WELCOME
GUIDE
UNIVERSITY OF COIMBRA
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INTRODUCTION
Dear students,

WELCOME to the University of Coimbra!

The University of Coimbra is a leading education and research institution in Portugal. The quality of the teaching and research carried out at its eight Faculties and the contributions it makes to the advancement of science are widely recognised in Portugal and abroad.

Studying at a University and living in a city classified as World Heritage by UNESCO is a unique experience that combines innovative and rigorous education, centuries-old traditions and intense multicultural interaction.

Coimbra is the city of birth of the Portuguese university studies, always opened to the world, a meeting point of people from nearly 90 countries, whose creative coexistence enriches knowledge and transforms the places and the people of the city.

Every year, the University of Coimbra counts on the new students for its permanent renovation and plurality.

This short guide will help you to get acquainted with the University and the city more easily, to find the several resources available and the support services prepared for you, and to enjoy and feel good in Coimbra.

We wish you all a successful academic year!
01. WHAT TO DO AFTER ARRIVAL?

1. Check in at the university residence or at another place where you booked your accommodation
2. Go to the Casa da Lusofonia – International Student Lounge of the University of Coimbra
3. Go to the Citizen Shop
4. Open a bank account
5. Register in the health centre
1. Check in at the university residence or at another place where you booked your accommodation

IF YOU ARE STAYING AT A RESIDENCE of the University of Coimbra, you should go to the Accommodation Office of the Welfare Services of UC to check in, pay for the accommodation and obtain a proof of address. This proof will be necessary for you request the residence permit at the Foreign Office (step 3).

If you are staying at another place, you should also ask for a proof of address.

> Contacts
Accommodation Office
Universidade de Coimbra – Serviços de Ação Social
Núcleo de Alojamentos
R. Oliveira Matos, 27
3000-305 Coimbra, Portugal
Tel.: 239.101.282

Office hours
09h30-17h30
2. Go to the Casa da Lusofonia – International Student Lounge of the University of Coimbra

CASA DA LUSOFONIA is the UC welcome centre for international students. This place has two important functions: it is the front-office of the International Relations Unit (DRI) and the place where local and international students and their unions can meet to work or enjoy some time together at UC. The Foreign Office (“SEF – Serviços de Estrangeiros e Fronteiras”) also shares this place twice a week.

Here you will receive guidance, administrative and practical information about the university, the city and the legal procedures in the country. You will also have the opportunity to meet the students that help the new international students to find their way at UC.

> Contacts
Casa da Lusofonia - International Student Lounge
Rua do Arco da Traição, 3000-056 Coimbra, Portugal
Tel.: 239.857.089
DRI Office hours from Monday to Friday, 09h30-17h30
SEF Office hours Tuesday and Thursday, 09h30-13h00 and 14h00-17h30
3. Go to the Citizen Shop

THE CITIZEN SHOP (“Loja do Cidadão”) is a kind of one stop shop where citizens can find and access to a wide range of public services in one single location. It is here that you should:

1. Ask for the residence permit
Non-EU citizens must ask for their temporary residence permit at the Foreign Office (“SEF – Serviço de Estrangeiros e Fronteiras”) within the maximum time limit of 90 days. If they fail to do this, they’ll be considered illegal and have to pay a fine.

The temporary residence permit request must have the following documents:

- Temporary residence permit form (specific form available in the SEF website)
- Study visa
- 2 passport type photos
- Copy of passport
- Proof of subsistence means
- Proof of address in Portugal
- Request for search of criminal record by SEF
- Proof of enrolment at the University
- Health insurance

While you don’t have your residence permit you must always carry out your passport and visa with you whenever you travel inside Portugal or the European countries of the Schengen Area. Once you have your residence permit, you can only carry out your identification document/passport.
> Further information at
www.sef.pt

> ATTENTION: European citizens have to ask for a Certificate of Register of European Union Citizen at the Coimbra City Hall (“Câmara Municipal de Coimbra”).

2. Request the Tax Identification Number (“NIF”)

NIF stands for “Número de Identificação Fiscal” and it is the Portuguese tax identification number. It serves to identify a body or a person when requested by the taxation authorities. At the Citizen Shop you can request the NIF to the Finance Service (the Portuguese Taxation and Customs Authority of the Ministry of Finance and Public Administration), upon presentation of your passport and proof of address in Coimbra.

The NIF is acquired for free and generated immediately at the time of the request. It is necessary to open a bank account, to acquire and pay for goods and services (internet, telephone, etc.).

