

ALL YOU NEED TO KNOW TO

STUDY

INI

LISBON



ACKNOWLEDGEMENTS

EDITION

CÂMARA MUNICIPAL DE LISBOA

COORDINATION

**DIREÇÃO MUNICIPAL DE ECONOMIA
E INOVAÇÃO**

TITLE

STUDY IN LISBON

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YEAR

2014

STUDY IN LISBON



STUDY IN LISBON



LEADERSHIP
INNOVATION
STUDY
BRAINPOWER
OVERWHELMING
NETWORK

STUDY
IN
LISBON





**RESEARCH AND
DEVELOPMENT
CREATIVITY
KNOWLEDGE
INNOVATION
START UP CITY**

**COSMOPOLITAN
ATLANTIC BUSINESS HUB
GATEWAY TO EUROPE
HIGH QUALITY OF LIFE**

LISBON BY...

ZACH MAINEN, CHAMPALIMAUD FOUNDATION

“The public in Lisbon is very turned on and engaged by science. I think this first struck me when I saw an advertisement at the airport - “Portugal: the West Coast of Europe”. It featured not only famous soccer players, artists, etc, but also a scientist. As researchers here, we feel appreciated by citizens to a degree that surprised me coming from the US. I worked for 12 years at Cold Spring Harbor Laboratory, one of the top biology institutes in the world, but almost no one in our neighborhood in New York had ever heard of it. Here in Portugal, our institute, the Champalimaud Foundation, is so well known I feel almost a celebrity.”

MIGUEL GODINHO FERREIRA, INSTITUTO GULBENKIAN DE CIÊNCIA

“In Lisbon, you will find the most advanced scientific research combined with the best quality of life. It's not by chance that we are Europe's West Coast!”

PAULA RAVASCO, FACULDADE DE MEDICINA DA UNIVERSIDADE DE LISBOA

“In the country of the Descobrimentos, knowledge can be vibrant, warm and colorful; so sale away in your own Discovery!”



RICHARD ZIMLER, WRITER)

Excerpt from “The Night Watchman“

“While leaning my chin on Ana’s shoulder, I gazed out the window, admiring the twittering exuberance of our Portuguese swallows and the pink haze that was painting the old houses of Santa Marinha Square with pastel colours. Lisbon was sacred at this hour, and its crumbling, emaciated charm made me feel as if I’d stepped into a fairy tale.”

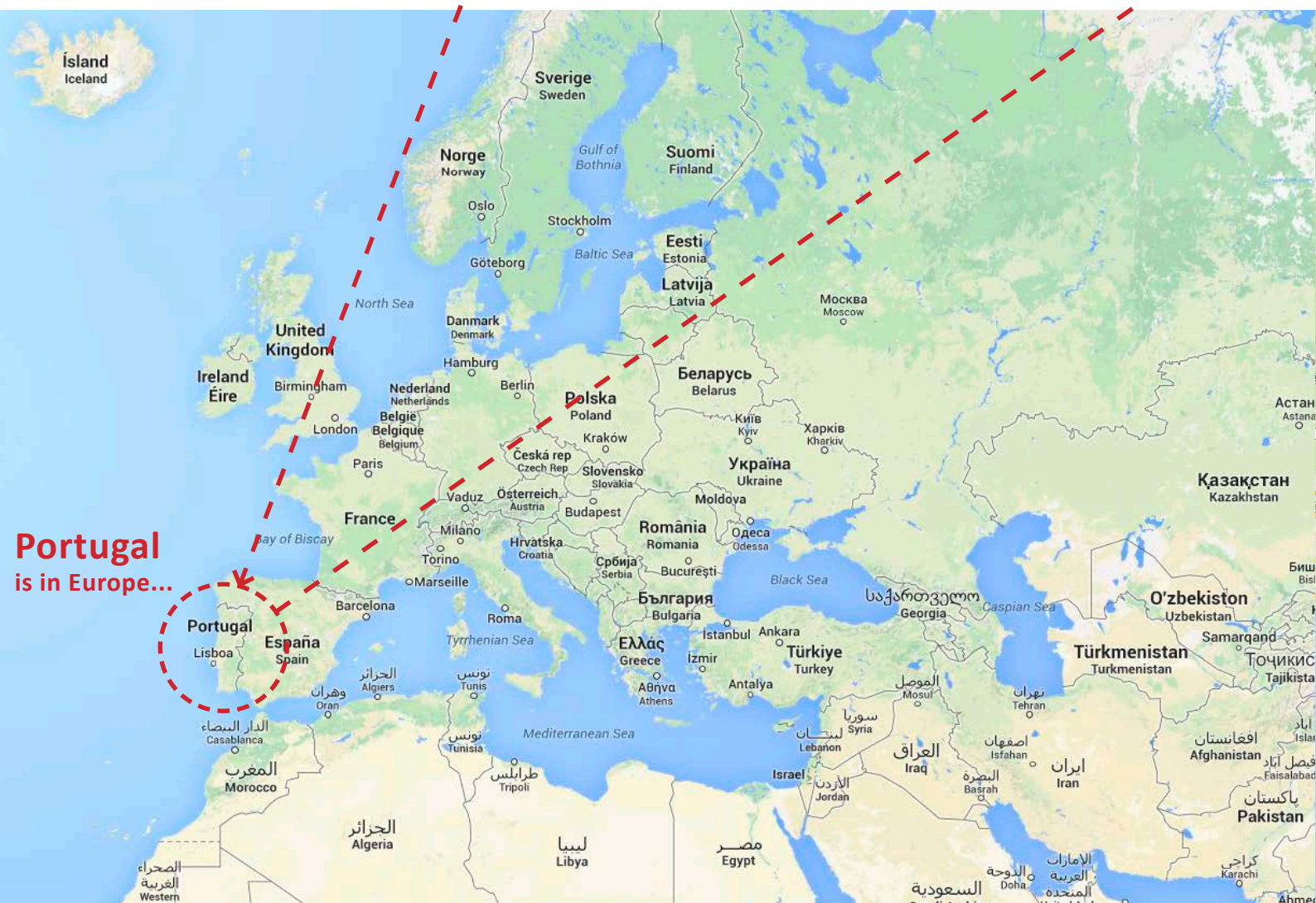
EDGAR GOMES, INSTITUTO DE MEDICINA MOLECULAR

“Working in Lisbon allowed me to explore new biomedical research venues based on the rich and international environment of the scientific community“

GARRETT MCNAMARA, SURFER)

“If you have any interest in the sea then Lisbon should be one of the first stops on your list. It is rich in history from their experience of ocean exploring and their Hydrographic Institute is one of a kind. Located in a beautiful city with so much to do and see!”







Lisbon
is in Portugal...



Lisbon
is sun, ocean, history
and knowledge...

Lisbon is an atlantic capital city, a unique place to live, with great transport networks and international mobility, digital connectivity, high quality recognized human resources, high quality of life and security.

Cosmopolitan, innovative, creative, with strong relationships with Africa and the Americas, Lisbon meets the sea and is today one of the best cities in the world to live and work. One of the best things about Lisbon is that the city allows you to combine professional life with leisure, culture with sports, night life with beautiful historical sights.



All you need to know to

STUDY
IN
LISBON



Some facts about Lisbon and Lisboners:

- **25th** Best City of the World to Live (Monocle)
- **43th** place on the Quality of Living Worldwide City Rankings 2014 (Mercer)
- **2nd** best destination in Europe, by the EBD – European Best Destinations
- **220** sunshine days per year
- **3** Natural Parks
- **2** large beach fronts
- Friendly and spontaneous people
- **42%** of lisboners speak two foreign languages and at least 23% speak three
- Cosmopolitan city, with culture, history and great restaurants, museums and shops
Strong innovation and entrepreneurial ecosystem, powered by dynamic universities and R & D institutions
- **4th** country in OECD with most graduates in the fields of science and engineering, by The Global Benchmark Report 2012
- **22th** place on the Financial Times FDi: European cities and regions of the future 2012-13
- **51st** place on The Global Competitiveness Report 2013-2014, by the World Economic Forum
- **2012** Urbanism Award, by the Academy of Urbanism

STUDY IN LISBON

STUDY IN LISBON



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Lisbon is considered a safe city, where you can walk at ease through the streets either by day or by night. Winter is mild in Lisbon and summer is hot, though more moderate because the sea is close. Days are often sunny and smooth during spring and autumn.

Lisbon commemorates a municipal holiday on the 13th of June, the Day of Saint António. However it is São Vicente the patron Saint of our capital city. There are street parties all over the city honouring Saint António of Lisbon, the best ones being held in the historical quarters such as Alfama, Madragoa, Mouraria, Castelo and others. These are decorated with balloons and arches. You can eat grilled sardines and Caldo Verde (a soup with thin threaded green cabbage) and have red wine in these popular street parties.

The so popularly called Saint António's Night is held on the evening of the 12th of June. Lisbon City Council organizes the Popular Marches, a great parade down Avenida da Liberdade (the main city's

avenue), where the several historical quarters compete altogether.

Boys buy their girlfriends a sweet basil, an aromatic plant in a small vase carrying a very small flag written with a popular quatrain, sometimes vulgar or humorous.

Lisbon has got vibrant cultural life. Being the centre of the Discoveries since the Fifth century, it is the meeting point of the most diverse cultures.

This is one of the most cosmopolite cities in Europe, keeping close connections with Portuguese spoken language countries. While taking the subway, it is possible to hear talking foreign languages such as Cantonese, Cape-Verde Creole, Gujarat, Ukrainian, Italian or Portuguese with a Mozambique or Brazilian accent, being none of them spoken by tourists but by Lisbon's inhabitants.



Lisbon has been hosting lots of international events since 1994, its year as the European capital of culture: Expo' 98, Tennis World Master 2001, Euro 2004, Gymnaestrada, TV Europe Music Awards, Rali Dakar and the 50 years of Tall Ships' Races (the International Regatta of Great Sailing Boats).

In 2005, the International Congress & Convention Association granted Lisbon the 8th place as the most wanted city of the world for international events and congresses.

It must be pointed out Rock in Rio, a music festival originally organised in Rio de Janeiro, where the name came from, becoming quickly a worldwide impact event, occurring internationally for the first time in Lisbon, in 2004. It happened for seven times in its entire history, being three of them in Brazil, three in Portugal and one in Spain.

It took place for the first time in 2008 in two different places, Lisbon and Madrid, and it is intended to

organise a simultaneous edition in three different continents. Lisbon will host this Festival again in 2010.

Some show rooms stress out besides the several existing theatres and cinemas: Coliseu dos Recreios; Aula Magna of Lisbon University; Lisbon Forum; the auditoriums of Calouste Gulbenkian Foundation, of Belém Cultural Centre and of Culturgest; Pavilhão Atlântico and, finally, Praça de Touros of Campo Pequeno.

