



utad

**UNIVERSIDADE
DE TRÁS-OS-MONTES
E ALTO DOURO**



Gabinete de Relações Internacionais e Mobilidade
Office for International Relations and Mobility
University of Trás-os-Montes and Alto Douro

GENERAL INFORMATION FOR STUDENTS





ABOUT PORTUGAL AND VILA REAL



PORTUGAL

- **Capital:** Lisbon
- **Official EU language:** Portuguese
- **EU member country:** since 1 January 1986
- **Currency:** euro (Euro area member since 1 January 1999)
- **Schengen:** Member since 26 March 1995
- **Political System:** Semi-presidential republic with a head of government (prime minister) and a head of state (president)
- **Population:** +10 200 000
- **Area:** 92 212 km²
- **Location:** Mainland located on the southwest of the Iberian Peninsula, bordering Spain to the north and east, and the Atlantic Ocean to the west and south
- **Religion:** Mainly Roman Catholic, with religious freedom
- **Climate:** Mild winters and pleasant summers, varying from region to region
- **Local time:** UTC+0 (Summer: UTC+1)
- **Electricity:** 230V/50Hz (European Plug)
- **International Area code:** + 351
- **Single EU emergency number:** 112



Photo: Manuel Costa on Unsplash

The Portuguese territory includes two autonomous regions: the archipelagos of **MADEIRA** and **AZORES**

More information on  visit Portugal

VILA REAL

Vila Real was born against the background of the Christian Reconquest, in a small place still known today as “Vila Velha”. Building on a notable historical reputation, the city has grown and today is a center of culture and development, and a particularly ideal starting point for the Douro valley and Port wine route.

Vila Real is today, par excellence, a young, dynamic, safe city, with a strong academic tradition and a varied cultural life, where many of the activities are planned with young people in mind. These are just some of the ingredients that, along with the traditional Trás-os-Montes hospitality, mean that those who have passed through UTAD and Vila Real never forget their student days. Some of them, from the most varied corners of the country and from many foreign countries, on finishing their course, opt to stay in the region because they have become sentimentally attached to it. Another part is replaced by successive waves of young people who come and go, bringing their habits, their vivacity, their culture with them.



Photo: José Sousa

Vila Real is particularly well located in the Trás-os-Montes e Alto Douro region, an area that, as a whole, is a very attractive, ideal place to live these days. The contrasts in the landscape, with its imposing mountains, fertile meadows, meandering rivers and streams, form a mild and charming natural paradise, that is restful on the eyes and leaves no one indifferent. It is a region of centuries-old traditions, which give it a strong cultural identity.



THE REGION

Financially and culturally, the region around Vila Real reflects both the economic development of its wine sector, with the production of highly appreciated red wines and the world renowned Port wine. The economy is mostly based on livestock, forestry and natural resources, which are the region's greatest source of wealth – the rivers and wind generate electricity for the whole country, the geology provides spring, mineral and heated spa waters of the highest quality, and there are enormous reserves of granite and other ornamental rocks and minerals to be quarried.



Photo: José Paulo Santos

The Trás-os-Montes and Alto Douro region possesses some of the most spectacular scenery in Portugal, with extensive vineyards and impressive country residences that can be found in the valleys of the Douro and its tributaries – which together constitute the Port Wine Demarcated Region, recognized as World Heritage in 2001.

[Find out more about the Region HERE](#)

UTAD

The University of Trás-os-Montes and Alto Douro (UTAD) became a fully-fledged University in 1986. Today, after years of commitment to high quality teaching, research and community extension, UTAD has earned its rightful place among the new generation of Portuguese universities, and is striving to make a name for itself at both national and international levels as a centre for academic excellence and innovation.

One of the University's key challenges in the last few years was to adapt its undergraduate and postgraduate courses portfolio to the Bologna Declaration proposals and to the rapidly changing requirements of the labour market, the shifts in economic and social priorities at national and EU levels, and to the teaching and research opportunities provided by new technologies.

UTAD is a high level institution oriented towards the creation and dissemination of culture, knowledge and science by merging teaching, scientific research and experimental development. Its core objectives are high quality Teaching, Research and Community Outreach, achieved by developing scientific activity that seeks to address issues of global, national or regional scope.



UTAD has an ability to adapt to new situations, balancing the resources available with modern teaching methods, and being able to propose new ways of learning and distributing scientific knowledge. UTAD inspires students to exploit their potential to the fullest, developing their academic and personal skills in order to respond to the changing needs of the labour market. This flexibility is irrefutable proof of the University's vitality, which justifies its assertion within the Portuguese University System.

The *campus is located* near Vila Real centre and has bus connections to any city corner and more.



UTAD *Campus*

STUDYING at an ECO-UNIVERSITY

In May 1988, the Ibero-Macaronesian Association of Botanic Gardens recognized the UTAD *Campus* as a Botanic Garden, having considered as botanical foundations areas with significant botanical value, including cliffs and terraces facing the Corgo River, traces of forest arboretum and the landscaped areas surrounding the buildings.

Characterized by a vast and diverse group of natural resources, the UTAD *Campus* is composed of a diverse set of ecological systems that promote the occurrence of a large number of species which it is vital to preserve. Sustainable use of the natural resource is the determining tool for building a healthy, genuine and resilient economy.

Aware of the need to incorporate environmental ethics in its activity, UTAD decided to focus on the creation of an *Eco-campus* and to commit to ecological sustainability, through physical operations, academic and research programs, as well as sports, cultural and technological aspects.



Recently, measures have been taken to reduce the carbon footprint of university facilities, which, although recognized as a multi-year plan, represent a structural measure for UTAD. One of the objectives is the recognition of the University Campus at the level of ISO 14001 and 50001. In this sense important steps have been taken, both in the reduction of the energy bill and in the management of water and waste. In 2017 and 2018, an important step was the energy and air quality certification, under Decree-Law no. 118/138, of all UTAD's buildings.



UTAD *Campus*

THE VISION



Note: The Campus has been undergoing the changes provided in this video, being in the final stage of requalification to encourage soft mobility.

VILA REAL COST OF LIVING

Vila Real is quite an inexpensive city to live and study in, with an average cost of living between 400€ and 500€ per month, depending on the students' habits and choice of housing.

