

WELCOME GUIDE

Pilots Summer School 2012

Pavilhão do Conhecimento - Ciência Viva

Lisbon, Portugal

17-21 September



AGÊNCIA NACIONAL
PARA A CULTURA
CIENTÍFICA E TECNOLÓGICA



ABOUT PORTUGAL

Portugal is located in the southwestern Europe on the Iberian Peninsula. It is bordered by the Atlantic Ocean and Spain and has two Atlantic archipelagos, Azores and Madeira. Many different people occupied its territory but with D. Afonso Henriques, Portugal established itself as an independent country in 1143 and claims to be the oldest European nation state. In the 15th and 16th centuries, Portugal pioneered the Age of Discovery, expanding western influence and establishing the first and longest global empire in history. During the 15th century, Luís Vaz de Camões, one of the most brilliant poets in history, wrote "Os Lusíadas", an epic poem that offers a fantastical interpretation of the Portuguese discovery voyages. After the 5th October, 1910 revolution deposed the monarchy, the democratic but unstable Portuguese First Republic was established being then superseded by the "Estado Novo" authoritarian regime. Democracy was restored after the Portuguese Colonial War and the Carnation Revolution in 25th April, 1974. Portugal is a developed country with a very high Human Development Index, is one of the world's most globalized and peaceful nations, a member of the European Union and of the United Nations, a founding member of the Latin Union, the Organization of Ibero - American States, OECD, NATO, Community of Portuguese Language Countries, the Eurozone and the Schengen Agreement.

Portugal's long history has a lot more to discover, as it has many kinds of landscapes, from lovely sunny beaches to beautiful mountains, Mediterranean forests and a great biodiversity. It has a rich national cultural heritage, important architecture (from ancient church buildings and medieval castles to prize winning modern buildings), one of the earliest Western literatures, cuisine, art, dance and music.

Some facts about Portugal:

Time zone:	Summer (DST) WEST (UTC+1)
Currency:	Euros (EUR)
Electricity:	230 V at 50 Hz
International phone code:	+351
Language:	Portuguese
Climate:	Atlantic and Mediterranean temperate