Lisbon's gastronomy is influenced by the proximity of the sea. Although Lisbon does not make part of the mediterranean countries, it produces however all the ingredients of the already famous Mediterranean diet that nourishes the Mediterranean Basin's peoples, a kind of oasis with Nature in all its splendour, full of sun, open fields and sea. All this is reflected in its cooking full of colour, smell and taste.

It is known nowadays that it is the most appropriate for the prevention or treatment of illnesses resulting from exaggerated or unbalanced nourishment. Pataniscas de Bacalhau (fried codfish) and Peixinhos da Horta (fried runner beans) are Lisbon's typically specials.

Restaurants and taverns offer a wide range of snacks and appetizers such as cooked snails or boiled broad beans.

The grilled sardine is queen, mainly during summer and celebrations of the patron Saints of Lisbon. It is impossible not to smell it inside Alfama, in Bairro Alto historical quarters and in many other areas, in June, when the patron Saints parties invade the city streets.

The Portuguese are also famous because of their wine, the drink they usually select for their meals. Other capital's typical dishes are Bitoque (beef with an egg on top and fried), the Cozido à Portuguesa (several boiled kinds of meat and food complements) and Codfish, having this last one lots of recipes allowing it to be appreciated.

Lisbon's most famous sweet cake is Pastel de Nata, especially those from Belém, made in an ancient factory placed in Belém Civil Parish. According to the legend, more than 500 years ago a cook who did not have enough baking ingredients decided to make it up a little and then Pastéis de Belém were created. They were baked for years in Mosteiro dos Jerónimos, placed in Belém, having changed their production place only a few years ago.

The History of the City

Lisbon, the capital of Portugal, a city spreading over hills and valleys and washed by the Tagus River, the largest one within the entire Iberian Peninsula, with one of the largest estuaries of the world, faces the Atlantic Ocean and is also at the tip of Europe.

Being placed on top of the hill with the same name, Castelo de São Jorge (Saint Jorge Castle) indicates the place from where the city started to spread, so the Castle hill is considered the birthplace of Lisbon.

The Phoenicians are thought to have founded the city and, like the ancient Greeks and Carthaginians, they also had colonies here but Lisbon Charter was in fact awarded by the Romans. After having been occupied in the year 201 before Christ, Lisbon was granted the status of Municipality under the name of Felicitas Julia.

In the Fifth century, the Barbarians from the North invaded and occupied Lisbon, remaining until the arrival of the Visigoths and the Moors afterwards. The Moors' occupation, begun in 719, ended in 1147 when the first King of Portugal, D. Afonso Henriques, definitely conquered the city and expelled the Moors.

In 1256, Lisbon became the capital of the kingdom under D. Afonso III. The city outgrew its walls due to the population's significant increase and this forced the construction of Cerca Fernandina (Fernandina Wall) or Cerca Nova (New Wall).





At that time, large religious buildings were built, as well as convent squares and the Rossio (an important public square located in Lisbon's downtown).

In the Fifth and Sixteenth centuries, the Discoveries made Lisbon the trading centre of Europe. King D. Manuel I changed its court from Paço da Alcáçova, in the old Castle, to the new Paço, built in Terreiro (nowadays the Praça do Comércio), which became the new political and commercial centre of the city. The city grew towards the river and several buildings were built, such as the Paço da Ribeira, Casa dos Bicos (a famous House), Jerónimos Monastery and Belém Tower) in the Manuelino style. This style, Portuguese in its origin, was inspired in the maritime voyages as well as in the Discoveries.

Lisbon also witnessed periods of terror, destruction and death, like the Inquisition, earthquakes in succession and the plague.

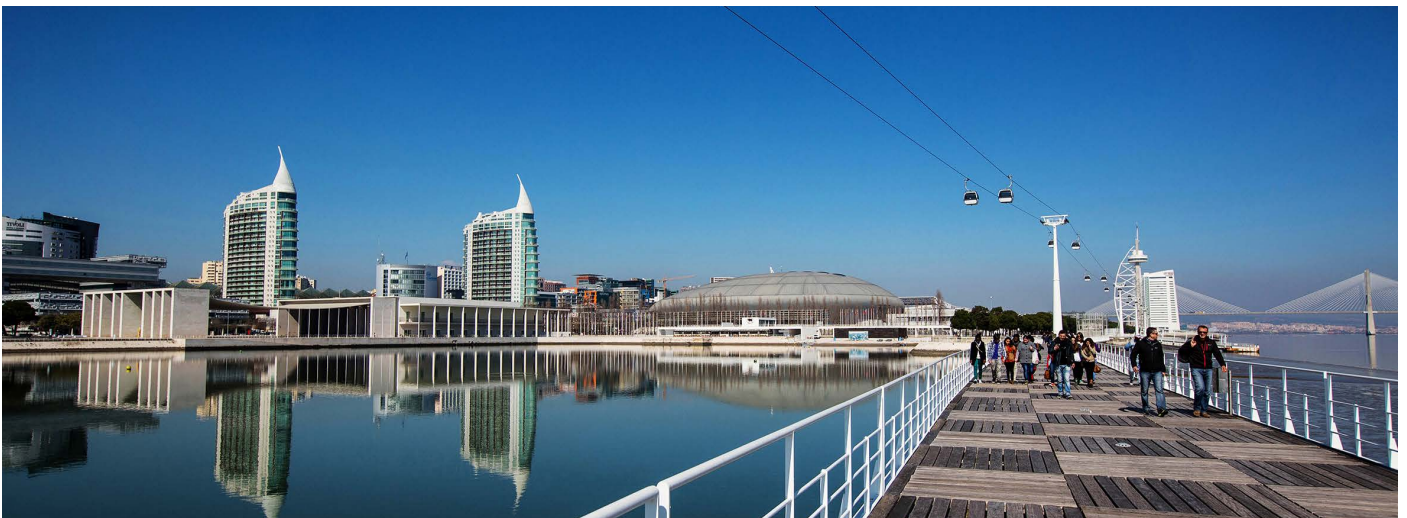
D. João V decided to improve the city in a time of grandeur due to the gold from Brazil, thus ordering the construction of monuments and public works.

His greatest public work was the monumental Aqueduto das Águas Livres (an aqueduct), with its 32 fountains used to supply the city with water.

In 1755 there was a devastating earthquake, followed by great fires that partially destroyed the city. Marquis of Pombal, the Prime Minister of King D. José, undertook the reconstruction of Pombalina Lisbon, thus arising a new city.

Pombalina Downtown, a notable and vanguard engineer work, is the ex-libris of this period, with the public squares of Rossio and Comércio, the city's commercial centre with its restaurants, coffee shops and theatres, the Arch in Augusta Street and, finally, the monument to King D. José I in the Praça do Comércio.

In the Nineteenth century, the social, intellectual and political life took place in Downtown and Chiado, around the tobacco shops, coffee shops, bookshops, clubs and theatres.



The Republic, the new political regime, was proclaimed on the 5th October 1910, at Paços do Concelho, where Lisbon City Council is located in. The New State ordered the construction of the new residential areas and public buildings. In 1940, the Exhibition of the Portuguese World was the major cultural event of that time that embellished and renovated the Belém area, in the western part of Lisbon.

Thanks to a distinguished individuality of the thirties and beginning of the forties, Duarte Pacheco, an Engineer and President of Lisbon City Council, the construction of some buildings made Lisbon a more modern city.

Quarters of social housing started to appear in the city's suburbs. The first bridge over the Tagus River was built, the 25 de Abril Bridge, thus facilitating the connection between the two margins of the river.

The revolution of the 25th of April 1974 brought democracy and modernisation, as well as an

exponential growth of Lisbon's population, with thousands of Portuguese returning from the ancient African colonies.

More recently, the historical quarters were rehabilitated; the cultural and architectural heritage was restored and the development of the riverside areas was undertaken. The construction of a new bridge over the river was carried out - Vasco da Gama Bridge.

In 1998 Lisbon lived another great cultural event, Expo' 98, the Exhibition under the theme "The Seas", that took place in Parque das Nações. This promoted the development of an area of the city that was in decadence and locked away from the Municipality's population, revitalizing the eastern part of Lisbon, giving it new cultural, leisure, commercial and housing areas.

This is the reason why Parque das Nações turned out to be one of the greatest urban changes Lisbon ever witnessed in all its entire history.

STUDY IN LISBON



10 REASONS
To study in Lisbon

+

MAP
Knowledge and Innovation in Lisbon

+

SCHOLARSHIPS

+

EXCHANGE

+

ACCOMMODATION

+

SEARCH
For your course

+



Useful Infos

Check-In

Lisbon in Numbers

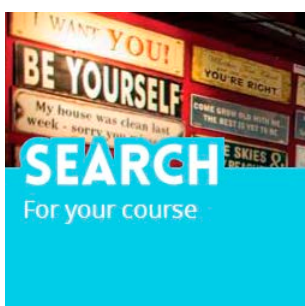
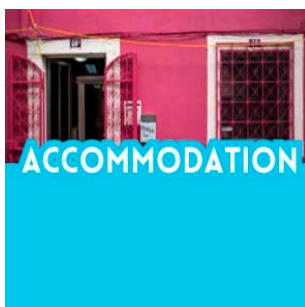
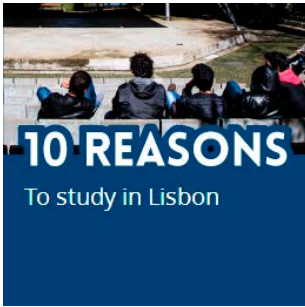
About Lisbon



This initiative aims to be a web platform that brings together information, actors and initiatives with the central objective of attracting and retaining talents, and positioning the city of Lisbon as a global hub in the fields of knowledge and innovation.

Bearing in mind that the links between education, research and the labor market are crucial for the

development of the entrepreneurial city in Lisbon and for the economic activity of the region in which it operates, the project seeks to capitalize those assets and contribute to turn Lisbon into a City of Knowledge and Innovation on an international scale.



10 REASONS

Lisbon is an unforgettable destination for all students who want a unique experience in terms of university lifestyle, hospitality, gastronomy, culture, and leisure.

MAP

The main purpose of Lisbon Knowledge and Innovation Map is to provide information on research, innovation and creativity in Lisbon city/region.

SCHOLARSHIP

Information about institutions that grant scholarships for national and foreign students who want to study in Lisbon.

EXCHANGE

Lisbon's Universities are among the best and well known, according to many international rankings (ex.: "Financial Times rankings, SIR Iber rankings, among others. There are also several international partnership programs in the city (ex: MIT – Massachusetts Institute of Technology, UT Austin, Carnegie Mellon).

Lisbon's Universities also participate in European exchange (ex: Erasmus+) having protocols with universities around the world. For more information, you should contact the office for foreign students available at each university. In this website page you can find the main international exchange programmes.

