



**Travel Information for October 2009  
93rd IEEE R8 Committee in Lisbon  
Portugal**



## **ARRIVAL BY AIR**



**Lisbon (Portela) International Airport (LIS) <http://www.ana.pt>**

The airport of Lisbon is situated in the northern part of the city. With two terminals (one for international and the other for domestic flights) it welcomes all the big European, overseas and low-budget flights. TAP, Portugália and SATA (for the Azores) are the local airlines.

### **Services**

Car parking, Currency exchange and banking, insurances, lost and found, post office, rent a car, ticket offices, VAT refund, left luggage, shower.

### **Access to Lisbon**

**Bus:** n° 5, 22, 44, 83, 208, 745 (1,40€) and **Aero-Bus** n° 91 (3€, also valid as 1 day Lisbon bus ticket) connects the airport and the city center. Departures every 20 minutes from 7:00am until 11:00pm). Tickets are available onboard.

**Aero-Shuttle** – 3€ – from 7:00am until 11:00pm – every 20min – It is also is a 24h bus ticket. It Links airport with Lisbon main Buses and train terminals. Tickets are available onboard.

**Taxi:** about 9€ to 12€ to the city center. Taxi stands are situated outside departures and arrivals. The local taxis work with two main rates: Rate 1, during the week between 6am and 9pm; Rate 2, at night 9pm – 6am and on weekends. Rate 2 is 25% more expensive. The fare outside of the city is calculated on a km basis upon leaving the city limits, about 0,40€/km. When taking a taxi, try to enquire about the price to your destination first, save your receipt and see if the meter is running and the rate code is correct. The top of the car shows the rate code. The meter should read €2.35 (daytime pick-up) or €2.50 (at night) at the start of the ride. Fares are 20 percent higher on weekends, holidays and at night. Some taxis will charge extra for luggage but fares should be kept to a maximum

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of 12€ (~US\$15) for the city center and a bit more at night. Some metered taxis will try to take a longer route to the city centre but rides should take less than 15 minutes for a five mile (7km) ride.

**Car hire:** Car hire companies can be found in all major towns, and at the international airports. You must show proof of identity (Identity Card for EC citizens and passport for other nationals) and a valid driving license. A green card is essential and it's wise to take out insurance coverage and collision insurance. Cars can not be hired out to anyone under 21.

All motor vehicles drive on the right. Unless otherwise indicated, vehicles approaching from the right have priority at junctions. Seatbelts are obligatory. The law is strict regarding drinking and driving. The maximum speed in towns is 50 km/h and on main roads and highways is 90 and 120 km/h respectively. Petrol stations are open from 7 a.m. to 8 p.m. On highways services stations are open 24 hours a day.

### ARRIVAL BY TRAIN

Daily international trains run between Paris–Lisbon (Sud Express), crossing the frontier at Vilar Formoso; between Lisbon–Madrid, crossing the frontier at Marvão;



and between Oporto–Vigo, crossing the frontier at Valença.

CP, the national train operator, runs all trains in Portugal. Lisbon has 2 main train stations: Santa Apolónia, in the city center (now with a Metro Station) and Oriente, in the north part of the city.

#### Access to Lisbon

**Sta Apolónia:** Take bus: nº 9, 90, 746, 759 to Rossio or the Metro (Blue Line) to the City Center.

**Oriente:** Take Metro at the same station (Red line).

### ARRIVAL BY ROAD

It is possible to enter Portugal by road at several points along its border with Spain.

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## Meeting Place

The 93rd IEEE R8 Committee Meeting is at SANA Park Malhoa Hotel located on the outskirts of the city of Lisbon, Portugal, in the business district.



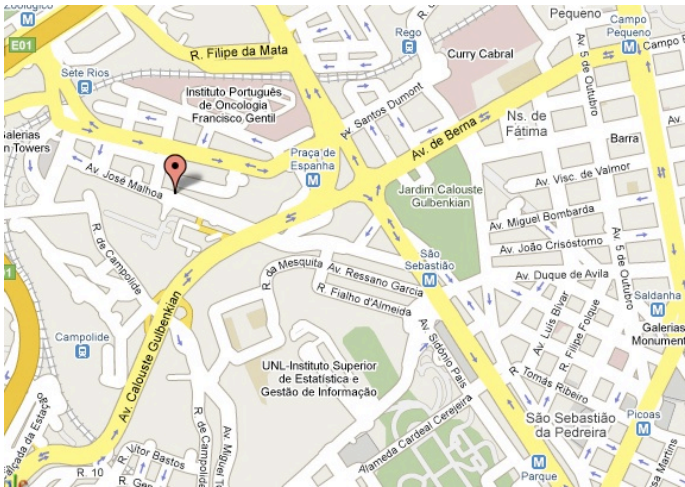
Address:

