



WORK PROGRAMME

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-  [LINGUISTIC PREPARATION](#)
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Erasmus+



*Bine ați venit în Portugalia.
Lisabona deschide ușile succesului tău!*

Colegiul National "Ion Măiorescu" Giurgiu
Project no. : 2017-1- RO01-KA102- 036661
Represented by prof. MITEA MONICA, Director
Romania

Agentia Nationala pentru Programe Comunitare in
Domeniul Educatiei si Formarii Profesionale
(ANPCDEFP) 

Erasmus + Project: Dezvoltarea abilitatilor practice in
domeniul informatiei prin mobilitati transnationale si
cresterea sanselor de angajare pentru elevi.



**VET Learners
Lisboa 2017**



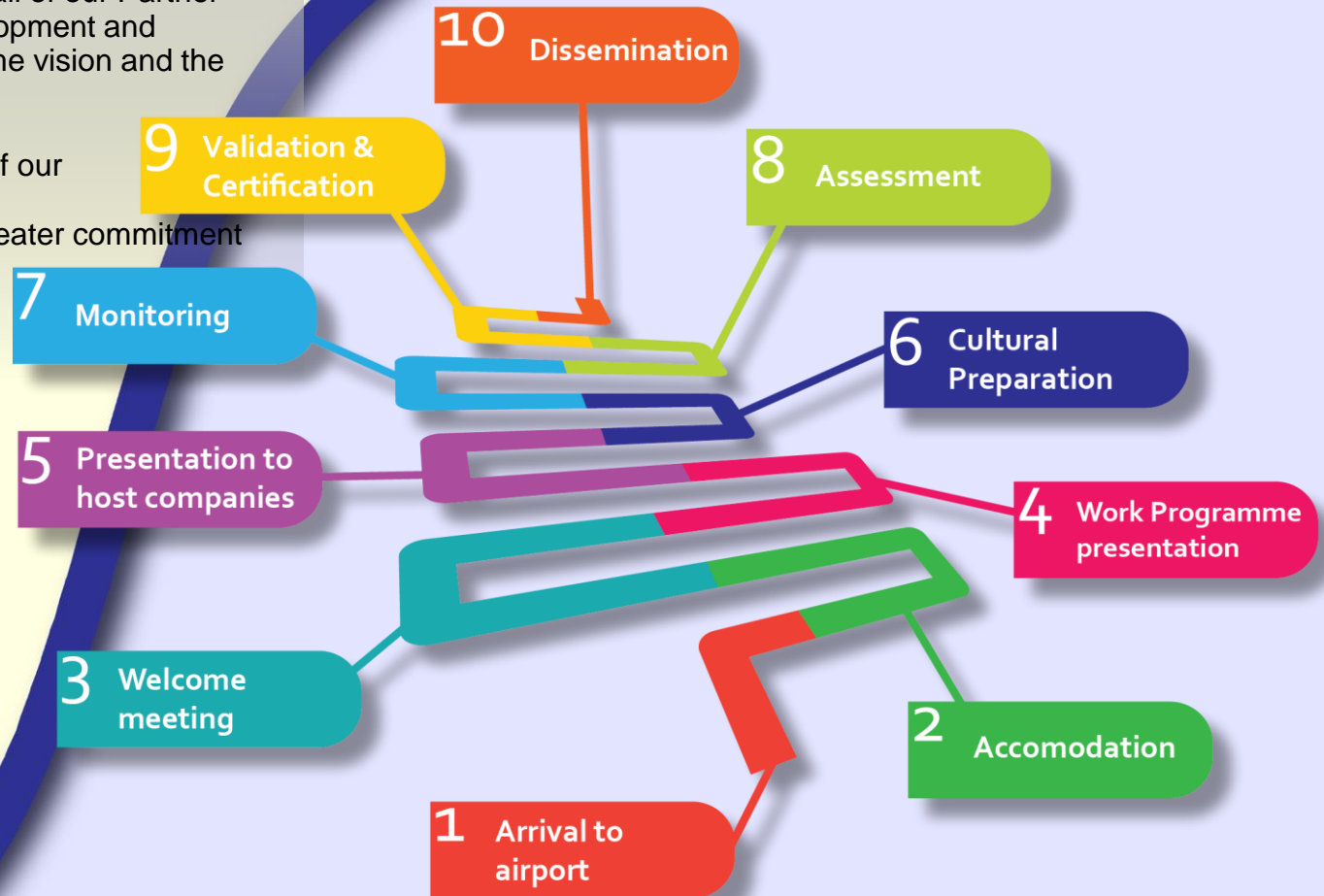
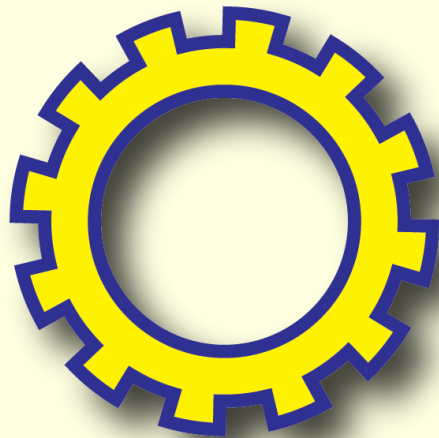
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WORK FLOW

Our work method is based on workflows, through a structured and time-defined all participants know in advance all steps and what will happen next.

This method is continuously improved and always adapted to the real needs of each group. At DNA, we consider all of our Partner Schools as an integral part of the strategy development and implementation process, with a focus on the same vision and the same guideline.

We work side by side. This is an integral part of our success. "Two is better than one". Together we achieve a better integration and greater commitment from All.



