



ERASMUS+ INFO-KIT

INETE - INSTITUTO DE EDUCAÇÃO TÉCNICA

LISBON, PORTUGAL

AGENDA

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3. MEANS OF TRANSPORT
4. ACCOMMODATION
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INETE
Instituto de Educação Técnica

ABOUT US

INETE – Instituto de Educação Técnica is a professional school in Lisbon, established in 1989 as the first professional school in Lisbon and the second in Portugal. Its educational philosophy goes beyond teaching, focusing on preparing students for action and professional life. Around 600 students attend INETE each year, supported by approximately 90 teachers, with training combining sociocultural, scientific and technical components. INETE has a strong international dimension and participates in Erasmus+ projects and international internships, while its Erasmus accreditation for VET was renewed for the 2021–2027 period.

IMPORTANT INFO

Lisbon is the capital of Portugal and a lively European city known for its historic neighbourhoods, colourful buildings, viewpoints and Atlantic atmosphere. Portugal uses the euro (€) and cards are widely accepted, although some small businesses may prefer cash. The official language is Portuguese, while English is commonly spoken in tourist and international areas. The European emergency number is 112. Lisbon has a Mediterranean climate, with generally mild weather, but comfortable shoes are essential because the city is famous for its steep streets and cobblestones.



MEANS OF TRANSPORT



Lisbon has an extensive public transport network including metro, buses, trams, trains and ferries. The Metro is one of the fastest ways to move around the city, while the famous yellow trams are particularly useful for exploring historic neighbourhoods. Lisbon's suburban trains connect the city with destinations such as Sintra and Cascais. For journey planning and tickets, the CARRIS and Metropolitano de Lisboa services are useful, while Google Maps is convenient for walking and public transport directions.



USEFUL APPS

CARRIS - information and journey planning for Lisbon's buses and trams.

Metro Lisboa - metro routes and service information.

Google Maps - useful for public transport and walking directions.

ACCOMMODATION



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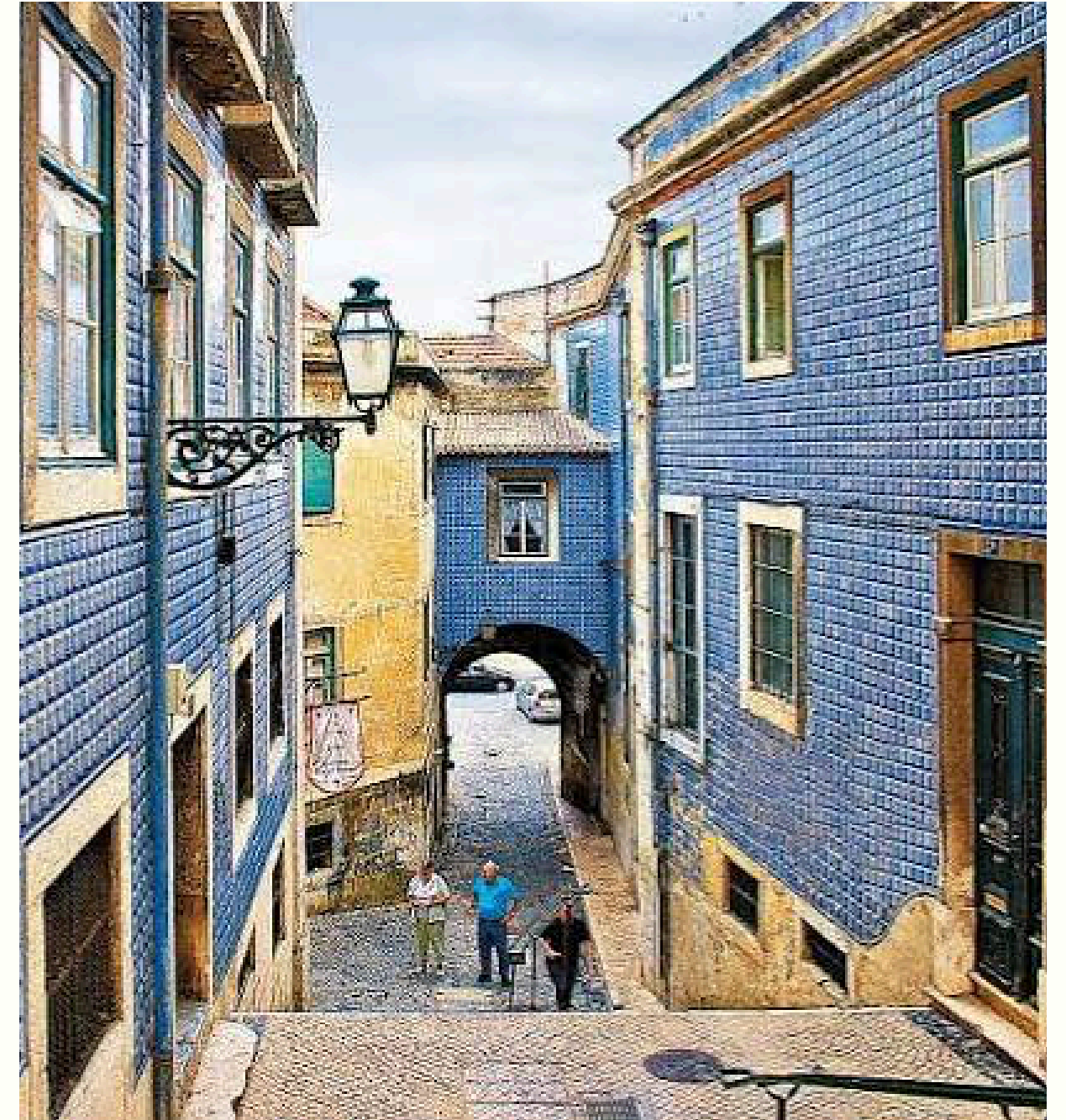
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LOCAL TIPS