Here are some indicative costs of a month study period at UTAD:

MEALS	MEDIAN	RANGE
Canteen Meal at UTAD	2.70 €	
Meal, Inexpensive Restaurant	8 €	6.00 – 10.00
Meal for 2, Mid-range Restaurant, Three-course	26.00 €	20.00 – 32.00
Combo Meal at McDonalds or Similar	5.50 €	4.00 – 6.00
Domestic Beer (0.5 litre draught)	1.40 €	1.00 – 1.50
Imported Beer (0.33 litre bottle)	1.50 €	1.10 – 2.00
Coffee (espresso)	0.65 €	0.50 – 0.75
Cappuccino (regular)	1.00 €	0.65 – 1.50
Coke/Pepsi (0.33 litre bottle)	1.00 €	1.00 – 1.20
Water (0.33 litre bottle)	0.80 €	0.60 – 1.00

Source:www.numbeo.com (julho2021)



VILA REAL COST OF LIVING

MARKETS	MEDIAN	RANGE
Milk (regular), 1 liter	0.66 €	0.52 – 0.80
Loaf of Fresh White Bread (500g)	1.50 €	0.80 – 1.90
Rice (1kg)	1,12 €	0.80 – 1.50
Eggs (12)	2.09 €	2.00 – 2.20
Local Cheese (1kg)	10.00 €	8.00 – 15.00
Chicken Breasts (Boneless, Skinless), (1kg)	4.50 €	3.60 – 5.50
Apples (1kg)	1.50 €	
Oranges (1kg)	1.25 €	
Tomato (1kg)	1.90€	1.5 – 2.90
Potato (1kg)	0.66 €	
Lettuce (1 head)	0.90 €	
Water (1.5 liter bottle)	0.38 €	0.20 – 0.60
Bottle of Wine (Mid-Range)	3.75 €	1.95 – 7.50

Source:www.numbeo.com (julho2021)



VILA REAL COST OF LIVING

TRANSPORTATION	MEDIAN	RANGE
Bus ticket Vila Real/Porto	9.50€	
Bus ticket Vila Real/Lisboa	22.80€	
One-way Ticket (Local Transport)	1.35 €	1.00 – 1.50
Monthly Pass (Regular Price)	30.00 €	
Taxi Start (Normal Tariff)	3.50 €	
Gasoline (1 liter)	1.62 €	1.60 – 1.65
UTILITIES (MONTHLY)	MEDIAN	RANGE
Basic (Electricity, Heating, Water, Garbage) for 85m2 Apartment	75 €	60.00 – 100.00
1 min. of Prepaid Mobile Tariff Local (No Discounts or Plans)	0.12 €	0.03 – 0.21
Internet (6 Mbps, Unlimited Data, Cable/ADSL)	30.00 €	20.00 – 35.00

Source: www.numbeo.com (julho2021)



VILA REAL

COST OF LIVING

RENT PER MONTH	MEDIAN	RANGE
Room in an Apartment / Student Hall	200.00 €	150.00 – 250.00
Apartment (1 bedroom) in City Centre	350.00 €	300.00 – 400.00
Apartment (1 bedroom) Outside of Centre	300.00 €	250.00 – 350.00
Apartment (3 bedrooms) in City Centre	600.00 €	450.00 – 750.00
Apartment (3 bedrooms) Outside of Centre	500.00 €	400.00 – 650.00



VILA REAL

Accommodation

UTAD RESIDENCE HALLS

UTAD's [Social Welfare Services](#) currently operate five Student Halls with 523 beds (358 COVID-19) available. In accordance with the law, recipients of scholarships are given priority when rooms are attributed. International students who will be staying for less than a school year are also considered for lodging at the Student Halls. These Halls are governed by internal regulations, which include the terms of entry and use of facilities, standards of internal discipline and student participation in their management.

International Students who wish to make a reservation for accommodation at UTAD's Residence Halls must state so in their Application Form available [HERE](#). Students should always confirm the reservation with UTAD's [International Relations Office \(GRIM\)](#) before departure, so that they can go directly to their housings upon arrival (identification card or passport is needed to be granted access). The number of rooms available for exchange students in our Residence Halls is limited, so the room allocation criteria are as follows:

1. Students who will stay for short periods (3 or 6 months);
2. Students from East European countries;
3. Students who can prove that they and their families have limited economic income;
4. Arrival order;

Note: Other international students, researchers and staff who want to apply for accommodation at the Residence Halls should also contact [GRIM](#).



VILA REAL

Temporary Accommodation

These are some places where students can book a room for the first week(s) of their stay in Vila Real, time during which they will be able to look for private accommodation by themselves:

- ✓ [Hotel Miracorgo](#)
- ✓ [Hotel Quinta do Paço](#)
- ✓ [Hotel Miraneve](#)
- ✓ [Borralha Guest House](#)
- ✓ [Douro Village Hostel](#)
- ✓ [Residencial Real](#)

More information [HERE](#)



VILA REAL

Private Accommodation

GRIM will help all students to find private accommodation after their arrival in Vila Real. If students wish to have those arrangements done before their arrival, they must complete all the information on the Accommodation form and return it to international@utad.pt. The Accommodation form can be found [HERE](#).

Before their departure from the home country, students should book themselves a hotel room for the first few nights or make sure that our International Office has guaranteed them a room. After arriving, students should go to the International Relations and Mobility Office, where they will be given some addresses to visit and decide about which lodgings to take. Available accommodation is located within the public transportation zone.



MEALS



UTAD STUDENT'S CANTEEN UTAD's Social Welfare Services (SASUTAD) operate two student canteens (*Quinta de Prados* and *Além-Rio*), where students can have meals.

UTAD COFFEE SHOPS UTAD's Social Welfare Services (SASUTAD) also operate coffee-shops, snack bars and cafeterias in several buildings on the university *campus*, where snacks, refreshments and light meals can be purchased.

UTAD RESTAURANT UTAD's Social Welfare Services (SASUTAD) also operate the Panoramic Restaurant in university *campus* where visitors can have buffet meals.

OTHER PLACES TO EAT There are several and varied cafés, snack-bars and restaurants in the city of Vila Real where students can get a quick and inexpensive meal or enjoy the traditional cooking of the region. International franchise restaurants like McDonald's, Burger King, Pizza Hut, among others, are available in Vila Real.



HEALTH INSURANCE

Students from the EU and the EEA countries are covered by the European Health Insurance Card (forms E-111 or E-128), which entitles them to benefit from the National Social Security System as any Portuguese citizen. Students must contact their Social Security Office to procure these forms before they leave their own country.



Students from countries outside the EU or EEA need to get/purchase a health insurance that will be valid in Portugal for at least the duration of their stay.

In case of an accident or injury, students must immediately contact GRIM, so that all formalities can be triggered and the incident can be formally acknowledged to Social Security or the insurance company.

MEDICAL FACILITIES

in Vila Real



In UTAD exists an inexpensive Student Health Service with medical and nursing personnel, which offers access to general practice and family planning, gynaecology and psychology consultations, as well as a nursing service.

