



# Student Guide for the UCP in Porto

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This guide is intended to provide a backbone for those students doing an internship in the Universidade Católica Portuguesa in Porto during the summer and provide you valuable information so you do not encounter the same difficulties that I did when I arrived here and to make it easier for you to adapt to the city and the university. In case you are going to stay during the academic year, it is not a problem either because it will also be useful for your stay here.

# 1. Documentation

The essential documents you need to bring are the Learning Agreement, to confirm the internship itself and the Certificate of Arrival (and Departure), which need to be signed and sealed to confirm that you were here on those specific dates.

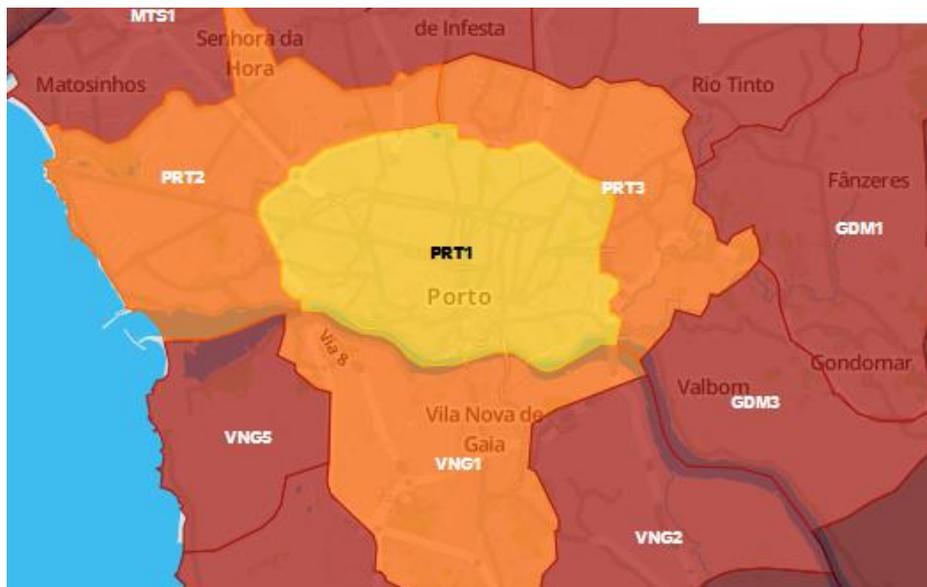
The European Health Insurance Card (if applicable) will give you medical coverage during your temporary stay in Portugal as in the same plan and conditions of your home country (28 EU countries, Iceland, Liechtenstein, Norway and Switzerland). To obtain you have to request it to your national health insurance provider.



To obtain more information about how to apply for it please visit the following link <https://ec.europa.eu/social/main.jsp?catId=559>

## 2. Transportation

To move around in Porto using public transport, first you would need to understand how the system works. The city and the outskirts are divided between zones in which some titles of the public transport grid are valid and others are not. The city center is located within **PRT1** (yellow area), while the PRT2 and the PRT3 also are within the city limits. In **PRT2** is where Universidade Católica Portuguesa is located.



This nomenclature is relatively new so you may need to make sure you are buying the title intended for the correct area. As you can see in the following map of the Subway grid, there are no direct lines to Universidade Católica (which is in C2, now PTR2). You can use the Line E (Purple Line) to get from the Airport to the city center directly (or viceversa). Although there is always the option to use it to get to a nearer bus stop that will allow you to get to Universidade Católica (such as the Blue Line of 200, 204 or 203). You can use the following link <https://www.stcp.pt/pt/linha-azul/> to check the bus stops and schedule as well as any alterations to the service.

