



Instituto Superior
de Ciências Sociais e Políticas
UNIVERSIDADE DE LISBOA

PORTUGUESE INTENSIVE LANGUAGE COURSE PILC

INFORMATION PACKAGE | AUGUST 2014

CONTENTS

1 The University.....	3
1.1. Welcome Message from the Language School Director.....	3
1.2. ULisboa.....	3
1.3. The Schools of ULisboa.....	4
1.4. ISCSP: Promoting Excellence in Portuguese Education since 1906.....	5
2 After Arrival in Lisboa.....	5
2.1. How to Get to ISCSP.....	5
3 The Course.....	6
3.1. Goals of the Course.....	6
3.2. Opening Session.....	6
3.3. Program Contents.....	7
3.4. Weekly Schedule.....	7
3.5. PILC Books.....	8
3.6. Mandatory Class Attendance, ECTS Credits and Diploma.....	8
3.7. Payment.....	8
3.8. Application Deadlines.....	8
4 Meals/Canteens.....	9
4.1. Lunch.....	9
5 Accomodation.....	9
6 Useful Contacts.....	9
7 Useful Info.....	9
7.1. About Portugal.....	9
7.2. About Lisboa.....	11
7.3. Cost of living in Portugal.....	12
7.4. Health Insurance.....	12
7.5. Useful Phone Numbers.....	12
7.6. Some Useful Sentences.....	13

1 | The University

1.1. | Welcome Message from the Language School Director

Surf this wave!

Dear Erasmus student,

Welcome to Portugal! We are the Language School at the School of Social and Political Sciences (Universidade de Lisboa) and we have a long tradition of hosting Portuguese language courses for Erasmus students from all around the world. If you wish to take part in a course in which you are sure to learn both about our country and culture and learn the Portuguese language then the Portuguese Intensive Language Course (PILC) is one of your best choices. We prepare international students to accommodate to our language and cultural aspects so that their Erasmus stay at our country can be enjoyable and profitable.

We have a team of experienced native language teachers and offer some of the best state-of-the-art facilities in the city of Lisbon. We are conveniently located in a wonderful pinetree wood overlooking the majestic Tagus River, a short bus ride away from the city centre and a mere 15 minutes away from the nearest beaches.

At our school you can get a first experience of university life in Portugal that prepares you for the school year ahead. We offer specially equipped rooms for language classes, use of the library and access to our amenities, such as the bar/cafeteria and our outdoor terraces. We also have a protocol with a renowned Surf School so that our students benefit from a 20% discount rate on surf lessons and other surf packages.

Why waste anymore time? Join us at PILC!

1.2. | ULisboa

Universidade de Lisboa (ULisboa) is the largest Portuguese University and one of the largest in Europe, being the result of the merger between two pillars of Portuguese education: the University of Lisbon (Universidade de Lisboa – UL, created in 1911) and the Technical University of Lisbon (Universidade Técnica de Lisboa – UTL, created in 1930). Founded in 2013, ULisboa comprises 18 Schools. Besides continuing the history of its two predecessors, ULisboa takes pride in establishing the link to the origins of University in Lisbon and in Portugal dating back to 1288.

Mission

ULisboa's mission is to ensure the constant progress of a society based on knowledge, expertise and wisdom. ULisboa promotes sustained human development by producing and transmitting knowledge, disseminating culture, enhancing the economic, social and cultural value of scientific knowledge and providing other services to the community.

Vision

Universidade de Lisboa aims to be a European University that leads in training professionals to the highest standards and is at the forefront of scientific research, innovation and service provision.

1.3. | The Schools of ULisboa

Portuguese version	English version
Faculdade de Arquitectura (FA)	Faculty of Architecture
Faculdade de Belas-Artes (FBA)	Faculty of Fine Arts
Faculdade de Ciências (FC)	Faculty of Science
Faculdade de Direito (FD)	Law School
Faculdade de Farmácia (FF)	Faculty of Pharmacy
Faculdade de Letras (FL)	Faculty of Letters
Faculdade de Medicina (FM)	Medical School
Faculdade de Medicina Dentária (FMD)	Faculty of Dental Medicine
Faculdade de Medicina Veterinária (FMV)	Faculty of Veterinary Medicine
Faculdade de Motricidade Humana (FMH)	Faculty of Human Kinetics
Faculdade de Psicologia (FP)	Faculty of Psychology
Instituto de Ciências Sociais (ICS)	Institute of Social Sciences
Instituto de Educação (IE)	Institute of Education
Instituto de Geografia e Ordenamento do Território (IGOT)	Institute of Geography and Spatial Planning
Instituto Superior de Agronomia (ISA)	School of Agronomy
Instituto Superior de Ciências Sociais e Políticas (ISCSPP)	School of Social and Political Sciences
Instituto Superior de Economia e Gestão (ISEG)	School of Economics and Management
Instituto Superior Técnico (IST)	School of Engineering