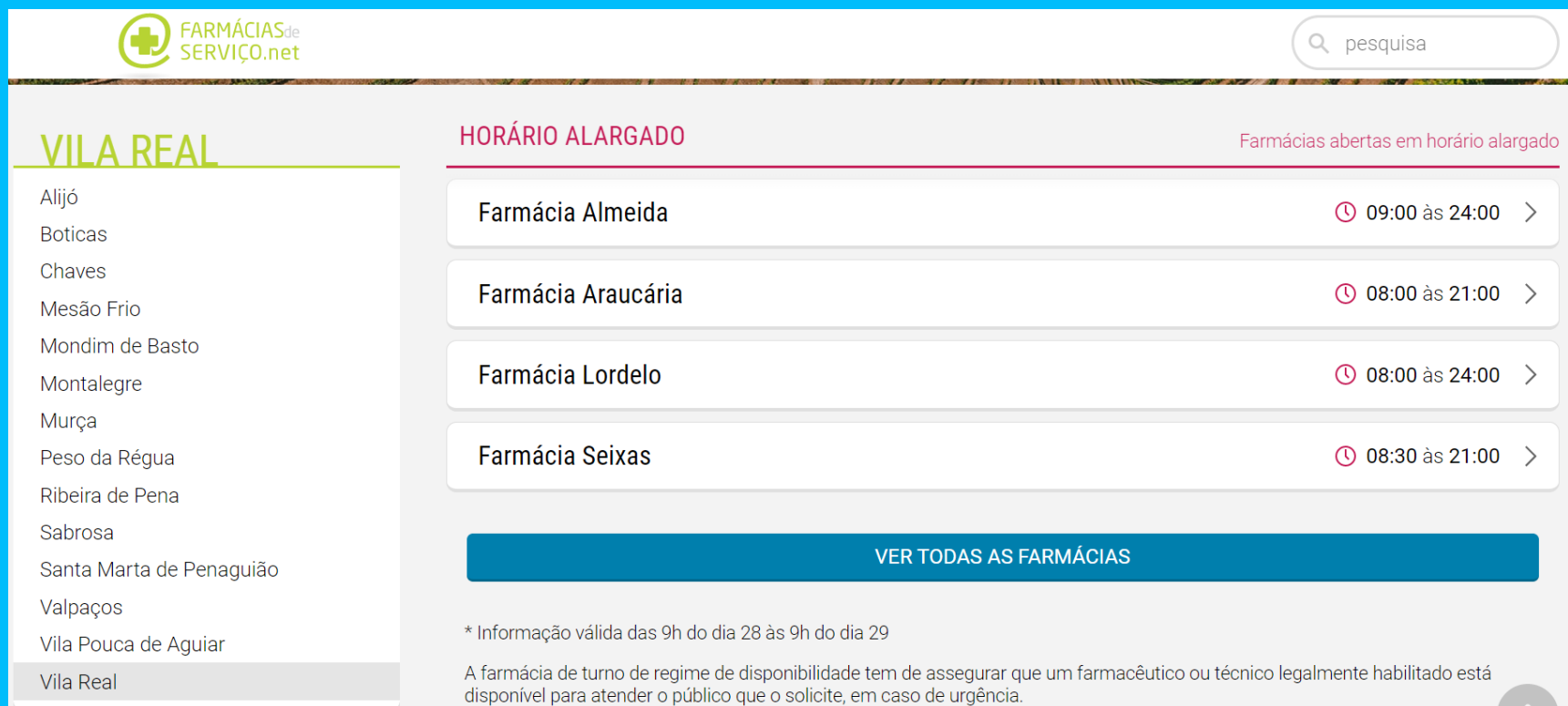
In Vila Real the Hospital of Trás-os-Montes e Alto Douro is located in Lordelo, a suburb close to the city centre phone + 351 259 300 500.

In addition, there are two health centres (*Centros de Saúde*) one in *Avenida Dr. Manuel Cardona* (Phone +351 259324095) and another in *Mateus* (Phone +351 259 302090). Students can also contact the 24hour National Health line: SNS 24 – 808 24 24 24

All students holding a European Health Insurance Card or a private health insurance can benefit from regular or emergency medical appointments both in health centres and in the hospital.

Private Hospitals: Trofa Saúde Vila Real
Hospital da Luz Vila Real | Luz Saúde

PHARMACIES in Vila Real



FARMÁCIAS de SERVIÇO.net

pesquisa

VILA REAL

- Alijó
- Boticas
- Chaves
- Mesão Frio
- Mondim de Basto
- Montalegre
- Murça
- Peso da Régua
- Ribeira de Pena
- Sabrosa
- Santa Marta de Penaguião
- Valpaços
- Vila Pouca de Aguiar
- Vila Real

HORÁRIO ALARGADO

Farmácias abertas em horário alargado

Farmácia Almeida	🕒 09:00 às 24:00 >
Farmácia Araucária	🕒 08:00 às 21:00 >
Farmácia Lordelo	🕒 08:00 às 24:00 >
Farmácia Seixas	🕒 08:30 às 21:00 >

[VER TODAS AS FARMÁCIAS](#)

* Informação válida das 9h do dia 28 às 9h do dia 29

A farmácia de turno de regime de disponibilidade tem de assegurar que um farmacêutico ou técnico legalmente habilitado está disponível para atender o público que o solicite, em caso de urgência.



You can check the daily roster of pharmacies at Vila Real in this website at [HERE](#).

FINANCIAL SUPPORT FOR STUDENTS

SCHOLARSHIPS FOR REGULAR STUDENTS

Economically underprivileged students regularly enrolled at UTAD for a 1st, 2nd or 3rd Cycle Degree may apply for a study grant with the Social Welfare Services. This type of scholarship is not available for exchange students.

MOBILITY SUPPORT

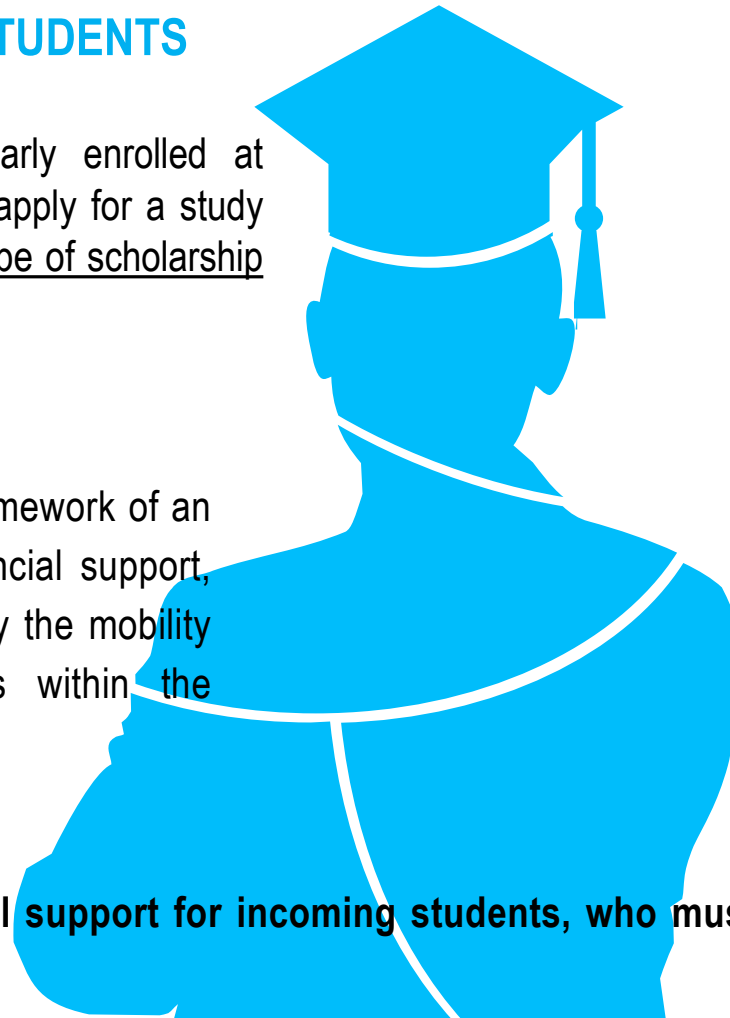
UTAD students who go abroad within the framework of an Exchange Programme may be granted financial support, in accordance with the values established by the mobility programme. In Europe, there are grants within the Erasmus+ programme.