> Contacts
Citizen Shop
Loja do Cidadão
Avenida Fernão de Magalhães
3000 Coimbra, Portugal
Opened to the public
from Monday to Friday, from 08h30 to 19h00
and on Saturday, from 09h30 to 15h00.
4. Open a bank account

IN PORTUGAL the majority of the shops accepts payments with credit/debit cards, besides payments in cash. With a bank card you can make the most part of the daily financial operations through the ATM machines (payments of electricity, water supply, communications, train tickets, tickets for shows, etc.). These operations can be made in any ATM machine, without any charges, independently of the bank where you have your account.

If you need to open a bank account, you can do it for instance in one of the banks located near the university campuses or residences for easier management of your daily life, even though bank account management via internet is becoming a common practice.

The documents required for the opening of a bank account are:
- passport;
- NIF number;
- proof of enrolment;
- residence permit;
- proof of subsistence during your stay (for instance a scholarship or personal savings)
WHAT TO DO AFTER ARRIVAL?

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5. Register in the health centre

TO BENEFIT FROM PUBLIC MEDICAL ASSISTANCE you have to register in the health centre of your area of residence in Coimbra. The residence permit issued by SEF and the identification document are needed for the registration. After registering, the health centre services will give you a health service user number (“número de utente”) and you’ll be able to have access to the medical services of the Portuguese National Health Service (SNS).

If you’re coming from a non-European country with which the Portuguese State has celebrated an international agreement on health and social security, you should also show the certified statement, issued in your home country, which gives you the right of access to medical care in Portugal (for instance, the CDAM/PB4 form, in the case of citizens from Brazil).

If you’re coming from a country of the European Union, the European Economic Area or from Switzerland, you should present your European Health Insurance Card.

In the other cases, you should present your private health insurance.

The legal taxes in force will be applied according to each situation.
What to do after arrival?

To find out which is the health centre of your area of residence, contact the Health Regional Administration:

Administração Regional de Saúde do Centro, IP
Alameda Júlio Henriques, s/n Apartado 1087
3000-457 Coimbra, Portugal
Tel.: 239.796.800
E-mail: secretariado.ca@arscentro.min-saude.pt

Or search the health web portal:

servicos.min-saude.pt/utente
02.
ABOUT THE UNIVERSITY
A WORLD HERITAGE UNIVERSITY

THE UNIVERSITY OF COIMBRA (UC) is a Portuguese public higher education institution with more than 700 years of experience in education, training and research. The first and the only Portuguese-speaking university until the early 20th century, UC has affirmed its position over the years with a unique mix of tradition, contemporaneity and innovation.

UC was classified as World Heritage by the UNESCO in 2013 for its role as the centre of production of Portuguese language literature and thinking and for the universal value of its campus, which dates back to the 16th century.

UC is a world leading university that offers education and research in all study levels and in nearly all study fields.
FACILITIES AND LOCATIONS

The University of Coimbra has twelve education and research units:

- Eight Faculties (Arts and Humanities, Law, Medicine, Sciences and Technology, Pharmacy, Economics, Psychology and Educational Sciences, Sport Sciences and Physical Education);
- the Institute of Interdisciplinary Research;
- the College of Arts;
- the Institute of Nuclear Sciences Applied to Health;
- the European University Judicial Court.

The University of Coimbra has 45 centres of pure and applied research that are responsible for the transfer of knowledge to the entrepreneurial world and to society at large.

There are a set of Outreach and Training Support Units that are also part of the University:

- the University Library;
- the University Archive;
- the University Press;
- the 25th April Documentation Centre;
- the Health Sciences Library.
In the area of culture and sports, the University has a set of diverse facilities, such as:

- 9 museums;
- a Botanical Garden;
- an Astronomy Observatory;
- the Gil Vicente Academic Theatre;
- the University Stadium;
- the Rectory Auditorium.

The University has several governance and student support services. The main student support services are:

- the International Relations Unit (DRI);
- the Academic Management Services (SGA);
- the Welfare Services (SASUC).

All these facilities and services are located in the three university campuses of UC: Polo I, Polo II and Polo III/ Health Sciences Polo. The Faculty of Sport Sciences and Physical Education is located in the left bank of river Mondego, at the Pavilion III of the University Stadium, and the Faculty of Economics, in the uptown area, at Casa dos Limas.

> Check the map of this guide and learn more at www.uc.pt/en/sobrenos/espacosuc and visit.uc.pt/
STUDENT LIFE

THE UNIVERSITY OF COIMBRA has a comprehensive network of physical and digital infrastructures for learning and research and several support services, which provide students with study and living conditions of high quality.

Faculties and academic offer

THROUGH ITS FACULTIES and other education and research units, UC offers a wide range of undergraduate, postgraduate and non-degree courses in almost all subject areas.

> Learn more at
  www.uc.pt/en
  under Education and Faculties

Academic calendar

THE ACADEMIC YEAR HAS TWO SEMESTERS. The first semester begins in the first fortnight of September, ending in January for the 1st examination period, which goes on until the beginning of February.