Avenida José Malhoa, 8  
1099-089 Lisboa  
Portugal

Tel: + 351 210 061 800

Fax: + 351 210 061 801

E-mail: [sanamalhoa@sanahotels.com](mailto:sanamalhoa@sanahotels.com)



To arrive at the Hotel:

By car, coming from the north via the A1 (E01, E80) highway, take the Sete Rios exit.

Coming from the south via the A2 (E01) highway, take the Praça de Espanha or Sete Rios exit.

By bus, alight at Praça de Espanha Metro stop. The hotel is 100 m via Av. Calouste Gulbenkian.

By train, there are Metro connections from Oriente and Santa Apolónia stations. 'Praça de Espanha Station' is the closest Metro station to Sana Park Malhoa Hotel.

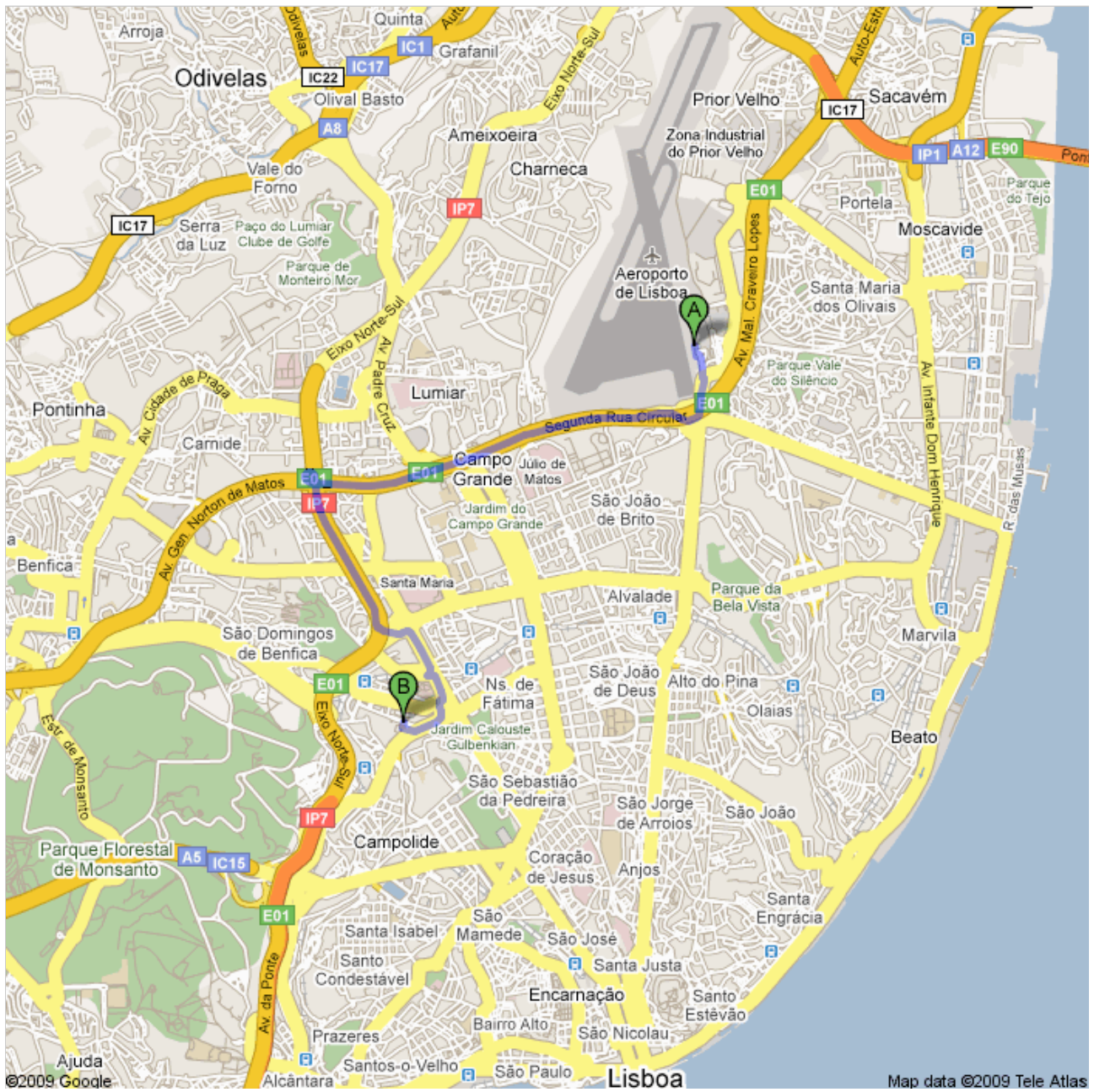
By plane, drive or take a taxi from Portela Airport (8 km north of the hotel). Travelling by taxi to Sana Park Malhoa Hotel will take 15 minutes approximately.