ACCOMMODATION

Lisbon offers a wide variety of accommodation for students from university hall of residences to apartments and rooms. Financial resources, length of stay and the nature of the course to attend will contribute to the decision on the choice of accommodation.

The most important universities have halls of residence, managed by the Social Action Service "Serviços de Ação Social – SAS") of every institution, albeit with limited

capacity. Like the Portuguese students, international students are eligible for accommodation in university residences and applications have to be submitted to the university where you will study. Alternatively, you can rent an apartment or room based on the many options offered by the private rental market. Many students search for an apartment to share with other students, including a room for their own and sharing kitchen and bathroom, among other services.

The conditions for the stay at an accommodation vary and, therefore, during the search, you must make all the appropriate questions (eg, the contract duration, if they are available internet access, laundry, telephone, TV, etc.). For more information: Contact the university you are applying, which usually provides information on apartments and rooms available in the relevant geographic area (this way, you'll find an accommodation contacting directly the owner of the room/apartment) While the rooms in shared apartments and student hall of residences are a more affordable option, a complete apartment accommodation will be a more expensive solution (above 250 € on average). If you can not find accommodation before arriving in Lisbon, the city offers hostels which are considered the best in the world in international rankings and where you can stay until you find a hall of residence, apartment or room. In either option, Lisbon offers accommodation tailored to the tastes and possibilities of each one.

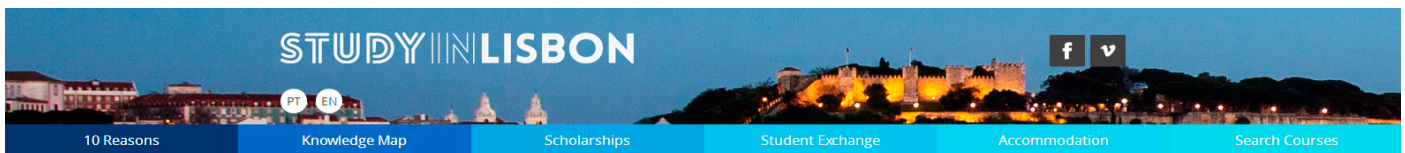
SEARCH

With many higher education institutions, both public and private, Lisbon offers a wide range of university courses in various areas and levels of study. Due to the Bologna system, there are available qualifications – bachelors, masters and doctorates – which are in line with the European and international education system,

validating education degrees based on a common system of credits (ECTS – European Credit Transfer System) and facilitating the mobility of students. The bachelor corresponds to the 1st cycle and has a duration of three years. The master degree refers to the 2nd cycle and has a duration of 2 years. A doctorate has a duration of three years and corresponds to the 3rd cycle. There are also postgraduate university courses (“pós-

graduações”), with a duration of one year, but – unlike the bachelor, master and doctorate programs – do not confer the award of degree.

You can also check on facebook what’s going on in Lisbon. Our page is always being updated with Lisbon’s events and important informations. If you can’t find what you need to know, just post your question and you’ll soon get your answer!



10 REASONS TO STUDY IN LISBON

Lisbon is an unforgettable destination for all students who want a unique experience in terms of university lifestyle, hospitality, gastronomy, culture, and leisure.

1. Excellency in Education
2. Affordable Tuition and Cost of Life
3. Accommodation and Housing
4. Sporting Opportunities and Great Climate
5. Friendly People and a Welcoming City
6. Culture and Creativity
7. Safety
8. A Green City
9. Leisure and Entertainment
10. A Cosmopolitan City Open to the World



1 | Excellency in Education

Lisbon offers students a qualified network of both public and private universities and research centers, promoting close collaboration with higher education institutions of international standing (such as MIT or Carnegie Mellon). The Lisbon MBA was created through a partnership between the Nova University of Lisbon, the Catholic University of Portugal, and the MIT Sloan School of Management, considered the 52nd best in the world by the Financial Times ranking. The city also offers several other top quality MBA and executive programs. Universities and research centers in Lisbon intensively encourage exchange between teachers, students and researchers through various international cooperation programs, especially Erasmus. In 2010 / 2011, Lisbon received approximately 3400 Erasmus students.



2 | Affordable Tuition and Cost of Life

Lisbon is one of the cheapest cities in the European Union – ranking 2nd and 6th in the years 2010 and 2011, among the 35 cities polled by Cushman & Wakefield. The cost of higher education is low (tuition can be paid annually or in installments, reaching the approximate total value of 1000 Euros/year/graduation).



3 | Accommodation and Housing

Lisbon offers around 72 students residences, principally located in the city center, with easy access to the various campuses around the city. Lisbon also boasts numerous internationally acclaimed hostels; offering high-quality accommodation at reduced prices, which have received several awards.

“...A city that has the ability to turn a bad day into a magical one, getting rid of all problems and leaving you with a giant smile on your face...”
*Christian Callegari, Italy, ERASMUS student, 22 years-old
 School of Political Science and International Relations*

4 | Sporting Opportunities and Great Climate

Lisbon was considered the 23rd World's Best City to Live by Monocle Magazine (July / August 2011). The sun shines approximately 239 days a year! Lisbon enjoys a Mediterranean climate and is known for its unique light. It's a city with a diverse offering of restaurants and bars with excellent cuisine. The fact that Lisbon is the sunniest capital in Europe offers the opportunity to practice sports such as jogging, biking, hiking, golf, horse riding, football or skateboarding. Its closeness to the river and the sea also allows for rowing, canoeing, surfing, sailing or kitesurfing. Two of the most spectacular coastal sites of Europe are situated in Guincho (25 min. away) and Ericeira (35 min. away), the latter being the largest surfing reserve in Europe.





KNOWLEDGE AND INNOVATION LISBON

Lisbon is a privileged platform to 500 million European consumers, offering modern transportation and logistics infrastructures, giving good investment opportunities.

Lisbon also has a deep economic and cultural relation with Portuguese speaking emergent economies like Angola, Brazil and Mozambique, with 250 million

consumers, turning the city on the ideal location for businesses that are targeted to the Portuguese speaking countries markets.

Lisbon is at the same time zone of London, with an international airport close to the center of the city, and first class internet services and all this at the most competitive costs in Europe.

LISBON EASILY ALLOWS ACCESS TO 750 MILLION CONSUMERS
 ATRAVÉS DE LISBOA, ACEDE-SE FACILMENTE A 750 MILHÕES DE CONSUMIDORES

PORTUGUESE MARKET MERCADO PORTUGUÊS	
10 MILLIONS 10 MILHÕES	

IBERIAN MARKET MERCADO IBERICO	
50 MILLIONS 50 MILHÕES	

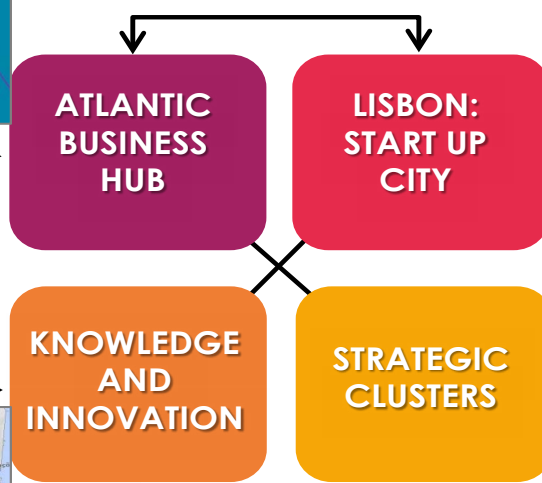
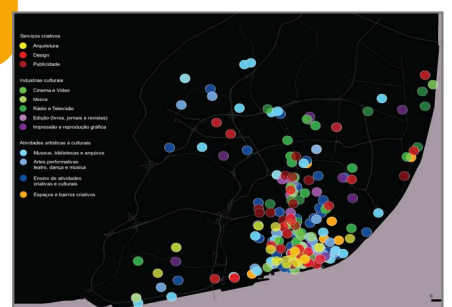
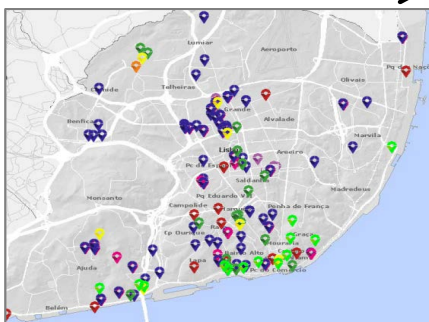
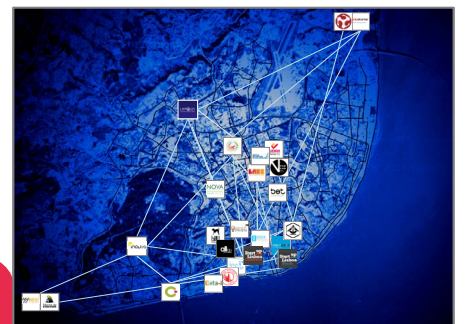
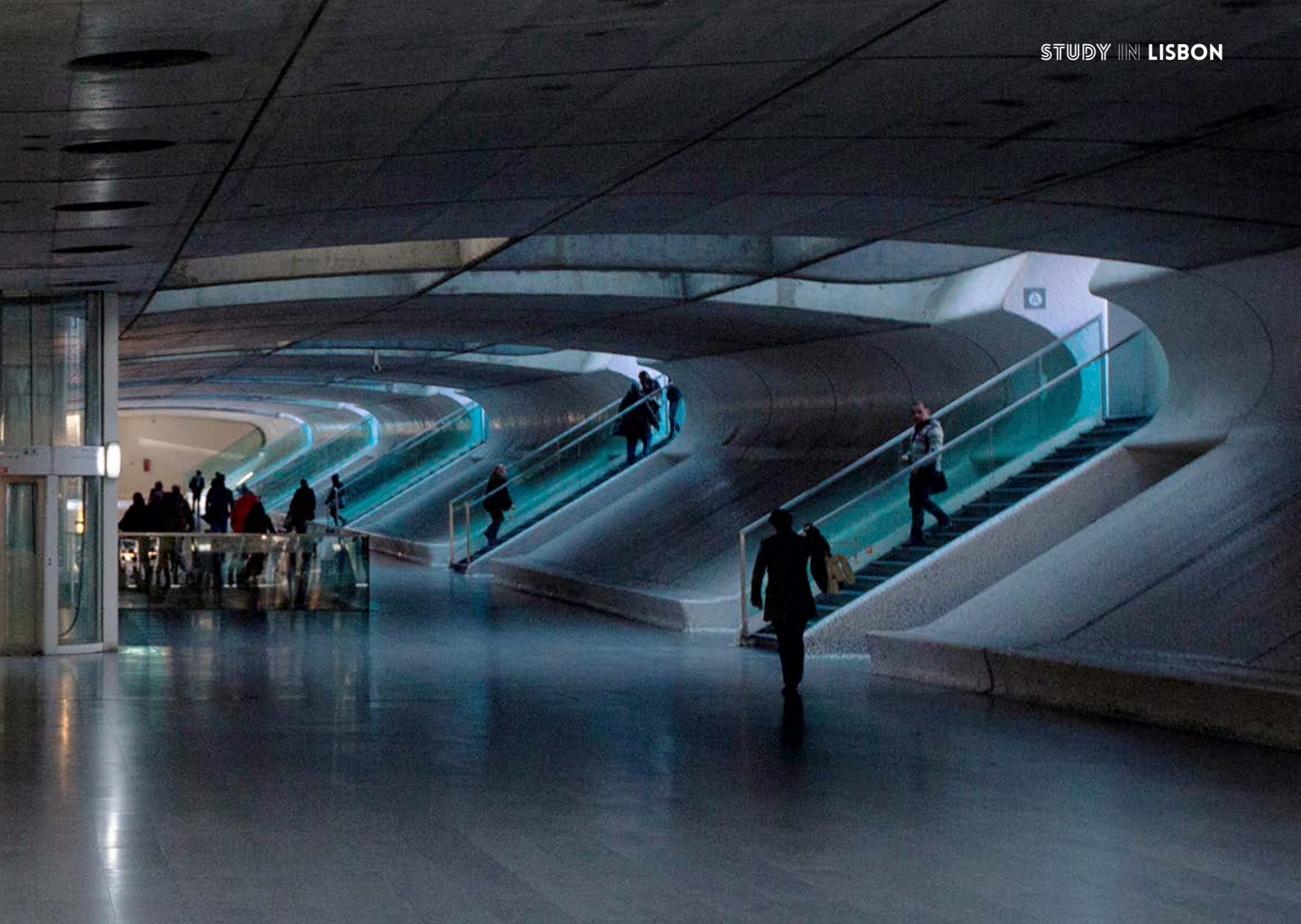
EUROPEAN MARKET MERCADO EUROPEU	
500 MILLIONS 500 MILHÕES	