Note: UTAD does not provide any financial support for incoming students, who must procure a grant with their home institutions or other entities.

RESEARCH SCHOLARSHIPS

Students from all study cycles can also apply for research scholarships, which can be financed by several national and international bodies, among which:

- Millennium Foundation
- Calouste Gulbenkian Foundation
- Orient Foundation
- Portuguese-American Foundation
- Science and Technology Foundation
- Camões Institute
- Santander Totta
- Social Services in Higher Education



STUDENT WELFARE SERVICES



The University has a financially and administratively independent Student Welfare Service (SASUTAD), which provides financial assistance and oversees scholarships, as well as part-time paid employment in various sections of the University's administrative services.

SASUTAD also manages a series of key services through which students enjoy better overall study conditions, thereby ensuring higher rates of academic success. It coordinates on- and off-campus catering facilities (2 canteens plus numerous cafeterias and snack bars) and provides healthcare and personal counselling services in its student clinic (by special arrangement with the Regional Health Authority). It also runs the Student Residential Halls

The SASUTAD run a central laundry located in the *Além-Rio* Residential Complex, where all the clothes from the residence halls, canteens, cafeterias and bars are taken for cleaning and maintenance, as well as equipment resulting from sports and cultural activities. There are also 8 self-service laundries distributed by the *Além-Rio* and *Codessais* Residential Complexes.

STUDENT AFFAIRS OFFICE




At UTAD, the Academic Services are responsible for providing information, organising and monitoring all the procedures related to the enrolment, attendance and final certification of students.

In what concerns international exchange students, under the various mobility programmes, GRIM (International Relations and Mobility Office) takes over the responsibility of most academic and administrative procedures.

Contact email: international@utad.pt

GRIM Team [HERE](#)

INTERNATIONAL PROGRAMMES



UTAD values the research activities by both its teaching and non-teaching staff, in an effort to stimulate the intellectual and professional education of its students and ensure the conditions for all duly qualified citizens to have access to higher education and lifelong learning, promoting equal access and equal opportunities. Thus, UTAD encourages effective mobility in students and graduates, at both national and international levels, namely within the European Union and in Portuguese-speaking countries, having consolidated and strengthened partnerships with various EU and Non-EU institutions.

In UTAD, exchange programmes such as Erasmus+, Almeida Garrett, the Fulbright Programme and Vulcanus in Japan, among others, are a privileged vehicle in the development of transnational and multilateral cooperation through student/teacher/staff mobility.

A great portion of exchanges in UTAD are conducted under conventions with Portuguese-speaking countries both in the scope of studies/traineeships and teaching staff/non-teaching staff mobility, having developed a network of Portuguese-Brazilian bilateral agreements for post-graduation degrees.

LANGUAGE REQUIREMENTS AND COURSES

At UTAD most classes are taught in Portuguese, and students are expected to know enough of the language to follow them. Depending on agreements between students and teachers, some exams and individual work/projects may be held in another language, spoken by both parties. In the beginning of each semester, UTAD offers students/trainees, and teachers/staff the opportunity of attending a Portuguese Language and Culture Course designed for foreign nationals, organized by the Training Office and taught by faculty members from the university's Languages and Culture Department. All participants who complete a course are given a language certificate and awarded ECTS credits.

INTERNSHIPS

Curricular internships are an integrant part of the student's course outline, and can be undertaken in a professional or in a research environment, either at national level (arranged by the course directors) or abroad. International placements for curricular internships can be undertaken in the framework of mobility programmes, such as Erasmus+, which allows students to do either a study period abroad or a curricular internship at a European host organization/business/research centre, as long as this mobility period is validated by their Department's Mobility Academic Coordinator. These placements are fully recognized in the student's curriculum through ECTS credits.

UTAD also receives students from foreign countries who wish to undertake an internship in one of our research centers, consortiums or other entities associated with the University.

LIBRARIES

The university's libraries are administered by the Documentation and Library Service. In addition to the main library, UTAD has a number of small departmental libraries whose books, journals and documents may be consulted and/or borrowed with the permission of either the librarian in charge, or the head of the department. These libraries also have reading-rooms and literature research facilities. All these services are available to Exchange Students.

The Libraries provide the following services: supervised consultation of books, periodicals and other materials; loan of library resources for home study; inter-library loans; accessing bibliographical data (including periodicals) on manual and computerised catalogues; local database and CD-ROM searches.

In order to benefit from the library services, and to borrow books for home study, students have to register as library users. This is done by filling in the appropriate form, with a photograph attached, in return for which they will receive a library card. Students may borrow up to three books at a time for a maximum period of five working days (it is possible to renew the loans), and are responsible for returning the book in the condition in which it was borrowed. A fine will be applied for delays. Certain materials, such as encyclopaedias, atlases and maps, dictionaries, periodicals, CD-ROMs, other reference books, special publications and any other articles designated with a red stamp, can only be consulted in the library.

UTAD has adhered to an open access policy in what concerns scientific production. An online institutional repository has been created to store, preserve, divulge and provide access to the university's scientific output. Another aim of this repository is to maximize the prominence and usage of this research, which is available for free to all who access the Internet. For further information, please ask the library staff.

COMPUTER SERVICES

UTAD has several computer rooms available for student use. In addition to Internet access in these facilities, UTAD also enjoys a wireless network that can be accessed by all students and teachers by entering their credentials. These credentials are attributed to every student when they enrol (exchange students included), and can be used to access the institutional e-mail account, the e-learning platform (SIDE) and any other electronic service in the university.

LABORATORIES

There is a significant number of research laboratories in the various schools and research centres in UTAD, which are used not only for research, but also for teaching purposes, when the Curricular Unit's programme requires laboratorial work.

