



# Lisboa

portugal  
*Culture* 101

**TRAVEL THROUGH  
PORTUGUESE CULTURE  
WHILE STUDYING IN  
UNIQUE CITIES.**

# Lisboa

Holding hands with the Tagus River, the city of the seven hills is the chosen destination for those who love the rush of the city life, but who also can't do without the occasional getaways to explore nature or to try out a new water sport on Portugal's seaside.

The weather is one of the capital's strongest points and the sunny days that last most of the year are perfect for taking long walks through the city's countless neighborhoods, exploring its several stunning viewpoints and enjoying Lisbon's dynamic cultural and artistic agenda.

The student life also inhabits the streets. Studying in Lisbon is an enriching experience regarding education and an unforgettable adventure when it comes to the city's charm.

## PLAYLIST

A collection of songs to keep you company while exploring the city. Get the playlist of artists from Lisboa and surrounding areas by scanning the code.



# Pitanga

The portuguese artist is guided by her senses and inspired by a restless exploration to find alternative ways of expressing her feelings, through shape and color. Her artwork is made out of a bright, colourful, and happy imaginary world. It is an invitation to reflect, to integrate with the painting and to perceive unity. Pitanga dedicates herself to painting, the customization of sneakers and other objects, street-art murals, illustration and design. She participates regularly on street art events, paint jams, solo and collective exhibitions.



# The cooler cultural venues

## GALERIA ZÉ DOS BOIS

Located in a 2,500m<sup>2</sup> palace in the heart of Bairro Alto, this art center acts as a structure for the creation, production and promotion of contemporary art. It stimulates the research and investigation of artists linked to the visual and performing arts, cinema and music. The space produces and presents exhibitions and artistic events throughout the year, including residences, educational programs, theater, dance presentations, lectures and musical concerts.

RUA DA BARROCA 59,  
1200-047

213 430 205

[ZEDOSBOIS.ORG](http://ZEDOSBOIS.ORG)



## FÁBRICA BRAÇO DE PRATA

The half-abandoned building, which was once an old war material factory, has about 20 rooms that host concerts, art galleries, cinema sessions, plastic arts workshops or classes and welcomes second-hand clothing stores, bars or simply bookstores.

RUA DA FÁBRICA DE  
MATERIAL DE GUERRA 1,  
1950-128 LISBOA

965 518 068

[BRACODEPRATA.COM](http://BRACODEPRATA.COM)



## LUX FRÁGIL

An unmissable spot of Lisbon's nightlife, right on the bank of the Tagus River. You can get lost on Lux's three floors and choose the style of music that suits you best. Known for the endless techno nights, the club's atmosphere is unique and the diversity it encompasses makes it a mandatory stop in any night out.

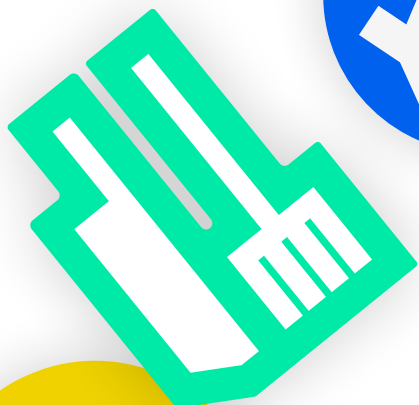
AVENIDA INFANTE D.  
HENRIQUE, ARMAZÉM A,  
CAIS DA PEDRA, SANTA  
APOLÓNIA 1950-376 LISBOA

21 882 08 90

[LUXFRAGIL.COM](http://LUXFRAGIL.COM)



# *The best restaurants at nifty prices*



## **TABERNA CASA DO ALENTEJO**

A relaxing space, with a decoration that won't let you put down your phone due to the desire to capture every detail of this restaurant. Savor the typical snacks from the Alentejo region, while relaxing on the terrace that is located in an outdoor patio.