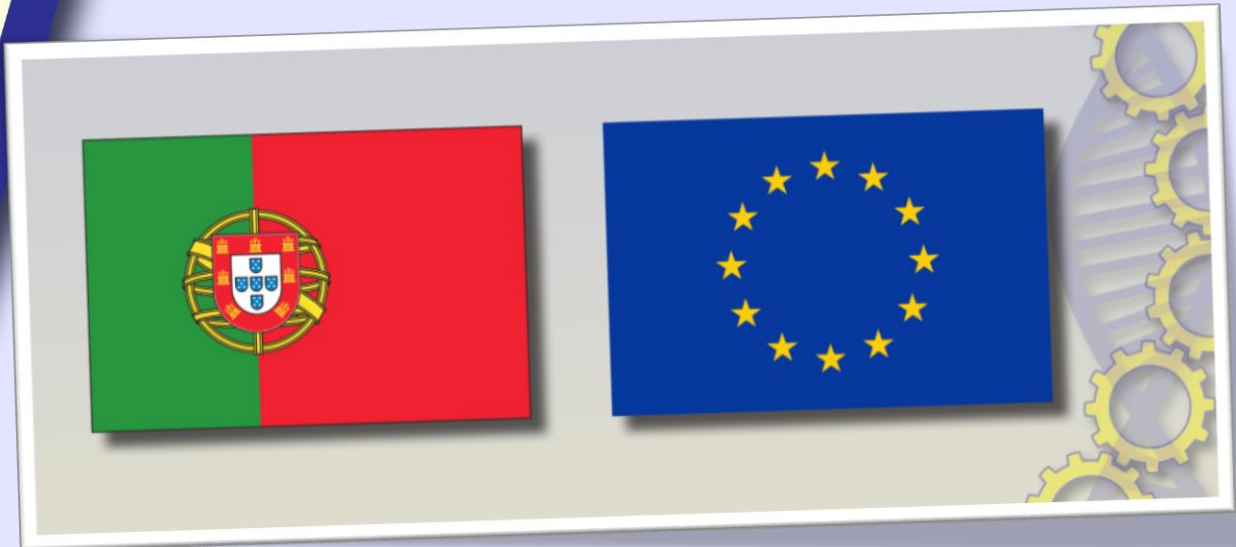
Linguistic Preparation



We will provide you a 15 hour Portuguese Language Course supported in multimedia elements to assure the consolidation of the knowledge acquired as well as the success of the Internships.

All participants will receive a short manual with the main words in three languages: Portuguese, English and Romanian.

The language preparation course will take place at CINEL. The training action will be given by a accredited Professor.



CINEL - Vocational Training Centre in Electronics, Energy, Telecommunications and Information Technologies Industry

PIC: 947512491

Awards 1ºPlace Robot@Factory FNR2017, Coimbra

CINEL work in the formation of young people and adults through the development of courses in all training modalities, level 4 and 5, defined by the National Qualifications System and promotes the achievement of defined courses to the specific needs of companies. Focuses on the qualification of unemployed people and the answer to the training needs of companies in the industry by designing, for this purpose, the courses.

<http://www.cinel.pt/appv2/>

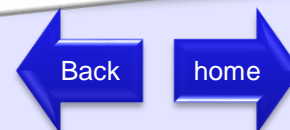


Transport.

Bus Carris: 738
Trip about 45 Min

Adress:

Pólo de Educação e Formação D. João de Castro
Rua Jau - Alto de Santo Amaro
1300-312 Lisboa



LOCAL TRANSPORTS



In the first day of the project, DNA EUROPE will provide to each student a LISBOA VIVA card.

This card is valid for METRO, BUS, TRAIN, FUNICULARS and ELEVATORS in all LISBON URBAN PERIMETER (unlimited use).

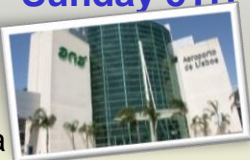
All cards will be printed with students personal information they are personal and intransmissible.



WORK PROGRAMME – WEEK 1 (From 5 to 12 November)

11:20 Arrival at the Lisbon Airport
11:45 Transfer to accommodation
12:00 Check-in at the accommodation
12:30 Lunch at “Tatu”
13:30 Walking Tour – Campo Pequeno/Saldanha
19:00 Dinner at “Tatu”

Sunday 5TH



07h30 - Breakfast
09h00 – 13h00 Presentation at [CINEL](#)
13h30 - Lunch at “O Pacato” restaurant
15h00 – 17h00 [Language course](#)
19h00 - Dinner at “Tatu” restaurant

Monday 6TH



07h30 - Breakfast
09h00 – 13h00 Training at CINEL
13h30 - Lunch at “O Pacato” restaurant
15h00 – 17h00 Language course
19h00 - Dinner at “Tatu” restaurant

Tuesday 7TH



07h30 - Breakfast
09h00 – 13h00 Training at CINEL
13h30 - Lunch at “O Pacato” restaurant
15h00 – 17h00 Language course
19h00 - Dinner at “Tatu” restaurant

Wednesday 8TH



07h30 - Breakfast
09h00 – 13h00 Training at CINEL
13h30 - Lunch at “O Pacato” restaurant
15h00 – 17h00 Language course
19h00 - Dinner at “Tatu” restaurant

Thursday 9TH



07h30 - Breakfast
09h00 – 13h00 Training at CINEL
13h30 - Lunch at “O Pacato” restaurant
15h00 - [“Colombo” shopping center + IMAX cinema](#)
19h00 - Dinner at the Shopping center

Friday 10TH



DAY TRIP to Sintra + Cascais

Saturday 11TH

08h00 - Breakfast
09h00 - Visit to [Cristo Rei](#)
11h30 – [Sintra](#) + [Quinta Regaleira](#)
13h00 - Take away Lunch
15h00 – [Cabo da Roca](#) The Westernmost point of Europe
16h00 – [Cascais + Boca do Inferno](#) Historical city center and beach
19h00 - Dinner at “Tatu” restaurant



DAY TRIP to Fátima + Nazaré + Óbidos Sunday 12TH

08h00 - Breakfast
09h00 – [The Sanctuary of Fátima](#)
11h30 – [Nazare Canyon](#)
13h00 - Take away Lunch
15h00 – [Óbidos](#)
19h00 - Dinner at “Tatu” restaurant



WORK PROGRAMME – WEEK 2 (From 13 to 19 November)

07h30 - Breakfast
09h00 – 13h00 Training at [CINEL](#)
13h30 - Lunch at “O Pacato” restaurant
15h00 – 17h00 Language course
19h00 - Dinner at “Tatu” restaurant

Monday 13TH



07h30 - Breakfast
09h00 – 13h00 Training at CINEL
13h30 - Lunch at “O Pacato” restaurant
15h00 – 17h00 Language course
19h00 - Dinner at “Tatu” restaurant

Tuesday 14TH



07h30 - Breakfast
09h00 – 13h00 Training at CINEL
13h30 - Lunch at “O Pacato” restaurant
15h00 – 17h00 Language course
19h00 - Dinner at “Tatu” restaurant

Wednesday 15TH



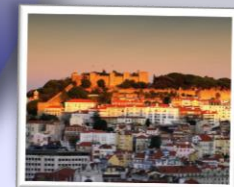
07h30 - Breakfast
09h00 - Training at CINEL
13h30 - Lunch at “O Pacato” restaurant
15h00 – Final Test of Language course (1 hour)
19h00 - Dinner at “Tatu” restaurant

Thursday 16TH



07h30 - Breakfast
09h00 – 13h00 - Training at CINEL
13h30 - Lunch at “O Pacato” restaurant
15h00 – Visit to [Castelo São Jorge and Sé](#)
19h00 - Dinner at “Café Gelo” Rossio restaurant

Friday 17TH



08h00 - Breakfast
09h00 - Visit to “[Park of the Nations](#)”
10h00 - Visit to the aquarium “[Oceanário de Lisboa](#)”
13h00 - Lunch Vasco da Gama Shopping Center
15h00 - Visit to “[Park of the Nations](#)” Cable Car trip
19h00 - Dinner at “Tatu” restaurant