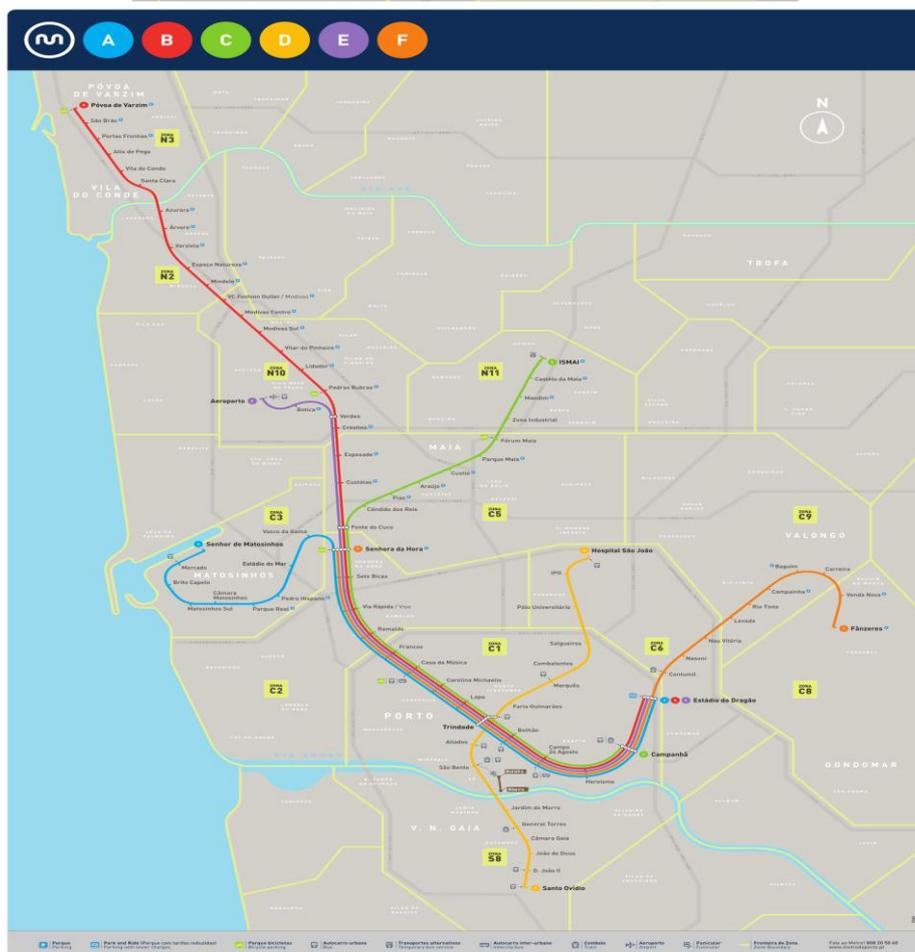


Bus 200 route

### Alteração da nomenclatura das zonas Andante nas Estações da rede Metro do Porto a partir do dia 1 de maio.

Zona	Nova ZONA	Zona	Nova ZONA
C1	> PRT1	C9	> MAI4
C2	> PRT2	N2	> VCD3
C3	> MTS1	N3	> PV_VC
C5	> MAI1	N10	> VCD8
C6	> PRT3	N11	> MAI2
C8	> GDM1	S8	> VNG1

NOTA:  
 Informação válida para estações da rede do Metro do Porto.  
 A alteração da nomenclatura em toda a sinalética da rede será executada o mais brevemente possível.



Unfortunately the metro does not have a line that will lead you to the UCP. To gain access to both of those areas, the best option is to acquire one of the Andante cards (for both subway and bus). There are two of them.

The blue one (0,6€) which is rechargeable with titles of the same area, and the silver one which is a monthly payment of 30€ (the card itself is 6€) if you are interested in three zones (which usually will be enough).

- Blue Andante Card.

The key thing to know about this card is that it can only be charged with one type of journey. Keep in mind that the title you want to purchase is where do you want to go. As an example,

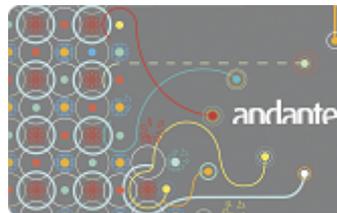
you are living in the city centre and want to go to the University, you will need a title that includes this area, not the one you are departing from.



This card is non personalized, can only contains the titles of the same type and be used only by one person each time.

- Silver andante card. (Recommended option)

The silver andante card is personalised and can only be used by the holder. You will need and ID/Passport and a picture. (They can take a photo right when you buy it). The 30€ version will be valid up until 3 zones, which can cover the downtown, Foz and the Campanha areas, most of the city of Porto. The 40€ version will allow you to travel on all lines and operators integrated in the system "Andante", all the zones previously displayed meaning the whole metropolitan area of Porto. The card is valid for a month, after which, you will need to renovate it for the next month. If you are under 23, you are in luck, because you will benefit from an important discount. Reducing the 30€ version to 22,5€ and the 40€ one to 30€.



In the following flyer (in portuguese), all the info about the cards is displayed.

[https://www.linhandante.com/uploadFiles/Folheto\\_A5.pdf](https://www.linhandante.com/uploadFiles/Folheto_A5.pdf)

### 3. Where to eat?

#### The University refectories

The UCP has three cafeterias where you can have lunch, a snack or just a coffee. The canteen, located in the “Paradise building”, where you can enjoy a menu with a dish and a soup for about 4€, the Go Natural bar in the Arts building with a wider variety of lighter meals (and a menu including a drink for about 6,5€) and the bar at the central building which serves sandwiches, hamburgers and such. The daily set menus for the whole week are sent via email.