The second semester begins in February and goes on until the end of May/beginning of June (depending on the Faculty), when the second examination period starts. This examination period lasts one month and ends in July.
Academic Information Systems

THE INFORESTUD@NTE is the student information online platform of the University of Coimbra. It is one of the modules of the NONIO information system used in the overall academic management of UC.

In this platform, students can:
- Apply to study programmes
- Enrol and register
- Consult their grades
- Consult course unit summaries and support materials
- Consult information about study programmes and course units and minors
- Participate in discussion forums
- Obtain the Diploma Supplement
- Connect to “Rede UC” (UC Alumni Network)
- Apply to Exchange programmes under the Erasmus+ Programme
Through InforEstu@nte students can also obtain several certificates, such as academic records, diplomas and the Multipurpose Certificate. This Certificate serves to identify the student and to prove his/her enrolment and registration at UC. It is free and it can be downloaded whenever necessary.

> Learn more at

**Student card**

AFTER ENROLMENT AND REGISTRATION at the University of Coimbra, you will receive a student card, which serves as an identification card and facilitates your access to the University facilities and services. With this card, you can benefit from discounts and other advantages in shops and public transports. You can also use it as a debit card if you wish. To adhere to this functionality, visit one of the offices of the Santander Totta Bank in the University campuses and subscribe this option.
Electronic mail and internet

Institutional e-mail
AFTER THE ENROLMENT PROCEDURE in InforEstud@nte an email account associated with your student profile is generated. It ends in @student.uc.pt. This will be your official e-mail address for University contacts. That address (and the corresponding password) allows you to access to a variety of information systems available for the University community members, such as the Eduroam wireless network.

Internet access in all campuses
UC IS PART OF THE EDUROAM WIRELESS NETWORK, which can be used by teachers, students and University staff with an e-mail account of the University of Coimbra or of other institution that is also part of Eduroam. Similarly, the UC users, when visiting an Eduroam institution in Portugal or abroad can access wireless internet without any change in the configuration of their computers.

> Learn more at
www.uc.pt/wifi
Libraries and other study facilities

THE UNIVERSITY OF COIMBRA has a number of libraries, documentation centres and study rooms linked to the different subject areas, within the eight Faculties, the several departments, institutes and laboratories.

The diverse bibliographic resources of the University are congregated in the sibuc – the Integrated Service of the Libraries of the University of Coimbra and in the “Estudo Geral” – a digital repository of works of uc authors. These can be accessed via internet.

> Learn more at
www.uc.pt/sibuc

> Get to know also the several projects of development of specialised digital libraries of the University of Coimbra: UC Digitalis, Alma Mater, UC Pombalina and UC Impactum at digitalis.uc.pt
Academic Services

THE ACADEMIC MANAGEMENT SERVICES (sga) are responsible for the management, organisation and provision of services relating to all degree and non-degree programmes of the University of Coimbra.

At sga, students can take care of procedures and solve any problem regarding enrolment, registration, examinations, tuition fees, diplomas and certificates. sga provide also career guidance services to students and alumni.

> Learn more at
www.uc.pt/en/academicos

Welfare Services

THE WELFARE SERVICES of the University of Coimbra (sasuc) offer students a wide range of support services thus contributing to their well-being and successful academic performance.

Some of those services are:
- Accommodation at university residences
- Meals at university canteens and bars
- Medical care at university health units
- Support to disabled persons
- Psycho-peddagogic support
- Child care at university nurseries and kindergartens (for students’ and staff’s children)
- Laundry service
International Relations Services

THE INTERNATIONAL RELATIONS UNIT of the University of Coimbra (DRI) welcomes the international students, develops and manages several scholarship and student exchange programmes.

In the beginning of each semester DRI welcomes the international students and organises several cultural and sports activities for these students in collaboration with the local students.

The Casa da Lusofonia – International Student Lounge, inaugurated in 2013, is a new place in Campus I, where local and international students and their unions can meet to work or enjoy some time together, see an exhibition or participate in a workshop.

In collaboration with the TV and Radio of UC, DRI steers two programmes: the Babel TV and the Babel Radio Show, both dedicated to international students. These students have an active participation in the programmes, where they share useful information, experiences and helpful tips with the international student audience.

> Find out more at
www.uc.pt/en/driic
and www.uc.pt/casadalusofonia
Language Centre

THE UNIVERSITY OF COIMBRA offers you a wide variety of opportunities to improve your language proficiency in Portuguese and other languages.

Here you’ll be able to follow language and culture courses lectured by native speakers, from the European modern languages such as Portuguese, English, French, German, Italian or Spanish to the Asian languages such as Chinese and Japanese.