RUA PORTAS DE SANTO  
ANTÃO, 58 1150-268 LISBOA

213 405 140

[CASADOALENTEJO.PT/  
TABERNA](https://www.facebook.com/CASADOALENTEJO.PT/TABERNA)

## **CERVEJARIA O ZAPATA**

What at first sight may seem like a very simple place is, in fact, a restaurant of traditional Portuguese food, with a very affordable and delicious menu that will always leave you craving for more. Right in the center of Lisbon, it is the perfect place to sit down for lunch or dinner with friends and even share a dish, as they are always very well served.

RUA DO POÇO DOS NEGROS  
47, 1200-335 LISBOA

213 908 942

[FACEBOOK.COM/PAGES/  
ZAPATA-RESTAURANTE](https://www.facebook.com/PAGES/ZAPATA-RESTAURANTE)



## **CAFÉ COM CALMA**

Discover the Marvila neighborhood and be sure to visit Café com Calma, where you can have lunch for a very nice price or just stop for coffee or tea. Decorated with vintage furniture, as the name (Coffee with calm) implies, it is a quiet place, where food is also served in generous portions.

RUA DO AÇÚCAR 10,  
1950-242 LISBOA

218 680 398

[FACEBOOK.COM/  
CAFECOMCALMAMARVILA](https://www.facebook.com/CAFECOMCALMAMARVILA)





# The best places to snap that Killer Gram



## MAAT - MUSEU DE ARTE, ARQUITETURA E TECNOLOGIA

Located by the river in Belém, the building has an unmistakable contemporary architecture and a terrace at the top, which will guarantee you a photograph with an incredible view over the Tagus River. Next to it you will also find Central Tejo, an emblematic museum with an industrial architecture.

AV. BRASÍLIA, BELÉM  
1300-598 LISBOA

210 028 130

[MAAT.PT](http://MAAT.PT)



## ESTUFA FRIA

One of the quietest places in Lisbon, right in the city center. Does it look like a strange combination? Take the opportunity to walk by yourself or with friends amongst the lakes, small caves and plants that make up the perfect setting for any photo.

PARQUE EDUARDO VII,  
1070-051 LISBOA

218 170 996

[INFORMACOESERVICOS.  
LISBOA.PT/ESTUFA-FRIA](http://INFORMACOESERVICOS.LISBOA.PT/ESTUFA-FRIA)



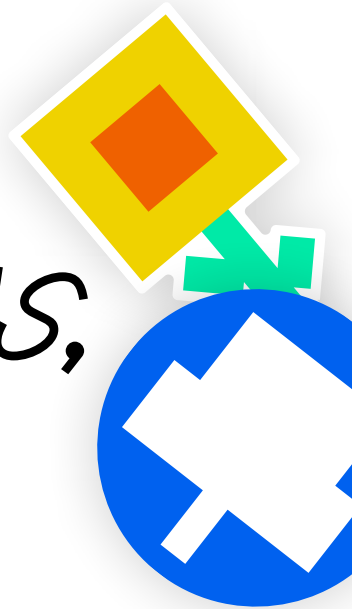
## PANORÂMICO DE MONSANTO

The old Monsanto Panoramic Restaurant was, for many years, one of the most emblematic spaces in the city. It went from being a restaurant to a bingo house and later a warehouse for construction materials. It was abandoned in 2001 and remained that way for several years until it opened again, this time as the Panoramic Viewpoint of Lisbon, which has, nowadays, a strong artistic and cultural presence.

38° 43' 43.09" N  
9° 11' 4.59" W  
ESTRADA DA BELA VISTA,  
LISBOA

[INFORMACOESERVICOS.  
LISBOA.PT/MIRADOURO-  
PANORAMICO-DE-  
MONSANTO](http://INFORMACOESERVICOS.LISBOA.PT/MIRADOURO-PANORAMICO-DE-MONSANTO)

# The best gardens, parks, and chill out spots



## JARDINS DA FUNDAÇÃO GULBENKIAN

One of the most emblematic gardens in Portugal and a protagonist of the Portuguese landscape architecture. It's the perfect place to relax while reading a book or listening to music, and also to visit with friends and watch the ducks strolling through the garden. Besides, be sure to visit the Gulbenkian Museum and keep an eye out for the program of this essential cultural reference in Portugal.