Saturday 18TH



DAY TRIP to Arrábida + Sesimbra

08h00 - Breakfast
09h00 – [Visit Serra Arrábida](#)
13h00 – Take away lunch
15h00 – [Visit to Sesimbra](#) + Cape Epichel
19h00 - Dinner at “Tatu” restaurant

Sunday 19 TH



WORK PROGRAMME – WEEK 3 (From 20 to 25 November)

07h30 - Breakfast

09h00 – 13h00 Training at CINEL

13h30 - Lunch at “O Pacato” restaurant

14h30 - Visit to “[Belém Tower](#) and Jeronimos

15h30 - [Visit Monument to the Discoveries](#)”

17h00 – Visit to [Pasteis de Bélem](#)

19h00 - Dinner at “Tatu” restaurant

Monday 20TH



07h30 - Breakfast

09h00 – 13h00 Training at CINEL

13h30 - Lunch at “O Pacato” restaurant

15h00 – Visit in Lisbon – [Downtown Lisbon](#)

19h00 - Dinner at “Tatu” restaurant

Tuesday 21TH



07h30 - Breakfast

09h00 – 13h00 Training at CINEL

13h30 - Lunch at “O Pacato” restaurant

15h00 – Visit in Almada – [Fragata](#)

17h30 – 19h00 - Dinner at “Tatu” restaurant

Wednesday 22TH



07h30 - Breakfast

09h00 – 13h00 Training at CINEL

13h30 - Lunch at “O Pacato” restaurant

15h00 - Free Afternoon

19h00 - Dinner at “Tatu” restaurant

Thursday 23TH

07h30 - Breakfast

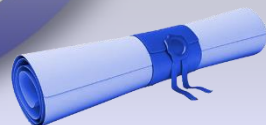
09h00 – 13h00 Training at CINEL

13h30 - Lunch at “Tatu” restaurant

15h00 – Farewell meeting – [presentation of certificates](#)

19h00 - Dinner at “Tatu” restaurant

Friday 24TH



07h30-09h00 – Breakfast

11h00 - Transfer to the Lisbon Airport

DEPARTURE – Flight at 13:50

Saturday 25TH



WISHES YOU A VERY NICE STAY IN LISBON!!!

We will be available 24 hours per day

Ricardo Moreno + 351 91 457 65 67

Park of The Nations

Park of the Nations (Parque das Nações) is a neighborhood in Lisbon constructed for the 1998 Lisbon World Exposition.

It is located on the northeastern part of the city, which is accessible by crossing the Vasco da Gama bridge or by taking any means of transportation that stops in Gare do Oriente (Lisbon Oriente Railway station). This is the modern part of Lisbon has numerous restaurants, bars, theatres, parks, pedestrian areas and a large shopping mall.

One of the most surprising sights in this district is the Oriente train station, designed by the Spanish architect Santiago Calatrava. This modernist station has a bright glass and steel structure in the form of a tree. This ambitious project includes a metro station, a national and international bus terminal and a high-speed and regional train hub.

You'll also enjoy visiting the Water Gardens (Jardim das Águas) and the Palm Trees Garden, which are charming and unique.



Transport.

Metro: **Oriente**, Red Line.

Bus: 5, 25, 28, 44, 708, 750, 759, 782 and 794.



Oceanarium

Lisbon Oceanarium was considered the Best Aquarium in the World by TripAdvisor Travelers' Choice.

"Excellent", "Must see in Lisbon", "fabulous", "Most memorable during my stay in Lisbon", "sensational", "The best aquarium we ever visited" are some of the reviews you can read on TripAdvisor about the Oceanário de Lisboa

Its building is one of the most eye-catching in the Park of the Nations. It "floats" in the Ocean, and can be accessed by crossing a footbridge. Visiting the Oceanarium

The Oceanarium has two floors, and everything rotates around a huge central aquarium. We recommend following the arrows, so that you can visit the marine species from various oceans in the world. The top floor features water-dwelling animals that live closest to the water surface, while on the lower floor you'll find deep-sea creatures.

The largest aquarium is probably the most impressive part of the Oceanarium. It houses hundreds of species, including several types of sharks, stingrays, manta rays and colorful tropical fish.

<https://www.oceanario.pt/en/>



Transport.

Metro: **Oriente**, Red Line.
Bus: 5, 25, 28, 44, 708, 750, 759, 782 and 794.



Belém Tower

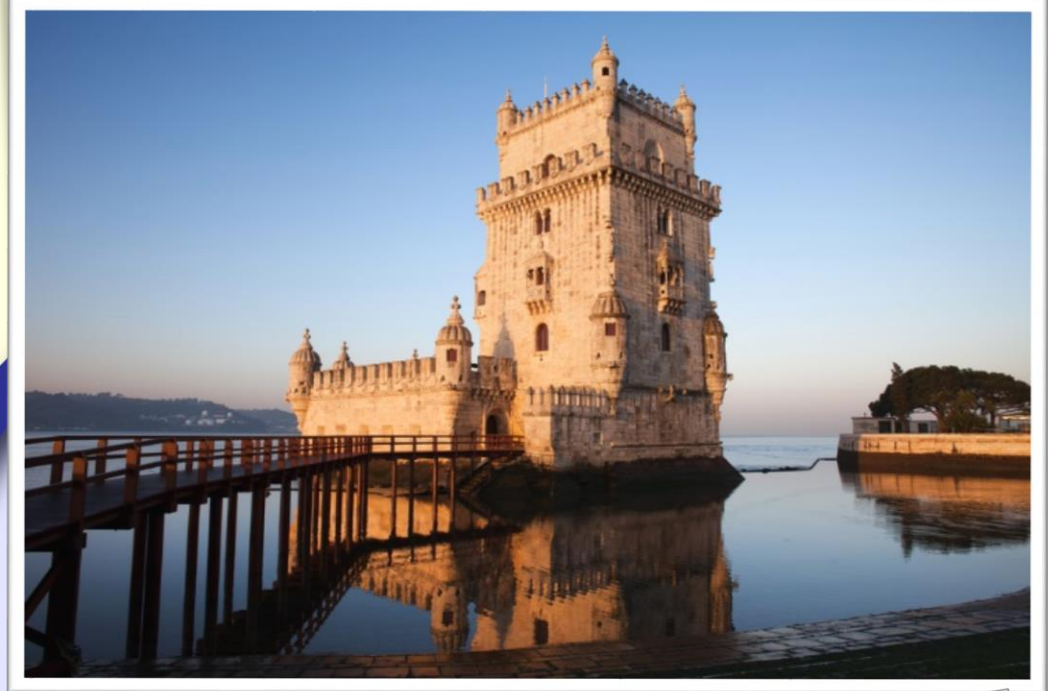
The Belém Tower (Torre de Belém) was built between 1514 and 1520 in a Manuelino style by the Portuguese architect and sculptor Francisco de Arruda. It was classified as a World Heritage Site in 1983 by UNESCO.

