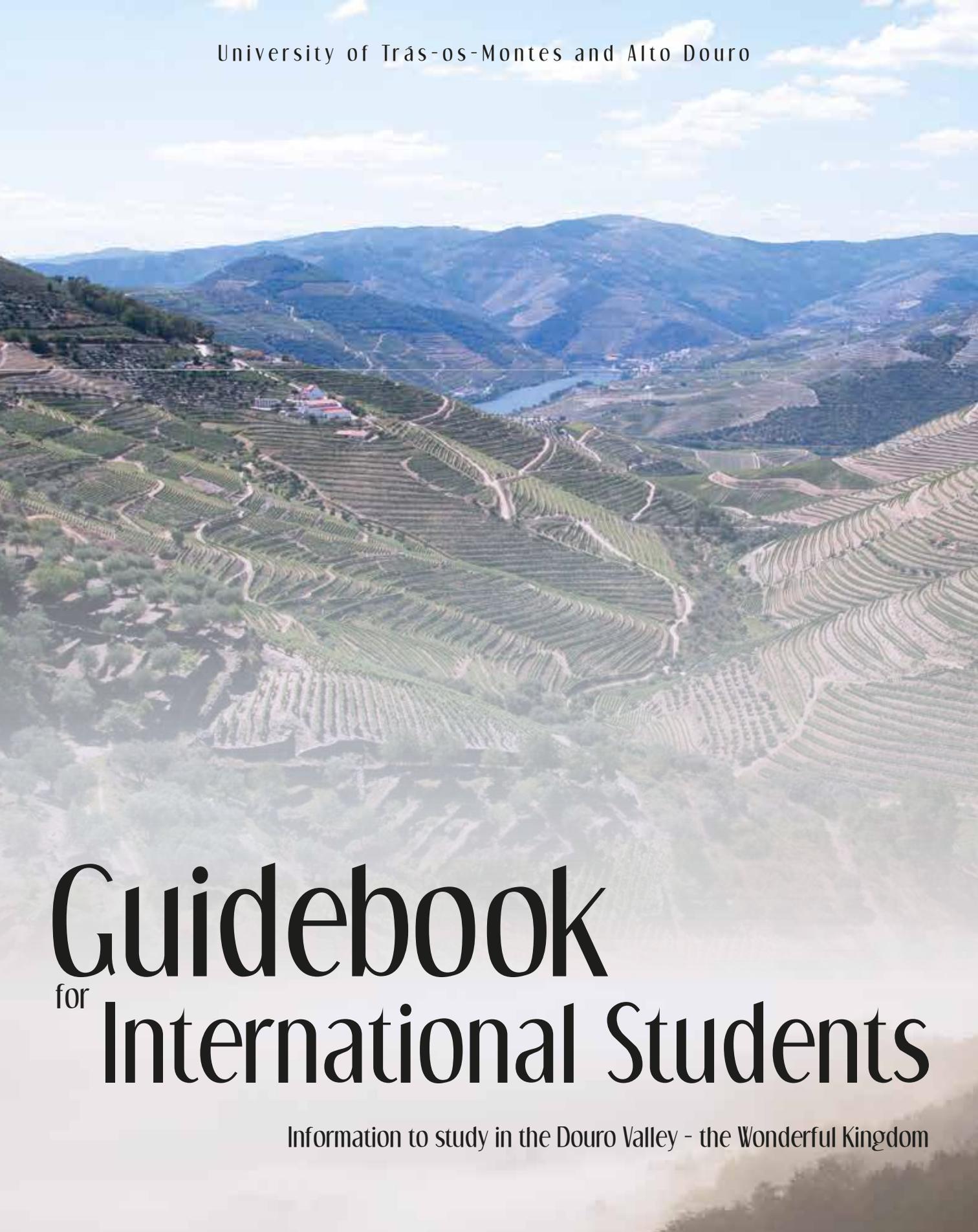


University of Trás-os-Montes and Alto Douro



Guidebook for International Students

Information to study in the Douro Valley - the Wonderful Kingdom

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UNESCO World Heritage

Vila Real - Portugal

2015

Guidebook for International Students

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Photos: Photography UTAD

Printing: UTAD Printing Shop

UTAD 2015

Welcome to UTAD!

You have chosen the University of Trás-os-Montes and Alto Douro [UTAD] to complete a part of your studies or you are about to do so. Congratulations, thank you and welcome!

As you will soon find out, Vila Real definitely deserves its reputation as the “wonderful kingdom” as it was written by the Portuguese poet Miguel Torga. A historic town with a rich culture, Vila Real has succeeded in growing since its Roman ancestry, within the Douro Valley – UNESCO World Heritage - where you’ll find stunning landscapes that yield wines of excellence, a history that makes you dream of days gone by and a warm welcome that makes you want to return.

We’ll give you some more reasons to visit us, but living these experiences is much better than to read about them. Come and discover us, come and live the UTAD experience!