AV. DE BERNA, 45A,  
1067-001 LISBOA

217 823 000

[GULBENKIAN.PT/JARDIM](https://gulbenkian.pt/jardim)



## JARDIM DA ESTRELA

Located in front of the iconic Basílica da Estrela, this park was built in the style of English gardens, with a romantic inspiration. Here you can wander and discover the corners of a space filled with terraces, a bandstand, benches to relax in the middle of nature, and even some statues that make you feel in the garden of an old palace.

PRAÇA DA ESTRELA 12,  
1200-694 LISBOA

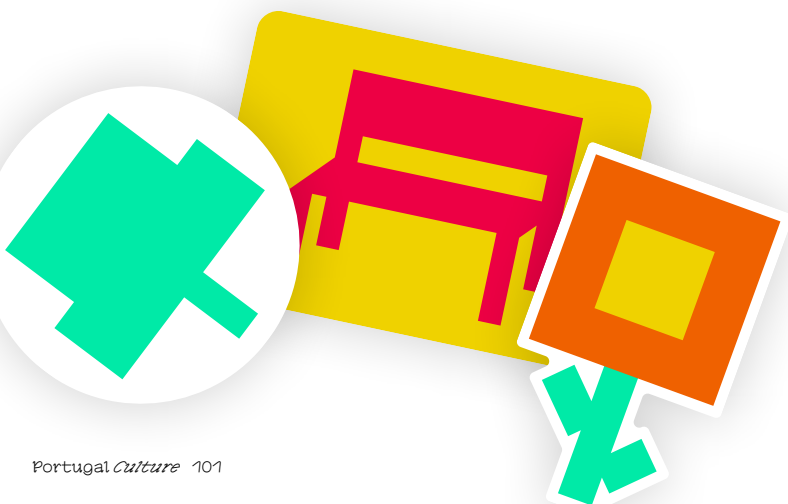
[JF-ESTRELA.PT/JARDIM-DA-ESTRELA](https://jf-estrela.pt/jardim-da-estrela)



## PARQUE DA QUINTA DAS CONCHAS E DOS LILASES

Two old private farms in Lisbon that eventually became a 24-hectare area with an immense lawn, a picnic place, a multi-sports zone, a children's playground and even forest paths for those who want to do sports or go cycling.

38° 46' 13.03" N  
9° 9' 20.00" W  
RUA LADISLAU PATRÍCIO,  
LISBOA



# Unmissable shops

## CONSERVEIRA DE LISBOA

Right in the old town, Conserveira de Lisboa is the essence of traditional commerce. When it first opened, in 1930, it was a grocery store with a varied offer of canned foods and sweets, beans or sausages. Today it is a reference in canned fish, mostly from Portuguese waters.

RUA DOS BACALHOEIROS  
34, 1100-321 LISBOA

218 864 009

[CONSERVEIRADELISBOA.PT](http://CONSERVEIRADELISBOA.PT)

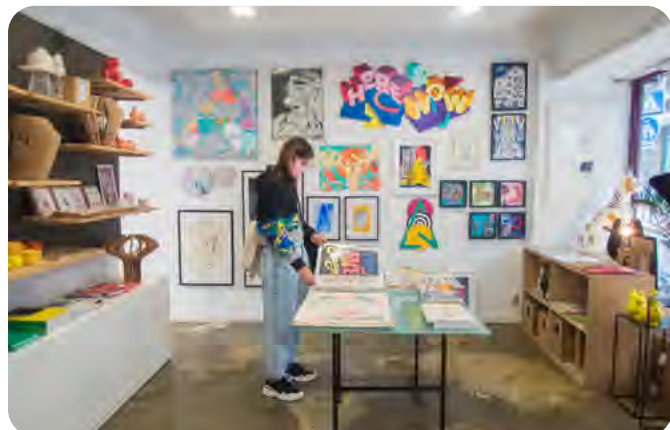


## BOTILÃ

Patchwork fabrics, threads, needles and buttons fill the stock of this store in Rossio. Botilã is a store not to be missed, on a 1st floor near Praça da Figueira, where you can get lost in the middle of attractive shop windows, colors and textures.

