train station in Oporto</p> <p>After Arriving in Oporto, go to <i>Passos Manuel</i> or <i>Alexandre Herculano</i> Bus Stations (by bus or taxi), and take a bus to Vila Real (see “from Oporto to Vila Real”)</p>	<p>Timetable: between 0h00 / 24h00</p> <p>Ticket Price: Executive Class – 42.40€ Economy Class – 24.30€ to 35.90€ www.cp.pt</p>

In case of Doubts please contact GRIM (grim@utad.pt, grim.coord@utad.pt, grim.alunos@utad.pt)

TRANSPORT IN VILA REAL

In Vila Real there are great bus connections, and therefore living in another part of the city is not a problem for the students, as there is a bus company – Corgobus – which links every part of the city and the campi. The last bus back to the city from the campus is at 20h00.

POST OFFICES AND PUBLIC TELEPHONES

The central Post Office is located at the top of Avenida Carvalho Araújo and is open from 08h30 to 18h00. There is another Post Office near the University – *Araucária Post Office*. You can buy envelopes and postage stamps at the post office or at one of the several newsstands in the city. The cost of the stamps depends on the destination.

You can also make telephone calls from the post offices or from several public phone-boxes in the city. Some take coins and others take phone cards (available in the post offices and newsstands). Most calls (including international) are cheaper between 21h00 and 09h00, on weekends and during national holidays.

If you choose to buy a mobile phone (or just a mobile phone card), you have several operators to choose from, who offer various package deals.

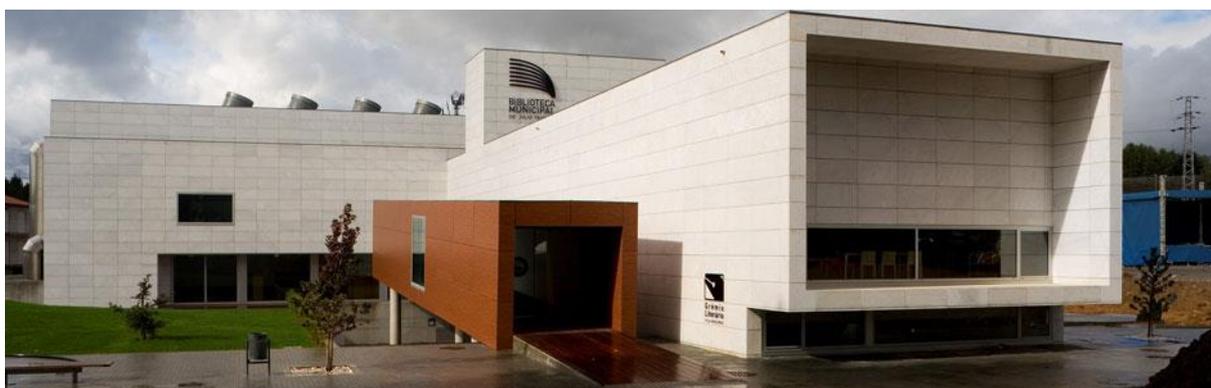
BANKS

In UTAD's campus there is a bank agency at the Rectory Building, open from Monday to Friday – BES (Tel. +351 259 338 405), as well as several ATM machines. Throughout the city there are several other bank agencies.

Banks in Portugal are open Monday to Friday between 08h30 and 15h00, and some offices may close at 18h00.

Students who wish to open a bank account should contact a bank agency to know which documents they should procure.

PUBLIC LIBRARY



In addition to the University's libraries, Vila Real has a Municipal Library that students can visit (Telephone: +351 259 303 080, E-mail: biblioteca@cm-vilareal.pt), located at Rua Madame Brouillard; as well as a District Archive in Av. Almeida Lucena, n.º 5 (Telephone: +351 259 330 820, E-mail: correio@advrl.org.pt / mail@advrl.dgarq.gov.pt).

TOURIST OFFICE

There is a tourist office in the city centre that can be useful for exchange students who would like to get to know more about Vila Real and Portugal and go on some visits (address: Av. Carvalho Araújo, 94, | Telephone: +351 259 322 819 | Fax: +351 259 328 415 | E-mail: info@visit-douro.com / turismododouro@gmail.com).

NEWSPAPERS

Apart from the national and international newspapers, available at every newsstand, there are also some interesting local newspapers (weekly papers) such as *Notícias de Vila Real*, *Voz de Trás-os-Montes* and *Semanário Transmontano-VR* in Vila Real, as well as the *Voz de Chaves*, *Semanário Transmontano-Chaves* and *Notícias de Chaves* in the city of Chaves.

CAMPING

The Camping facilities are located at Rua Dr. Manuel Cardona, Quinta da Carreira. Campers have access to the recreation and leisure complex of Codessais, which has a riverside park, outside swimming pools and a radical park, among other services.

BASIC PORTUGUESE VOCABULARY

ENGLISH	PORTUGUESE
Hello/Hi	Olá
Good Morning/Good Day	Bom Dia
Good Afternoon	Boa Tarde
Good Evening/Good Night	Boa Noite
See You Later	Até Logo
Thank You	Obrigado/a
Pardon?	Desculpe?
What?	O Quê?
I Understand	Compreendo
I don't Understand	Não Compreendo
How much does it cost?	Quanto Custa?
Student Residence Hall	Residência Universitária
University	Universidade
Faculty	Faculdade
Department	Departamento
Research Centre	Centro de Investigação
Library	Biblioteca
Student ID	Cartão de Estudante
Book	Livro
Ticket	Bilhete
ATM/Cash dispenser	Multibanco
Money	Dinheiro
Newsagent	Quiosque
To Shop	Ir às compras
Shops	Lojas
Coffee Shop/Cafe	Café
Coffee	Café
Canteen	Cantina

UNIVERSITY CAMPUS MAP



UTAD Campus – Quinta de Prados

1 - Rectory and Administration; 2 - Biology, Environmental Engineering, Chemistry, Geology and Soil Sciences; 3 - Central Library; 4 - Mathematics, Physics, Computer Sciences, Civil and Mechanical Engineering; 5 - Electronic Engineering; 6 - Forestry; 7 - Rural Engineering; 8 - Languages and Literature; 9 - Sports Centre I; 10 - Sports Centre II; 11 - Oenology; 12 - Genetics; 13 - Genetics; 14 - Plant Protection (1st floor), Photocopy Centre (lower floor); 15 - Cafeteria (ground floor); GRIM – Erasmus Office (ground floor, left side); Students Academic Association (Ground floor); 16 - Bookstore; 17 - Veterinary Medicine; 18 - Crop Science; Animal Science Animal Health; 19 - Cow-shed; 20 - Canteen.

USEFUL WEBSITES IN ENGLISH

About Portugal: www.visitportugal.com | www.turismodeportugal.pt/english

About Vila Real: www.cm-vilareal.pt/tourism-and-animation

UTAD: www.utad.pt/vEN

Foreigners and Borders Service: www.sef.pt