If you prefer an alternative outside of the university, you can always go to the [Mercado da Foz do Douro](#), less than five minutes walk from the university, and where you'll find a variety of places to eat with a varied offer, from hamburgers and pizzas to sushi and traditional Portuguese food.

Close to the beach you will also find bars and restaurants of good quality, but more expensive (expected because of the location) so beware.

## 4. Accommodation

You may have received the following list, in that case, you can ignore the following section already. If you are coming in summer is expected that the prices will rise. High season, and as tourism increases everywhere rent prices will do as well (and decrease availability). Below you will find some accommodation suggestions that the University provides during the academic year, keep in mind that some of this options will not be available during summer.

### Casa Diocesana de Vilar

#### PRICES

- Double room + breakfast: **60,00€/night**
- Single room + breakfast: **50,00€/night**
- Double room + breakfast: **40,00€/night**
- Single room + breakfast: **50,00€/night**

**The payment would be in euros at the moment of the check-in.**

All rooms have a private bathroom, TV and Wi-fi.

Check-in at 14.00h

Check-out until 12.00h

- **Single room (monthly rent) with breakfast: €750/month**
  - l. General cleaning is done every 3 days, every day the bed will be made and bins will be emptied, soap and shampoo will not be provided.
- **Double room (monthly rent) with breakfast: €900/month**
  - l. General cleaning is done every 3 days, every day the bed will be made and bins will be emptied, soap and shampoo will not be provided.

**The payment would be in euros at the moment of the check-in.**

All rooms have a private bathroom, TV and Wi-fi.

Check-in at 14.00h

Check-out until 12.00h

#### General conditions:

- **This prices include taxes.**
- **To use the service you will have to pay 20% of the reservation fee. In case of cancelation, this money will not be given back**

**Address:** Rua Arcediogo Van Zeller, 50

**Phone number:** [22 605 6000](tel:226056000)

**Website:** <http://www.seminariodevilar.pt/casa-diocesana>

## Pousada da Juventude do Porto

### PRICES

- Bed in shared room: 14€/person
- Double room with private bathroom: 38€/room
- Double room with shared bathroom: 34€ /room

Breakfast is included.

Please, see the terms and conditions of use and operation of the Youth Hostels in:

<http://www.pousadasjuventude.pt/pt/condicoes/>

**Address:** Rua Paulo da Gama, 551

**Phone number:** (+351) 226163059 / 925664983

**Email:** [porto@movijovem.pt](mailto:porto@movijovem.pt)

**Website:** <https://pousadasjuventude.pt/pt/pousadas/porto/>

## The Gallery House (Santa Casa da Misericórdia do Porto)

This house has 20 double rooms with private bathroom. The kitchen is shared.

### PRICES (per person)

- With balcony – 325€/month
- Without balcony – 300€/ month
- With sloping roof – 325€/ month
- Single with sloping roof – 450€/month

*\*Expenses are included (water, electricity, heating and internet)*

**Address:** Rua Galerias de Paris, 114 (Baixa do Porto)

**Phone number:** (+351) 220924422

(+351) 223203998

**Email:** [scmp@scmp.pt](mailto:scmp@scmp.pt)

**Website:** <https://www.scmp.pt/pt-pt/noticias/the-gallery-house-redidencias>

## Residência Bento XVI (Santa Casa da Misericórdia do Porto)

Traditional and historic building with three double rooms and one suite.

### PRICE (per person)

- double rooms - 200€/month

- Suite - 300€ / month.

*\* Expenses are included (water, electricity, heating and internet)*

**Address:** Avenida Rodrigues de Freitas, 21, Porto.

## Porto Alto

This residence has 34 apartments with 1 bed (one of them is equipped for disabled people) and 11 apartments with 2 beds. The house has 4 floors. The house has two foyers, one inside and one outside for smokers. It has a laundry in the ground floor and 22 parking spaces in the garage.

### PRICES

- 1 resident 420€ a 460€
- 2 residents 600€ a 650€

*\* Expenses are included (water, electricity, heating and internet)*

**Address:** Rua João de Olivera Ramos 65

**Email:** [portoalto@portoalto.com](mailto:portoalto@portoalto.com)

**Website:** <https://www.portoalto.com/en/>

## SPRU

156 single studios, 1 studio for disabled people, 5 double studios (2 person max.) and 14 apartments (2 person max.).