PORTUGUESE-SPEAKING COUNTRIES PAISES DE LINGUA OFICIAL PORTUGUESA	
250 MILLIONS 250 MILHÕES	

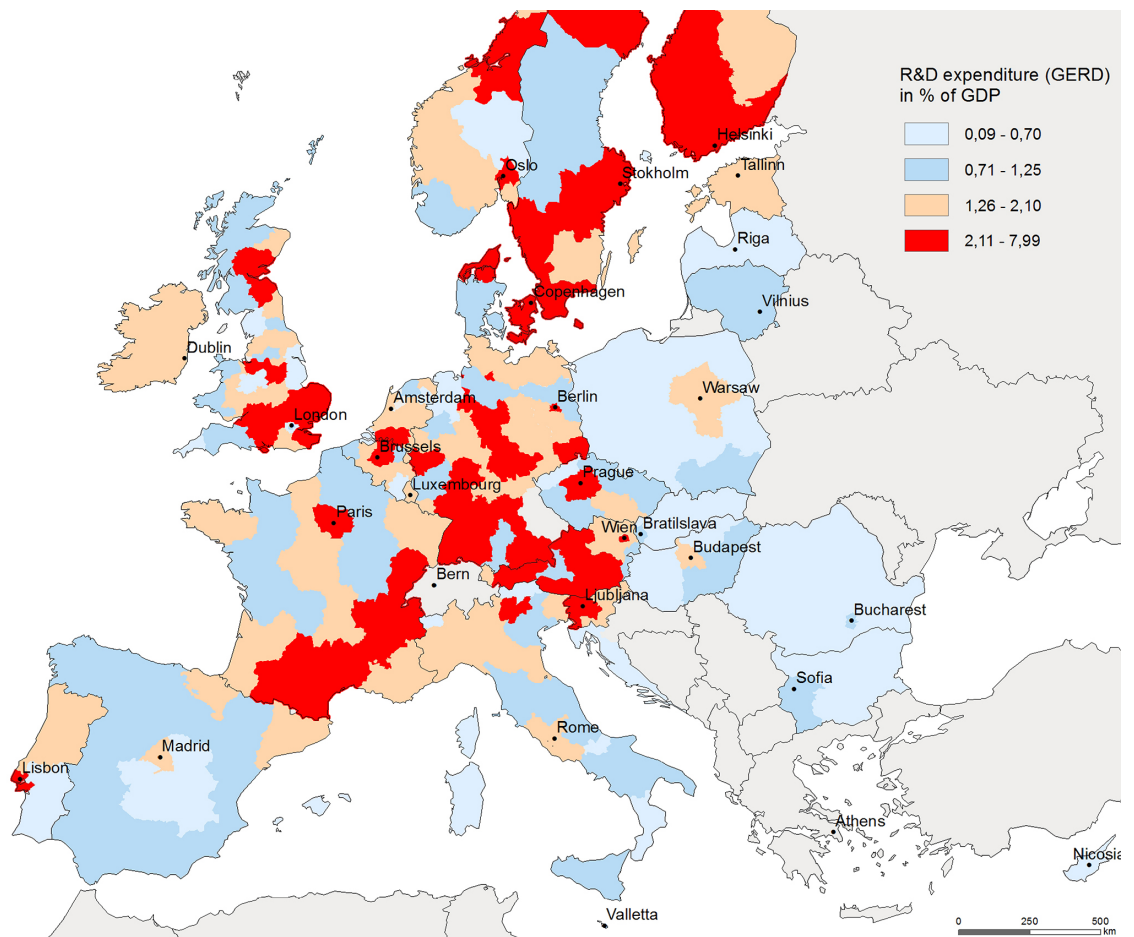
MAJOR SHIPPING ROUTES FROM LISBON PRINCIPAIS ROTAS DE NAVEGAÇÃO A PARTIR DE LISBOA			
		MILES / MILHAS	DAYS / DIAS
EUROPE / Europa	ROTTERDAM / Antwerp / Amsterdã / Roterdã	1200	3
	ITALY / Itália	1200	5
AFRICA / África	ANGOLA	4800	15
	MOZAMBIQUE / Moçambique	7800	22
AMERICA / América	USA / EUA	3800	13
	NYC	3800	13
	SAVANNAH	3500	19
	BRAZIL / Brasil		
	RIO DE JANEIRO	4200	15
	SANTOS	4500	17
	ITAJAÍ	4480	18
ASIA / Ásia	CHINA	9800	33
	HONG KONG	9800	33
	BEIJING	10800	38
	INDIA	5300	23
	NEW DELHI	5300	23

DISTANCE FROM LISBON TO: DISTÂNCIAS DE LISBOA PARA:		
MADRID	600 Km	1h
PARIS	1800 Km	2h 30m
LONDON	2182 Km	2h 20m
FRANKFURT	2300 Km	2h 55m

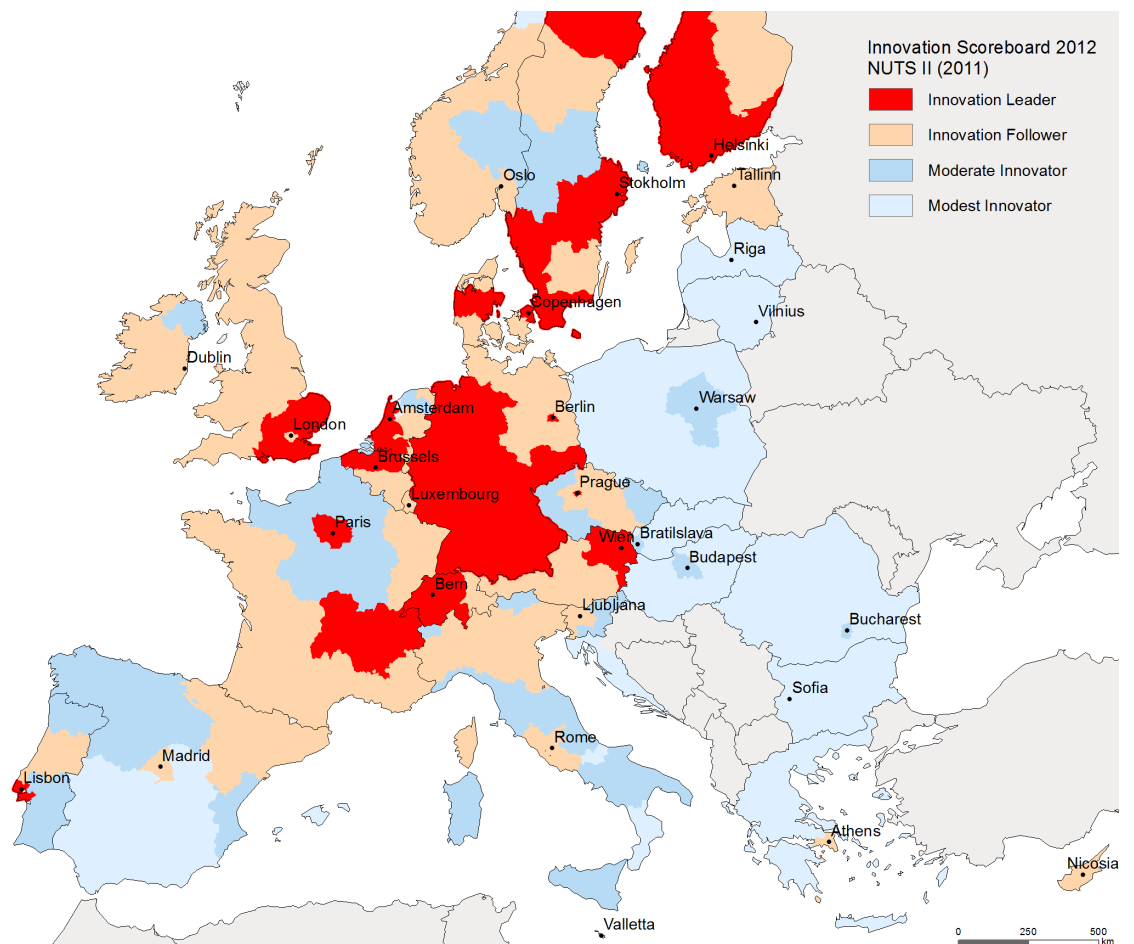
DIRECT REGULAR FLIGHTS FROM LISBON VÔOS DIRETOS E REGULARES A PARTIR DE LISBOA	
EUROPE / Europa	74
AMERICA / América	17
AFRICA & ASIA / África & Ásia	15