Constructed on the northern bank of the Tagus River, this tower was used to defend the city. Years later, it was transformed into a lighthouse and customs house. It is situated very close to Jeronimos Monastery.

Inside Belém Tower

The ground floor of this architectural jewel has 16 windows with cannons.

The tower has five floors which lead to a roof terrace. Each story is connected by a small and narrow spiral staircase. The floors are, from bottom to top: The Governor's Hall, The Kings' Hall, the Audience Hall, the Chapel and Roof terrace.



Transport

Tram: 15.

Bus: 27, 28, 29, 43, 49, 51 and 112.

Train: Belem, Cascáis Line.



Monument to the Discoveries

The Padrão dos Descobrimentos (Monument to the Discoveries) stands 52 m tall. This stunning monument was designed to commemorate the Age of Discoveries in Portugal. It was inaugurated in 1960, on the fifth centenary of one of the country's great discoverers, Prince Henry the Navigator, who discovered the Azores, Madeira and Cape Verde.

The Monument to the Discoveries is made up of a group of sculptures that represent the prow of a caravel (a small sailing ship constructed by the Portuguese to explore the Atlantic Ocean). Leading the ship is Prince Henry the Navigator and behind him are many other great Portuguese discoverers.

You will see Belém from above, we will visit the observation deck on the top of the Padrão dos Descobrimentos. An elevator will take the group to the top.

The views of the monument, the city's western neighbourhoods are impressive, but the most beautiful view is a marble mosaic at the foot of the Monument that represents a compass rose, with a world map in the center. The compass was designed by Cristino da Silva and is 50m in diameter.



Transport

Tram: line 15.

Bus: lines 27, 28, 29, 43, 49, 51 and 112.

Train:

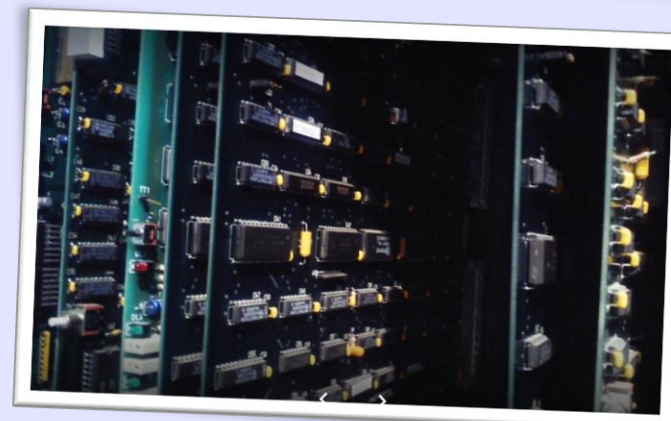
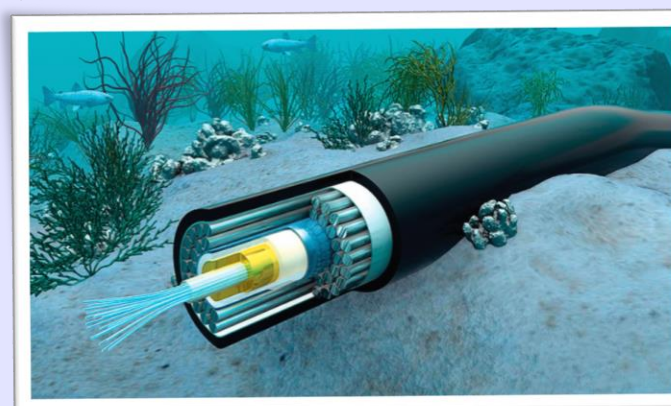
Belem, Cascáis Line.



Museu das Comunicações - SMART City

The Museum is an active element in the realization of the Foundation's primary purpose: to promote the study, conservation and dissemination of the historical, scientific and technological heritage of communications. Besides the permanent exhibitions, the Museum organises temporary shows on the theme of communications and also holds other initiatives which, due to their public popularity, deserve to be seen in a venue which is open and dynamic.

is a pedagogical space of a scientific and technological nature, where, in a playful and interactive way, one can have access to information about the past of communications and also about the technologies of the future



Transport
Bus: lines 207 .

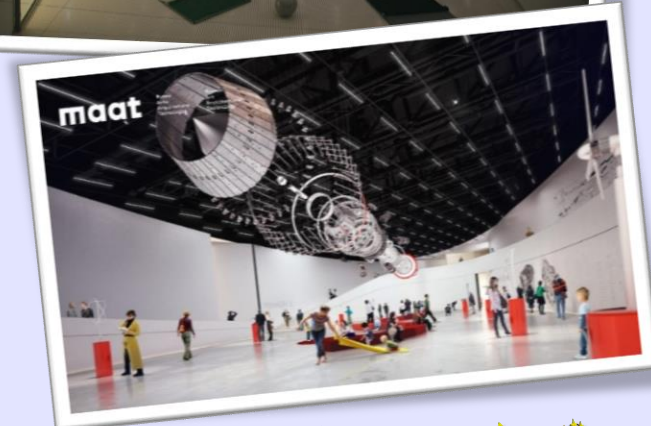


MAAT Museum

New!

Museum of Art, Architecture and Technology

Recently inaugurated, it has almost 3000 square meters for exhibitions and events, and is directed by the former curator of contemporary architecture of the Museum of Modern Art (MoMA) in New York, Pedro Gadanho, who says that this museum in Lisbon is unique in the world, since no other crosses the disciplines of art, architecture and technology. It presents the relationship between art and new technologies, through contemporary and international exhibitions.



Transport.

Metro: Cais do Sodr  Green Line.

Bus: 15 E Alg s



IMAX Experience

Image Maximum (IMAX) is a movie format created by IMAX Corporation that has the ability to display images much larger in size and resolution than conventional movie viewing systems. A IMAX screen is 22 meters wide and 16.1 meters high. The 3D Experience is Immersive, from the film to the technology and design of the room, everything has been developed and customized to make you believe that it is part of the action.

