UNIVERSITY OF COIMBRA
SHORT GUIDE FOR INCOMING STAFF AND RESEARCHERS

INTERNATIONAL RELATIONS UNIT
MAY 2016
CONTENTS

01. MOBILITY PLANNING ........................................................................................................3
   Starting date .................................................................................................................... 3
   Work Plan/ Mobility Agreement .................................................................................. 3
   Accommodation ............................................................................................................ 3
   Visa, insurance and travel ........................................................................................... 4
   Travelling to Coimbra ................................................................................................. 4

02. ABOUT THE UNIVERSITY ............................................................................................ 5
   A World Heritage University ....................................................................................... 5
   Facilities and locations ............................................................................................... 5
       Faculties and academic offer .................................................................................... 6
       Internet access in all campuses .............................................................................. 6
       Libraries and other study facilities .......................................................................... 6

03. ABOUT COIMBRA .......................................................................................................... 7
   Coimbra, a university city ............................................................................................ 7
       Geography, history, shopping and leisure ................................................................. 7
       Housing and accommodation .................................................................................. 8
       Health and safety ..................................................................................................... 8
       Communications ...................................................................................................... 9
       Transports ............................................................................................................... 10

04. ABOUT PORTUGAL ........................................................................................................ 11
   Portugal, a historical country in a modern Europe ..................................................... 11
   General data ................................................................................................................. 11
   The Schengen Area ...................................................................................................... 12

05. MAPS ............................................................................................................................ 13
01. MOBILITY PLANNING

Starting date

In order to plan your visit, please take into account that the academic year at the University of Coimbra (UC) is divided in two semesters. The 1st runs from September to December and the 2nd from February to June. There are no classes or academic activities during the whole month of August, except for some Portuguese Language courses which start during the last week of this month.

Summary of the academic calendar

1st Semester: From September to December
Christmas Break: last two weeks of December to first week of January
Examination Period -1st Semester: first week of January to first week of February

2nd Semester: From February to June
Easter Break: one week in the Easter month
Academic Festivity "Queima das Fitas": one week in May
Examination Period -2nd Semester: June to July
Resit Examination Period: July
Summer Holidays: 1 to 31 August

Work Plan/ Mobility Agreement

Please fill in the Work Plan/ Mobility Agreement template as agreed with your hosting colleague at UC and have it signed by you and your home university. Then, collect also the signatures of the UC and send us a copy before the start of the mobility.

Make sure that you email your hosting colleague at UC in advance to agree the day and place where you’ll meet after your arrival.

Accommodation

Coimbra offers many temporary accommodation options, from 4-star hotels to hostels, where you can stay until you find a permanent residence and get to know the city.

For short stays, we usually recommend the following options:

TRYP Coimbra Hotel
Address: Av. Armando Gonçalves Lote 20, 3000-059 Coimbra
Website: www.melia.com/pt/hoteis/portugal/coimbra/tryp-coimbra-hotel/

Tivoli Coimbra
Address: Rua João Machado Nº4, 3000-226 Coimbra
Website: www.tivolihotels.com/pt/hoteis/coimbra/tivoli-coimbra/o-hotel.aspx
NS Hostel & Suites
Address: Rua Lourenço Almeida de Azevedo, 3 e 4, 3000-250 Coimbra
Website: http://ns-hostel.com/

Riversuites Hostel
Address: Avenida João das Regras, Nº 80-82, 3040-217 Coimbra
Website: http://www.hostels.com/hostels/coimbra/riversuites/79842

Hotel Botânico de Coimbra
Address: Bairro de São José, 15, Rua dos Combatentes da Grande Guerra, 3030-207 Coimbra
Website: http://hotelbotanicocoimbra.pt/

Ibis Coimbra Centro
Address: Avenida Emídio Navarro, 70, 3000-150 Coimbra

For longer stays, the UC accommodation platform contains information on private lodging, as well as information on the university residences: www.uc.pt/go/accommodation

Additional economic housing options in Coimbra can be found on the following sites:

- Uniplaces: www.uniplaces.com/accommodation/coimbra
- Booking: www.booking.com
- Trivago: www.trivago.pt
- Edreams: www.edreams.pt

Please note that you have to book your own accommodation.

**Visa, insurance and travel**

Please note that you’re responsible for your own travel and insurance arrangements.

European Union citizens do not need a visa to enter Portugal only a valid ID document. For stays until 90 days, usually non-EU citizens do not need a visa either; however, please note that there are exceptions depending on the country of origin.

For further information about entry and residence conditions in Portugal, visit www.euraxess.pt/incoming/visas

**Travelling to Coimbra**

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. The airports nearer to Coimbra are located in Lisboa (190 km away) and in Porto (120 km away).

Please check this link to arrange your travel to Coimbra either by train or by bus: www.uc.pt/en/ects/info_caracter_geral/acaminho/
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, student, staff and researchers’ 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.


**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](http://www.uc.pt/en) under Education and Faculties

**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](http://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](http://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

03. ABOUT 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, since the times of the Roman Empire to the 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 District Capital, the largest city of the Centre Region of Portugal. 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 city is located on the banks of the Mondego River, where you can practice open-air sports or just relax on the grass. 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 all 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 I.

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](http://www.uc.pt/en/sasuc/Quick_search/MedicalSupport)
- Hospitals of the University of Coimbra - [www.chuc.min-saude.pt](http://www.chuc.min-saude.pt)
- Pharmacies - [www.farmaciasdeservico.net/localidade/coimbra/coimbra](http://www.farmaciasdeservico.net/localidade/coimbra/coimbra)
- National Emergency Number: 112
- Municipal Police - Av. Sá da Bandeira, nº 106, Tel.: 239.854.410
- Public Security Police - Rua Olimpio Nicolau Rui Fernandes, Tel.: 239.863.000
- 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
Website: 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
04. ABOUT 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 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 12°C in the winter and 21°C in the summer. As for the inland and mountain regions, the temperatures are 5°C in the winter and 25°C in the summer.

Time zone: Portugal (continent) and the archipelago of Madeira have the same GTM (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 citizens 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
05. MAPS

City map
Campus I: Polo I
Campus II: Polo II
Campus III: Polo III