ABOUT LISBON

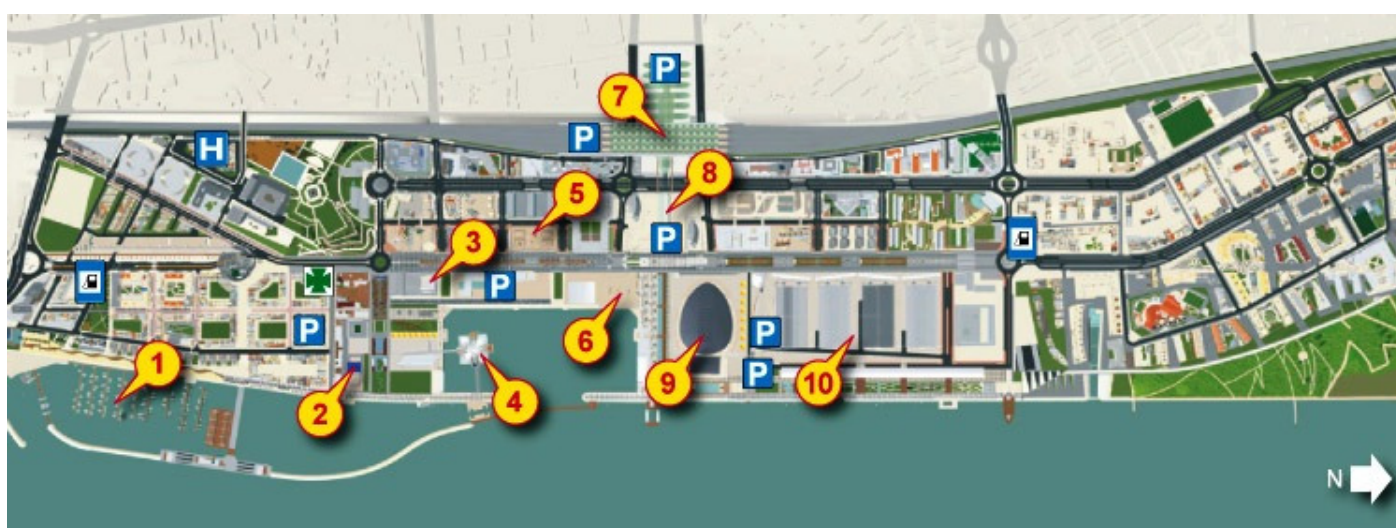


Lisboa (Lisbon) is the largest city of Portugal and its capital since its conquest from the Moors. It is the westernmost capital in Europe, a legendary city with over 20 centuries of history, and it stands at the point where Tagus River flows into the Atlantic Ocean coast. Lisbon has been, for 10 consecutive years, in the top 10 cities in the world as the best host for international events. It has on offer an unequalled quality-price relation in a diverse accommodation offer, high-tech conference facilities, overlooking the biggest river estuary in Europe and minutes away from thriving commercial and cultural areas.

The heart of the city is Baixa (down town), the 18th century area around Rossio. East of the arcade Praça do Comércio, are the medieval quarters of Alfama and Mouraria, crowned by the magnificent St. George's Castle. To the west of Baixa lies the Chiado district, bursting with shops, cafés and theatres and next to it is Bairro Alto (the heart of Portuguese capital's nightlife) and Madragoa, with their typical streets.

On the western extreme is Belém, with its striking baroque style 16th century Belém Tower, the Jerónimos Monastery, a masterpiece of Manueline architecture and classified in UNESCO's International Heritage list, and the modern Cultural Centre of Belém. Up to the north of Belém there is Parque Florestal de Monsanto, a 10 km² (4 sq mile) urban park, one of the largest in Europe, occupying 10% of the municipality.

On the city's eastern extreme there is Parque das Nações, the newest district in Lisbon, a long lasting legacy of the urban renewal programme that led to the World Exhibition of Lisbon 1998, the area with a futuristic look became another commercial, business and higher end residential area, where the Pavilion of Knowledge is located.

**Legend:**

- | | | | |
|--------------------------------|-------------------------|--|-------------------------------|
| 1. Marina Of Parque das Nações | 4. Oceanarium | 7. Oriente Station (Bus, train and subway) | 10. Lisbon International Fair |
| 2. Theatre Camões | 5. Lisbon's casino | 8. Shopping Centre Vasco da Gama | |
| 3. Pavilion of Knowledge | 6. Pavilion of Portugal | 9. Atlantic Pavilion | |

ABOUT CIÊNCIA VIVA, PAVILION OF KNOWLEDGE, CIÊNCIA VIVA NATIONAL NETWORK OF SCIENCE CENTRES

Ciência Viva was established in 1996 as an open programme to promote alliances, public awareness of science and technology and fostering autonomous actions through the following three fundamental action tools:

1. A support programme, aimed at the experimental teaching of science and at the promotion of scientific education in the school. Ciência Viva elected the school as its intervention priority, focusing its efforts on strengthening the experimental teaching of science and on mobilizing the scientific community and its institutions to work towards the improvement of scientific education.
2. National scientific awareness campaigns, fostering the creation of science associations and providing the population with the opportunity to make scientific observations and to establish a direct and personal contact with experts in different fields of knowledge.
3. A National Network of Ciência Viva Centres, designed as interactive spaces aimed at creating an awareness of science among the population. Designed as interactive spaces for promoting science to the general population, but also as platforms of regional development – scientifically, culturally and economically – by establishing partnerships with the most important regional players. The Pavilion of Knowledge at Parque das Nações is one of the Science Centres from the National Network and also the head office of Ciência Viva.



HOW TO GET TO LISBON AND TRAVEL INSIDE THE CITY

By plane

If you travel by plane you will probably land on Lisbon [Airport](#), Portela. The airport is located in the north of the city and is about 10 minutes away from Pavilion of knowledge. To reach the city centre you may catch the bus (22 / 44/ 208 / 705 / 745), the aerobus or the subway.