### PRICES

Single studios: 360€ to 400€

Double studios: 570€ to 600€

Apartment: 710€ to 750€

**Website:** <https://spru.pt/world-spru-porto-2/>

**Address:** Rua do Monte da Estação

**Phone number:** (+351) 225198700

**Email:** [porto@spru.pt](mailto:porto@spru.pt)

## ESN Porto

**Erasmus Student Network Porto (ESN Porto)** is a group of volunteer students who strives to help you enjoy the most of your experience in Portugal.

**ESN card** is the official membership card of the Erasmus Student Network. In **Porto** this card costs **10€** and offers you discounts in many places. You must come to the ESN Porto Office to get your card!

The office is opened from **Monday to Friday, between 2.30pm and 6.00pm**

Room 500 - Reitoria da Universidade do Porto.

**Location:** Room 500 Reitoria da Universidade do Porto.

**Email:** [info@esnporto.org](mailto:info@esnporto.org)

(buddy program: [buddy@esnporto.org](mailto:buddy@esnporto.org))

**Facebook:** [@ErasmusStudentNetworkPorto](https://www.facebook.com/ErasmusStudentNetworkPorto)

## Milestone Porto Asprela

Studios of 20m<sup>2</sup> or 27m<sup>2</sup>. Own kitchen and bathroom. Including Gym, washing lounge, terrace, etc.  
For further information: <https://www.milestone.net/location/milestone-porto-asprela/>

### PRICES

Standard Studios: 129€ per week

“View” Studios: 134€ per week

“Balcony” Studios: 149€ per week

“Deluxe” Studios: 154€ per week

Optional parking space for 15€ per week.

**Email:** [connect@milestone.net](mailto:connect@milestone.net)

**Phone number:** +43 1 90 614

**Location:** R. Dr. Manuel Pereira da Silva 48/160/162, 4200-389 Porto

## LivensaLiving Porto

Studios of 18m<sup>2</sup> with own bathroom and kitchen.

## PRICES

“Silver” Studio 160€ per week

“Diamond” Studio 219€ per week

“Twin” Studio (To share with another person) 100€ per week

For further details please visit the following page: <https://www.livensaliving.com/habitaciones-precios-porto?lang=en>

**Website:** <https://www.livensaliving.com/porto>

**Phone number:** +351 961 372 753

**Email:** porto@livensaliving.com

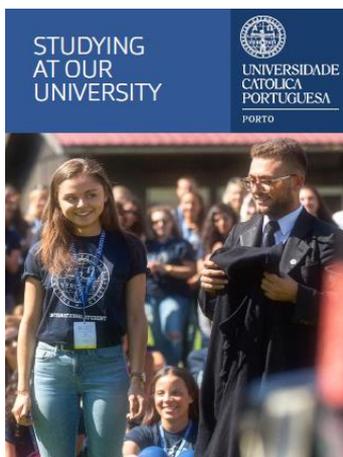
**Location:** R. Dr. Manuel Pereira da Silva 160, 4200-389 Porto, Portugal

## Websites

- Bquarto: [https://www.bquarto.pt/porto/quarto\\_porto](https://www.bquarto.pt/porto/quarto_porto)
- Easyquarto: <https://www.easyquarto.com.pt/>
- Idealista: <https://www.idealista.pt/arrendar-quarto/porto-district/>
- Beroomers: <https://www.beroomers.com/pt> (The company acts as an intermediary. a commission is charged)
- HousingAnywhere: <https://housinganywhere.com/> (The company acts as an intermediary. a commission is charged)
- Erasmusu: <https://erasmusu.com/pt>

## 5. Further information

Universidade Católica Portuguesa has a welcome guide to introduce students to the university's services (printing and copying self-service system, Internet access, online campus and student card...), as well as useful information and emergency telephone numbers.



You can find the guide in PDF in the following link, although you may request a physical copy on your arrival at the UCP. <http://www.porto.ucp.pt/sites/default/files/files/MRI/WELCOME-GUIDE-Ingles.pdf>. Check as well <http://www.porto.ucp.pt/en/life-on-campus> to consult all the services the university provides in advance.

Another great site is 2<sup>nd</sup> Home. An organization made up of former UCP students who organize activities with Erasmus students during the academic year, as well as facilitating their stay here. If you've been lucky enough to come in the summer, like me, you can at least turn to their fantastic [guide](#) of recommendations in the city, from where to take the best cod, *francesinhas* or tapas to which beaches to go or where to go out at night. They are active at social media and have accounts in both Instagram (<https://www.instagram.com/2ndhome.ucp/?hl=pt>) and Facebook (<https://www.facebook.com/2ndhome2g2g/>), which you can use to contact them in case you need a helping hand.