The Lisbon Metro, buses and trams service Sana Park Malhoa Hotel and the rest of downtown Lisbon. Travel time in Lisbon is normally less than 30 minutes.

# Travel Information for October 2009

## 93rd IEEE R8 Committee in Lisbon

### Portugal



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**THIS IS PORTUGAL**

**FAST FACTS**

**Full country name:** Portugal

**Area:** 92,389 sq km (35,672 sq mi)

**Population:** 10 million

**Capital city:** Lisbon (pop 535,740)

**People:** 99% Portuguese, 1% African

**Language:** Portuguese

**Religion:** 97% Roman Catholic, 2% Protestant, 1% other

**Government:** Parliamentary democracy

**Member of EU:** Yes

**GEOGRAPHY**

Portugal lies immediately west of Spain, and is buffeted along its southern coast by the Atlantic Ocean. To its west and southwest lie the islands of the Azores and Madeira, far out in the Atlantic. It is one of Europe's smallest countries, measuring 560km (350mi) north to south and a paltry 220km (135mi) from east to west. The northern and central regions are heavily populated and characterized by rivers, valleys, forests and mountains – the highest range is the Serra da Estrela, peaking at Torre (1993m/6540ft). The south is less populated and, apart from the rocky backdrop of the Algarve, much flatter and drier.

The lush landscape of the north is rich viticultural country but also features corn, potato and rye.

The central and southern regions are less green, yet they support corn oaks, olive groves, vineyards, and orange and fig trees, and are a delight in Spring when the almond blossoms are in full bloom.

**CLIMATE**

Portugal's climate is temperate. The country is generally warm from April to October, though somewhat less so in the north, while the southern region of Algarve can experience uncomfortably hot temperatures in midsummer. During winter, the north receives plenty of rain and temperatures can be chilly. Snowfall is common in the mountains, particularly the Serra da Estrela range.

**HISTORY**

Portugal's history goes back to the Celts, who settled the Iberian Peninsula around 700 BC. The region soon attracted a succession of peoples and was colonized by the Phoenicians, Greeks, Romans and Visigoths. In the 8th century, the Moors crossed the Strait of Gibraltar and commenced a long occupation that introduced their culture, architecture and agricultural techniques to Portugal. But resistance to the Moors grew and they were finally ejected during the 13th century. Portugal as an independent nation, was founded on the 5th of October 1143 by king Dom

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Afonso Henriques, and may be considered the oldest in Europe (the same frontier since the XIII century) and the most successful case of stability in Europe history. In the 15th century, Portugal entered a phase of overseas expansion due to the efforts of Prince Henry the Navigator. Sailors set off to discover new trade routes and helped create an enormous empire that, at its peak, extended to India, the Far East, Brazil and Africa. This period marked the apogee of Portuguese power and wealth, but it faded towards the end of the 16th century when Spain's Felipe II claimed the throne. Although Spanish rule lasted only a few decades, the momentum of the empire declined over the following centuries.

At the close of the 18th century Napoleon sent expeditionary forces to invade Portugal but they were forced back by the troops of the Anglo-Portuguese alliance. During the 19th century the economy faltered and republicanism took hold. National turmoil led to the abolition of the monarchy in 1910 and the founding of a democratic republic.

Portugal's democratic phase lasted until 1926, when a military coup ushered in a long period of dictatorship under António de Oliveira Salazar. His reign came to an end in 1968 when he sustained brain damage after falling off a chair. Anachronistic attempts to hold onto colonies in the face of nationalist independence movements resulted in costly wars in Africa and led to the Revolution of the Carnations, a bloodless military coup on 25 April 1974.