By train

If you are considering traveling to Lisbon by train, you should check Comboios de Portugal (CP) [website](#) to see the timetables and the prices. The Oriente station is the closest to Pavilion of Knowledge. The rail network connects the greater Lisbon area with all regions in Portugal.

By taxi

Taxis offer very reasonable prices to get around and can be obtained almost anywhere or by phone. When coming from the airport, if you take a taxi, tell the taxi driver where you want to go and ask for receipt (“factura”). Telephone numbers to call for a taxi: Rádio Táxis - (+351) 21 811 90 00; Lisbon Taxi Service - (+351) 21 793 27 56; Eurocoope - (+351) 21 343 06 77.

By bus, tram or funicular

[Carris](#) is the transportation company that operates buses, trams and funiculars in Lisbon. It is advisable to buy tickets in advance as it will be cheaper and more convenient. There are a number of ticket offices spread all over the city. The buses number 28 and 400 stop near Pavilion of knowledge.

By subway

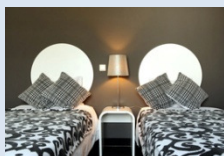
The best way to get around in Lisbon is by [Metro](#), which is inexpensive and efficient as well as accessible from all hotels in the central Lisbon area. It will also provide the opportunity to observe the metro public spaces, decorated by renowned Portuguese artists as part of the “Art in Metro” initiative.

Public Transports	
Bus (on board)	1,75 €
Aerobus	3,50€ / 5,50 €
Tram (on board)	2,85 €
Combined 24h ticket Carris / Metro (bus and subway)	5,00 €
7 Colinas or Viva Viagem combined cards (purchased in advance, rechargeable)	0,50 € (the card)
	1.25 € (each trip)
Zapping (to use with rechargeable cards, minimum 5€)	1.15 € (each trip)
Taxi	About 10.00 €



WHERE TO STAY

Lisbon offers a wide range of excellent accommodation facilities, from 5* hotels to quality hostels in central and historical parts of town.



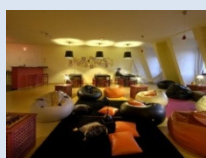
[Parque das Nações Youth Hostel](#)

It was built in 1998 to host young people from all over the globe who came to visit Expo 98. It is close to Pavilion Atlântico, Pavilion of Knowledge and Lisbon's Oceanarium. Prices start at 16€ per night.



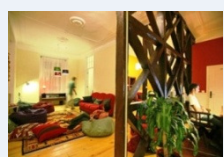
[Lisboa Youth Hostel](#)

Set in a gracious house, the hostel is in the city centre right next to Marques de Pombal and Avenida da Liberdade. The Picoas Metro Station (Yellow Line) is practically at our doorstep. Prices from 18€ per night.



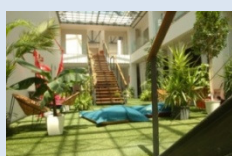
[Lisbon Poets Hostel](#)

Can be found in the pedestrian area of Lisbon just a short walk away from the main attractions the city has to offer. The hostel has 9 rooms available with free wi-fi connection and breakfast included. The Reception is open 24 hours a day and as the hostel is very safety conscious. The prices start at 20€ per night.



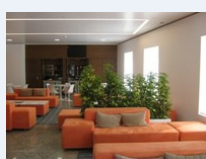
[Rossio Hostel](#)

Located in the downtown area of Baixa, is close to all of the city's major attractions on its doorstep. The hostel offers double and mixed dorms, a common room with free internet access and breakfast. The average price is 25€ per night.



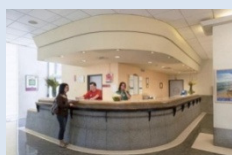
[Lisbon Destination Hostel](#)

Located in an exquisite Industrial Heritage Train Station in the city, guests are welcome to enjoy the private patio and terrace with a view over the river and the city. The reception is open 24h and the living-room has free wi-fi connection. The average price is 40€ per night.