Within their specific areas, the Schools that make up ULisboa are the largest and oldest in Portugal. The management of the University is based on administrative and financial decentralisation. ULisboa's Schools have their own management bodies and are organised in departments or speciality areas. In addition, the university comprises a number of centres, institutes, units and other bodies dedicated to research, cooperation, international relations and business which facilitate the establishment of close connections to the labour market.

1.4. | ISCSP: Promoting Excellence in Portuguese Education since 1906

The School of Social and Political Sciences (ISCSP), founded in 1906, aims to provide its students with cultural, scientific and technical education in the social and political sciences. In the 1st cycle, a bachelor's degree is awarded to the students who successfully complete one of our 9 degrees: Anthropology; International Relations; Human Resources Management; Media Studies; Political Science; Public Administration; Public Administration and Land Management; Social Work; Sociology.

ISCSP has several research centres that actively participate in organising seminars, debates, workshops and other initiatives that bring the school closer to society. At its Language School it is possible to learn Mandarin, French, Turkish, Russian, Spanish and Italian, as well as Portuguese (for foreigners).

In the field of international mobility, students are highly encouraged to go abroad, using the nearly 50 cooperation agreements ISCSP has with other European and non-European Universities from 18 different countries.

Contacts

International Coordinator: Professor Alice Trindade

Contact Person: Pedro Lagos de Abreu

Mobility Office

Pólo Universitário do Alto da Ajuda, Rua Almerindo Lessa 1300-663 Lisboa

Phone: + 351 213 600 497 | E-mail: mobility@iscsp.ulisboa.pt | <http://www.iscsp.ulisboa.pt/>

2 | After Arrival in Lisboa

2.1. | How to Get to ISCSP

The classes of the Portuguese Intensive Language Course (PILC) will take place in the facilities of ISCSP, the School of Social and Political Sciences of the Universidade de Lisboa. ISCSP is located about 15

minutes away, by bus, from the city centre, but there is one bus, departing from Marquês de Pombal, that drops you right in front of ISCSP. The above mentioned bus is 723 (direction to Algés).

Our address:

ISCSP, Rua Almerindo Lessa, Pólo Universitário da Ajuda, 1300-663 Lisboa (www.iscsp.ulisboa.pt)

Buses: 760 (to Cemitério da Ajuda) – 723 (to Algés) – 729 (to Algés) – 742 (to Casalinho Ajuda)

3 | The Course

3.1. | Goals of the Course

The Language School at the School of Social and Political Sciences is part of a centenary institution that takes pride in its tradition of foreign language teaching. Indeed, we are very experienced in hosting specific Portuguese Language Courses for Erasmus students. We have semester-long courses and intensive courses for those who wish to start learning the language and we specialize in offering a choice of courses that also focus on the Portuguese heritage and cultural aspects in order to help Erasmus students accommodate better to the particulars of their host country.

Within the former EU's Erasmus Programme, we hosted several editions of EILC (Erasmus Intensive Language Courses) sponsored by European Commission funds and we are therefore a Language School specializing in this type of intensive language learning programmes from which we also draw the experience to organize PILC (Portuguese Intensive Language Course) courses for in-coming Erasmus students.

PILC is an intensive course catering for CEFR (Common European Framework of Reference for Languages) A1 to A2 levels of language learning. It focuses on the acquisition of everyday vocabulary at the transactional level (language used for real communication purposes) and of the fundamentals of grammar besides paying attention to the cultural background of Portuguese living and socialization. This enables PILC to be an excellent tool to facilitate the adaptation of foreign students to both Portuguese language and culture. The fact that the course takes place just before the official beginning of the first semester is closely connected to this integration need.