The number of students interested in Portuguese language and cultures grows every day. More than 600 international students follow Portuguese language and culture courses at UC, every year.

> Learn more on the website of the Language Centre of the Faculty of Arts and Humanities of UC available at: www.uc.pt/fluc/cl

Student Ombudsman

THE STUDENT OMBUDSMAN OFFICE is an independent body of the University of Coimbra. Its mission is to promote and defend the rights and interests of students in the context of university life, to make students aware of their right to access quality public services provided in an efficient and respectful manner. This Office also encourages students to contribute to the improvement of these services by stimulating their civic engagement and critical skills.
Culture, sport and student union

IN COIMBRA there is a considerable amount of leisure activities organised and carried out by the Students’ Union (“AAC – Associação Académica de Coimbra”), the University and other city bodies.

UC has several sports and cultural facilities, such as the University Stadium, the Santa Cruz Sport Field, the Gil Vicente Academic Theatre (TAGV), the D. Dinis Cultural Centre, the Science Museum and the Botanical Garden.

European champion in university sports for several times, with 16 cultural sections and 26 sports sections, AAC is the largest and the oldest student union in the country and a central pillar of the life of the more than 20,000 students of UC.

The city and the university are classified as World Heritage since June 2013 and are a daily stage where the ideas, the arts, the books, the films, the exhibitions and several performances take place. The City Festivities, the Arts Festival, the jazz festival “Jazz ao Centro” and the Cultural Week of the University of Coimbra are just a few examples of the events that take place every year and are really worth to see.

In the area of sports, UC was considered as the best European university for the practice of sports by the European University Sports Association (EUSA) during three consecutive years. The EUSA chose Coimbra to be the organiser of the European University Games of 2018.
But there’s a lot more going on in the University and in the city.

> Find out more in the following websites:
agenda7.uc.pt
(Agenda 7: culture, sports, science in the city and in the university)

www.uc.pt/en/informacaopara/visit
(information for UC visitors)

www.academica.pt
(AAC - Students’ Union)

www.turismodecoimbra.pt
(Coimbra tourist office)

Academic traditions and student festivities

THE UNIVERSITY OF COIMBRA keeps alive a set of traditions and symbolic practices, whose origins are lost in the University’s seven hundred years of history. These are illustrated by several official academic ceremonies (the ceremony for the swearing in of the Rector, the official opening of the academic year, the doctoral examinations, the academic processions of the teaching staff which take place in the Schools’ Courtyard, proceeding from the Joanne Library to the Great Hall, among others), in which the participants use traditional university uniforms
(“traje académico”) and symbols such as the insignias featuring the different colours of each faculty. The descriptions of these ceremonies in the various ancient University bylaws clearly show the permanence and persistence of these traditions, which have survived the various institutional reforms whilst continuing to adapt and develop over time.

Student culture has adapted the academic processions and transferred them to the streets of the city. Although they are more recent and spontaneous, they are still important to the collective university imaginary. This is the case of the student processions of the “Festa das Latas” and “Queima das Fitas”.

The “Festa das Latas” or “Latada” which celebrates admission to the university and the start of the academic year is the first festivity of the newly arrived students. It takes place every year in October and gained its name from the use of metal objects to produce a noise (“lata” = tin). This festivity is preceded by several sport and cultural activities, such as music bands’ contests and university competitions, which aim to stimulate the party spirit of the new students and make them closer to the Students’ Union. During seven nights, several music shows take place at “Praça da Canção”, where university and non-university students from different Portuguese regions join together to watch the performances that enliven the party nights.

In the days before and during this festivity, the older students organise activities for the new students (called “caloiros”), who enter the University for the first time. This set of activities is called “praxe” and it has an irreverent, gushing and mocking nature, whose contents may sometimes be considered offensive or excessive. The participation of students in the “paxe” is entirely voluntary, therefore the ones that feel uncomfortable with it can choose not to take part. This option does not prevent students
from using the traditional uniform (“capa e batina”) neither from participating in the student festivities. There is a “Código da Praxe”, a booklet with the rules that students taking part in the “praxe” should follow, which can be bought at the Students’ Union bookshop.

The “Queima das Fitas” festivity celebrates the end of the academic year and the graduation of students that finish their studies in that year. It takes place every year in May and starts with a special ritual in which students burn ribbons (= “fitas”) of eight colours, corresponding to the eight faculties. These ribbons represent the ribbons that once were used to tie books together. This festivity lasts one week and includes a parade, ceremonies, such as the “benção das pastas” at the Saint Michael Chapel (mass in which the traditional black leather folders of the graduate students are blessed), several shows at “Praça da Canção” down in the city Green Park, the Graduation Ball, among other events.