PRAÇA DA FIGUEIRA 18,  
1100-422 LISBOA

213 469 834



## APAIXONARTE

A store that praises art, design and urban crafts, while aiming to stir up your senses, memories and to provoke new sensations. It's known for valuing Portuguese artists and making their work known, functioning not only as a store, but also as a gallery. It's located in a narrow street, and the famous tram 28 passes right by its door.

RUA POIAIS DE SÃO BENTO  
57, 1200-337 LISBOA

213 904 333

[APAIXONARTE.COM](http://APAIXONARTE.COM)



# Best places to dive into books



## CALEIDOSCÓPIO

Probably one of the best known spaces to study among students is the Caleidoscópio, located right in Cidade Universitária, near a lot of universities. It's open 24 hours a day, every day, and has 175 seats, free Wi-Fi and printing equipment.

CAMPO GRANDE 18,  
1700-162 LISBOA

[ULISBOA.PT/INFO/  
CALEIDOSCOPIO](http://ULISBOA.PT/INFO/CALEIDOSCOPIO)



## LER DEVAGAR

Enjoy an afternoon of studying surrounded by the tons of books on the shelves that decorate this space at Lx Factory. Ler Devagar has a cafe with tables where you can relax while reading a book or working on your laptop. Moreover, it is also the ideal place to study in groups.

RUA RODRIGUES DE FARIA  
103 - G 0.3,  
1300-501 LISBOA

213 259 992  
[LERDEVAGAR.COM](http://LERDEVAGAR.COM)



## BIBLIOTECA PALÁCIO GALVEIAS

Considered as one of the most beautiful libraries in Lisbon, this is located in a palace built in mid-17th century. If you're planning to focus on your studies you can choose the interior quiet space, but you may also venture into the garden, which has a kiosk with healthy food options to cheer up your breaks.

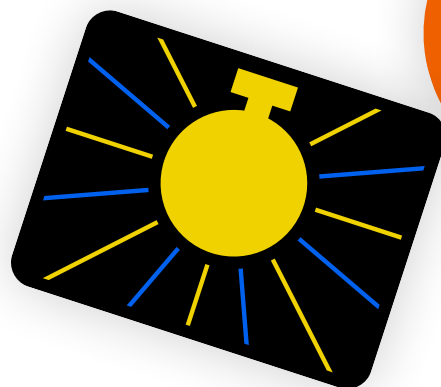
CAMPO PEQUENO,  
1049-046 LISBOA

218 173 090  
[BLX.CM-LISBOA.PT/GCA](http://BLX.CM-LISBOA.PT/GCA)





# Unexpected spots



## LX FACTORY

An industrial area transformed into an artistic and creative laboratory. This island, occupied today by several stores, restaurants and companies in the areas of fashion, advertising, communication, multimedia, art, architecture or music, attracts visitors for its original decoration and unique space. It also has an enviable view of the Tagus River and the 25 de Abril bridge. What more can you ask for?

RUA RODRIGUES DE FARIA  
103, 1300-501 LISBOA

213 143 399

[LXFACTORY.COM](http://LXFACTORY.COM)



## JARDINS DO CENTRO ISMAILI

Few people know of its existence, but between multiple freeways and endless buildings, you will find a 12,000m<sup>2</sup> area of green spaces and irresistible patios. This is a place that opened its doors to the Ismaili community and, of course, to all visitors who are curious. It's worth the visit ;-)

AV. LUSÍADA 1,  
1600-001 LISBOA



## CAMPO DE BASQUETEBOL DO CAMPO MÁRTIRES DA PÁTRIA

The artist Aka Corleone created an artistic intervention that combines sports with culture. Inspired by a work he saw in New York and "by the need to do something different", he decided to bring the idea to the Lisbon neighborhood and paint the floor of a basketball court, where people become part of the work. A colorful and vibrant piece that brought a renewed energy to this garden at Colina de Santana.