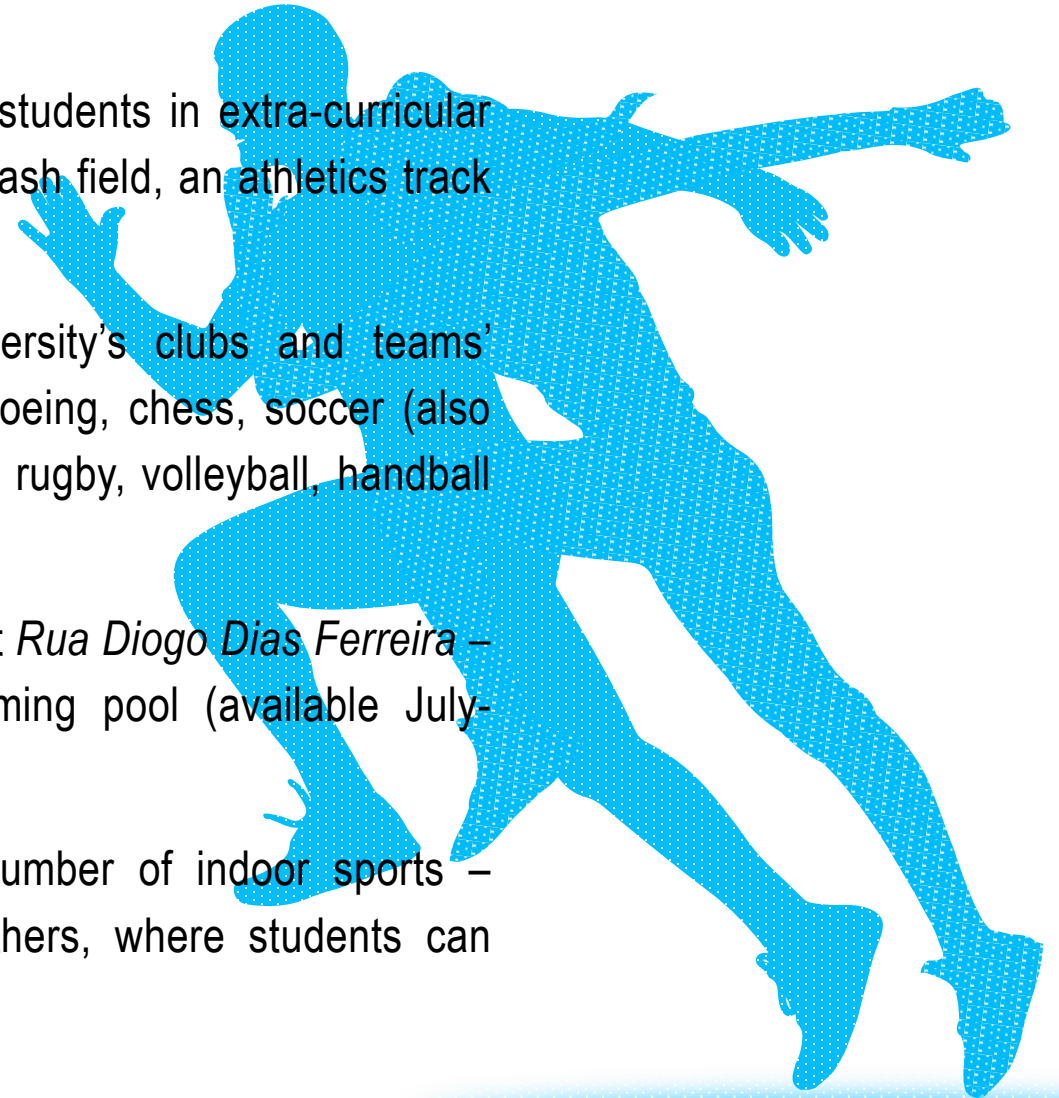
SPORTS FACILITIES

For a small fee, UTAD has made all of its sport facilities available to students in extra-curricular schedules. Students have access to gymnasiums, weight rooms, a Squash field, an athletics track and several outdoors fields (basketball, football, tennis, etc...).

UTAD's Academic Association Sports Section coordinates the university's clubs and teams' activities in a wide range of areas, including athletics, basketball, canoeing, chess, soccer (also indoor), gymnastics, karate, table tennis, tennis, swimming, water polo, rugby, volleyball, handball and basketball.

In Vila real there is a municipal indoor (Telephone: +351 259 308159) at *Rua Diogo Dias Ferreira* – email: piscinamunicipalvr@hotmail.com as well as an open-air swimming pool (available July-September) located in Codessais.

In the city students can find several other private facilities for a number of indoor sports – swimming, gymnastics, weight-lifting, aerobics and karate, among others, where students can become members.



LEISURE FACILITIES

SHOPPING

In Vila Real's Center students can find various department stores filled with national and international products, as well as some seasonal fairs and markets where local produce and hand-made goods can be purchased.

There is also an assortment of coffee shops and patisseries where even the sweetest tooth can be satisfied. Most stores in the City Centre are open Monday to Friday from 09h30 to 19h00 (some might be closed for an hour during lunch time). On Saturdays stores open from 09h30 to 13h00, and are closed Saturday afternoon, Sundays and National Holidays (This may vary from one store to another).

There is also the [Shopping Center – Nosso Shopping](#) within a 15 minute walk from the UTAD campus – which is opened Monday to Sunday from 10h00 to 23h00. Here also exists a [Cinema Theatre](#).



THEATRE



The Vila Real Theatre presents the public with great breadth and quality performances, thoroughly innovating the cultural offer in the region.

The Vila Real Main Auditorium (up to 500 seats), the Small Auditorium (150 seats), the Outside Auditorium (700 seats), the Hall, the Museum of Sound and Image, the Exhibition Hall, the Office of Arts, the Gallery-Bar, Concert-Cafe, bars, terraces, large gardens (adjoining the Corgo Park) and two car parking lots.

In addition to a very broad program in the theatre, music, dance, new circus and exhibitions framework, the theatre is also co-producing shows with other regional, national and international entities. Theatre presents the public with great breadth and quality performances, thoroughly innovating the cultural offer in the region.

More information [HERE](#)



LEISURE FACILITIES

BARS AND DANCING

The nightlife in Vila Real, provided by coffee houses, bars and clubs in and around the city centre is very prolific.

In the city there's a place called Pioledo, where UTAD's students and young people usually get together to hang out and start the night party.

There are also several activities, such as open air concerts and themed parties, where students can have fun with their friends, meet new people and come into contact with customs different from the ones at their home country.

LOCAL CUISINE & RESTAURANTS

The city and region have rich and varied local cuisine, including such dishes as *cabrito no forno* (oven-roast youth lamb), *covilhetes* (small pies made of beef or chicken), *tripas aos molhos* (rolled tripe), *presunto* (wonderful smoked ham), *bola de carne* (a savoury loaf filled with various types of meat), and a host of different sausages such as *salpicão* (made of pickled pork), *alheiras* (made with bread and chicken), *mouras* (a type of blood sausage); there are also numerous traditional sweets and pastries, such as *Pitos de Santa Luzia* (consisting of pumpkin wrapped in pastry), *Toucinho do Céu* (made from almonds and eggs), *Pastéis de Santa Clara* (custard tarts) and *Cavacórios* (a special cake for Lent).



LEISURE FACILITIES

The WINE... Oh the Wine!!

The wines of the region are excellent, ranging from the fortified wines such as Port and Favaios, produced from grapes grown on the shale terraces of the valley of the Douro river and its tributaries, to the established table wines from Vila Real, Murça, Mesão Frio and Santa Marta de Penaguião, the emerging areas of Valpaços, Chaves and Macedo de Cavaleiros, and the sparkling wines of Tarouca from the Raposeira and Murganheira vineyards near Lamego.

There are restaurants of all types throughout the city center and the suburbs, some of which have special menus and prices for students.

