



We help you get there

Candidate Information Pack

Lisbon, Portugal
Λισβου' Βοτνδαλ



Contents

- 1. Lisbon 3
 - 1.1 Overview..... 3
 - 1.2 Things to do in Lisbon 4
- 2. Cost of Living 9
- 3. Transport..... 11
- 4. Accommodation..... 14



1. Lisbon

1.1 Overview



Lisbon is the capital of Portugal and lies on the north bank of the Tagus Estuary, on the European Atlantic coast. It is the westernmost city in continental Europe. Greater Lisbon has an area of approximately 1,000 km². The city lies more or less in the centre of the country, approximately 300 km from the Algarve in the south and 400 km from the northern border with Spain. Lisbon offers a wide variety of options to the visitor, including beaches, countryside, mountains and areas of historical interest only a few kilometers away from the city centre.

Language: Portuguese is Latin in origin and the third most widely spoken European language in the world. It is the mother tongue of about 200 million people. Portuguese is the official language in several countries: Angola, Cape Verde, Guinea-Bissau, Mozambique, São Tomé e Príncipe in Africa, and Brazil in South America. In Portugal itself a considerable number of people can understand and communicate in foreign languages.

Demographical Information: Approximately 600,000 people live in Lisbon. However, if one includes the various satellite towns, the population of Greater Lisbon rises to approximately 1.9 million people.

Religion: Portuguese culture is greatly influenced by religion. Although Catholicism predominates, other religions may be freely practiced.

1.2 Things to do in Lisbon

Museums:

Lisbon City: Visit Lisbon museums and get to know the main subjects of Portuguese cultural heritage.

Oeste / Ribatejo / Templários: Lisbon museums are places of knowledge, emotions and projects. Visit the museums and discover Lisbon Region!

Mafra / Oeiras / Vila Franca de Xira: Great museums at great places. Places that you certainly don't want to miss!



Estoril invites you to enjoy the region's sunny climate. Get surprised and visit Estoril museums.

Sintra: At Sintra you can find several museums with excellent conditions for visitors and conceived under high quality standards.

Amadora / Loures / Odivelas: Amadora, Loures and Odivelas have several spots of cultural interest. Among them are the museums, excellent places to know better an important part of Portuguese history

Events:

ROCK IN RIO LISBON: May 25 & 26, June 1, 2 & 3 / 2012

Rock in Rio-Lisboa - considered the biggest music and entertainment festival in the world - takes place every two years in Parque da Bela Vista in central Lisbon. Lisbon is set to welcome top international music acts, and thousands of their fans in early summer.

www.rockinriolisboa.sapo.pt

FESTAS DE LISBON: June 2012

Street entertainment, festivals, cinema, music and theatre, parades and folk festivities are just some of the events planned for Lisbon's days and nights throughout the summer. The historic districts, the cosmopolitan Avenida da Liberdade, as well as the capital's avenues and streets will all welcome the Lisbon Festivities for all those who live here and those who visit. Mainly, these celebrations take place in the historical quarters of Lisbon. At the street parties, people dance, listen to Fado, eat grilled sardines and drink. It is also traditional to hold a collective wedding ceremony where the brides are known as "Brides of Santo António".

www.egeac.pt

DOCLISBOA: 18 » 28 October 2012

In October the world fits into Lisbon. The only Portuguese competitive festival entirely dedicated to documentaries, it will bring the best of the contemporary national and international production offering 11 days of an intensive program. Doc Lisbon also focuses on breaking new ground and on the great diversity and vitality of this cinema of reality. www.doclisboa.org

To see more events go to:

<http://www.visitlisboa.com/Conteudos/Menu-Principal/Cultura/Eventos.aspx?lang=en-GB>

Different types of activities:

- Tours by boat
- Tours by yourself
- Tours guided
- Tours walking
- Fado
- Kids
- Nature
- Radical
- Sports



Parks and Belvederes

Seen in its European context, Lisbon is a unique city, with a wide variety of parks and nature reserves on its doorstep, places of undoubtable interest

Mafra / Oeiras / Vila Franca de Xira: Parks and nature areas with an amazing variety of fauna and flora, ideal places to recreation and sports

Oeste / Ribatejo / Templários: Here you will find the only "Biosphere Reserve" classified by UNESCO, as well as other ecological areas

Setúbal / Tróia: The Parque Natural da Arrábida, at the most southern point of Península de Setúbal, Reserva Natural do Estuário do Sado e do Tejo are some of the most beautiful nature landscapes of Setúbal / Tróia. Enjoy it!

Sintra: Sintra is classified by Unesco as world heritage. Magnificent landscaped gardens, palaces and country mansions, which confirm a secular presence in the area, can be found here.

Leiria / Fátima: At Leiria/Fátima, the Parque Natural das Serras d'Aire e Candeeiros stretches over wild countryside, characterized by the presence of limestone and a diverse range of both animals and vegetation.



Lisbon Beaches

Laying on miles of dunes and surfing on world-famous waves

Lisbon is blessed as the only European capital located so close to sandy beaches. Although the waters are not as warm as in the south of the country (Algarve), the Lisbon coast offers beautiful beaches that range from sheltered little coves to miles of dune-backed sands. Most of them are clean and fly the European Union Blue Flag for excellence and are ideal for a refreshing day in the sun.



Lisbonites usually head to the beach every chance they get, on holidays, weekends, or even for an hour or two after work, including in the winter months, if only to gaze out at the sea.