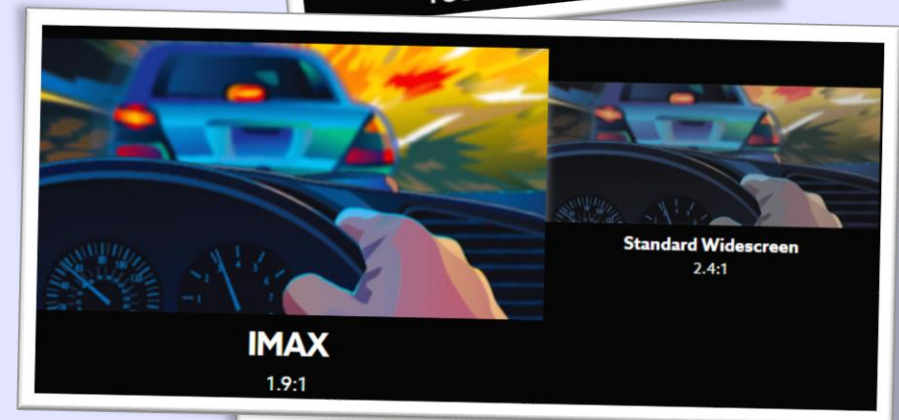
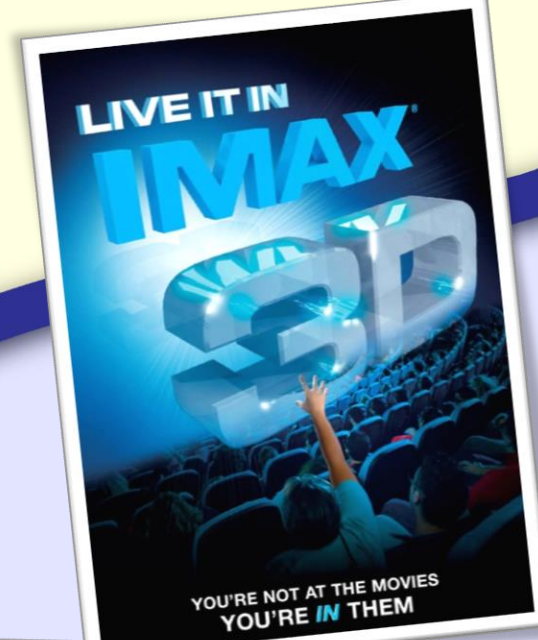
Colombo Shopping mall was Iberia's largest shopping mall when it opened, and continues to be one of the largest in Europe today. Named after the famous explorer who learned to navigate the seas in Portugal, it has a maritime theme in its "streets" and in the decorations of the interior, although it was remodeled with a more contemporary look in 2009.

The most popular shops are FNAC (music, books and electronics), Zara and H&M,



Transport

Metro: Colégio Militar/Luz
Blue Line
Colombo Shopping



Downtown Lisbon

Commerce Square

Praça do Comércio, Commerce Square in English, is Lisbon's main square. It was built on the site where the old Royal Palace used to exist before it was destroyed by the earthquake of 1755.

The southern end of the plaza is open and looks out onto the Tagus River. The other three sides have yellow-colored buildings with arcades all along the façade. When the square was first built, the commercial ships would unload their goods directly onto this square, as it was considered the "door" to Lisbon.

On the river bank, near the square, is the Cais de Sodré ferry terminal from which several ferries depart down the Tagus River.



Rossio Square

Praça do Rossio, Rossio Square. The square is situated in the city's neighborhood called Baixa, on the northern end of Rua Augusta, very close to Restauradores Square. Praça do Rossio is the liveliest area in the capital of Portugal and where many locals and tourists meet up. The square and its surrounding streets are packed with some of the city's most famous restaurants, bars and shops.



Santa Justa Lift

The Elevador de Santa Justa is a 19th century lift that transports passengers up the steep hill from the Baixa district to the Largo do Carmo.

At the top of the elevator is a flat roofed viewing platform and this location may not be the highest of Lisbon but it provides unrivalled views over the Baixa district and up to the castle.



Transport

Metro: Terreiro do Paço, blue line; Baixa / Chiado, Green and blue lines.

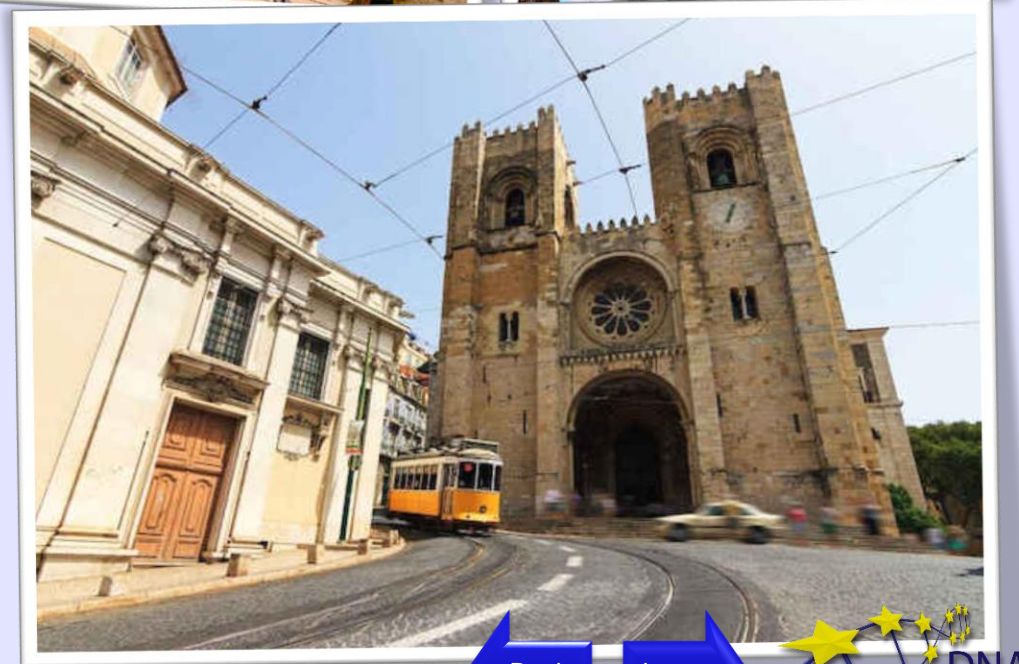


Castle of St. George

CASTELO DE SÃO JORGE Located on the highest hill of Lisbon, and with a heady view over the city, the Castle of St. George allows us to take a trip back in time, where all the stones speak, telling us the history of Lisbon

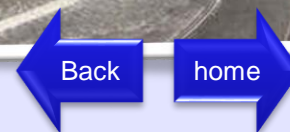
The Castle of São Jorge is a Moorish castle that occupies a strategic position overlooking the city of Lisbon and the broad Tagus River beyond. The strongly fortified citadel, which, in its present configuration, dates from medieval times, is located atop the highest hill in the historic center of the city. The castle is one of the main historical sites of Lisbon.

On the day that the group visits the castle you will also be able to see the Lisbon Cathedral Church, the Portas do Sol viewpoint, among other national monuments.



Transport

Metro: Terreiro do Paço, blue line; Baixa / Chiado,



Fragata Dom Fernando II and Glória

Dom Fernando II and Glória was a frigate sailing the Portuguese Navy, which sailed between 1845 and 1878. It is now a museum ship,

The ship was armed with 50 fire hydrants, with 28 on the battery and 22 on the deck.

His maiden voyage, from Goa to Lisbon, took place between February 2 and July 4, 1845.