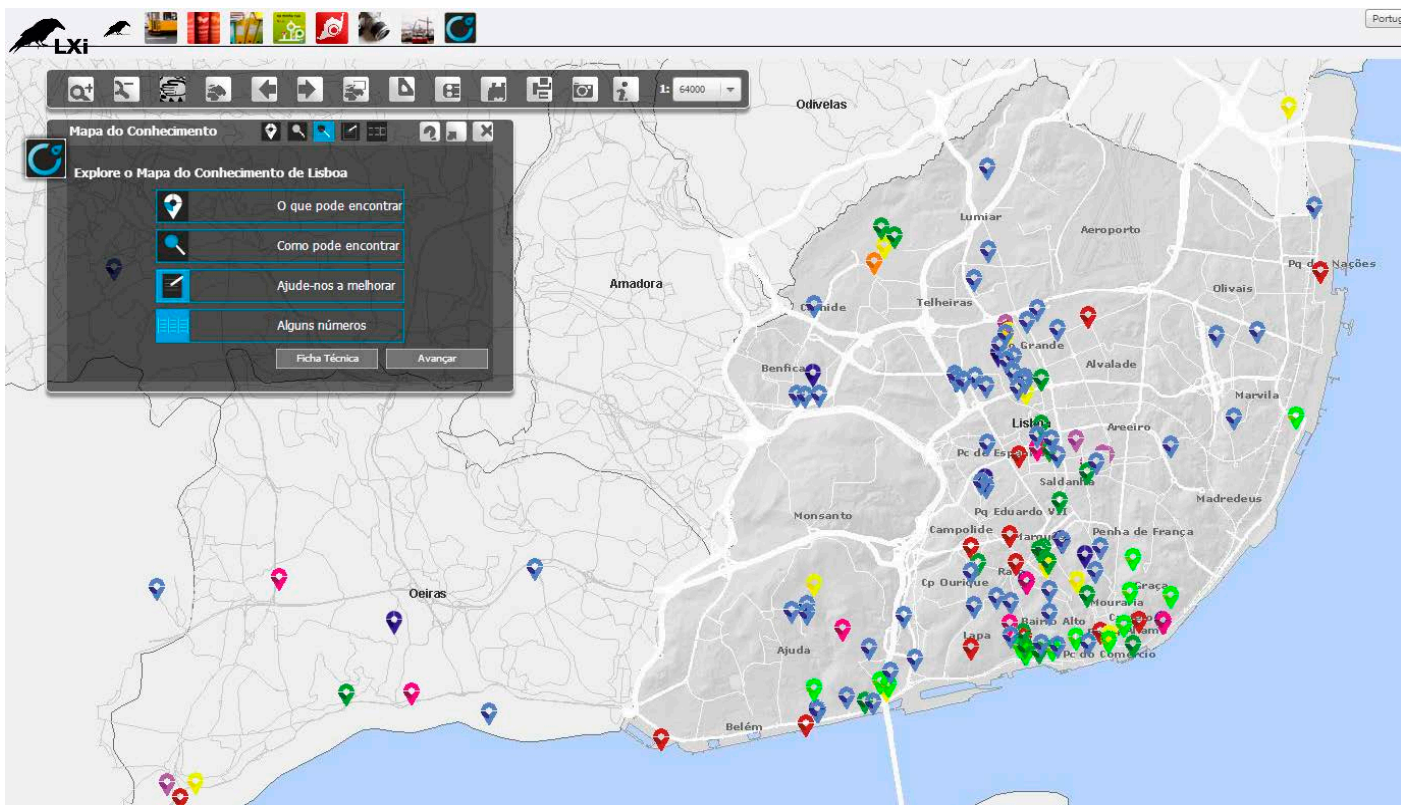
R & D expenditures - Lisbon makes a relevant investment in Research & Development



Innovation scoreboard - Lisbon is a region Innovation Leader



LXI - Interactive web platform - Lisbon: Map of Knowledge



<http://lxi.cm-lisboa.pt/lxi/>



The city is the largest centre of universities and research centers in the country, with 17.500 researchers and a very broad and diversified set of universities and a great ability to attract foreign students (4.000 international students in 2010/2011).

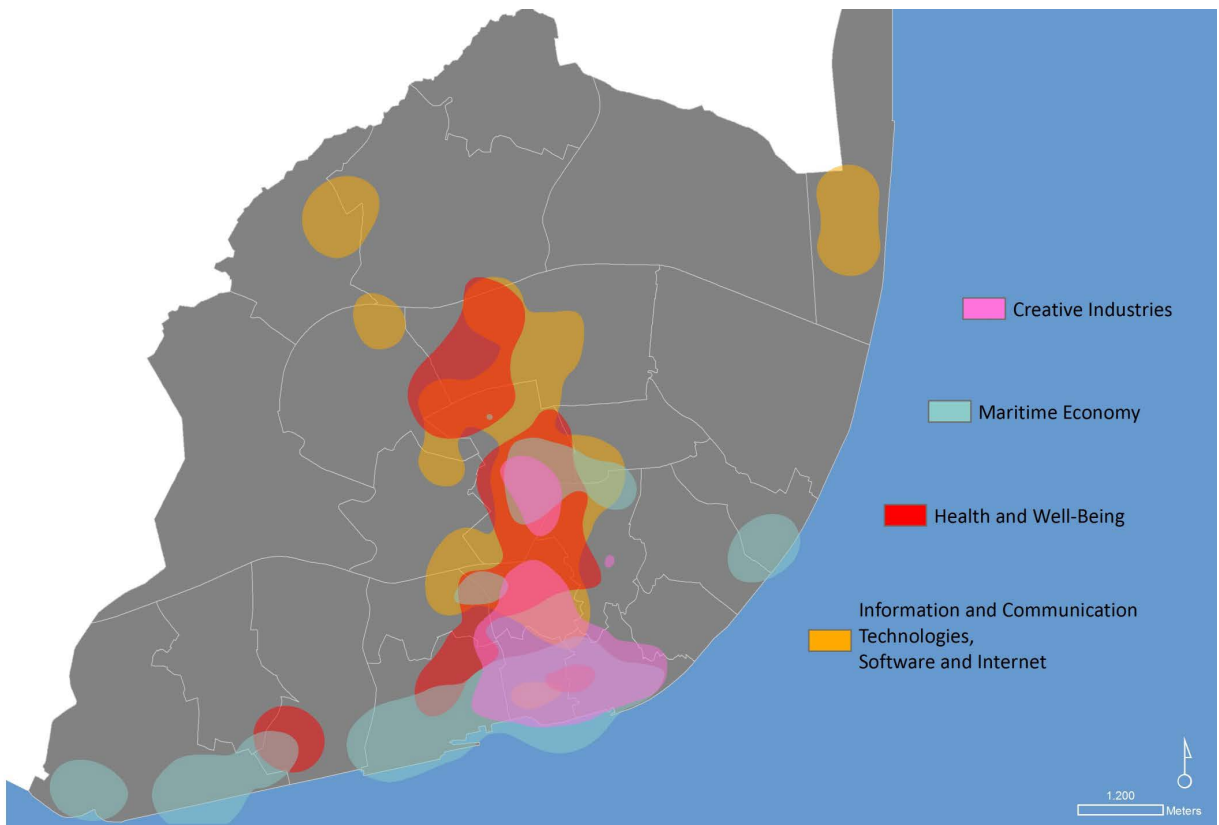
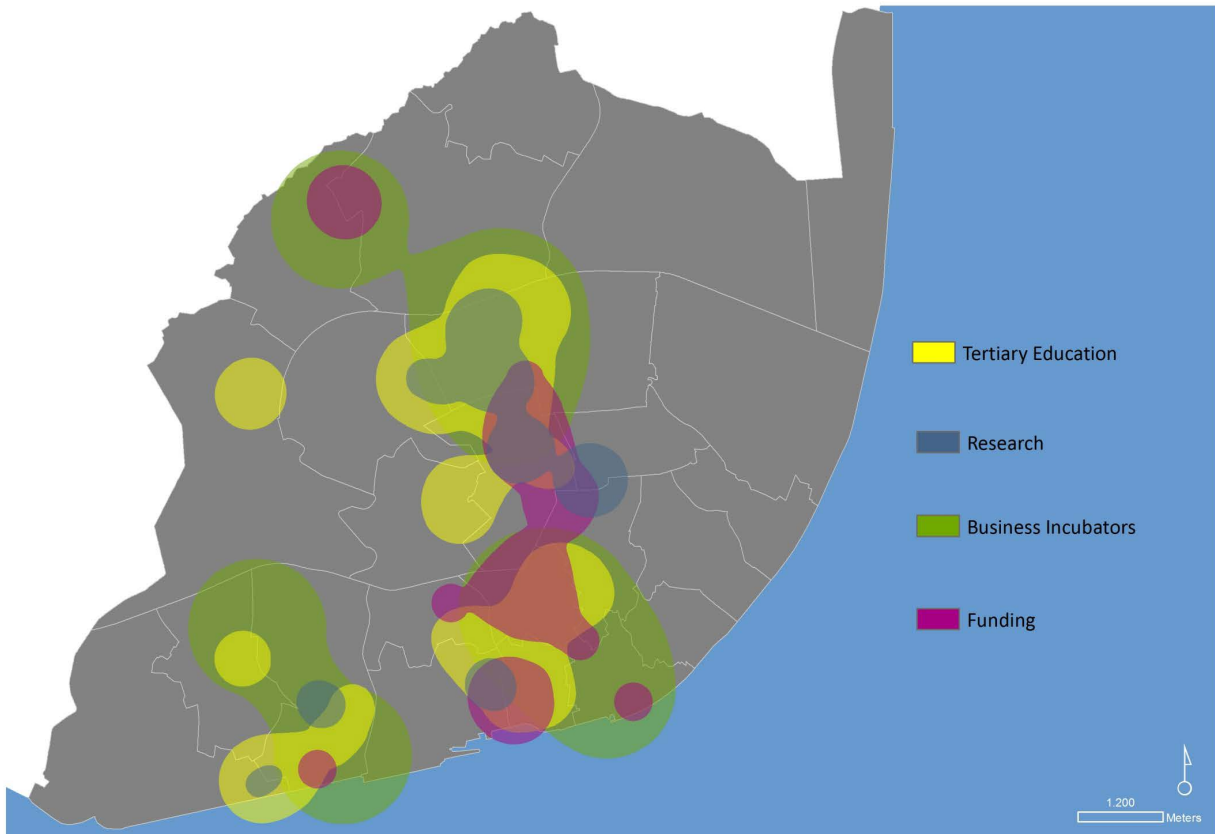
The Lisbon region has 140.000 university students, 30.000 graduates every year and an important pool of high quality engineering students (Portugal is 3rd OECD country with more researchers, in the fields of science and engineering per 1000 inhabitants, Global Benchmark Report 2012).



The main purpose of Lisbon Knowledge and Innovation Map is to provide information on research, innovation and creativity in Lisbon city/region. It includes data about the actors intervening in these areas reinforcing the position of Lisbon as an European leading region in innovation (Innovation Union Scoreboard 2013).