HERE you can find all information about Eat and Stay



Photo: José Paulo Santos

PLACES TO VISIT

In UTAD

BOTANICAL GARDEN

The Luís Torres de Castro Botanical Garden is currently one of the largest botanical gardens in Europe and within it plant species from the four corners of the world can be observed. Four hundred million years are present in this paradise of life and universe of emotions: from Devonian-Carboniferous archaeogenetics to Miocene neogenetics, from the distant late Antarctic to the banks of the Corgo River. There are almost a thousand different species that cover what was once waste ground dispossessed of its primitive nature. The transformation of a traditional farm in the Douro region into a space as we know it today shows that it is possible to develop such diverse and rich vegetation as this from the monotony and geometry of a common farm.

Note:The UTAD *Campus* lays in this Botanic Garden



PLACES TO VISIT


In UTAD



GEOLOGY MUSEUM

In the *Fernando Real* Museum of Geology sciences of the Earth are represented through a series of artefacts that represent some of the geological processes that have been occurring on Earth for many millions of years. It has an area of approximately 250 m².

The Museum's assets are distributed over various collections, such as: the evolution of life through the geological periods, bringing together pieces of fossils, ichnofossils and models that demonstrate this evolution; minerals such as elements that form rocks; types of rocks according to their origins; and collections of samples related to the main Portuguese mines.

See a video of the museum: 

PLACES TO VISIT

In VILA REAL



PALÁCIO DE MATEUS MUSEUM

One of the most emblematic buildings of the Portuguese Baroque in the Vila Real District, *Palácio de Mateus* (*Mateus Palace*) dates from the first half of the 18th century, having been built by António José Botelho Mourão, the 3rd *Mateus* Squire, substituting the former abodes of the family residing in Vila Real since the 17th century.

Classified as a National Monument in 1911, this unique specimen of Baroque architecture in the Italian style is attributed to the famous Italian architect Nicolau Nasoni, who is believed to having dedicated himself to the construction of the Palace between 1739 and 1743.

See a vídeo of the Palácio de Mateus:



PLACES TO VISIT

In VILA REAL

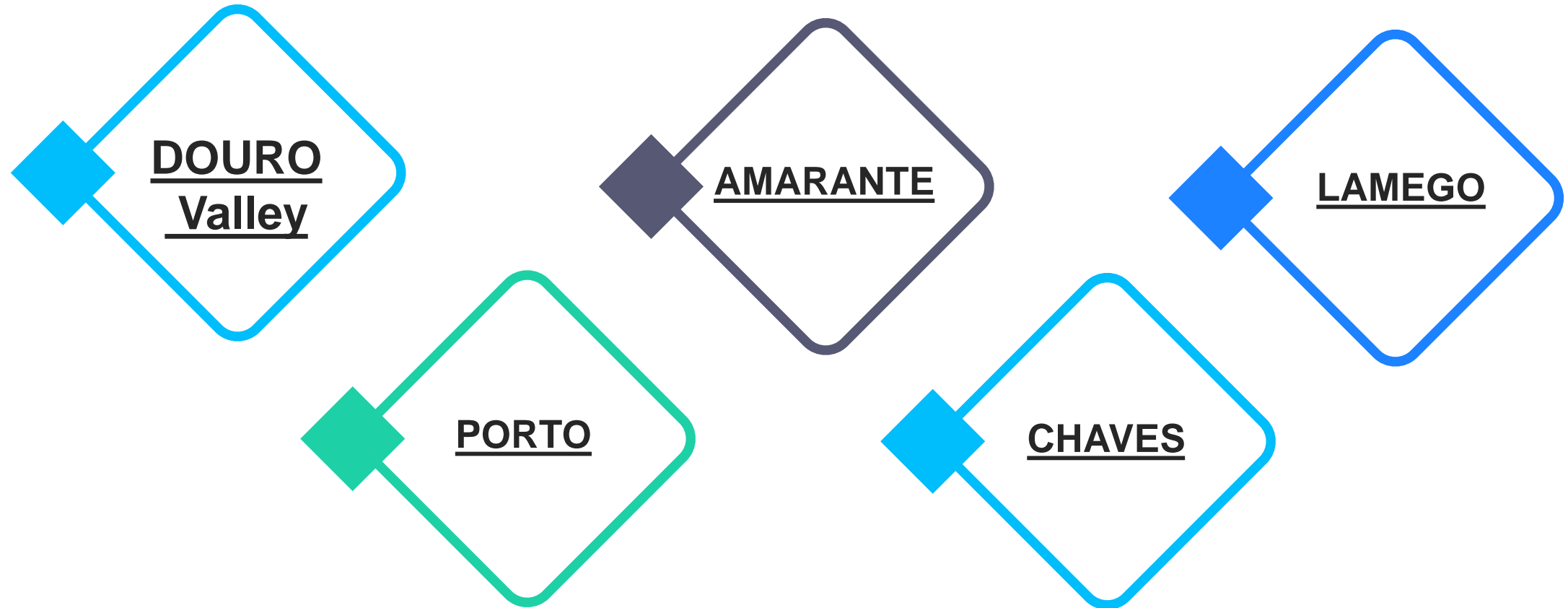


The city has many other interesting places to visit.

You can find information **HERE**

PLACES TO VISIT

The REGION



Note: Porto is 100 km far from Vila Real and the Spanish border (Chaves) is about 75 km far also from the city

ACADEMIC ASSOCIATION



Phone: (+351) 963 265 943 | Email: geral@aautad.pt

The ACADEMIC ASSOCIATION is a student run union, which represents UTAD students. It is organized according to the following sections, which provide various services:

THE SPORTS SECTION coordinates the clubs and teams' activities in a wide range of disciplines, including athletics, basketball, canoeing, chess, soccer (including indoor), gymnastics, karate, table tennis, tennis, swimming, water polo, rugby, volleyball, handball, basketball, paintball, chess and a wide range of other leisure activities.

THE CULTURAL SECTION provides the framework for numerous musical, dramatic and cultural activities, such as choirs specialising in classical, traditional and other types of vocal music, a theatre group, a cinema club, and NEPA - the Nature Protection & Study Group.

Various cultural and recreational events, and other forms of entertainment are organised throughout the academic year, including the Freshmen's Week (Semana de Caloiro) and the Academic Week (May) among others.

The Academic Association operates in a building in the *campus* center.

INTERNATIONAL EXCHANGE ERASMUS STUDENT NETWORK

The university has also in place a branch of the Erasmus Student Network (ESN), located in UTAD *Campus*. The ESN supports the Erasmus international student exchange with the MENTOR Programme, which assists foreign students with settling in a new country, a new city, a new school and a different culture. In the programme, each foreign student is assigned to a Portuguese student who will help them with the classes, the culture and with university life as a whole. The ESN at UTAD can be contacted by esn.utad@gmail.com or through the [ESN UTAD](#) Facebook page.



With the support of ESN, GRIM arranges accommodation for all incoming students before their arrival, either in the University's Residence Halls or in student apartments. Upon arrival, students may choose to move to different lodgings.

Each semester, UTAD also organizes a Welcome Week for foreign students, which allows them to meet and interact with local students and among themselves. This initiative is fundamental for students to know that they are not alone when they arrive in Portugal – there are others who are having the same experiences, and there are always people to turn to in case of need.