D. Fernando sailed for 33 years, traveling about 100,000 miles, corresponding to almost five rounds of the world.



Transport

Boat: Transtejo - Almada



DAY TRIP - Sintra | World Cultural Heritage by Unesco

SINTRA - The palace history started in the Middle Ages when a chapel dedicated to Our Lady of Pena was built on the top of the hill above Sintra. According to tradition, construction occurred after an apparition of the Virgin Mary.

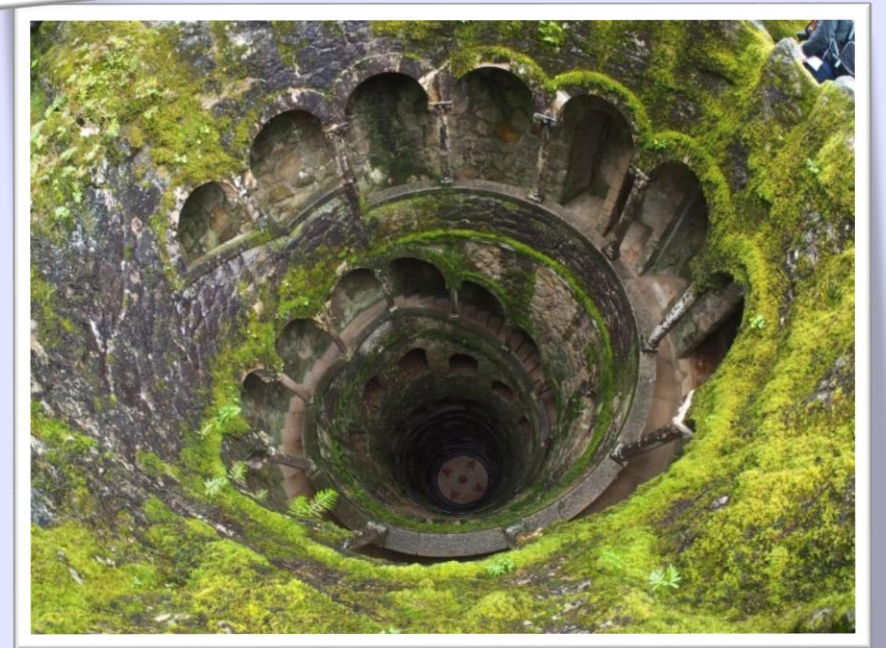
In 1493, King John II, accompanied by his wife Queen Leonor, made a pilgrimage to the site to fulfill a vow. His successor, King Manuel I, was also very fond of this sanctuary, and ordered the construction of a monastery on this site which was donated to the Order of Saint Jerome. The Great Lisbon Earthquake of 1755 reduce the monastery to ruins. For many decades the ruins remained untouched, but in 1838 king Ferdinand decide to transform the remains of the monastery into a palace that would serve as a summer residence for the Portuguese royal family.



DAY TRIP – Sintra - Quinta da Regaleira

The palace history started in the Middle Ages when a chapel dedicated to Our Lady of Pena was built on the top of the hill above Sintra. According to tradition, construction occurred after an apparition of the Virgin Mary.

In 1493, King John II, accompanied by his wife Queen Leonor, made a pilgrimage to the site to fulfill a vow. His successor, King Manuel I, was also very fond of this sanctuary, and ordered the construction of a monastery on this site which was donated to the Order of Saint Jerome. The Great Lisbon Earthquake of 1755 reduced the monastery to ruins. For many decades the ruins remained untouched, but in 1838 King Ferdinand decided to transform the remains of the monastery into a palace that would serve as a summer residence for the Portuguese royal family.



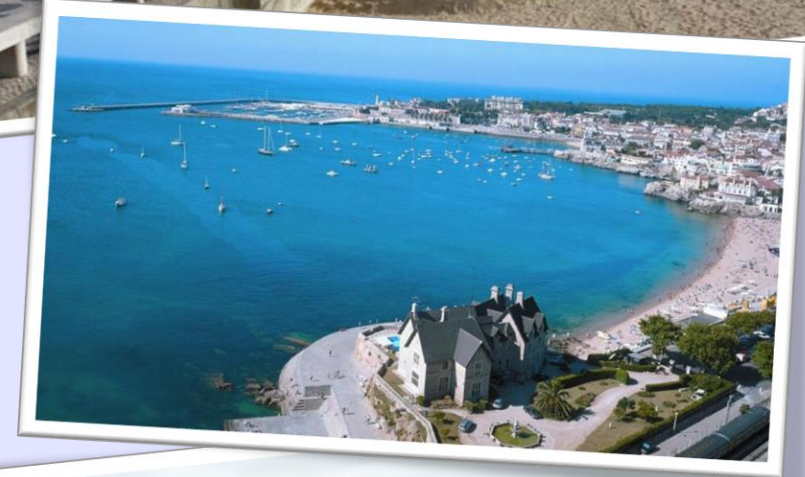
DAY TRIP - Cascais + Boca do Inferno

Cascais is well known for its glorious beaches but the town itself contains many interesting monuments, sights and museums. All of the sights are relatively close together and can be easily walked in a 3-4 hour tour.

In center of Cascais we will find the main shopping street “Rua Direita”. This street is lined with exclusive shops, market stalls and street performers.

Rua Direita opens up onto the two plazas of Alam Combatentes Grande Guerra and Largo Luis Camoes.

Boca do Inferno One of the most famous places to visit in Cascais is “Boca do Inferno” (portuguese for “**Hell’s Mouth**”- literal translation), this is a unique rock formation on the edge of the ocean. It is believed this place use to be a cave that over time and by the force of the sea relented and gave rise to the scenario as it is known today. Currently Boca do Inferno is an open cavity, with a sort of arch where it enters the sea water.



DAY TRIP - Cabo da Roca

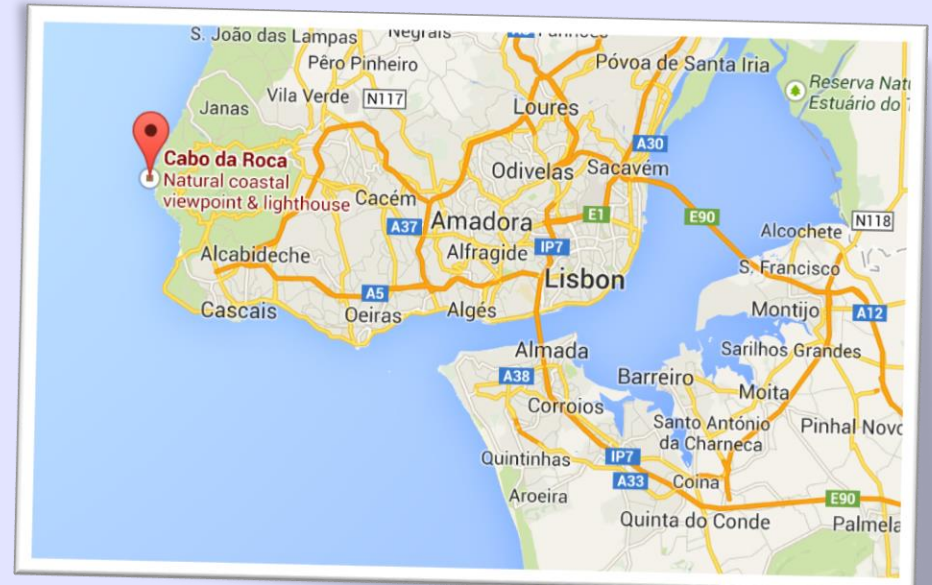
Cabo da Roca is a cape which forms the westernmost point of continental Europe

The western coast is a mixture of sand beaches and rocky cliff promontories: around Cabo da Roca, cliffs are more than 100 metres in height, and cut into crystalline rocks, composed of strongly folded and faulted sedimentary units. These forms are disturbed by dikes and small beaches.