The Serenades are also considered part of the student tradition, together with the Coimbra Song, a unique musical genre mainly performed by students and former students of the University of Coimbra.
03. LIVING IN PORTUGAL
PORTUGAL, A HISTORICAL COUNTRY IN A MODERN EUROPE

PORTUGAL WAS FOUNDED IN 1143 and it is one of the oldest in Europe, whose borders have been kept almost unchanged since the 13th century.

Located in the extreme southwest of Europe, Portugal is constituted by the continental territory and two Autonomous Regions, the archipelagos of Madeira and Azores (“Açores”). The Continent is divided in 18 districts. Portugal’s total area is of 92,152 Km² and there are around 10 million inhabitants. The Portuguese Republic borders the North and the East of Spain and has an extensive maritime coastline at the South and West that is bathed by the Atlantic Ocean.

Portugal has a mild climate with over 3,000 hours of sun per year and 1,200 km of coastline. It has a dazzling variety of landscapes, from snowy mountains to Mediterranean beaches and the Atlantic archipelagos of Madeira and Azores.

Until 5 October 1910, when the Portuguese Republic was established, the Portuguese dynasties contributed significantly to the creation of maritime routes and commercial and cultural exchange channels between Europe, America, Africa and Asia. In 1926, the parliamentary regime was replaced by a military dictatorship giving origin to the so-called “Estado Novo” in 1933. Only on 25 April 1974, the democratic regime was restored and, mostly due to it, the independence was granted to the Portu-
LIVING IN PORTUGAL

Portuguese colonies of Africa: Angola, Cape Verde, Guinea-Bissau, Mozambique and Sao Tome and Principe. The Portuguese Republic joined the European Community in 1986 and today is one of the 28 member countries of the European Union, with high levels of growth and relevant political roles in several European and world organisations.

General data

**Language:** Portuguese  
**Capital:** Lisbon  
**Political system:** Parliamentary Republic with a President, elected by direct and universal suffrage for five years. The Government is formed by a Council of Ministers, headed by the Prime Minister.  
**Currency:** since January 2002 the Euro has replaced the Escudo as the national currency.  
**Religion:** although Portugal is a secular country, most Portuguese citizens are Roman Catholic and most holidays have a religious nature.  
**Climate:** the average temperatures in the Coast and in the Archipelagos are 12ºC in the winter and 21ºC in the summer. As for the inland and mountain regions, the temperatures are 5ºC in the winter and 25ºC in the summer.  
**Time zone:** Portugal (continent) and the archipelago of Madeira have the same **GTIM** (one hour earlier than the Continental European Time – CET). In the Azores it is one hour earlier than in continental Portugal and Madeira. Twice a year the legal hour changes (in March and October).
National holidays (fixed dates):
1 January (New Year’s Day)
25 April (April Revolution of 1974; Liberation Day)
1 May (Labour Day)
10 June (Portugal Day)
15 August (Our Lady Assumption Day)
5 October (Establishment of the Portuguese Republic in 1910)
1 November (All Saints Day)
1 December (Day of the Independence Restoration in 1640)
8 December (Immaculate Conception Day)
25 December (Christmas Day)

> Learn more about Portugal at
www.visitportugal.com/
and www.portugal.gov.pt

The Schengen Area

THE BORDER-FREE SCHENGEN AREA GUARANTEES FREE MOVEMENT to more than 400 million citizens within a territory constituted by 26 countries. Currently the Schengen Area covers 26 European countries (out of which 22 are part of the European Union): Belgium, Czech Republic, Denmark, Germany, Estonia, Greece, Spain, France, Italy, Latvia, Lithuania, Luxembourg, Hungary, Malta, The Netherlands, Austria, Poland, Portugal, Slovakia, Slovenia, Finland and Sweden, as well as Iceland, Liechtenstein, Norway and Switzerland.

Portugal is part of the Schengen Area, therefore the non-European students with a visa and a residence permit valid for Portugal can move freely in the European countries of the Schengen
Area without specific visas for those countries, for a maximum period of 3 months.

> Learn more at ec.europa.eu/dgs/home-affairs

Transports

Bus and metro
THE URBAN TRANSPORTS are available in all cities, are cheap and function efficiently and usually on time. The urban transport network includes mainly buses in the main cities. In Lisbon and Porto, there is also the metro.

Taxis
IN THE MAJORITY OF THE CITIES OF THE COUNTRY, you can stop a taxi in the streets by making a call sign with your hand, get one in a taxi stop or use the Radio-Taxi service. Portuguese taxis are either of a crème colour or black and green.

The price is indicated in the taximeter and the fares are affixed inside the vehicle or available for consultation upon request to the driver. Calling a taxi implies the payment of a small fare and the transport of luggage an additional fare independently of the number of pieces and their weight.
Trains

Portugal has around 3600 km of railways. The CP service – Trains of Portugal – has an extensive network of trains that cover the whole continental national territory. It has also train connections to Vigo, Madrid and Paris.