[A.S. Lisboa](#)

This is a 3 star hotel offering their guests comfort, free wi-fi connection and breakfast. The average price is 60€ per night.



[IBIS Lisboa](#)

This is a 2 star hotel close to Novotel Lisboa, there is free wi-fi connection in the atrium and a 24h open bar. The average price is of 60€ per night.



[Novotel Lisboa](#)

This is a 4 star hotel, which offers their guests comfort, free wi-fi connection and breakfast buffet. The average price is of 80€ per night.

WHAT TO VISIT

There are hundreds of places to see in Lisbon. Some are deceptively well hidden in between the narrow streets of the city, so the best advice for you is to venture out and discover them! Filled with an ancient history and a contemporary lifestyle, Lisbon perfectly combines the old and the new. Remember, no visit to Lisbon is complete without riding the century old trams. You can find more places to visit in Lisbon [here](#).

Mosteiro dos Jerónimos

Considered the “jewel” of the Manueline style, which combines architectural elements from the Gothic and from the Renaissance periods, joining them with a royal and naturalist symbology that makes it unique and honorable. The monastery was classified in 1983 as a UNESCO World Heritage Site, along with the nearby Tower of Belém.

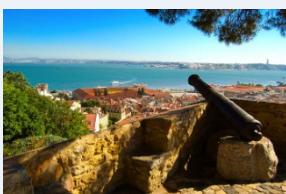
Don't forget to try out the famous Pastéis de Belém.

Torre de Belém

It was built in the Age of the Discoveries, commissioned by King John II, when defending the city was of paramount importance. It was a tribute to the patron saint of the city, Saint Vicent and a ceremonial gateway to Lisbon. Its image is much used by Lisbon's tourist board.

Chiado

This is a noble shopping area with all sorts of facilities and street entertainment. Here you can find hotels, theatres, bookshops, museums, restaurants, famous Portuguese fashion houses and the famous haunt of personalities like Fernando Pessoa and Eça de Queiroz, in a location actually chosen by the city's art students: the café "A Brasileira".

Castelo de São Jorge

It is a Moorish castle overlooking the city and the broad Tagus River beyond. The strongly fortified citadel, which, in its present configuration, dates from medieval times, is located atop the highest hill in the historic center of the city. It is also a magical place with geese and ducks roaming around the castle gardens.

“Baixa” and surroundings

The Elevador de Santa Justa is a remarkable masterpiece designed by an apprentice of Gustave Eiffel and makes the connection between the Baixa and Bairro Alto. The café at the top affords a magnificent view over Lisbon and the Tagus River.

Rua Augusta is closed to traffic and has all sorts of shops for all sorts of tastes, flower and hot chestnuts sellers, street cafés, independent street artists, etc.

The Patriarchal Cathedral of St. Mary Major (Sé de Lisboa) is a Roman Catholic parish church. Since the beginning of the construction of the cathedral, in the year 1147, the building has been modified several times and survived many earthquakes. It is nowadays a mix of different architectural styles.

WHAT TO EAT

Among the most popular Portuguese food you can find and try the following:

Soups / starters	
Caldo Verde	Potato and shredded cabbage soup
Sopa da Pedra	“Stone” soup
Queijo da serra	Cheese from the Serra da Estrela region
Fish	
Bacalhau	Cod fish, you can have it in 1001 different ways...
Peixe grelhado	Grilled fish
Caldeirada	Fish and shellfish stew
Marisco	Seafood
Sardinhas	Sardines
Meat	
Cozido à portuguesa	Vegetables with various kinds of meat
Febras	Grilled pork fillets
Desserts / cheese	
Leite creme	Crème Brulée
Pastel de nata	Custard tarts sprinkled with cinnamon
Arroz doce	Sweet rice

WHICH PRICES TO PAY

You can check some approximate prices in the following table:

Average meal price	8.00 € - 15.00 €
Snacks	1.00 € - 3.00 €
Coffee	0.50 – 1.50 €
Phone Card	From 5.00 €
Movie Ticket	About 6.00 €

WHAT WEATHER TO EXPECT

Lisbon has a Subtropical-Mediterranean climate and is one of the warmest European capitals. Spring and Summer are typically sunny, with maximum temperatures close to 35-40°C during July and August; and lows between 15 and 20°C. Autumn and Winter are normally rainy and windy (there are some sunny days) with average temperature of 10°C, but the temperature rarely falls below 5°C. You can check the weather in Lisbon [here](#). It will probably be hot and sunny in September but bring a jacket because nights can be cold!