The region

Trás-os-Montes and Alto Douro is a region that has asserted itself historically and traditionally as a space of large homogeneity encompassing the districts of Vila Real and Bragança and a small part of the north of the districts of Viseu and Guarda, whose affinity with the rest of the region results from the economic, cultural and climatic conditions of the Douro River valley.

The contrasts of a landscape where majestic mountains, fertile plains, streams and the rivers, give shape to a charming natural space that invites us to appreciate it will leave no one indifferent. It’s a region of secular traditions with a firm cultural identity, in which the people are the finest resource. The hospitality translated in the emblematic expression “come in, who is it?”, the straight forwardness and the greatness of character, the higher sense of responsibility and the enormous capacity of work and dedication are some of the traits that define their personality.



Douro Valley — UNESCO World Heritage

The natural resources are one of the region's greatest wealth. The hydraulic resources are particularly noteworthy; from the production of electric energy, the production of natural mineral and medicinal waters, thermal springs, to the resources of ornamental stones, the forestry resources and most of all, the winegrowing culture with a special emphasis on the production of Port wine.

It is also a region with huge potential for tourism, thanks to the ideal natural conditions, the absence of pollution, the beauty of the landscape and the richness of its historical and archeological heritage, to which we can add the traits of a resistant popular culture (workmanship, folklore, popular games).

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. The economy is mostly based on livestock, forestry and natural resources, 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 sceneries in Portugal, with extensive vineyards and impressive country houses that can be found in the valleys of the Douro and its tributaries – which together constitute the Port Wine Demarcated Region, recognized as UNESCO World Heritage since 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 and an openness that encapsulates both the traditional hospitality of the region and its willingness to adapt to the challenges of today. All this makes the region a privileged environment for pursuing academic studies.

The city

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 Corgo river, tributary of the Douro river. 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 town is considered the capital of the region called Trás-os-Montes and Alto Douro (translates to Behind the Mountains and Upper Douro), 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 Marão and Alvão, 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 hot (around 37°C). The town has a population of around 50 000.

The origins of Vila Real are lost in time, but it's known that the area was already inhabited in the Palaeolithic period, and there is evidence of both Celt-Iberian and Roman settlements. 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 town with its charter.





Vila Real town

The University

Located in the town of Vila Real, the University of Trás-os-Montes and Alto Douro (UTAD) was created in 1973 as a Polytechnic Institute, and became a fully-fledged Public University in 1986. UTAD is one of the younger universities in Portugal, and has been involved in shaping the national higher education background. By choosing teaching and research fields that meet the national needs and were not yet exhausted on the labour market, the university was also instrumental in the development of the region where it is located, creating jobs and providing courses directed at the needs of the region and its population.

UTAD has the ability to adapt to new situations, balancing the resources available with modern teaching methods, and being able to propose new ways of learning and disseminating scientific knowledge. UTAD inspires students to explore their potential to the fullest, developing their

academic and personal skills (such as computer and communication skills) in order to respond to the changing needs of the labour market. This flexibility is an irrefutable proof of the University's vitality, which justifies its assertion within the Portuguese and European University System.

All the graduate courses offered by UTAD are currently in agreement with the Bologna Declaration (1st Cycle – 3 years; Veterinary Medicine is Long Cycle Integrated Master's – 6 years). UTAD also provides a wide range of specialised courses and programs at postgraduate, Master (2nd Cycle) and Doctoral (3rd Cycle) degrees.

UTAD's academic activities operate based on Faculties/Schools and Research Centres which provide teaching and undertake research in the disciplinary areas for which they have responsibility. The university's 15 Departments are integrated into Five Schools: Agricultural and Veterinary Sciences; Human and Social Sciences; Science and Technology; Life and Environmental Sciences; and the School of Nursing.

UTAD campus



The campus, built on the site of a number of adjacent former farm estates, is located near the town centre and has direct bus connections to any part of town.

As specified in its Statutes, UTAD's core objectives are high quality Teaching, Research and Community Outreach, and 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. Within the current framework of innovation, the Schools and Research Centres develop scientific activity that seeks to deepen knowledge and develop technology capable of addressing issues of global, national and regional scope.



Ten good reasons to study at UTAD

1. To have the guarantee of a full training process with high quality, which provides a solid background to access the labor market and a professional career;
2. To be part of an institution that contributes to the preparation of institutional, political, economic and cultural leaders;
3. To be part of an ecosystem made up of multidisciplinary learning that values knowledge and close relations between teachers, students and administrative staff;
4. To be part of a public university with its own identity and that is guided by high ethical values;
5. To have access to about 120 credited programs, divided into 1st, 2nd and 3rd cycles, with competitive and flexible study plans, able to respond to the demands of society and the labor market and in different areas such as the humanities and social sciences, agricultural sciences and veterinary medicine, life sciences and the environment, health sciences, and engineering;
6. To be part of a teaching and research institution serving actively and responsibly the society through comprehensive training of its students and citizens and contributing to a more harmonious and sustainable development of the region, the country and the planet;
7. To be part of an institution with a highly qualified faculty of 500 teachers / researchers and supported by a large team of employees (administrative and technical staff);
8. To have access to Social Services (housing, food, health, counseling) that strive for excellence;
9. To study on campus with about 120 ha, considered one of the largest botanical gardens in Europe, that brings together, in a single space, education and research;
10. To study in a safe town, with easy accessibility and high quality of life, integrated in an unique scenario – UNESCO World Heritage, The Douro Valley.