CAMPO DOS MÁRTIRES DA  
PÁTRIA 60006, 1150-228  
LISBOA

# A skip and a jump away

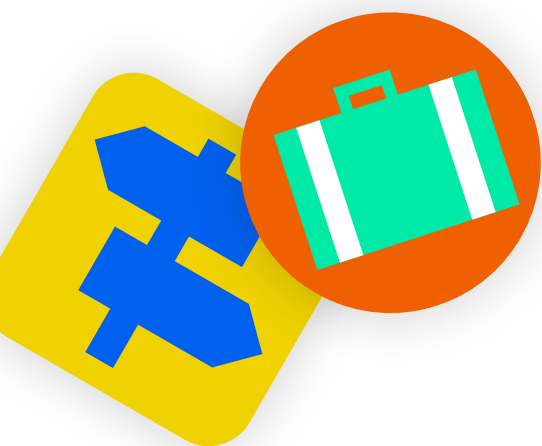


## PRAIAS DA COSTA DA CAPARICA

You will find a wide variety of beaches just after a 30-minute bus ride from the center of Lisbon. The tranquility and extension of Costa da Caparica make it one of the most frequently chosen places for a weekend trip or just a short stroll by the sea late in the afternoon. In order to get there from Lisbon, you can take bus 161 or 153, or cross the Tagus river by boat to Trafaria. Enjoy and take photographs worthy of postcards along the way.

AV. GEN. HUMBERTO  
DELGADO,  
COSTA DA CAPARICA

15KM FROM LISBON



## SERRA DA ARRÁBIDA

Considered as one of the most beautiful places in Portugal, this is a paradise where you can stroll and get lost, in the middle of slopes overlooking the sea. In addition to the beaches and incredible landscapes, you can also visit the park, for an encounter with numerous rare animal species. In addition to all of this, there are also several caves for the most courageous to venture in. Take the 561 bus from Lisbon to Setúbal and then the 751 to the riverside.