Many migratory and marine birds roost temporarily along the cliffs and protected coves of the coastal area

“ Aqui, onde a terra se acaba e o mar começa...[Here, where the land ends and the sea begins...]

— Luís de Camões, *Os Lusíadas*



DAY TRIP - SANTUARY CRIST THE KING

The **Sanctuary of Christ the King** is a Catholic monument and shrine dedicated to the Sacred Heart of Jesus Christ overlooking the city of Lisbon situated in Almada, in Portugal.

The monument consists of a trapezoidal pedestal of 82 metres height, formed by four arches and a flat platform, supporting the 28 metres image of Christ. Its base was designed by architect António Lino in the form of a gate, while the statue of *Christ the King* was designed by sculptor Francisco Franco de Sousa



DAY TRIP - The Sanctuary of Fátima

The Sanctuary of Fátima also known as Sanctuary of Our Lady of Fátima.

In addition to the Basilica of Our Lady of the Rosary it comprises the Chapel of the Lausperene, a great oak tree (near which the Marian Apparitions occurred), a monument to the Sacred Heart of Jesus and the Chapel of the Apparitions

Basilica of Our Lady of the Rosary

The basilica consists of a tall centralized bell-tower and nave, approximately 65 metres (213 ft) in height, and decorated by a crown of bronze of 7,000 kilogram

The carillon consists of 62 bells, created and tempered in Fátima by José Gonçalves Coutinho, of Braga. The largest bell weighs approximately 3,000 kilograms and the clapper about 90 kilograms.



DAY TRIP - Óbidos

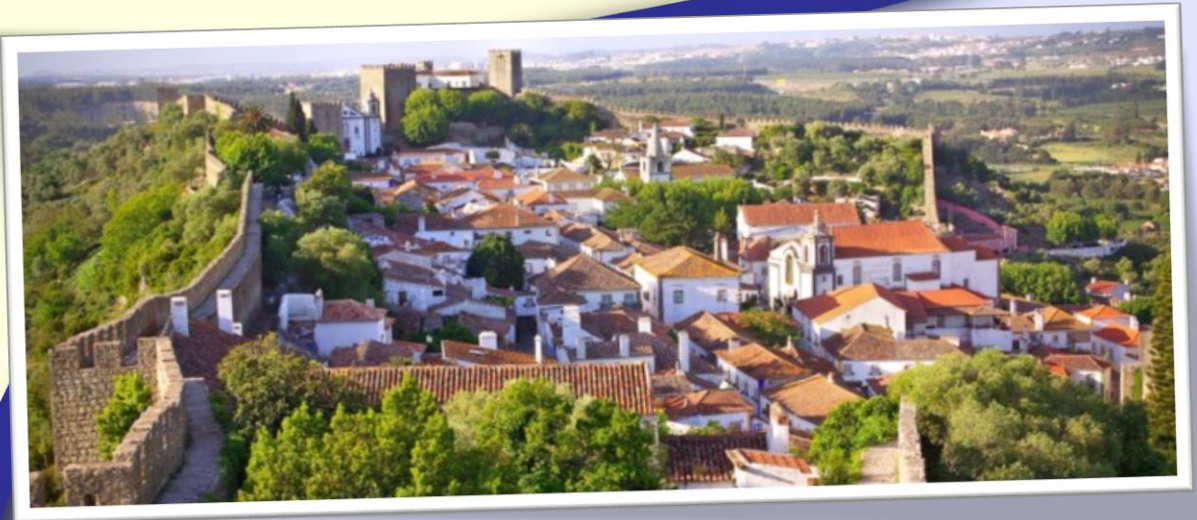
The mediaeval town of Óbidos is one of the most picturesque and well preserved in Portugal.

Quite close to the capital and located on high ground near the Atlantic coast, Óbidos has had a strategic importance in the territory. It had already been settled prior to the Romans' arrival in the Iberian Peninsula, and the town prospered after being chosen by the royal family. King Dinis offered it to his wife, Queen Isabel, in the 13th century, and it became part of Casa das Rainhas (Queens' Estate), who improved and enriched it throughout the various dynasties. This is one of the main reasons for the high concentration of churches in this small place.

You will find a well preserved **castle** within the walls, and a maze of streets and white houses that are a delight to stroll amongst. Along with the Manueline porticoes, the colourful window boxes and the small squares, many fine examples of religious and civil architecture.

Any time is good to visit Óbidos. It is an inspiring suggestion for a romantic or simply a peaceful weekend because of the love stories that have been enacted there and for its mediaeval setting.

An all-year-round programme of events makes Óbidos a small but lively town. The most popular are the **International Chocolate Festival**, the **Mediaeval Market** and **Christmas**, when the town is filled with seasonal decorations. Also of note are the **Harpichord and Baroque Classical Music Seasons** and the **Opera Festival**, which lend a special feel to Óbidos, with open-air concerts.



DAY TRIP - Nazaré Canyon

Nazaré beach, with its mild climate and natural beauty, has one of the most ancient traditions connected to fishing in Portugal.

The long sandy half-moon shaped beach, which is also the town's sea front, is known for its grandeur and for the brightly-coloured awnings that decorate the white sandy beaches, contrasting with the blue of the water.

This is the beach in Portugal that retains the more colourful fishing traditions, and it's not uncommon to encounter fishmongers who still wear the traditional seven skirts.

Nazaré's major attractions are the waves and surfing, thanks to the "**Nazaré Canyon**", a submarine geomorphological phenomenon that allows the formation of perfect giant waves. It is the largest underwater canyon in Europe, about 170 kilometres along the coast.

The Hawaiian surfer Garrett McNamara received worldwide publicity when, in 2011, rode the biggest beach-breaking wave in the world, about 30 metres high, at **Praia do Norte**. He won the Billabong XXL Global BigWave Award and entered the Guinness Book of World Records



DAY TRIP – Arrábida Natural Park + Sesimbra + Cape Espichel

Parque Natural da Arrábida – Called Portuguese paradise Located next to the sea, between Setúbal and the fishing town of Sesimbra, Arrábida Natural Park has incomparable natural beauty, where the blue of the sea alternates with the white tones of the chalk cliffs and the depths of the green vegetation that covers the mountain range.