During the 1970s and early 1980s, Portugal underwent some painful adjustments: the political climate vacillated between right and left, and the economy suffered from wrangles between government and private ownership. The granting of independence to Portugal's African colonies in 1974–75 resulted in a flood of over 500,000 refugees into the country. Entry into the European Community (EC) in 1986 restored some measure of stability, which was buttressed by the acceptance of Portugal as a full member of the European Monetary Union in 1999.

## **CULTURE**

Portugal's architecture is renowned for its Moorish and surrealist flourishes, culminating in the development during the 16th century of the Manueline style characterized by the extravagant use of twists, turns, spirals and nautical themes for decoration. The nation's best-known musical form is the melancholic Fado (songs believed to have originated from the pinnings of 16th-century sailors), while traditional folk dancing remains popular in rural towns. The most striking craft is the making of decorative tiles known as azulejos, a technique the Portuguese learnt from the Moors. Portugal's rich literary tradition also has its origins in the 16th century, with the publication of works by the dramatist Gil Vicente and the poet Luís de Camões. Arguably the country's finest poet and dramatist to emerge in the 20th century is Fernando Pessoa.

Portuguese food is cheap, delicious and served in gut-expanding portions. Classic Portuguese meals include sardinhas assadas (charcoal-grilled sardines), pastéis de bacalhau (cod fishcakes) and caldo verde (a soup of cabbage and potatoes). Seafood dishes such as linguado grelhado (grilled sole) and bife de atúm (tuna

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steak) are appetizing staples. Meals can be washed down with Portugal's excellent-quality wines (vinhos) or Port – the drink synonymous with Portugal.

**LANGUAGE**

Portuguese is the main language in Portugal and it is spoken by nearly 190 million of people worldwide. While local residents genuinely appreciate any attempt by visitors to speak Portuguese, about half of the Portuguese population has a working knowledge of English.

**RELIGION**

As freedom of religion is included in the constitution there is no state religion in Portugal, but Roman Catholicism is the dominant faith, adhered to by roughly 95% of Portuguese.

**THE TOWN OF LISBON**

Lisbon (Lisboa), the country's capital, stands breezily on the banks of the Rio Tejo. The city's low skyline, unpretentious atmosphere and pleasant blend of architectural styles conspire to make it a favorite with many visitors. A clear choice for Lisbon's finest attraction is the Mosteiro dos Jerónimos. Construction began about 1502 and was completed towards the end of the century. It survived a great earthquake in 1755, and is today the principal remnant of Manueline architecture found in the city. Nearby is the Torre de Belém, a Manueline-style tower which stands in the Rio Tejo, and is probably the most photographed monument in Portugal.

Lisbon has a number of attractive museums, including the Museu Nacional do Azulejo, which contains superb displays of decorative tiles; the Museu Nacional de Arte Antiga, which houses the national collection of works by Portuguese painters; and the immense Museu Calouste Gulbenkian, a mere 600m from the SANA Park Malhoa Hotel, considered the finest museum in Portugal, with exhibits of paintings, sculptures, carpets, coins and ceramics from around the world.

Other places of interest are the districts of Baixa and Alfama. Here you'll find some of the city's oldest and most rewarding sights: anarchic cobbled streets, squares and alleys; markets and craftspeople; and colorful buildings and brooding castles. The Castle of Saint George (2nd century BC), a strongly-fortified citadel, is located atop the highest hill in the historic center of the city.

Lisbon has a wide range of budget accommodation and cheap restaurants, mostly found in the central parts of the city. Lisbon's nightlife is boisterous, and includes drinking in bars, raving at discos, bopping to jazz (the Hot Clube, in downtown Lisbon, is one of the oldest Jazz clubs in the World, with more than 60 years) and African rhythms or puzzling over Fado.

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## **SHOPPING**

### **SHOPPING HOURS**

From 9 am to 1 pm and from 3 pm to 7 pm (working days). On Saturdays, most shops close at 1 pm. In the shopping centers, shops are normally open also on Saturdays, Sundays and other holidays from 10 am to 11 pm.