38° 29' 38,9" N  
8° 58' 00,98" O

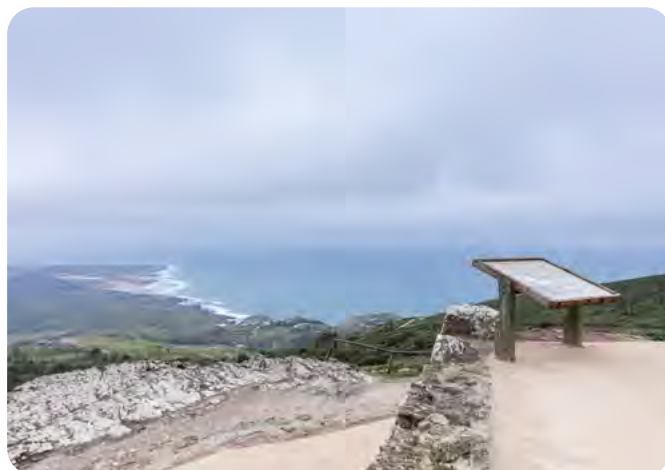
40KM FROM LISBOA

## SANTUÁRIO DA PENINHA

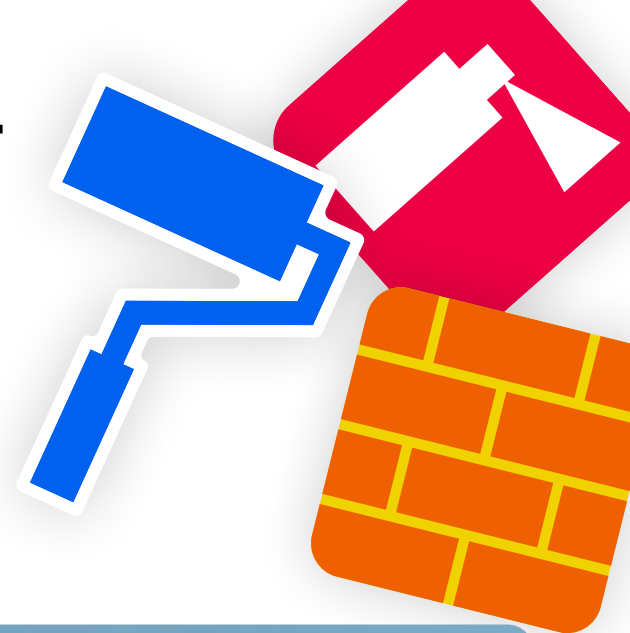
Located in Serra de Sintra, 488 meters above sea level, this viewpoint, little known among Lisboners, has a view that goes from Cabo Espichel, in the south, to Ericeira, in the north. With a privileged view of Guincho, Cascais and even Lisbon, here you can explore the ancient Chapel of São Saturnino and a romantic mansion built in 1918. To visit, just take the Sintra Express at Marquês de Pombal (Lisbon) and then bus 403 to Estrada do Cabo.

ESTRADA NACIONAL 247,  
2710 SINTRA

40KM FROM LISBOA



# Public Art at Large



## PICHIAVO

The artist duo from Valencia, Spain, is recognized for their ability to create a connection between painting and sculpture in urban environments. With an innovative approach, they combine classic art with more contemporary urban art in their work.

CALÇADA DE SANTA  
APOLÓNIA 65, 1100-468  
LISBOA

[PICHIAVO.COM](http://PICHIAVO.COM)



## VANESSA TEODORO

Being exclusively dedicated to her art since 2009, Vanessa has collaborated with numerous internationally renowned brands such as Louis Vuitton, Jaguar, MTV, Vodafone, Heineken and Jaguar. She's particularly fond of street art projects and finds the challenge of painting large murals in public space very gratifying.

RUA DE ENTRECAMPOS,  
1000-151 LISBOA

[VANESSATEODORO.COM](http://VANESSATEODORO.COM)



## VHILS

Portuguese artist Alexandre Farto has been visually interacting with the urban environment since the early 2000s, under the name of Vhils. The facade he created at Lumiar is composed of 49 embossed concrete panels, inspired by the GS1 Standards. A reflection by the artist, according to himself, on the "act of encrypting and deciphering, deconstructing in order to construct codes that organize, analyze and work on efficiency and chaos".

ESTRADA DO PAÇO DO  
LUMIAR, CAMPUS DO  
LUMIAR, EDIFÍCIO K3,  
1649-038 LISBOA

[VHILS.COM](http://VHILS.COM)





# Essential Contacts

The Erasmus + agency aims to bring the Erasmus + Programme closer to students and adapt it to the diversity of national education, training systems.

PRAÇA DE ALVALADE 11,  
1700-037 LISBOA

210 101 900

[ERASMUSMAIS.PT](http://ERASMUSMAIS.PT)

## CÂMARA MUNICIPAL DE LISBOA

Lisboa City Council  
218 170 552

## POSTO DE TURISMO ASK ME LISBOA

Tourism Office  
218 450 660

## GNR

Police  
213 252 500

## EMERGÊNCIA

Emergency  
112

## CENTRO HOSPITALAR UNIVERSITÁRIO DE LISBOA CENTRAL

University Hospital  
213 136 300

## ERASMUS MAIS

210 101 900

## UNIVERSIDADE DE LISBOA

217 967 624 / 210 113 400

## INSTITUTO POLITÉCNICO DE LISBOA

217 101 200

## UNIVERSIDADE NOVA DE LISBOA

213 715 600

## UNIVERSIDADE AUTÓNOMA DE LISBOA

919 570 504



Accessible