There are several options:

- The express trains called “Alfa Pendular” that are the fastest and the most comfortable connections between Lisbon and Algarve and the North of the country, such as Porto or Braga, with an intermediate stop at Coimbra.

- The intercity trains called “Intercidades” stop also at Coimbra and serve the connections: Lisbon-Porto-Guimarães, Lisbon-Guarda, Lisbon-Covilhã, Lisbon-Évora-Beja and Lisbon-Faro.

- The Sud-Express train and the Lusitânia Hotel-Train serve the international connections with departure from Lisbon.

- A wide network of Regional, Inter-Regional and Sub-Urban trains serves the several connections between and inside several cities in the country.

>Learn more at

www.cp.pt
Express intercity bus network
REGULAR BUS SERVICES connect the main cities of Portugal.

> For detailed information about the itineraries, schedules and prices, check the National Express intercity bus network at www.rede-expressos.pt

Air travel
PORTUGAL MAKES PART of the network of the major international airlines, so it is easy to find frequent and regular connections from all parts of the world, particularly inside Europe.

There are airports in Lisbon, Porto, Faro, Azores and Madeira archipelagos.

The airports nearer to Coimbra are located in Lisbon (Portela International Airport, 190 km away) and in Porto (Francisco de Sá Carneiro International Airport, 120 km away).

Although both airports are more than one hundred kilometres away, the road and railway infrastructures connect Coimbra to each airport in about 1 hour and a half.

> Learn more in the website of the airports of continental Portugal and Madeira at: www.ana-aeroportos.pt and www.anam.pt
04. LIVING IN COIMBRA
COIMBRA, A UNIVERSITY CITY

STUDYING AND LIVING IN COIMBRA is an exciting and enriching experience. The University and the city live in a special symbiosis, which makes student life in Coimbra a unique experience.

The city has remnants of 2,000 years of history, buildings that date back to the times of the Roman Empire but also internationally renowned modern buildings. Capital of the Portuguese Kingdom in bygone ages and meeting point of several cultures, Coimbra combines a rich architectonic and historical heritage with modern facilities for the arts and sports and green, open-air spaces.

Geography, history, shopping and leisure

COIMBRA IS A CAPITAL DISTRICT, the largest city of Portugal Mainland Centre region. It is located in the sub-region of the Lower Mondego and it has around 150,000 inhabitants.

Six Portuguese kings were born in Coimbra. The city is also the home of the oldest university in the country and the third oldest university in Europe: the University of Coimbra that was founded in 1290.
Some monuments of the city are expressive of the importance of the history of the city in the country. In the Santa Cruz Church, right at the heart of the city, one can visit the tombs of the first two kings of Portugal: D. Afonso Henriques and D. Sancho I. In the Santa Clara-a-Nova Monastery, there’s the tomb of the Queen Saint Isabel that is the patron of the city.

In the uptown area (“Alta”) one can find more emblematic monuments: the Sé Velha Cathedral, some buildings of the University of Coimbra and its several surrounding Colleges. The downtown area (“Baixa”) has also several important monuments and is a traditional centre of commerce, with restaurants, cafés, bakeries and patisseries, and a variety of little shops with traditional products.

The River Mondego crosses the city and its banks are good places to be in contact with nature and practice open-air sports. It is in one of these banks that the “Parque Verde” (the city Green Park) is located. It is an area for relaxation, entertainment and sports, where the river water, the greenery and the privileged sight of the uptown area of the city and its nearby monuments are a feast for the eyes and the soul. Especially in the downtown area, there are a lot of trees, parks, gardens and public squares. Coimbra also has some forest reserves such the “Mata do Choupal” and the Botanical Garden.

In Coimbra there are two major shopping centres with supermarket, large shops with national and international world-known brands, services and cinema rooms:

• Dolce Vita
  (www.dolcevita.pt)
• Forum Coimbra
  (www.forum-coimbra.com)
Besides these two shopping centres, there are also other commercial facilities spread all over the city, which offer varied shopping, gastronomic and leisure options such as the:

- Atrium Solum
  (atriumsolumcentrocomercial.pt/lojas.html)
- Girassolum
  (www.facebook.com/girasolum)
- Coimbra Shopping
  (www.coimbrashopping.pt/)

The Coimbra City Stadium was built in 2003. It is located in the Solum neighbourhood and has a seating-capacity of 30,000 people. The Stadium is in close proximity of the Dolce Vita Shopping Centre and its main football team is the “Académica de Coimbra”. Besides sport events, the Stadium receives also large cultural and music shows.

