

SURVIVAL GUIDE

TURNING

STRANGER —DATA—

THE RIGHTSIDE UP

 **BEST**
courses

 **BEST**
AVEIRO

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INTRODUCTION

A warm welcome from BEST Aveiro!

In this Survival Guide, you can find all the information you'll need to know while getting ready for this BEST Course. You can start with a general overview of the city and Portugal. Then, don't forget to check the list of things to bring to the course and see the instructions on how to get to the Meeting Point. You can also find here some other useful info for your stay in Aveiro and get a brief introduction to our culture, gastronomy and history.



GENERAL INFORMATION

Dates: 22nd to 29th of July 2026

Accommodation: You will be hosted at the dorms of the University of Aveiro (UA), next to the campus. We will later contact you for further information in case you get accepted!

Meals: Meals will be cooked and served by your helpful organisers. If you have dietary restrictions, don't worry, we will take that into account.

Travel and Visa: You must tell us about your trip details as soon as possible so that we can help you in case of any delays or other types of issues. Additionally, if you require a visa to get to Portugal, let us know as soon as possible so we can send you an official invitation.

Telecommunications: Please be aware that telecommunications operators may not have agreements with all European countries, so you have to prepare your SIM Card (or buy a temporary one) to make sure that you stay reachable in case of an emergency. Before calling or texting a Portuguese number, always add +351.

Money: Portugal's official currency is the EURO, so beware of exchange rates from your local currency to EUR. You should trade money in advance and prepare your debit/credit card to make sure you don't pay taxes while you're in Portugal. Revolut is a good example.

PORTUGAL, AVEIRO AND OUR UNIVERSITY

Portugal is a nation in south-western Europe, in the west of the Iberian Peninsula. To the north and east, it is bordered by Spain and to the south and west by the Atlantic Ocean. The Azores (Açores) and the Madeira islands, both located in this ocean, are the autonomous regions of Portugal. The Portuguese population is around 10.3 million people and the capital of Portugal is Lisbon. Its other important cities are Porto, Coimbra, Braga, Aveiro, Faro, Funchal, and Ponta Delgada.



Left: Portuguese Flag. **Right:** Madeira Island.

Portugal is known for its warm weather, beautiful beaches and welcoming people. This is underlined by the growing attractiveness of Portugal as a holiday destination. Our country has won multiple prize travelling awards as Europe's Leading Beach Destination in 2016 by Algarve region, World's Best City Break in 2017 by Lisbon, and Europe's Leading City Destination in 2022 by Porto. In 2024, Aveiro was designated the Portuguese National Capital of Culture, highlighting the city's vibrant cultural scene, unique heritage, and strong connection between tradition, innovation, and contemporary creativity.

PORTUGAL, AVEIRO AND OUR UNIVERSITY

Of course, Portugal is much more than a nice spot to get a tan. Our culture, greatly influenced by a long history of maritime exploration, is just as appealing. Many of the traditions that identify Portugal are well preserved in our literature, music and gastronomy.

Speaking of which, who doesn't like to eat?! In Portugal, you get to enjoy some incredible dishes. At the heart of many of them is codfish ("bacalhau"). To enrich the experience of a traditional Portuguese meal you have our prime quality olive oil, several unique cheeses.



Left: Lisbon. Right: Faro.

PORTUGAL, AVEIRO AND OUR UNIVERSITY

AVEIRO

Also known as the Portuguese Venice, the city of Aveiro is full of canals, bridges, and painted boats called “moliceiros”. These boats were used to remove the excess vegetation in the canals and to carry animals and goods. Nowadays they are a picturesque way to go sightseeing. Due to its proximity to the sea, Aveiro has relied on economic activities related to it, such as salt production. Many salt beds are now used for fish farming.



Left: Moliceiros. Right: Salinas.

Aveiro is also known for its characteristic buildings with Art Nouveau details, such as the use of tiles and curved lines. Some of these are located near the “Praça do Peixe” (fish square), known for its fish market. This square is a great spot for a night out due to the many bars around the market.

PORTUGAL, AVEIRO AND OUR UNIVERSITY

Some other attractions of the city are the Cathedral of Aveiro, the Cultural and Congress Center (located in a beautiful defunct ceramics factory) and the Aveiro Museum. You can also enjoy a relaxing walk in one of the several beautiful parks spread around the city, or head to the beach, where you can find the tallest lighthouse in Portugal.

Almost synonymous with the city itself is the University of Aveiro. Founded in 1973, beginning mostly with engineering courses, it quickly became one of the most dynamic and innovative universities in Portugal. Some of its buildings were designed by famous Portuguese architects.



Universidade de Aveiro

THINGS TO BRING

We won't teach you how to pack (if you need some tips, check [here](#)) but check this list and make sure nothing is left behind.