Educational Offer in English

a) Winter Courses and Summer Courses - 3 intensive weeks

- Bioindicators and biomarkers in Aquatic Environment
- Ecotoxicology and Environmental Risk Assessment
- Human Rehabilitation and Accessibility Technologies
- Landscaping
- Nursing - Psychomotor rehabilitation
- PATRIMONIUS – from Nature to Culture
- Veterinary Medicine – Companion Animals
- Viticulture and Oenology
- Wind energy
- Wine tourism / Geotourism

Final fee: €1500.00

b) Bachelor's degree [double degree] – 1 year

- Electrical and Computer Engineering
- Genetics and Biotechnology

Final fee: €6500.00

c) Master's degree [double degree] – 1 year

- Agronomy
- Applied Statistics
- Biotechnology for Health Sciences
- Comparative and Technological Molecular Genetics
- Information and Communication Technologies
- Prehistoric Archaeology and Rock Art

Final fee: €6500.00

d) **PhD [double degree] – 3 years**

- Agrichains – from fork to farm
- Agricultural and Forestry Sciences
- Animal Science
- Comparative Molecular Genetics
- Computer Science
- Culture Sciences
- Electrical and Computer Engineering
- Oenology and Viticulture
- Quaternary, Materials and Cultures
- Science, Technology and Sea Management
- Sciences and Technologies Didactics
- Veterinary Science

Final fee: €8000.00/year

Note: The final fee for all the courses taught in English include tuition fees, accommodation in double room in the university dormitories [10 months/year], food [3 meals per day], transfer airport-university-airport, study visits and academic materials [according to each Course Director].

Educational Offer in Portuguese and English

a) Bachelor [1st cycle]

Title	Percentage taught in English
Agronomic Engineering	>=25
Agronomy	>=25
Animal Science	>=25
Biology and Geology	25
Biomedical Engineering	75
Civil Engineering	50
Communication Sciences	>=25
Computer Engineering	50
Forestry Sciences	>=25
Information and Communication Technologies	50
Landscape Architecture	>=25
Languages and Business Relations	>=25
Languages, Literatures and Cultures	>=25
Mechanical Engineering	<50
Oenology	>=25
Psychomotor Rehabilitation	25%

b) Master [2nd cycle]

Title	Percentage taught in English
Agronomic Engineering	>=50
Animal Science	>=50
Applied Foreign Languages	>=50
Civil Engineering	60
Communication and Multimedia	25
Communication Sciences	>=25
Computer Engineering	50
Culture Sciences	>=50
Electrical and Computer Engineering	75
Environmental Engineering	30
Food Safety	>=50
Forestry Sciences	>=50
Geographical information systems	>=50
Gerontology: Physical Activity and Health in the Elderly	25
Landscape Architecture	>=50
Management of Natural Resources	30
Mechanical Engineering	<50
Physical Education and Sport: Specialization in Child Development	25%
Sport Science: Specialization in Evaluation and Prescription in Physical Activity	>=50
Sport Sciences: Specialization in Academy activities	>=50
Sport Sciences: Specialization in Collective Sports	25
Veterinary Medicine	>=50

c) PhD [3rd cycle]

Title	Percentage taught in English
Earth and Life Sciences	>=50
Sport sciences	>=50
Geology	>=50
Literary Studies	>=25

Application and admission procedure

Students must apply by filling the Application Form available on the website **study.utad.pt** and attaching the compulsory documents.

The compulsory documents can differ, according to the course and level intended.

All students admitted will receive an Acceptance Letter so they can start their Visa application.

For any questions or further information the contact is: **grim@utad.pt**.

Practical Information

a) 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, 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. The Acceptance Letter that UTAD issues speeds up the visa process, so it's very important to submit your Application Form at our website **study.utad.pt**

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.

b) Transport to and in Vila Real

The transfer between the Porto airport to UTAD will be assured by our services. Students need to inform 5 weekdays before their arrival, the date and hour of the flight.

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

c) 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.

d) Integration Activities

UTAD organizes a Welcome Week and other cultural activities for foreign students, which allows them to meet and interact with local students and among themselves. During this week Portuguese students will help international students to know the places, the study rooms, the labs, the teachers and everything they may need in the campus and in the town.

e) Accommodation

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.

International students with an Acceptance Letter issued by UTAD may have booked accommodation. Nevertheless, students should always confirm the reservation 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 as soon as possible.

f) 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 obtain 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.

g) 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. Some services are all for free and all international students are advised to use it.

h) 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 town centre.

In addition, there are two health centres (Centros de Saúde) that serve the town – 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 town (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 the hospital.

Contacts

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2015