It aims to be an interactive and user-oriented tool that allows to identify, locate, contact and learn more about organizations that contribute to reinforce the dimension of Lisbon as an international city of knowledge and innovation.

Relevant areas density



Lisbon is a very multifaceted and multi skilled city. That allows to develop activities in very different areas, which turns more and more important to choose the most competitive ones. The logic of articulation of clusters is an efficient instrument for the concentration of resources and funding.

It's important that the strategic sectors for the city consolidate and renew continuously, ensuring the dissemination / transfer of knowledge and know-how. The city council, working with the most relevant actors in this areas, started by define and work in this strategic clusters:





DISCOVERY LISBON

The distinctive values of Portuguese human resources include qualifications, flexibility, creativity, multilingualism and competitiveness. Coupled with the large number of research institutions located in Lisbon, which makes the country's largest hub of universities and research centers, these factors make the city extremely attractive to foreign and national investors.

The connection between the academic world and the job market is fundamental for developing the city's business community. The mobility of researchers and entrepreneurs is extremely important for dissemination and furthering of knowledge, creating extremely useful synergies.

The Discover Lisbon collection aims to be a guide for those who wants to come to the city for study, work and/or invest. It's purpose is to show the major city's features, those things that makes Lisbon the right choice!

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Lisbon offers students a qualified network of both public and private universities and research centers,

promoting close collaboration with higher education institutions of international standing (such as MIT or Carnegie Mellon). The Lisbon MBA was created through a partnership between the Nova University of Lisbon, the Catholic University of Portugal, and the MIT Sloan School of Management, considered the 52nd best in the world by the Financial Times ranking.

The city also offers several other top quality MBA and executive programs. Universities and research centers in Lisbon intensively encourage exchange between teachers, students and researchers through various international cooperation programs, especially Erasmus. Lisbon has 17.000 international students, approximately 3.900 in mobility programs.

2. Affordable Tuition and Cost of Living

Lisbon is one of the cheapest cities in the European Union – ranking 2nd and 6th in the years 2010 and 2011, among the 35 cities polled by Cushman & Wakefield. The cost of higher education is low (tuition can be paid annually or in installments, reaching the approximate total value of 1000 Euros/year/graduation). Lisbon is a city where you have a



variety of offer that allows you to have a good life with little money... you can make your meals at a student cafeteria for 2,40 or in a budget restaurant for about 7€. You can stay at a student residence for an average cost of 150 €/ month and easily use all the public transportation (metro, rail and train) for about 35 €/ 30 days.

Museums, movies, theatres, ballet, opera, concerts, all of this cultural events can be seen for free or at a low cost. Some museums have free entrance on Sunday mornings and some times you can freely attend to some concerts. Student tickets have discounts in almost every places

3. Accommodation and Housing

Lisbon offers around 72 students residences, principally located in the city center, with easy access to the various campuses around the city. Lisbon also boasts numerous internationally acclaimed hostels; offering high-quality accommodation at reduced prices, which have received several awards.

4. Sporting Opportunities and Great Climate

Lisbon was considered the 23rd World's Best City to Live by Monocle Magazine (July / August 2011). The sun shines approximately 239 days a year! Lisbon enjoys a Mediterranean climate and is known for its unique light. It's a city with a diverse offering of restaurants and bars with excellent cuisine. The fact that Lisbon is the sunniest capital in Europe offers the opportunity to practice sports such as jogging, biking, hiking, golf, horse riding, football or skateboarding. Its closeness to the river and the sea also allows for rowing, canoeing, surfing, sailing or kitesurfing. Two of the most spectacular coastal sites of Europe are situated in Guincho (25 min. away) and Ericeira (35 min. away), the latter being the largest surfing reserve in Europe.

5. Friendly People and a Welcoming City

Lisboners are friendly and spontaneous. 42% speak two foreign languages and at least 23% speak three. The most spoken foreign languages are English, French and Spanish. Lisbon is home to numerous communities from Brazil, Cape Verde, Angola, Ukraine, India and China, among others.



6. Culture and Creativity

History is present at every corner when we walk through Lisbon's old neighborhoods of Baixa, Alfama and Castelo. At night, you can easily find places to hear Fado, Lisbon's typical musical genre, recognized by UNESCO as an intangible heritage of humanity in 2011. There is always something happening in Lisbon, from major concerts to film and music festivals. Lisbon has a wide range of cultural facilities, shops and places of leisure with strong links to the city's traditional neighborhoods. It is a truly creative city with a variety of cultural events and over 75 museums and galleries.

7. Safety

Security is one of Lisbon's strengths, being the safest capital in Europe (Eurostat – 2010 report). Lisbon also ranks among the top 50 cities with respect to personal security (MERCER – Quality of living worldwide city rankings 2011). Portugal has low indicators for violent crime, being rated as the 13th safest country in the world (Global Peace Index).

8. A Green City

Environmental sustainability is one of Lisbon's strong points. The city has a network of station points to supply electric cars and of cycle paths (<http://lisboaciclavel.cm-lisboa.pt/>) connecting residential

areas to services and green areas.

Besides the city's major green areas – Monsanto Forest Park and the Bela Vista Park (site of the Rock in Rio music festival) – there are also several parks and gardens of historic and artistic interest, where you can relax and enjoy the city.

9. Leisure and Entertainment

Lisbon hosts events (many of international notoriety) throughout the year for a diversity of audiences (E.g.: the Rock in Rio festival, the Volvo Ocean Race and The Tall Ships Races all took place in Lisbon in 2012). Along the Tagus waterfront are numerous places to dine, drink or dance, such as the Alcantara Docks. The area of Bairro Alto, home to the city's original Fado houses, is now full of bars and small restaurants.

10. A Cosmopolitan City Open to the World

Lisbon is not only Europe's Atlantic hub, but also that of Africa and the Americas. Portuguese explorers set sail from the Tagus river in the fifteenth and sixteenth centuries to give "new worlds to the world" (Luis de Camões, in "Os Lusíadas"). Lisbon has always welcomed new people and cultures, lending its inhabitants a spirit of great openness towards foreigners, as evidenced by the many favorable testimonies of those who work or study here.



Work in Lisbon

STUDY



LISBON





10 REASONS TO WORK IN LISBON

1. Capital and Atlantic City Hub

The geostrategic position of Lisbon gives the city excellent opportunities for access to various markets. The installation in Lisbon allows you to have privileged access to 10 million Portuguese consumers, 50 million Iberian consumers, 500 million Europeans and 250 million consumers in the PSAC.

The modern infrastructure of transportation and logistics, such as a complete network of motorways, railways, various ports in its area of influence and the airport 7 km away from the city center - with links to over 150 European and transcontinental destinations, make Lisbon an ideal location for companies wishing to invest or export to emerging markets. Lisbon has privileged business and cultural relations and a thorough knowledge of the seven countries that share the portuguese language, among which are, by size, Angola, Brazil and Mozambique.

All this makes Lisbon a city extremely attractive to work, either by the ease of access, either by the excellent conditions for the installation of multinational or seeking internationalization companies.

2. High Quality of Life and Safety

Lisbon was considered the 23rd World's Best City to Live by Monocle magazine (July / August 2011). It has more than 220 days of sunshine per year, three national parks in its area of influence, two extensive beach fronts and the mediterranean cuisine is rich in fish and healthy. It is a city with a diverse offering of restaurants and bars equipped with excellent cuisine. The fact that Lisbon is the sunniest capital in Europe is an opportunity to practice several sports such as jogging, biking, hiking, golf, horse riding, football or skateboard. The proximity of the river and the sea allow rowing, canoeing, and sailing, surfing and kitesurfing. Two of the most spectacular sea fronts of Europe are situated in Guincho (at 25 min.) and Ericeira (at 35 min.), the latter being the largest reserve of surfing in Europe.

Security is one of the strengths of Lisbon, which is the safest capital in Europe (Eurostat, 2010 report). Lisbon also appears in the top 50 with respect to personal security (Mercer - Quality of Living worldwide city rankings 2011). Portugal has low indicators of violent crime, being rated as the 13th safest country in the world (Global Peace Index). The climate of peace, social stability and security provided by the city as well as the availability of a large number of leisure activities are among the factors that give the city a high level of quality of life.



3. Ease of Installation in the City

Lisbon is the capital of a European Union country. Freedom of movement has numerous opportunities to people seeking work in Europe, since it eliminates many constraints and eases the installation procedures in another city. European citizenship entails not only freedom of movement but also the opportunity to participate actively in civic and political life of the city where one resides. The status of European citizen permits any citizen of any EU member country to settle freely anywhere in Europe.

Lisbon has the double advantage of being part of the European Union and simultaneously provide a gateway to Europe. Its geostrategic position favors the interaction with many diverse markets, creating many job opportunities for those who want to establish in the city.

4. International Airport 10 minutes from City Center

Globalization is increasing the challenges to the city competitiveness. The need for internationalization means that companies have to be present in several markets, which requires frequent travel. Likewise, organizing seminars, conferences, congresses and

other business events, on a larger scale, involving participants from several countries, reinforces the importance of accessibility to the host cities. In this context, the proximity between Lisbon's airport and the city center facilitates the organization of these events, because one spends less time travelling.

The variety of public transportation makes Lisbon a very accessible city, both for short trips or for longer stays, whether for professional career development or the installation of a company. The continuous improvement of road infrastructure allows better mobility within the city, increasing the quality of life and making Lisbon a better city to live in.

5. Digital Connectivity and Mobility

Portugal occupies the 11th place among European fiber optic ranking, and is the 2nd European country with the most progress at the end of 2010*. It is thus a major driver of development and a major driver of the sector in Europe. In an ever more globalized world and with growing communication needs, this factor makes Lisbon a very appealing city, since it

* Source: FTTH Council Europe



factor makes Lisbon a very appealing city, since it allows to easily work with geographically distant entities or companies. The city's geographical position, as well as its very modern and diversified air and land routes, becomes very easy and affordable to move to and within it. The urban network and inter-urban transportation are being constantly improved, which facilitates travel. Also, the proximity of the airport and the number of accessible destinations make Lisbon very easily accessible from other cities in Europe, as well as from all other major cities worldwide.