- **ID, passport** (with Visa, if required).
- **Travel and health insurance.** You should bring your European Health Insurance Card if you have one.
- **Student Card.** This might be useful to get discounts on stuff.
- **Notebook and pens for the lectures.**
- Some **additional money** or a debit/credit card for your expenses (souvenirs, shopping items, etc.).
- **Medicines** (if needed).
- **Casual clothes.** The weather at the time of the course is expected to be warm (25°C-30°C), but it is advisable to bring at least one sweater or light jacket, especially for the nights.
- **Comfortable shoes.** There will be some walking and sightseeing so you should bring appropriate shoes for walking.
- **Swimwear, flip flops, sunscreen and a beach towel.** Please bring **sunscreen!** Our sun is **POWERFUL.**
- One or two sets of **fancy attire** for some of the more formal events, such as the opening ceremony. Nothing too fancy though!

THINGS TO BRING

- **Traditional food from your country.** These will be important for the International Evening. You can also cook your traditional meal here, as long as it doesn't take much time (30 minutes at most). As for any ingredients you might want to buy here, send us an email (with photos!) so we can check whether those ingredients are available in Portugal. You are also encouraged to bring objects representative of your country, such as flags, instruments, hats and traditional costumes.
- This Survival Guide.

More importantly, don't forget to leave home all your insecurities and inhibitions! We want to see your enthusiasm, energy and outgoing craziness!!!



GETTING HERE

GETTING TO AVEIRO

Mainland Portugal has three major airports: Francisco Sá Carneiro (Porto), Humberto Delgado (Lisbon) and Faro Airport (Faro). Below you can find information on how to get to Aveiro from the two closest airports, Porto and Lisbon.

• PORTO

BUS (FlixBus & RNE)

Walk to the bus terminal outside of the airport and hop on the FlixBus (cheapest is 6.99€ in flix bus and 7.20€ in RNE) to Aveiro. The journey takes 1h20 min and you will arrive at the bus terminal in Aveiro, next to the train station. If you have the option, try to buy the ticket in advance.

SUBWAY

1. At the airport, follow the indications leading to the metro station called “Aeroporto”.
2. Find a ticket machine and get a Z4 ticket (2,30 € + 0,60 € for the “Andante” card). Usually, there are staff members nearby helping with the ticket machines.
3. Get on a line E metro headed towards the “Estádio do Dragão” station.
4. Get off the metro at the “Campanhã” station. The trip takes around 30 min. OR Get off the metro at the “São Bento” station.

GETTING HERE

1. TRAIN: Both the “Campanhã” and the “São Bento” metro stations are also train stations, so there you can buy a train ticket to Aveiro. There are several categories of trains, the cheapest one being the “Urbano” (an all-yellow train), leaving Porto more or less once every hour. The ticket to Aveiro costs 3,55 € and the trip takes around 1 hour.
2. BUS: At “Campanhã” you can walk to the bus section of the terminal. Buy a FlixBus ticket to Aveiro (the cheapest and fastest option) online or hop on the Rede Expresso website for another alternative.



GETTING HERE

• LISBON

SUBWAY - TRAIN

1. At the airport, get to the metro station called “Aeroporto”.
2. Get a Carris/Metro ticket (1,90 € + 0,50€ for the card “Viva Viagem”).
3. Get on a “Linha Vermelha” (red line) metro headed towards the “S. Sebastião” station.
4. Get off the metro at the “Oriente” station. The trip takes around 10-15 min.
5. The “Oriente” metro station is also a train station, so there you can buy a train ticket to Aveiro. The cheapest option is the “Intercidades” train, costing from 19 € to 29 € (It can be lower if you find promotions or book in advance; discounts may apply for passengers under 25 with ID).

As you buy the ticket, it might be a good idea to ask what the platform number of your train is, as it doesn't appear on the ticket (alternatively, you can check the information boards, but those are in Portuguese). The trip takes around 2h20min.



GETTING HERE

SUBWAY - BUS

1. At the airport, get to the metro station called “Aeroporto”.
2. Get a **Carris/Metro** ticket (1,80 € + 0,50€ for the card “Viva Viagem”).
3. Get on a “Linha Vermelha” (red line) metro headed towards the “S. Sebastião” station.
4. Get off the metro at the “**Oriente**” station. The trip takes around 10 min.
5. The “Oriente” metro station is also a bus station, so you can hop on a FlixBus or a bus from RNE to Aveiro. The journey takes 3h15 and will cost approximately 12 to 15 € in FlixBus and 6 to 15 € in RNE.

On the [RNE website](#), tickets can be purchased up to 3 months in advance, and it's sometimes possible to find promotions with tickets costing €4 or €5 for the route from Porto Airport to Aveiro, or €9 or €10 when travelling from Lisbon Airport.

Train tickets in Portugal can be purchased on the [CP \(Comboios de Portugal\) website](#) up to 60 days in advance.