### **DEPARTMENT STORES, SHOPPING MALLS AND SUPERMARKETS**

Large department stores (e.g. El Corte Inglés – Metro: São Sebastião) and shopping malls (e.g. Colombo – Metro: Colégio Militar/Luz, Amoreiras and Vasco da Gama – Metro: Oriente) are found in Lisbon. Biggest and best mall outside Lisbon is Cascais Shopping, between Sintra and Cascais. At all of the above mentioned shopping malls you will find a large supermarket.

### **MARKETS**

For one of Lisbon's most entertaining shopping experiences, browse the sprawling Feira da Ladra (Thieves Market) the 'flea-market' which take place every Tuesday morning and all day Saturday at Campo de Santa Clara, beside the Igreja de São Vicente de Fora in the Alfama district. In addition to cheap clothes and second hand books, you'll also find a motley array of junk. Pricier antiques and furniture are available in a cluster of shops at the centre of the market.

## **LEISURE TIME ACTIVITIES**

### **WALKING TOURS IN LISBON**

As long as you don't mind the occasional muscle-aching steep street, Lisbon is a joy for walkers. It's generally easy to find your way around, small enough to explore over a few days and is visually pleasing everywhere. An added bonus is the proliferation of cafes and restaurants where you can stop for refueling. The pick of Lisbon's many highlights is:

- ★The Mosteiro dos Jeronimos at Belém, a Manueline masterpiece
- ★The tram N° 28 ride from Largo Martim Moniz, east into the Alfama or west into the Bairro Alto
- ★Fado music in a fado house of the Bairro Alto
- ★The atmospheric lanes of the medieval Alfama district
- ★Castelo de São Jorge (Sait Geoge Castle) and its panoramic views
- ★Riverside hotspots such as Doca de Santo Amaro for restaurants and late-night clubs

### **Marquês de Pombal**

The city expansion up north moved downtown from Rossio to Marquês de Pombal



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Square, which became one of the most historic and distinguished squares in the city. Main point of confluence of several of Lisbon avenues, the "Roundabout" is located near to Eduardo VII Park (300m from SANA Park Malhoa Hotel). To the centre, you can find the statue of Marquês de Pombal, responsible for the downtown reconstruction after the 1755 earthquake.

**Parque Eduardo VII**

The gardens of the park extend from the top of a hill to the Marquês de Pombal roundabout, without ever losing sight of the Tagus River and of the Avenida da Liberdade. Inserted in this space, the Cold Greenhouse has a unique atmosphere created by watercourses and artificial grottos, among a lush and exotic collection of plants.

**Avenida da Liberdade**

The opening of the Avenida da Liberdade in the second half of the XIX century allowed the city to expand towards North. Nowadays, it is by own right the most beautiful and the most elegant avenue of Lisbon, where the most expensive offices of the city, centennial trees, coolest shades and, above all, the most famous international fashion stores are located. Enjoy the sunny afternoons that the weekend has to offer. And let yourself be carried away, by the Avenue, towards downtown.

**Centre of Modern Art Azeredo Perdigão**

(Rua Doutor Nicolau de Bettencourt – 1050 Lisboa)

Located in a modern building at one end of the Gulbenkian gardens, the museum is devoted to the XXth century art, including painting, sculpture, drawing, engraving and photography, with collections of some of the last century most expressive artists.

**Museum Calouste Gulbenkian**

(Avenida de Berna, 45 – 1093 Lisboa), 600m from the SANA Park Malhoa Hotel.

One of the best collections of art in Europe, it integrates important nucleus of Egyptian art, graeco-Roman art, Islamic art, among others. The jewelry collection of René Lalique stands out. The Fundação Gulbenkian's space is surrounded by a leafy garden with a small lake and sculptures, meeting point for reading or for a good chat.

**Zoo**

Located downtown Lisbon for the past 120 years, the Zoo is an important space where allied to education lays a strong entertainment and amusement ingredient. The park possesses one of the best animal collections in the whole world (more than 2000 animals and about 400 different species) and nowadays it presents a vast attraction group that provide moments of leisure and unforgettable amusement to their visitors but, above all, the memory of a well spend day.

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**Santo Amaro/Alcântara**

Nearby the Tagus River there is a lot to choose from, thus the variety and quality of the establishments. Where before stood old and closed grocery stores, today there are some of the Lisbon's best bars and restaurants. And the more attended ones.