LISBON IS A CITY TO DISCOVER SLOWLY, FROM ITS TRADITIONAL CAFÉS AND BAKERIES TO ITS HISTORIC NEIGHBOURHOODS AND VIEWPOINTS. TAKE TIME TO EXPLORE ALFAMA, BAIXA, CHIADO AND BAIRRO ALTO, AND TRY TRADITIONAL PORTUGUESE SPECIALITIES SUCH AS PASTÉIS DE NATA, BACALHAU, BIFANA AND CALDO VERDE. A COFFEE AND PASTEL DE NATA MAKE AN EXCELLENT BREAK BETWEEN ACTIVITIES, WHILE AN EVENING WALK ALONG THE TAGUS RIVER IS A GREAT WAY TO EXPERIENCE LISBON'S ATMOSPHERE.



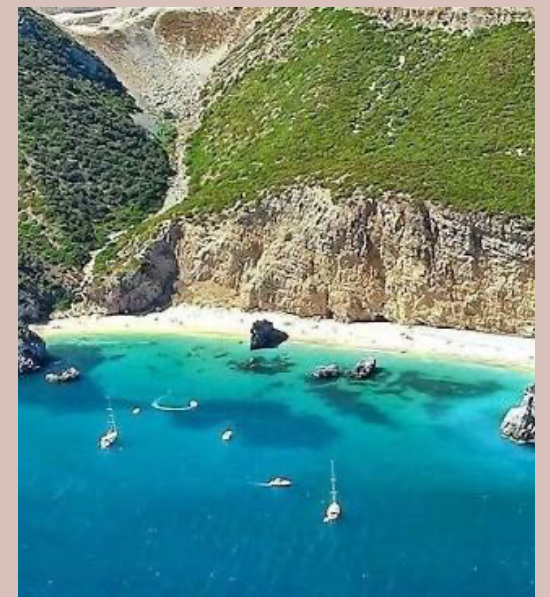
POINTS OF INTEREST



Lisbon combines historic architecture, Portuguese traditions and a vibrant modern atmosphere. Explore the narrow streets of Alfama, one of the city's oldest neighbourhoods, and visit São Jorge Castle for panoramic views. In the centre, discover Praça do Comércio, Baixa and Rossio Square, while the Belém district offers some of Lisbon's most important monuments, including the Jerónimos Monastery and Belém Tower. For a different perspective of the city, visit one of Lisbon's famous miradouros, or viewpoints, and enjoy the views over the rooftops and the Tagus.

DAY TRIPS

LISBON IS AN EXCELLENT STARTING POINT FOR DISCOVERING THE SURROUNDING REGION. SINTRA IS ONE OF THE MOST POPULAR DAY TRIPS, FAMOUS FOR ITS ROMANTIC PALACES, CASTLES AND GREEN LANDSCAPES. CASCAIS OFFERS A COMPLETELY DIFFERENT ATMOSPHERE, WITH BEACHES, COASTAL SCENERY AND A CHARMING HISTORIC CENTRE. ÓBIDOS IS A PICTURESQUE MEDIEVAL TOWN SURROUNDED BY HISTORIC WALLS, WHILE SETÚBAL AND THE ARRÁBIDA NATURAL PARK COMBINE TRADITIONAL PORTUGUESE CULTURE WITH BEAUTIFUL COASTAL AND MOUNTAIN LANDSCAPES.



LANGUAGE TIPS

GREETINGS

OLÁ! - HELLO!

BOM DIA! - GOOD MORNING!

BOA TARDE! - GOOD AFTERNOON!

BOA NOITE! - GOOD EVENING/NIGHT!

ADEUS! - GOODBYE!

OBRIGADO! / OBRIGADA! - THANK
YOU!

POR FAVOR. - PLEASE.

DESCULPE. - EXCUSE ME / SORRY.

GETTING AROUND

ONDE FICA...? - WHERE IS...?

ONDE FICA O METRO? - WHERE IS THE METRO?

QUANTO CUSTA? - HOW MUCH DOES IT COST?

FALA INGLÊS? - DO YOU SPEAK ENGLISH?

RESTAURANT

EU GOSTARIA DE... - I WOULD LIKE...

ÁGUA, POR FAVOR. - WATER, PLEASE.

A CONTA, POR FAVOR. - THE BILL, PLEASE.

MUITO OBRIGADO/A! - THANK YOU VERY MUCH!