Along the railway line linking Lisbon to Cascais are several broad beaches that attract working-class locals and that are usually packed in summer (especially Carcavelos which is popular among local youngsters who play beach soccer, and Tamariz in Estoril). In the center of Cascais are Praia da Conceição and Praia da Rainha. These are within 20 to 30 minutes from the capital, ending at Guincho, a beautiful beach known world-wide for surfing.

But for the longest stretches of sand, head south of the city, to Costa da Caparica, or better yet, to refreshing Meco, sandy Troia, or secluded Adraga, ranked as one of the best beaches in Europe.

2. Cost of Living

Restaurants	Avg.	Range
Meal, Inexpensive Restaurant	7.42 €	6.00 - 10.00
Meal for 2, Mid-range Restaurant, Three-course	32.93 €	23.00 - 45.00
Combo Meal at McDonalds or Similar	5.62 €	5.00 - 6.50
Domestic Beer (0.5 liter draught)	1.81 €	1.30 - 2.50
Imported Beer (0.33 liter bottle)	2.19 €	1.50 - 3.00
Cappuccino (regular)	1.25 €	0.65 - 2.00
Coke/Pepsi (0.33 liter bottle)	1.22 €	1.00 - 1.50
Water (0.33 liter bottle)	0.89 €	0.60 - 1.00

Markets	Avg.	
Milk (regular), 1 liter	0.69 €	0.50 - 1.00
Loaf of Fresh White Bread (500g)	1.23 €	1.00 - 2.00
Eggs	1.89 €	1.45 - 2.50
Fresh Cheese (1kg)	7.27 €	6.00 - 8.00
Chicken Breasts (Boneless, Skinless), (1kg)	5.83 €	4.00 - 8.00
Apples (1kg)	1.38 €	1.00 - 1.71
Oranges (1kg)	1.08 €	0.70 - 1.50
Potato (1kg)	0.74 €	0.50 - 1.00

Lettuce (1 head)	1.04 €	0.67 - 1.68
Water (1.5 liter bottle)	0.58 €	0.30 - 1.00
Bottle of Wine (Mid-Range)	4.20 €	3.00 - 7.00
Domestic Beer (0.5 liter bottle)	0.95 €	0.60 - 1.50
Imported Beer (0.33 liter bottle)	1.08 €	0.70 - 1.50
Pack of Cigarettes (Marlboro)	4.08 €	4.00 - 4.50

3. Transport

Transportation	Avg.	Range
One-way Ticket (local transport)	1.41 €	1.00 - 1.80
Monthly Pass	36.45 €	29.00 - 50.00
Taxi Start (Normal Tariff)	2.63 €	2.50 - 3.00
Taxi 1km (Normal Tariff)	0.54 €	0.30 - 0.80
Taxi 1hour Waiting (Normal Tariff)	35.00 €	30.00 - 40.00
Gasoline (1 liter)	1.61 €	1.50 - 1.72

Getting around the city

Lisbon's variety of transportation contributes to its unique charm. Old trams and turn-of-the-century elevators explore the oldest quarters, and the modern subway lines are decorated with contemporary art. Central Lisbon is compact enough to explore on foot, and most sights in Baixa, Bairro Alto, and Alfama are within walking distance.

See the links on the left for more information about the underground (Metro) system, trains, trams, buses, and taxis. Which option you take depends on where you want to go in the city, and how much you want to pay.



Major Transportation Hubs

Cais do Sodré - Major bus, metro, train, and ferry terminal. This is where trains depart to Cascais and Estoril, and trams pass by on their way to Belem. The ferries link to Cacilhas across the river (a 10-minute journey worth taking for views of the city's skyline from the Tagus), where buses depart to towns south of the capital such as Setubal and Sesimbra, and bus 101 takes visitors to the Monument to Christ.

Oriente Station- This is the city's main station. Located in the heart of Parque das Nações, it is a metro and bus terminal, and an obligatory stop for just about every train that passes by Lisbon.

Rossio Station - The city's most central station (located downtown right between Rossio and Restauradores squares) serves the city's suburbs and is your departure point for a daytrip to Sintra.



Santa Apolonia Station - Located at the foot of the Alfama district, this is the starting point for most international trains, and where they end their journeys in the Portuguese capital. Other trains depart to the largest Portuguese cities, although most passengers now hop on board at Oriente Station, the train's second stop.

The station is a short walk from downtown, but is also well served by buses and taxis that line up outside.

Figueira Square - This busy square is the starting point for many bus and tram routes. To guarantee a seat in popular tram 15 that reaches Belem, this is where you should get on board.

Marquês de Pombal Square - This traffic circle is also a point of departure and arrival for several bus routes.

Sete Rios - This bus terminal, easily reached by metro ("Jardim Zoologico" stop), is where express buses depart to all over Portugal.

4. Accommodation

Utilities (Monthly)	Avg.	
Basic (Electricity, Gas, Water, Garbage) for 85m2 Apartment	84.64 €	60.00 - 110.00
1 min. of Prepaid Mobile Tariff Local (No Discounts or Plans)	0.20 €	0.10 - 0.30
Internet (6 Mbps, Unlimited Data, Cable/ADSL)	21.68 €	18.00 - 25.00

<https://lisbonservicedapartments.com/?src=gm&gclid=CNPt6qWrubACFdRA4QodRThd8g>

http://www.house-apartment.net/houses_for_rent/