

## 01. What to do after arrival?

### New information - Declaration of Entry in Portugal

Non-European Union citizens entering Portugal through a EU border without passport control may need to hand in a "[Declaration of Entry](#)" at the nearest Portuguese [Foreign Office](#). In order to do that, citizens have to schedule an appointment within three working days after arrival.

Please check this [page](#) to see if you need to hand in such declaration because failing to do this implies the payment of a fine.

### Page 8 - How to get a proof of address?

If you're staying in an university residence, ask for that proof to the [Accommodation Services of UC](#). If you're living in a private house/ apartment, ask for that proof to the landlord/ house responsible.

### Page 12 - How to get in touch with SEF to obtain the residence permit?

You have to make an appointment by phone: 808 202 653 (landline) or 808 962 690 (mobile), e-mail: [gricrp.cc@sef.pt](mailto:gricrp.cc@sef.pt), working hours: 8:00 - 20:00 (working days only).

### Page 15 - Registration in the Health Centre

Registration in the Health Centre has to be done at:

Location: Centro Pneumológico de Coimbra, Av.<sup>a</sup> Bissaya Barreto, 3000-075, Coimbra

Phone: 239487400

Registration time: 17:15 - 20:00 (previous appointment by phone is necessary)

There is a new link for you to find out which is the nearest health centre of your area of residence in Portugal: [www.sns.gov.pt/sns/pesquisa-prestadores](http://www.sns.gov.pt/sns/pesquisa-prestadores) and a health line called SNS24: 808 24 24 24.

## 04. LIVING IN COIMBRA

### Pages 60-61 - Access to health services

Please note that the private medical services do not accept the Brazilian health certificate (CDAM) or other certificates under the framework of health protocols agreed between Portugal and other foreign countries.

If you have to use private medical services, choose the ones with which your insurance company has an agreement with. If you don't have a private medical insurance, you'll have to pay the full costs of treatments/ medicines.

### Pages 60-62 - Safety

Learn more about prevention and safety advice at [www.uc.pt/international-applicants/practical/safetu](http://www.uc.pt/international-applicants/practical/safetu)

## 02. ABOUT THE UNIVERSITY - STUDENT LIFE

### **New information - Where can I find the academic regulations?**

UC has a set of deadlines, rules and norms that regulate the student and staff activity within the university, which you can find at: [www.uc.pt/en/academicos/regulamentos](http://www.uc.pt/en/academicos/regulamentos)

Some regulations are only available in Portuguese. If you need help, you can use the contacts below.

### **New information - doubts about academic issues**

Who can I contact to clarify my doubts about academic issues?

- Teachers of the course units you're following;
- Degree programme tutor (if applicable);
- Degree programme coordinator;
- Staff of the Academic Management Service:  
(SGA: [www.uc.pt/academicos/contactos](http://www.uc.pt/academicos/contactos))

### **For other issues/ support**

- The contact persons of the International Relations Unit: [www.uc.pt/en/driic/office-hours](http://www.uc.pt/en/driic/office-hours)
- The Student Ombudsman ([provedordoestudante@uc.pt](mailto:provedordoestudante@uc.pt))