**Alfama/Bairro Alto/Mouraria**

In the neighborhoods of Alfama, Castelo and Mouraria, located in the hill crowned by São Jorge's Castle, there are remains of the walls, tracks of the old Jewish neighborhoods, the Tower of Alfama, S. Miguel and Santo Estêvão churches, porches and wedges of old palaces, alleys, alleyways, arches, stairways, viewpoints and patios. It is also in this area, between the S<sup>a</sup> Engrácia and S. Vicente churches, that you can visit the flea-market 'Feira da Ladra' filled with local and foreign visitors that on Tuesdays and Saturdays seek unique objects and true bargains. The Bairro Alto and the Bica are two of the most picturesque areas of the capital, stage of a singular coexistence of the most traditional stores and the most avant-garde stores, of the typical life of small neighborhood with the cosmopolite nightlife. The Ascensor da Bica, built in 1892, provides a charming climb along the hill. We must also emphasize the São Pedro de Alcântara Viewpoint, with a view over the Avenida da Liberdade, the Castle and Downtown.

**Belém - The Discovery City**

Belém, in the riparian area, is very linked to the age of the Discoveries, because it was from there that the ships departed in the 15th century to the venture of discovering New Worlds. Today, it is a spacious area, with wide gardens, and imposing monuments, as the Jeronimos Monastery, the Padrão dos Descobrimentos, the Torre de Belém, besides the Belém Cultural Centre and the Planetarium. Two steps away, is the famous Belém pastry shop that became an ex-libris of the Portuguese pastry for their succulent and extraordinary pastries.

**Baixa/Chiado - the City of the XVIII Century**

The Baixa Pombalina was drawn at the end of the XVIII century to rebuild the downtown area after the devastating earthquake of 1755. The uniform, lineal, modern and functional character of the architecture in this area, peculiar of the Century of the Lights, remains evident today. The nucleus of this urban group locates at the wide Praça do Comércio, former Terreiro do Paço, where several ministries and Lisboa Welcome Centre, reception centre for Tourism in Lisbon, are located. In the middle of the wide Square rises the magnificent equestrian statue of king D. José I. In the north you can find the arch of the Augusta Street, concluded in 1873, that gives access to a refined commercial artery that finishes in Rossio. The whole group is classified and constitutes an outstanding symbol of Lisbon. The summit of Santa Justa elevator offers a dazzling panorama over downtown.

Chiado is an elegant commercial and residential neighborhood that reached its peak in the XIX century, when it was the meeting point of intellectuals and artists

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such as Fernando Pessoa and Almada Negreiros. There you can find the São Carlos National Theatre, São Luís Theatre and the Chiado Museum. Today, the several pavement cafés are a cosmopolitan space, where tourists and lisboetas enjoy the nice weather while tasting a coffee and listening to the street musicians.

**Parque das Nações – the Millennium City**

The immense area where the 1998 World Exhibition took place, known today as Parque das Nações, was conceived as a space of public fruition, including a wide and diversified body of urban equipments that remain to the disposition of the city in the post-Expo age, making available a range of infrastructures directed to playfulness, commercial and cultural activities. The Parque das Nações is a unique space, with equipments such as the Lisbon Oceanarium, the Knowledge Pavilion and Live Science, the Camões Science, the Atlantic Pavilion with magnificent concerts and shows, Lisbon Casino, as well as a panoply of bars and restaurants that give life to this space every night. Seize the opportunity to walk along the Tagus River, from where you can contemplate the magnificent structure of Ponte Vasco da Gama and the view of the Marshland.

**MUSEUMS**

Open from 10 am to 12:30 am and from 2 pm to 5 pm. Closed on Mondays. Some palaces also close on Wednesdays. The pick of Lisbon's many museum highlights is: the world-class Museu Calouste Gulbenkian, plus the Museu Nacional de Arte Antiga and the Museu Nacional do Azulejo.

**OCEANÁRIO**

The Oceanário, situated in the Parque das Nações (Metro: Oriente) is Europe's largest aquarium which boasts some 25.000 fish, birds and mammals in a strikingly designed, two-storey facility that re-creates the entire global scene. It opens from 10 a.m. to 7 p.m. daily (6 p.m. in winter).

**CLASSICAL MUSIC, OPERA & BALLET**

Portugal's major orchestras are the Orquestra Gulbenkian and the state-sponsored Orquestra Sinfónica Portuguesa (based at Teatro Camões). Lisbon has also its own Orquestra Metropolitana de Lisboa.

Opera performances take place in the city's handsome 18th-century opera house, Teatro Nacional de São Carlos.