Other Cultural Activities are also organized throughout the year, such as Erasmus themed parties, Nationality Nights (one for each nationality represented at UTAD), International Dinners, National Erasmus Meetings, sightseeing visits, field trips, environment awareness actions, sports activities, among others.

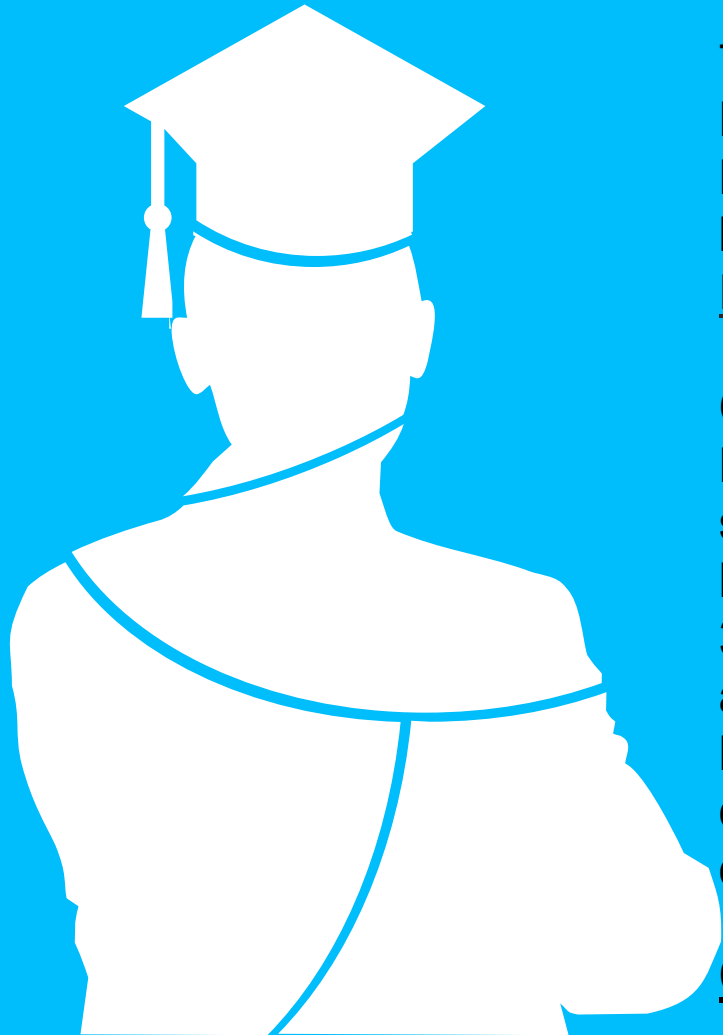
PRactical INFORMATION FOR MOBILE STUDENTS

VISA

The border-free Schengen Area guarantees free movement along with non-EU nationals living in the EU or visiting the EU *i.g* exchange students. For up to 3 months, these students may live freely in Portugal with only a valid identity card/passport. If they choose to stay for longer than 3 months however, they must obtain a Register Certificate at their residence SEF - Serviço de Estrangeiros e Fronteiras (Foreigners and Borders Service) in order to formalise their right of residence.

Other foreign students must obtain a student visa from the nearest Portuguese Embassy/Consulate before departure from their home country. Within 3 days of their arrival, students need to contact the “Serviço de Estrangeiros e Fronteiras” SEF in Vila Real (address: Largo Conde de Amarante, Edifício do Governo Civil, 5000-529 VILA REAL, Phone: +351 259 303 200, Fax: +351 259 328 390, email: del.vreal@sef.pt), in order to give notice of their arrival and request a residence permit. This permit is issued once they have presented their passport, a Letter of Acceptance from UTAD (sent to the students’ universities after the application documents are processed by UTAD’s coordinators), their accommodation address, a statement of financial support, and a guarantee of health assistance.

Check [HERE](#) for more information.



PRactical INFORMATION FOR MOBILE STUDENTS

HOW TO GET TO

VILA REAL

From **PORTO**

You can take:

[Porto Airport Shuttle Bus | City Center | 2,80 € - GET BUS - to Campo 24 de Agosto.](#)

Or

By the Airport Underground (Metro) Station: take the purple Line to *Senhora da Hora*, leave here and take the Orange Line in direction to *Fanzeres* and leave at *Campo 24 Agosto* station. More information [Here](#).

In *Campo 24 Agosto* ask for the [TERMINAL RODOVIÁRIO \(BUS STATION\)](#). You can buy Tickets [HERE](#)

In case of doubts please contact GRIM to: international@utad.pt



PRactical INFORMATION FOR MOBILE STUDENTS

HOW TO GET TO

VILA REAL

From **LISBOA**

At the Lisbon Airport take the Underground (Metro) the Red Line in direction to *São Sebastião* and leave at *Oriente* station. All information [Here](#).

At the [Oriente Station](#) ask for the **REDE EXPRESSO BUS STOP**. You can buy Tickets [Here](#).

In case of doubts please contact GRIM to: international@utad.pt



PRATICAL INFORMATION FOR MOBILE STUDENTS

TRANSPORT IN VILA REAL

The city has great bus connections, and therefore living in another part of the city is not a problem for the students.

The city transport company is URBANOS, which links every part of the city and UTAD.

