

ERASMUS INFORMATION SHEET



1. The Institution

ESCOLA SUPERIOR DE TECNOLOGIA DA SAÚDE DO PORTO
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2. Where is it

The ESTSP is placed in the middle north part of the Porto city.
The best reference to reach ESTSP is Praça de Marquês. From this point, going down through the Bonjardim street it will be 150 meters. The ESTSP building makes the corner between Rua do Bonjardim and the Rua João de Oliveira Ramos.



3. Distances to Porto

From Lisboa 300 km
From Coimbra 120 km
From Vigo (Spain) 130 km
From Madrid (Spain) 700 km



4. Travel Information

Assuming that everybody will come by plane, is better to fly to Porto. The airport is 17Km away from the city centre. You can use the AeroBus, a bus route that rapidly connects the city centre and the airport.

<http://www.ana-aeroportos.pt/ANAIngles/Porto/HomePage.htm> (Airport information)

<http://www.stcp.pt/en/home/principal.htm> (Airbus information)

Our students or teachers will meet the incoming students at the airport and join them from the airport towards their accommodation place.

If anybody wants to fly to Lisbon, then can take the “Alfa Pendular” train and will be in Porto in 3 hours.

<http://www.cp.pt/> (Portuguese railways)



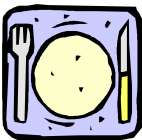
5. Porto City Information

<http://www.portoturismo.pt/en/init/default1.asp> (Tourism site of Porto City)



6. Student Accommodation

At the present time, ESTSP does not have a students residence hall, but there is available accommodation (apartments and hostel type rooms) in several city areas, with a suitable range of prices.



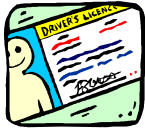
7. Meals

The meals can be taken in canteens at 3 € each. There are also many restaurants around the ESTSP, where one can eat between 5 and 10 €.



8. Writing home, receiving post

Visiting students can receive post at the School address or fax number given above. Computers are available in the School with free internet access which allows students to access their own e-mail addresses.



9. Useful information for Socrates Students

Before coming to Portugal, the student should send the translated ESTSP Socrates forms and the student file. Two photos are required, passport and/or ID card, certificate of the Institution and the E-128 translated.



10. Health and Insurance

The student must have the EC Health Certificate – E-128. The E-128 is useful in case of:

Emergency: in this case, the student should go to the Emergency Service of the nearest Hospital. There are 2 main Hospitals in Porto – Hospital de S. João and Hospital de Stº António. At the Hospital, the student must present is ID to the service.

Hillness: in this case, the students should go to the nearest community health service. There are several Health Services spread by the city of Porto.



11. Hospitals and Uniforms

Students will spend most of the clinical time in three large Porto hospitals:

- Hospital de Santo António
- Hospital de S. João
- Centro Hospitalar de Vila Nova de Gaia

The working time will be between 8.00 and 14.00 and depends on which hospital they will be staying. Students should bring their own uniforms, radiation monitor and film markers. Attendance in both scheduled lectures and in clinical placements is compulsory. Records of attendance will be kept and home institution will be informed about it.



12. Injections

No special requirements are known at the moment. We will send more information if needed.



13. Money and Cost Of Living

The currency in Portugal is the Euro (€).

Portugal has one the cheapest living costs of Europe, by the European pattern.

As an example, here are some prices of common goods:

1 lt. milk	0,50 €
1 menu BigMac.....	3,50 €
1 newspaper	0,80 €
1 bread 400 gr.	1,50 €
1 tooth paste.....	1,00 €
1 A4 notebook (80 sheets.).....	1,00 €
1 coffee expresso	0,50 €
1 Bus ticket for one month	21,10 €
1 music Cd	17,00 €



14. Weather

Climate in Porto is typical of Atlantic regions: damp but temperate, with colder nights. In Winter, rainfall is very frequent, but it hardly ever snows and frost is rare as well, as the temperature almost never drop below 0 °C. In Summer, the temperatures rise, and the warmest months of the year are June, July and August: temperatures range from 20 °C to 35 °C. September, October, April and May are intermediate, with periods of atmospheric instability: quite frequently foggy mornings are replaced by sunny afternoons, or rain showers alternate with periods of bright sunshine. You are therefore advised to bring some warm clothes for the colder days.