WHAT YOU SHOULD BRING

- ✓ Passport or National Identity Card;
- ✓ Student Visa (if required);
- ✓ Flight tickets;
- ✓ Travel/Health Insurance (If you're from an EU member country make sure you bring your European Medical Card);
- ✓ Basic first aid kit;
- ✓ Comfortable clothes, light shoes, a jacket;
- ✓ Camera;
- ✓ A printout of this survival guide.

HOW TO SAY

Portuguese is the official language of Portugal. With a total of about 236 million speakers, Portuguese is one of the world's major languages, ranked the 6th most spoken language in the world, the 3rd most spoken language in the western hemisphere, and the most spoken language in the southern hemisphere.

Now, some important vocabulary to practice:

Breakfast		
	English	Portuguese
	Coffee / tea / milk	Café / chá / leite
	Orange juice / apple juice	Sumo de laranja / maçã
	Bread	Pão
	Cheese / ham / butter	Queijo / fiambre / manteiga
	Cereals	Cereais
	Eggs	Ovos

Food & drinks		
	English	Portuguese
	Water	Água
	Ice	Gelo
	Beer	Cerveja
	Red wine / white wine	Vinho tinto / vinho branco
	Rice / potatoes	Arroz / batatas
	Meat / fish	Carne / peixe
	Grilled / fried / roasted	Grelhado / frito / assado

Miscellaneous - questions		
	English	Portuguese
	What time is it?	Que horas são?
	How are you?	Tudo bem?
	Where can I find ... ?	Onde posso encontrar ... ?
	Can I see the menu?	Posso ver o menu?
	How do I get to ...?	Como chego a ... ?
	Where is...?	Onde é...?

Miscellaneous		
	English	Portuguese
	Good morning / afternoon	Bom dia / Boa tarde
	Good evening / night	Boa noite
	Yes / No	Sim / Não
	Thank you / You are welcome	Obrigado / De nada
	Thank you very much!	Muito obrigado!
	Please	Por favor
	Excuse me	Com licença
	Hello / Goodbye	Olá / Adeus
	I am sorry	Desculpe
	I do not understand	Não percebo
	See you soon / later!	Até logo !

Numbers		
	English	Portuguese
	1, 2, 3, 4, 5	Um, dois, três, quatro, cinco
	6, 7, 8, 9, 10	seis, sete, oito, nove, dez
	20, 50, 100, 1000	vinte, cinquenta, cem, mil

IMPORTANT CONTACTS

Pavilion of Knowledge – Ciência Viva	Alameda dos Oceanos Parque das Nações 1991 - 223 Lisboa	General: (+351) 21 891 71 00 Sofia Lucas: (+351) 93 459 55 79
Santa Maria hospital	Avenida Prof. Egas Moniz 1649 - 035 Lisboa	General: (+351) 21 780 50 00 Mobile: (+351) 96 590 50 00
São José hospital	Rua José António Serrano 1150 - 199 Lisboa	General: (+351) 21 884 10 00
Pharmacy (close to Pavilion of Knowledge)	Farmácia Expo – Sul Alameda Oceanos, 2.06.05-lj H Parque das Nações 1990 - Lisboa	General: (+351) 21 896 70 35
Fire Department	R.S.B. Lisboa Av. D. Carlos I 1249 - 071 Lisboa	General: 808 215 215
Police (P.S.P.)	Largo da Penha de França, nº 1 1199-010 LISBOA	General: (+351) 21 811 10 00 Mobile: (+351) 96 598 90 00
National emergency number		112