6. Competitive Cost of Living

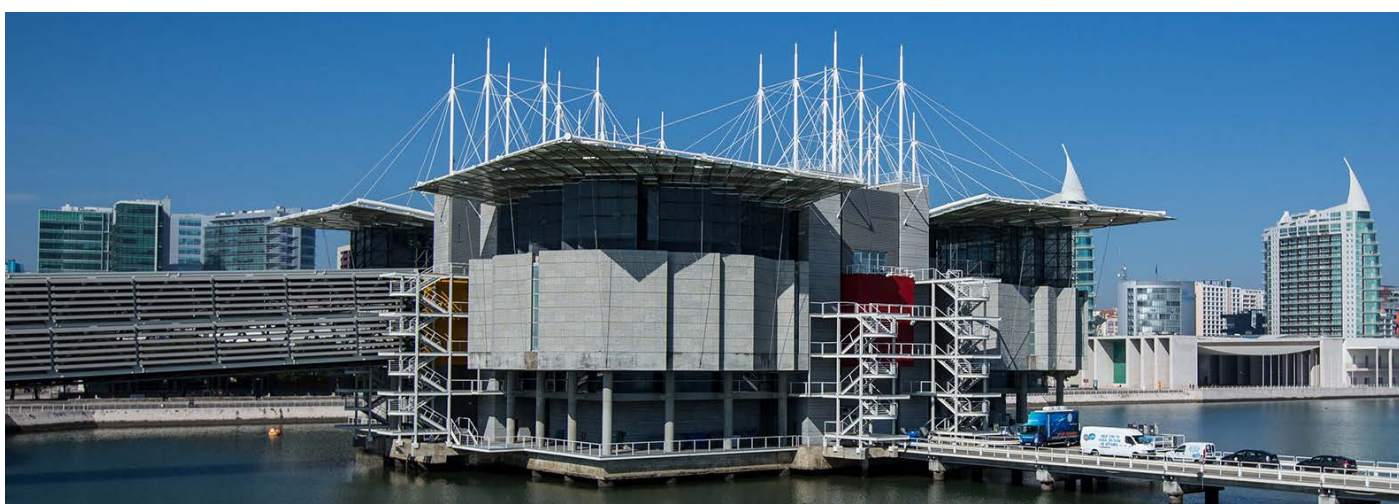
Lisbon has one of most competitive cost of living of the European Union - in the years 2010 and 2011, it occupied respectively the 2nd and 6th place among 35 cities that make up the ranking prepared by Cushman & Wakefield. Its cost of living is the lowest in Europe and it is, among the major European cities, the one that offers the most competitive prices for accommodation in the face of the high quality provided. This is a key feature for those seeking the most suitable place to settle because it allows to achieve relatively low installation costs.

The real estate offer in the city is very diverse,

allowing house renting adapted to the requirements at a very competitive cost. From the larger and newer houses in the more recent neighborhoods of the city (Parque das Nações, for example), to the smaller and ancient houses of historic neighborhoods, Lisbon allows easy installation in the city of any person. The ease of access to public health services and education is another important factor because it allows significantly lower costs in accessing this services. Also at the cultural level it is possible to access various places and events for free or at reduced costs.

7. High Quality Education System

The city has an extensive network of elementary and secondary schools, which are associated with various services related to leisure activities and in specific areas of physical and intellectual development. The diversity of existing schools allows parents and guardians to get their students access to the desired type of education, school schedules and extracurricular activities.



Public network of schools is becoming more modernized and adapted to the current work rhythm. Also in the private and cooperative education the supply is increasingly wider, namely by the existence of various international schools, allowing those who choose to work in Lisbon to provide their children the continuity in education attended.

8. University City

Lisbon offers students a qualified network of public and private universities and research centers, maintaining close cooperation with institutions of higher education of international reference (as MIT or Carnegie Mellon).

It has been created an MBA from a partnership between the Nova University of Lisbon, the Portuguese Catholic University, and MIT Sloan School of Management, also featuring other executive MBA and other formations of high quality. In this context, in Lisbon are gathered excellent conditions for qualification of manpower.

The diversity and quality of university provision in the city allows anyone to access quality training in the desired study area. Either you want a specialization of the highest level or to get a professional qualification, Lisbon is the ideal location for working and / or building a business base.

9. R & D and Innovation Ecosystem

The Lisbon region accounts for about 40% of national GDP and concentrates a large number of technology companies and research institutions. It is the center of a region with 3 million inhabitants and concentrates the most of the national economic decision making centers.

Lisbon is an European capital extremely receptive to technological innovation and therefore has been chosen by several multinational companies to test market new products.

Portugal occupies the 3rd place in the ranking of the total percentage of graduates in engineering, life sciences, physics, mathematics / statistics and



computer science, health and welfare - Global Benchmark Report 2012.

Qualified, flexible, creative, multilingual and highly competitive human resources, as well as internationally renowned researchers and universities make Lisbon desirable for the location of research centers and development of services and corporate headquarters, creating even more opportunities in the city for those who intends to develop a successful career.

Lisbon (city and metropolitan area) has proved very attractive to set up companies in ICT sectors, the software industry and all the Internet companies, as well as those in the areas of Media and Audiovisual.

This trend is illustrated by the recent coming to Lisbon of Microsoft, Google, TV Globo, Fox International, Fujitsu, or Huawei as well as companies that have a strong presence in the city or are in the process of strengthening its operations: IBM, Vodafone, Sonaecom, ZON, Portugal Telecom, among others.

10. Cosmopolitan and Creative City

The city of Lisbon has a wide range of cultural facilities, shops, places of leisure and bohemia with strong links to traditional neighborhoods. It is a city where year-round events happen for everyone, many with international notoriety (eg: Rock in Rio, and Volvo Ocean and The Tall Ships Races visited Lisbon in 2012).

Along the Tagus river (waterfront) are numerous and diverse places to dine, drink or dance, for example Alcantara Docks. Bairro Alto, originally with many Fado houses (nostalgic Lisbon song, recognized in 2011 by UNESCO as intangible heritage of humanity), is now full of bars and small restaurants. Lisbon has always welcomed people and cultures, giving its inhabitants a spirit of great openness to foreigners, as evidenced by the many favorable testimonies of those who work or study here.

The Lisbon people are friendly and spontaneous, 42% speak two foreign languages and at least 23% speak three languages, which makes the city very attractive to foreigners.



Invest in Lisbon

STUDY



LISBON





10 REASONS TO INVEST IN LISBON

1. Europe's atlantic gateway

A capital city, Lisbon has long been considered a trading platform between different continents, that allows easy access to 500 million European consumers, thanks to a modern and complete network of motorways, railroads and other transport and logistics infrastructures:

- Ports of Lisboa, Setúbal and Sines;
- Airport 10 minutes from the city centre;
- Market of 500 million European consumers;
- Privileged relationships with Angola, Brazil, Mozambique and other Portuguese-speaking countries (Portuguese is the 5th most widely spoken language in the world, with 250 million native speakers);
- 4th OECD country with the highest level of investment in emerging markets as a percentage of GDP- Global Benchmark Report 2010.

2. Economic and financial engine

The region of Lisbon generates 40% of Portugal's GDP and houses a large number of companies and technological research centers. It is the centre of a region with 3 million inhabitants, and hosts the country's main economic decision centers.

Around 99.000 companies (non-financial), have their headquarters in Lisbon which employ 614.000 people, about 1/3 of all companies in the country.

Around 3% of new companies are in the sectors of high / medium-high technology, most of which are foreign companies which employ about 15% of the workforce in the region.

Lisbon is a European capital that is extremely receptive to technological innovation and for this reason has been chosen by various multinational companies for market testing of their new products. The region of Lisbon is responsible for 15% of the employment in companies with a majority of foreign capital, that stands alone for almost twice the level of the country.

Portugal is one of the world's leading destinations for outsourcing ICT and business processes, according to the 2012 list drawn up by the consultant Gartner.

3. Partner city in investment

According to the study Office Space Across the World 2010 that analyzes the office occupation costs (m2/year) in the world's main cities, published annually by Cushman & Wakefield, "Lisbon is one of the most competitive cities in Southern Europe", that is 33% more competitive than Madrid and Athens (and Dublin) and around 50% more competitive than Milan. Lisbon also has an advantage when compared to Eastern European cities, such as Prague, Warsaw and Budapest.



4. Qualified and competitive resources

Qualified, flexible, creative, multilingual and highly competitive human resources besides researchers with universities of international prestige, makes Lisbon extremely attractive as the site of research centers and the development of services and corporate headquarters.

Portugal holds 1st place in the ranking of the percentage of graduates in the areas of engineering, life sciences, physics, mathematics / statistics and computer science, health and well-being - Global Benchmark Report 2011.

Lisbon is highly competitive in terms of labour costs, with gross salaries ranked at 40.0 (New York = 100), compared to values such as 77,7 in Dublin, 64,2 in Lyon, 57,0 in Madrid and 59,6 in Barcelona. UBS Prices and Earnings, 2011.

5. Cosmopolitan city of international prestige

A relationship with other peoples and cultures forms part of the Portuguese genes. Religious and cultural tolerance makes Lisbon an attractive city for investors and talent. The UN has recognized Portugal as being the country that is the best host for immigrants.

Lisbon is the European capital with the largest exclusive economic zone, and houses the headquarters of the European Maritime Safety Agency.

This context, allied to its excellent transport and communications infrastructures makes Lisbon a desirable and competitive destination for business and tourism. In this regard, Lisbon is ranked in 8th place as the world city for business events (ICCA 2010 and 2011).

In terms of tourism, Lisbon has recently received countless honorary mentions and awards, for example:

- Best destination for city breaks in the Europe (World Travel Awards 2010 and 2009);



7. High quality of life

- Best cruise destination in the Europe (World Travel Awards 2009);
- Best tourist destination in Europe (European Consumers Choice 2010).

6. Major real-estate potential

Lisbon currently has a highly diversified and qualified range of office spaces with very competitive prices (European Cities Monitor 2011).

In order to continue to stimulate this activity, Lisbon cut property taxes over the last 5 years, through approval of a series of urban planning regulations, that constitute an additional factor of competitiveness, e.g. the Urban Taxes Regulation and the Incentive Scheme for Urban Operations of Municipal Interest (Construction Credits) and reduced taxes for urban rehabilitation works, that also benefit from a broad range of tax incentives until 2020.

Lisbon has a series of enviable assets, such as social stability, a fine gastronomy and gentle climate, typical neighborhoods and the extense riverfront zone. These assets are accessible to all those who visit or are lucky enough to live, work or study in the city. Lisbon is the World's 23rd Best City for Living (Monocle, July/August.2011) and is ranked amongst the top 50 cities for quality of life (ranked in 41st position, after Barcelona 40 and London 38 - MERCER - Quality of Living Worldwide City Rankings 2011). The city has a very diversified offer of bars and restaurants endowed with excellent cuisine. Some characteristics that boast Lisbon a quality of life that is second to none:

- European capital with the highest number of sunshine hours per year;
- 3 Parks within the City limits
- Beaches and golf courses within 15 minutes from the centre;
- 1st European Surf Reserve (Save the Waves Coalition).



8. One of Europe's safest cities

Eurostat considers that Lisbon is the safest capital in Europe – 2010 report. According to the Global Peace Index of 2010 Portugal was considered being the 13th safest country in the world.

Lisbon is also ranked amongst the top 50 cities in the world in terms of personal safety – MERCER - Quality of Living Worldwide City Rankings 2011, with numerous favorable testimonials from foreign tourists and economic agents concerning Lisbon's peaceful and tolerant environment.