The two leading dance companies are the contemporary dance group, Ballet Gulbenkian, and the largely classical Companhia Nacional de Bailado (based at Teatro Camões).

Most classical music and dance performances are held at one of the three halls of the Fundação Calouste Gulbenkian, the Centro Cultural de Belém, Teatro Camões or Teatro Municipal de São Luis.

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**GOOD TO KNOW**

**TIME**

Continental Portugal and Madeira Island are on the Greenwich time – five hours ahead of Eastern Time & eight ahead of Pacific Time. The Azores Islands are 1 hour behind the Portuguese mainland. Daylight savings time begins the last Sunday in March (clocks are turned one hour ahead) and ends the last Sunday in October (clocks go back one hour).

**ELECTRICITY**

The electrical current in Portugal is 220 volts, 50 cycles AC, and outlets are two round prongs.

**WEIGHTS & MEASURES**

Portugal uses the metric system.

**TIPPING**

If you're not unhappy with the service, a reasonable restaurant tip is about 10%. For a snack, a bit of loose change is enough. Taxi drivers appreciate about 10% of the fare. Good-humored bargaining is acceptable in markets but you'll find the Portuguese tough opponents.

**NO SMOKING**

Smoking is not allowed in public buildings and, as in other countries, regulations against smoking are getting stricter.

**TOILETS**

Public toilets (casa de banho) are rare, though coin-operated street toilets are increasingly common. Most people use the facilities at the nearest cafe. Look for a "WC" sign, or "H" (homens; men) or "S" (senhoras; women).

**IN CASE OF EMERGENCY – DIAL 112**

This is the emergency number for ambulance, fire brigade or police. You will be asked to explain what has happened, where it has happened and from which number you are calling.

**DRIVING IN PORTUGAL**

In Portugal all road traffic drives on the right. At the main squares, crossings and junctions, vehicles approaching from the right have the right of way, unless otherwise indicated on signposts. At crossings with roundabouts, the vehicles already on the roundabout have priority.

All traffic signs are in accordance with international standards.

In Portugal there is an extensive road network consisting of:

AE – Auto-Estradas (Motorways)

IP – Itinerários Principais (Main Trunk Roads)

IC – Itinerários Complementares (Complementary Trunk Roads)

EN – Estradas Nacionais (Main Roads)

EM – Estradas Municipais (Municipal Roads)

All motorways are clearly signposted and a toll must normally be paid. At all the toll booths, there is a Via Verde (Green Channel). This has a toll system, controlled

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by closed circuit television and speed Radar, that makes it possible to automatically debit toll charges from a bank account.

This channel is only open to those who have previously bought a green channel identification disk from the motorway operators Brisa.

**Drivers documents**

Legal ID, valid national or international driving license, both with photographs, car registration documents or equivalent, proof of ownership of the vehicle or equivalent and insurance certificate. Nationals of EU countries need only their home driving licenses to operate a car or motorcycle in Portugal. Portugal also accepts licenses issued in Brazil, Switzerland and the USA. Other visitors should get an International Driving Permit through an automobile licensing department or automobile club in their home country. In the case of a hire car, the driver should also bear the hire contract. Violations are punished with an on-the-spot fine payable in cash.

**Seatbelts**

The use of seatbelts is compulsory for both the front and rear seats, except for vehicles not originally fitted with rear seat belts. Any infringement is punishable with a heavy fine.

**Alcohol levels for drivers**

It is against the law to drive under the influence of alcohol, i.e. a blood alcohol level of 0.5 grams/litre or more. All those violating this regulation are punishable with a heavy fine, confiscation or suspension of their driving license and/or imprisonment, according to the degree of alcohol shown in the blood.

**Breaking the highway Code**

In cases of breaking the Highway Code and if the person responsible is not resident in Portugal, an on-the-spot fine in cash and in Euros must be paid, or an amount equal to the maximum fine for the violation must be deposited.

**Speed Limits**

In addition to any speed limits indicated by the signs, drivers of cars and motorcycles are subject to the following speed limits: 50 km/hour (31 mph) on towns and villages, and 90 km/hour (55 mph) and/or 120 km/hour (75 mph) on main roads or motorways.

**Breakdowns and accidents**

All cars must carry a red reflector warning triangle, which is displayed in the case of an accident or breakdown. In case of accident drivers must exchange names and addresses, and must not leave the place until this has been done even if the damage is slight.