Several museums, theatres and art galleries are available throughout the city.

> Find out more at
  www.turismodecoimbra.pt
  and www.cm-coimbra.pt
Housing and accommodation

ROOMS, HOUSES OR FLATS FOR RENT can be found in newspaper ads or through licensed real estate agencies. The rent contracts normally are for a minimum of six months. It is common that the landlords ask for 2 months rent in advance, corresponding to the first and the last months of the rent.

Prices are very diverse (from 180€ to 750€ per month, excluding the bills of water, heating, electricity supply, phone and internet) according to the type of accommodation (number of rooms, furniture and other equipment) and its location. The most expensive accommodation is usually located in the city centre.

Contrarily to rooms for renting, most houses and flats are not furnished, although they may have closets and an equipped kitchen. It is very rare to find houses in Portugal with heating, especially if the buildings are not recent.

Health and safety

THE WELFARE SERVICES of the University of Coimbra offer several services to the university community, namely medical, preventive and screening assistance in its facilities located in the campus.

There are a number of public health units in the city, namely the hospitals of the University of Coimbra (CHUC), the largest health care centre in Portugal, and several pharmacies that sell prescribed and non-prescribed medicines and other health products.
The security forces of the city include the Municipal Police, the Public Security Police and the Judiciary Police. The Municipal Police is a service of the City Hall that enhances the interaction and the protection of the citizens. The Public Security Police is an armed police force that is public service oriented. The Judiciary Police has criminal investigation competences.

The city also has civil protection services and fire fighters involved in the prevention of risks and rescue operations.

> More information about health and safety services:

- University Health Services
  www.uc.pt/en/sasuc/Quick_search/MedicalSupport

- Hospitals of the University of Coimbra
  www.chuc.min-saude.pt

- Pharmacies
  www.farmaciasdeservico.net/localidade/coimbra/coimbra

- National Emergency Number: 112

- Municipal Police
  Av. Sá da Bandeira, n.º 106
  Tel.: 239.854.410

- Public Security Police
  Rua Olímpio Nicolau Rui Fernandes
  Tel.: 239.863.000

> CITY MAP
• Judiciary Police  
   Rua Venâncio Rodrigues, 16  
   Tel.: 239.824.942

• Professional Fire Fighters  
   Av. Mendes da Silva, Quinta da Nora  
   Tel.: 239.822.121 | Emergency: 239.822.122

• Volunteer Fire Fighters  
   Av. Fernão de Magalhães, 179  
   Tel.: 239.822.323 | 239.826.287 | 808.200.823

Communications

Telephones and mobile phones

To call to your country from Portugal you have to dial 00 and the corresponding international code.

Calls can be made using a phone card you can insert in public telephones or by mobile phone. There are special price plans for different countries.

In Portugal there are several mobile operators such as Vodafone, NOS, Meo and Cabovisão. You can easily find one of these in shops inside the shopping centres. You can buy pre or post paid phone cards for your mobile phone or buy a mobile phone with one of those cards. You should look carefully at the price plans offered by each shop to see which is best for your communication needs.

These operators offer also internet and TV services in case you need to acquire these services on your own (for instance if you live outside a university residence or if these services are not provided in the residence).
Internet
INSIDE THE DIFFERENT UNIVERSITY CAMPUSES there is wireless internet connection provided by the Eduroam network. Several cafés, restaurants and shopping centres have also free wireless internet connections available. You can also buy portable internet services or devices in most communication and electronic equipment stores.

Post Services

> Estação Principal dos Correios
Av. Fernão de Magalhães, 223
Tel.: 239.850.700
www.ctt.pt/

Transports

THE CITY OF COIMBRA has a good network of public transports. The transport of passengers is done in buses of the Urban Transport Municipal Services of Coimbra (SMTUC), which operate inside the city and in its surroundings.

The bus lines that serve the different campuses of the University of Coimbra are:

- Polo I: 28, 34, 103
- Polo II: 34, 38
- Polo III: 6, 7, 7T, 29, 37

The buses of the line 34 commute between Polo I and Polo II.
To reach the main Shopping Centres you can use the buses 5, 7T, 11, 24, 26 and 34 to the Dolce Vita and the buses 14 and 38 to the Forum Coimbra.

At the Citizen Shop or at the several SMTUC shops available in the city, students can buy a monthly pass or cards, with a certain number of trips, which are rechargeable.

> Learn more at
www.smtuc.pt

Inside the city there are two train stations (“Estação Nova” or “Estação Coimbra-A” and “Estação Velha” or “Estação Coimbra-B”) and a terminal of express intercity buses, from where you can travel to other cities and towns of the country from the North to the South.