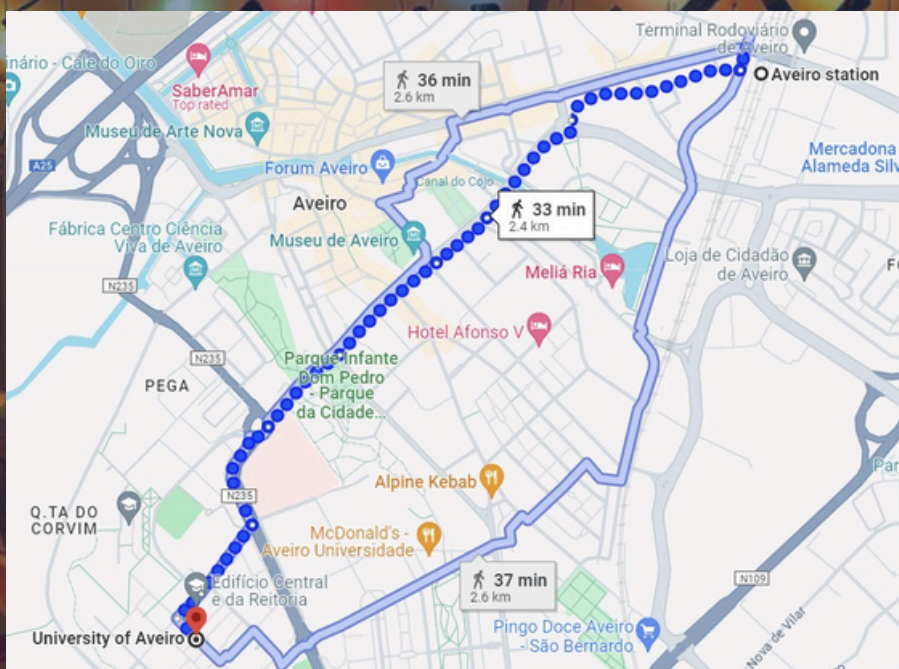
(Don't forget to select the 'Youth' ticket — it's cheaper for for passengers up to 29 years old on RNE buses, and up to 25 years old on CP trains.)

GETTING TO THE MEETING POINT

The meeting point will be at the University Dorms, close to the Rectory Building, where you will be staying. Below are maps of the way from the various arrival places to the meeting point.



The bus terminal and the train terminal are side by side and from here it is about a 30-minute walk to the University Campus.



ADDITIONAL INFORMATION

Not all Portuguese people speak English, but the youngest generations can speak and understand well. Just in case, you can find some useful phrases and words below.

English	Portuguese
Hi! How are you?	Olá! Como estás?
My name is _____	O meu nome é _____
What's your name?	Como te chamas?
Good morning!	Bom dia!
Good afternoon!	Boa tarde!
Good night, see you tomorrow!	Boa noite, até amanhã!
Goodbye	Adeus
Yes	Sim
No	Não
What time is it?	Que horas são?
Thanks	Obrigado
You're welcome	De nada
May I have the menu, please?	Pode trazer-me o menu, por favor?
How much is it?	Quanto é?
Do you speak English?	Fala inglês?
I don't speak Portuguese.	Não falo português.

ADDITIONAL INFORMATION

English	Portuguese
I don't understand.	Não compreendo.
Bus	Autocarro
Train	Comboio
I would like a ticket/card for...	Queria um bilhete/cartão para...
Is this the bus to...?	É este o autocarro para...?
Departure	Partida
Arrival	Chegada
Direction	Direção
Can you help me?	Pode ajudar-me?
Where is ...?	Onde fica...?
How do I get to...?	Como posso chegar a...?
Turn right	Virar à direita
Turn left	Virar à esquerda
Move on/Go straight	Seguir em frente
Can I offer you a drink?	Posso oferecer-te uma bebida?
Do you want to dance with me?	Queres dançar comigo?
Sorry Mister Policeman, it will be the last time!	Desculpe Senhor Polícia, será a última vez!

*You should be careful, because in Portugal catcalling can lead to jail (we're not joking!).

TIMEZONE

On the date of the event, the time zone is Western European Summer Time (UTC+1).

WEATHER

July and August are the warmest months in Aveiro, but due to the city's proximity to the ocean, the temperatures rarely get higher than 30°C. Another characteristic of Aveiro's weather is that it can be quite windy and the nights are relatively cold.

ELECTRICITY

The electric current used throughout Portugal is the European standard 220-240 V, A.C. 50Hz. The sockets are two-pin, and adapters may be bought at most electrical stores.



CURRENCY

The currency in Portugal is the single currency of the European Union, the Euro. The banks are open from 8:30 to 15:00 (or until 15:30, in some cases), and since we are the country that invented the inter-banking system “Multibanco”, there are ATMs almost everywhere. However, it’s always better to have some cash on you (10€ or so), given that some of the party locations may not have ATMs nearby and some establishments don’t accept card payments under 5 EUR. It’s always a good idea to bring 2 bank cards, in case something happens to one of them.

Product	Price
Bread (small)	0,20 €
Water (0,5 L)	0,50 €
Cookies	1 €
Ovos Moles (small pack)	7 €
Ice cream	2 €
Chocolate bar	2 €
Meal (restaurant)	10 - 20 €
Meal (fast food)	6 - 8 €
Coffee	0,70 - 1 €

CONTACTS



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