- The country that provides the warmest welcome to immigrants (UN);
- Cultural openness
- Low indicators of violent criminality and road accidents.

9. Sustainable city

Lisbon assumes the challenge of developing consistent environmental sustainability policies in all aspects: changing the paradigm of mobility, adopting a new ecological structure for the City (Green Plan), waste management and promotion of

energy efficiency. Lisbon already has an extensive network of cycle lanes - around 70Km, encompassing more than 20 circuits in the entire city.

The capital stands at the forefront of electrical mobility. The Mobi-e initiative is one of the largest public recharging networks for electric vehicles in Europe, with hundreds of recharging stations planned, each with capacity for two vehicles.

10. Creative and entrepreneurial city

A creative and competitive city in the global context, Lisbon affirms itself in terms of its economic sustainability - attracting investment and creating employment, retaining talent, leveraging its excellent physical and technological infrastructures suitable for supporting a knowledge-based economy and the circulation of people and goods.

According to the study by Richard Florida, The rise of the mega-region, Cambridge Journal of Regions, Economy and Society 2008, "Lisbon constitutes one of the 12 mega regions identified in Europe as economic hubs of population density allied to economic production and technological and scientific innovation "(see Map below).



THE ECONOMY

OF LISBON

IN FIGURES

2014



LISBON IN FIGURES:

2,8 million inhabitants in the Lisbon region (of which 548.000 in the city)

61,2 billion Euros is the GDP of the Lisbon region

334 thousand companies (of which 97,000 in the city itself)

140 thousand high education students enrolled in 2012/2013, in the Lisbon region, with particular emphasis on health and management

34 thousand high education graduates in the year 2011/2012, in the Lisbon region

2,1% GDP is spent in R&D in the Lisbon region

LISBON HAS:

106 Higher Education and Polytechnic Institutes both public and private:

5 Public Universities and Polytechnic Institute | **50** Faculties

7 Private Universities | **34** Faculties and Institutes

1 Catholic University | 9 Faculties and Institutes

164 Research Centers and High Education Studies distributed by:

Exact Sciences | **26** Centers

Natural Sciences | **21** Centers

Health Sciences | **13** Centers

Engineering and Technology | **30** Centers

Social Sciences | **33** Centers

Arts and Humanities | **41** Centers

15 Foundations and other research institutes

3 Scientific Parks

12 Business Incubators

About **17.000** international students, **3.900** of which in mobility programmes

72 student residences



Useful information

STUDY IN LISBON



USEFUL INFORMATION:

LOCATION

Lisbon is the capital of Portugal, which is located in the extreme southwest of Europe and includes the archipelagos of the Azores and Madeira, in the Atlantic Ocean.

CLIMATE

In Lisbon the winter is mild and summer is hot, but more moderate due to the proximity of the sea. During spring and autumn are registered many sunny days with mild temperatures.

DEMOGRAPHIC INFORMATION

Portugal has a population of about 10 million and 300.000 inhabitants. In Lisbon region live about 3 million inhabitants, and Lisbon city has approximately 600.000 inhabitants.

LANGUAGE

Portuguese is the third most spoken European language in the world, by about 250 million people.

CURRENCY

The Euro is the official currency of Portugal.

ACCOMMODATION

The real estate agencies and newspapers are a good way to find suitable properties to rent or buy. Always look for ads published with the reference "Authorized Agent".

HEALTHCARE

In Portugal, the provision of healthcare is undertaken by the "Serviço Nacional de Saúde" (SNS), including health centers and public hospitals. Emergency services in hospitals should only be used in serious situations.

Permanent Assistance (24 hours per day): 808 24 24 24

EDUCATION SYSTEM

The Ministry of Education and Science is responsible for the education system in Portugal – with the support of the Ministry of Solidarity and Social Security, in the pre-school education. There is also available a vast network of private schools, including international schools.

RECOGNITION OF ACADEMIC QUALIFICATIONS

To obtain equivalence between your skills and those that are recognized in Portugal, you should contact:

- CIREF, at Ministry of Education and Science (Lisbon), in case of primary or secondary levels;
- NARIC Portugal, in case of higher education diplomas.

ELECTRICITY

Electric system: 220/400 volts at a frequency of 50 hertz. The electrical devices follow European standards.

TELECOMMUNICATIONS

There are public telephones where you can use coins or specific cards for sale in speciality stores, at post offices or kiosks and tobacco shops. To call abroad, dial 00, the country code and the city, followed by the desired number.



Useful links

STUDY
IN LISBON



USEFUL LINKS:

Study in Lisbon

www.studyinlisbon.pt/en/
<https://www.facebook.com/studyinlisbon>

Lisbon Knowledge and Innovation Map

<http://mapadoconhecimento.cm-lisboa.pt>

Lisbon City Council

<http://www.cm-lisboa.pt>

Lisbon Shopping Destination

<http://www.lisbonshopping.pt>

Lisbon Incubators Network

<http://www.incubadoraslisboa.pt>

Invest Lisbon

<http://www.investlisboa.com>

European Union's Official Portal

<http://europa.eu>

Erasmus+

http://ec.europa.eu/programmes/erasmus-plus/index_en.htm

Government of Portugal

<http://www.portugal.gov.pt>

Citizens' Portal

<http://www.portaldocidadao.pt/PORTAL/pt>

Foundation for Science and Technology
(scholarships)

<http://www.fct.pt/apoios/>

FLAD Luso-American Development

<http://www.flad.pt/?no=212000185>

FULBRIGHT Portugal

Fulbright Commission in Portugal

<http://www.fulbright.pt>

ERASMUS

ESN International

<http://www.esn.org>

Erasmus in Lisbon

<http://www.erasmuslisboa.com/>

Entry into Portugal | Visa Application

http://www.sef.pt/portal/v10/PT/asp/ apoioCliente/detalheApoio.aspx?fromIndex=0&id_Linha=4771

U.E. Immigration Portal

<http://ec.europa.eu/immigration>

Foreigners and Borders Service

<http://www.sef.pt>

Institute for Employment and Vocational Training

<http://www.iefp.pt>

Authority for Working Conditions

<http://www.act.gov.pt>

High Commissioner for Immigration and
Intercultural Dialogue

<http://www.acidi.gov.pt>

The European Job Mobility Portal

<http://ec.europa.eu/eures>

Camões Virtual Center

<http://cvc.instituto-camoes.pt>

Easy Portuguese

<http://www.easyportuguese.com>

Public Employment Service Portal

<http://www.netemprego.gov.pt/IEFP/index.jsp>

National Reference Point for Vocational
Qualifications

<http://portal.iefp.pt/pnrq>

NARIC Portugal

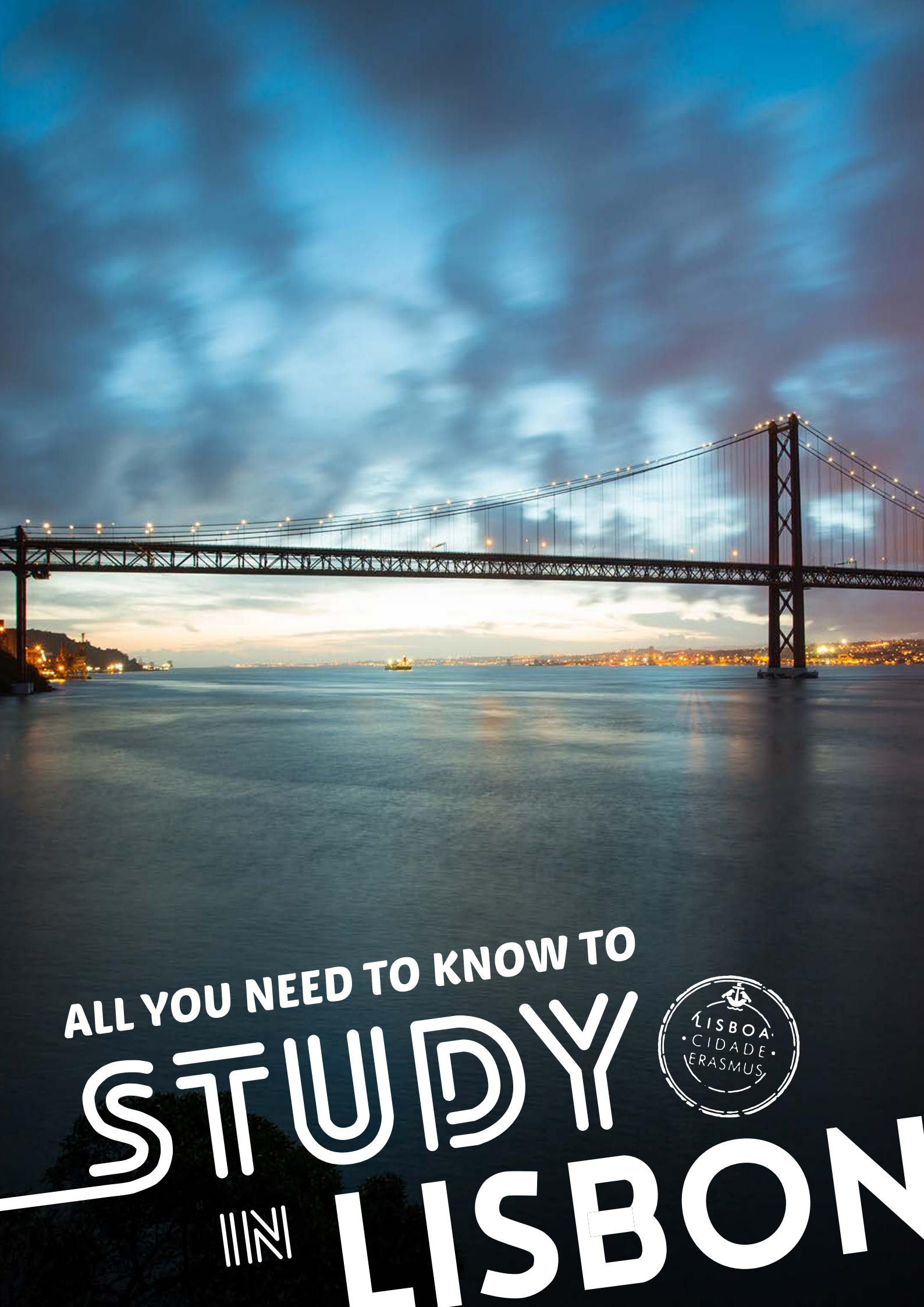
www.naricportugal.pt

Health User Portal

<https://servicos.min-saude.pt/utente/portal/paginas/default.aspx>

Regional Direction of Education of Lisbon and
Tagus Valley

<http://www.drel.min-edu.pt>



ALL YOU NEED TO KNOW TO

STUDY

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LISBON