> Learn more at
www.cp.pt and www.rede-expressos.pt
05. MAPS
Education and Research Units
14 Faculty of Sciences and Technology (Depart. of Chemical Engineering)
16 Faculty of Sciences and Technology (Depart. of Civil Engineering)
17 Faculty of Sciences and Technology (Depart. of Electronic and Computer Engineering)
18 Faculty of Sciences and Technology (Depart. of Informatics Engineering)
24 Faculty of Sciences and Technology (Depart. of Mechanical Engineering)
26 Faculty of Sciences and Technology (Main Building)

Canteens
1 Casa da Pedra Canteen
3 Informatics Department Bar
6 Polo II Canteen

University Residences
7 Pedro Nunes University Residence
9 Polo II - 1 University Residence
10 Polo II - 2 University Residence

Libraries
2 Polo II Library
Polo III

Education and Research Units
1 Association for Innovation and Biomedical Research on Light (AIBILI)
8 Faculty of Medicine (Dentistry Area)
10 Faculty of Medicine (Sub-Unit 1)
11 Faculty of Pharmacy

Canteens
4 Lúzio Vaz / Polo III Canteen

University Residences
11 Polo III University Residence

Libraries
1 Health Sciences Library

Institute of Nuclear Sciences Applied to Health (ICNAS)
Education and Research Units

1. Association for Innovation and Biomedical Research on Light (AIBILI) **POLO III**
2. College of Arts **POLO I**
3. College of Jesus **POLO I**
4. College of São Jerónimo **POLO I**
5. Faculty of Arts and Humanities **POLO I**
6. Faculty of Economics **CITY**
7. Faculty of Law **POLO I**
8. Faculty of Medicine (Dentistry Area) **POLO III**
9. Faculty of Medicine (Main Building) **POLO I**
10. Faculty of Medicine (Sub-Unit 1) **POLO III**
11. Faculty of Pharmacy **POLO III**
12. Faculty of Psychology and Educational Sciences **POLO I**
13. Faculty of Sciences and Technology (Depart. of Architecture) **POLO I**
14. Faculty of Sciences and Technology (Depart. of Chemical Engineering) **POLO II**
15. Faculty of Sciences and Technology (Depart. of Chemistry) **POLO I**
16. Faculty of Sciences and Technology (Depart. of Civil Engineering) **POLO II**
17. Faculty of Sciences and Technology (Depart. of Electronic and Computer Engineering) **POLO II**
18. Faculty of Sciences and Technology (Depart. of Informatics Engineering) **POLO II**
19. Faculty of Sciences and Technology (Depart. of Life Sciences - Anthropology) **POLO I**
20. Faculty of Sciences and Technology (Depart. of Life Sciences - Biochemistry) **POLO I**
21. Faculty of Sciences and Technology (Depart. of Life Sciences - Botany) **POLO I**
22. Faculty of Sciences and Technology (Depart. of Life Sciences - Zoology) **POLO I**
23. Faculty of Sciences and Technology (Depart. of Mathematics) **POLO I**
24. Faculty of Sciences and Technology (Depart. of Mechanical Engineering) **POLO II**
25. Faculty of Sciences and Technology (Depart. of Physics) **POLO I**
26 Faculty of Sciences and Technology (Main Building) **POLO II**

27 Faculty of Sport Sciences and Physical Education **CITY**

28 Institute of Nuclear Sciences Applied to Health (ICNAS) **POLO III**

**Canteens**

1 Casa da Pedra Canteen **POLO II**

2 Colégio de Jesus Canteen **POLO I**

3 Informatics Department Bar **POLO II**

4 Lúzio Vaz / Polo III Canteen **POLO III**

5 Monumentais Canteen **POLO I**

6 Polo II Canteen **POLO II**

7 Químicas Canteen **POLO I**

8 Sala A (Azuis) Central Canteen **POLO I**

9 Sala B (Salad Buffet) Canteen **POLO I**

10 Sandwich-Bar Canteen **POLO I**

11 São Jerónimo Canteen **POLO I**

12 Sereia Canteen **CITY**

13 University Stadium Canteen **CITY**

14 Vermelhas Canteen **CITY**

**University Residences**

1 Alegria University Residence **POLO I**

2 António José d’Almeida University Residence **CITY**

3 Combatentes University Residence **CITY**

4 João Jacinto University Residence **POLO I**

5 Observatório Astronómico University Residence **CITY**

6 Padre António Vieira University Residence **POLO I**

7 Pedro Nunes University Residence **POLO II**

8 Penedo da Saudade University Residence **CITY**

9 Polo II - 1 University Residence **POLO II**

10 Polo II - 2 University Residence **POLO II**

11 Polo III University Residence **POLO III**

12 Santos Rocha University Residence **CITY**

13 São Salvador University Residence **POLO I**

14 Teodoro University Residence **CITY**
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