HERE YOU CAN FIND SCHEDULES INFORMATION



PRATICAL INFORMATION FOR MOBILE STUDENTS

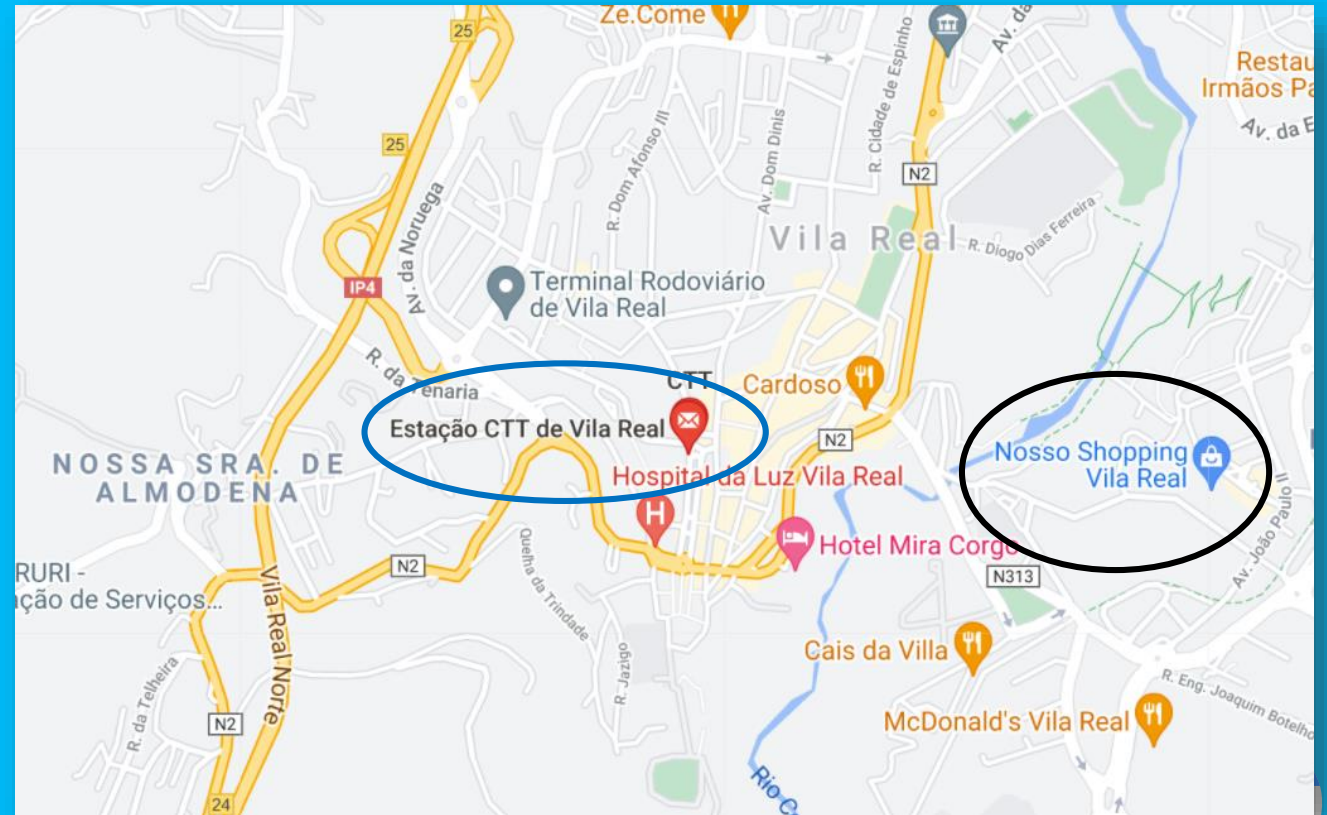
POST OFFICE VILA REAL

The central Post Office is located at the top of Avenida Carvalho Araújo and is open from 08h30 to 18h00.

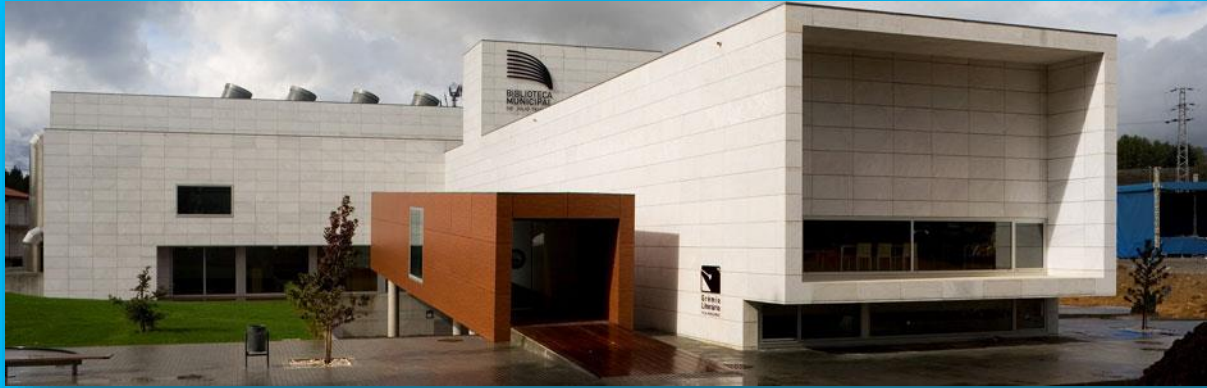
You can buy envelopes and postage stamps at the post office or at one of the several newsstands in the city. The cost of the stamps depends on the destination.

MOBILE PHONES and CARDS

Vila Real has several operators who offer various package of mobile phone and cards. Look for these operators at the local Shopping Center “Nosso Shopping”.



PRactical INFORMATION FOR MOBILE STUDENTS



PUBLIC LIBRARY

Vila Real has a Municipal Library that students can visit and have access to books, videos, newspapers and magazines, as well as studying in an appropriate environment.

Check HERE all information

INTERACTIVE TOURISM SHOP

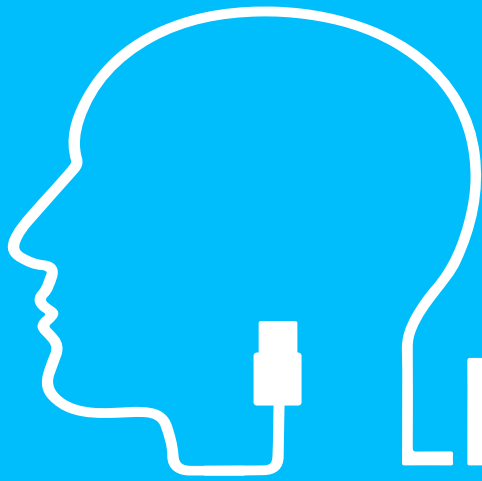
Located in the city centre, here students can know more about Vila Real and Portugal. The shop is open 7 days a week from 9am to 1pm and 2pm to 6pm.

Address: Carvalho Araújo avenue , 94;
Telephone: +351 259 308 170. Email: vilareallit15@gmail.com

CAMPING

The Camping Vila Real facilities are located at Dr. Manuel Cardona street, here campers have access to the recreation and leisure complex of Codessais, which has a riverside park and an outside swimming pool and among other services. Phone: 351 259 092 029





BASIC

PORTUGUESE VOCABULARY

LEARNING

- How do you say... in Portuguese? | ***Como se diz... em Português?***
- Please speak more slowly | ***Por favor fale mais devagar***
- What time does this place open/close? | ***A que horas abre/fecha esta (loja/lugar)?***
- Where is this bus going? | ***Para onde vai este autocarro?***
- I need your help | ***Pode ajudar-me, por favor?***
- How do I get to...? | ***Como chego ao (a/à)... ?***
- I (didn't) understand [what you said] | ***Percebi | Não percebi o que disse***
- Could you show me on the map [where this is]? | ***Pode mostrar-me no mapa onde fica?***

ENGLISH	PORTUGUESE
Hello/Hi	Olá
Good Morning/Good Day	Bom Dia
Good Afternoon	Boa Tarde
Good Evening/Good Night	Boa Noite
See You Later	Até Logo
Thank You	Obrigado/a
Pardon?	Desculpe?
What?	O Quê?
I Understand	Compreendo
I don't Understand	Não Compreendo
How much does it cost?	Quanto Custa?
Student Residence Hall	Residência Universitária
University	Universidade
Faculty	Faculdade
Department	Departamento
Research Center	Centro de Investigação
Library	Biblioteca
Student ID	Cartão de Estudante
Book	Livro
Ticket	Bilhete
ATM/Cash dispenser	Multibanco
Money	Dinheiro
Newsagent	Quiosque
To Shop	Ir às compras
Shops	Lojas
Coffee Shop/Cafe	Café
Bus	Autocarro
Canteen	Cantina

UTAD Campus Map





utad



Gabinete de Relações Internacionais e Mobilidade

Office for International Relations and Mobility
University of Trás-os-Montes and Alto Douro