The action of the sea against the mountains has originated a line of beaches characterised by fine sand and transparent waters, that we might otherwise believe could only be found in the Mediterranean, such as Figueirinha, Galapos and the Portinho da Arrábida.

Sesimbra After your visit to Serra da Arrábida Natural Park is **Sesimbra castle**, located in the village with the same name. After visiting the castle, we will go to the historic centre to discover Santiago Fortress.

Cape Espichel is one of the places you can't miss while visiting this region. Aside from the lush cliffs, you can also see the lighthouse, the Sanctuary of Nossa Senhora do Cabo Espichel



RULES

RULES IN THE APARTMENT

- ☀️ **COMPULSORY** silent period is from **10 PM to 8 AM**. Apartment are situated in the residential buildings with families living in with small children and elderly people. **Please respect the silent period at night.**
- ☀️ **The Apartment has 4 toilets** working with pump system. This system only accepts toilet paper. It is forbidden to place any kind of trash in the toilets. **Only toilet paper is allowed.**
- ☀️ Participants are obliged to pay for any damage caused in the apartment at their responsibility.
- ☀️ It is strictly forbidden to drink alcoholic beverages and smoke inside the apartment.
- ☀️ Rooms have to be kept all the time clean and tidy – during the overall stay in Lisbon.
- ☀️ Participants should bring their own towels and sunscreens with a high factor of sun protection. The sun in Portugal is very strong and people with sensitive skin are easy to get sunburned. It is very common that due to the carelessness (no cap, no sunscreen) students end up in a hospital.

RULES to follow at WORK:

- ☀️ Always be punctual!
- ☀️ It's forbidden to use mobile phones while working/training.

WASHING CLOTHES

- ☀️ Each group has a right to one free washing of clothes everyday.
- ☀️ Participants are not allowed to use the washing machine and drying machine it is on the responsibility of the cleaning person. They should leave the clothes near the washing machine in the baskets. After being washed the cleaning lady will leave the clothes in a basket near the washing machine. Students are responsible for drying their clothes! Please wash only the essential clothing. For other things, like jackets or shoes, there are professional laundry services in the nearby.
- ☀️ Once per week bad sheets will be changed by the cleaning lady. Every Monday bad sheets and pillow cases have to be put on the floor next to beds.

MEALS

- ☀️ Breakfast - from 7h30 – 09h00.
- ☀️ The lunches and dinners will be served in the nearby Restaurant.
- ☀️ Dinner around 19h00
- ☀️ If any participant is vegetarian, please inform us in advance



Emergency Contacts

National Directorate of Public Security Police (PSP)

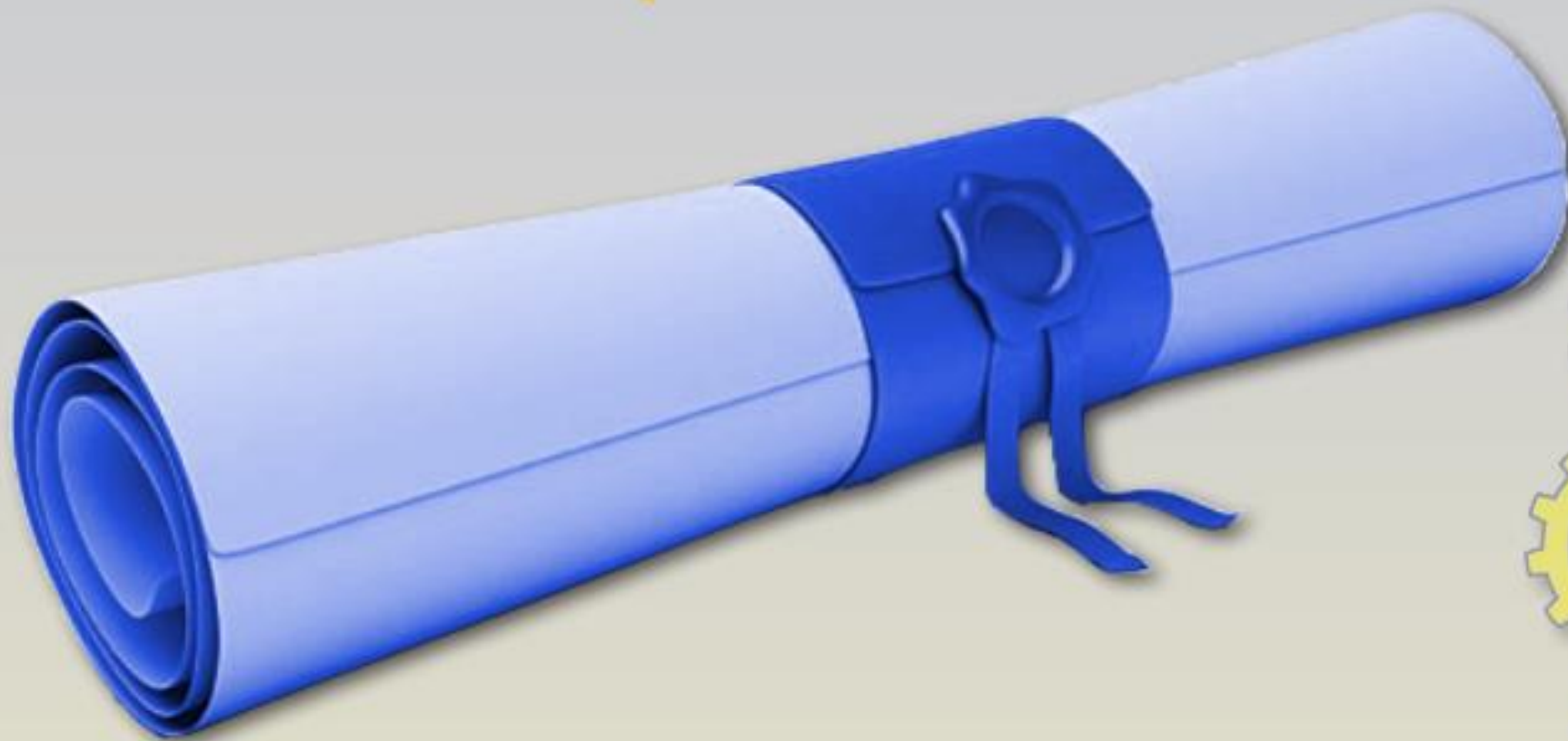
Largo da Penha de França, 1
1199-010 Lisboa
Telf: (+351) 21 111 000
Telm: (+351) 96 59 98 000



Single European Emergency Number

112 is a free number to alert the police, activate ambulances or firefighters







DNA
europe



Erasmus+