3.2. | Opening Session

The meeting point for the Portuguese Intensive Language Course opening session will be at the entrance of ISCSP, where the course will take place. All students will be asked to appear on the 25th of August, at 10h00, to have a brief presentation of the course and of all the organization, namely the Language School Director

(Professor Isabel Soares), the technical coordinator (Pedro Lagos de Abreu), the teachers and the helping staff.

3.3. | Program Contents

The main language goal of this course is Level A1 of the Common European Framework of Reference for Languages (CEFR). So that students are aware of the language skills they are expected to achieve by the end of the course, we transcribe the can-do statements that CEFR stipulates for this level.

Beginner's Level – A – Can understand and use familiar everyday expressions and very basic phrases aimed at the satisfaction of needs of a concrete type. Can introduce him/herself and others, and can ask and answer questions about personal details such as where he/she lives, people he/she knows and things he/she has. Can interact in a simple way if the other person talks slowly and clearly, besides being prepared to help in everyday situations.

Activities:

- 1) Contact hours – 40 hours (classes everyday from 9am to 13pm);
- 2) Master class – 4 hours (on Friday, 29th August, from 9am to 13pm). The master class will be presented by a different teacher from the language teacher and will focus on showing students the richness of the Portuguese cultural, historic and literary heritage. Students will engage in an audio-visual experience including music and video;
- 3) Two cultural visits to important sites and monuments in Lisbon – 6 hours (Wednesdays in the afternoon), and an optional surf day (last Friday, in the afternoon, for those who wish to take it: 20€. Fee not included in the tuition). The cultural visits help acquaint students with the historical narrative of the Portuguese people and are an opportunity to get a closer contact with the living everyday language.

3.4. | Weekly Schedule

Week: 25th to 29th August

	Monday	Tuesday	Wednesday	Thursday	Friday
09h00 – 10h45	Portuguese	Portuguese	Portuguese	Portuguese	Master
10h45 – 13h00	Class	Class	Class	Class	Class
13h00 – 14h00	LUNCH				
14h00 – 15h30			Cultural Visit 1		
15h30 – 16h00					

16h00 - 17h30					
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Week: 1st to 5th September

	Monday	Tuesday	Wednesday	Thursday	Friday
09h00 - 10h45	Portuguese	Portuguese	Portuguese	Portuguese	Exam
10h45 - 13h00	Class	Class	Class	Class	
13h00 - 14h00	LUNCH				
14h00 - 15h30			Cultural Visit 2		Surf Day (optional)
15h30 - 16h00					
16h00 - 17h30					

3.5. | PILC Books

The books for the course will be given by the organization, but students will have a payment pledge of 25€, handed to Pedro Lagos de Abreu until the 26th of August, which will be returned at the end of the course if the books are in perfect condition (without having anything written). Should the students not comply with this request, the 25€ will not be returned. If the students want to keep the book, the 25€ will be considered as final payment.

3.6. | Mandatory Class Attendance, ECTS Credits and Diploma

In order to obtain the Final Diploma with the information of their mark and of the 3 ECTS gained, students need to attend, at least, 75% of classes and successfully pass the final test. Should they not comply with this rule, the Diploma will not be issued and they will lose the right to acquire 3 ECTS.

3.7. | Payment

The cost of the course is 250€, amount that must be paid to Pedro Lagos de Abreu in the first day of the course. Should this payment not be made, students will be evicted from the course.

3.8. | Application Deadlines

The application period will take place between June 23rd and July 11th, so that and selection process can happen on the following week. The results will be announced and the students will be informed no later than July 18th. The first 40 applications (2 classes, 20 students in each class) will be automatically accepted.

4 | Meals/Canteens

4.1. | Lunch

During the course, all lunch meals for the PILC students can be provided by the ISCSP canteen. The average price per meal at ISCSP is 5€.

Due to Summer Holiday there is only one University canteen open during August that serves dinners and lunches on Saturday. Due to its location in the city centre to reach it you take about 30 minutes by public transportation coming from ISCSP. The contacts are as follows:

IST Canteen:

Monday to Friday

Lunch (from 11:30am to 2:30pm)

Dinner (from 6:00pm to 8:30pm)

Saturday (from Midday to 2:00 pm)

Address of IST Canteen: Avenida Manuel da Maia | 1049-001 Lisboa

Buses: 7 - 22 - 107 - 718 - 720 - 767 - 727

Underground (Metro): Green Line or Red Line (get out at Alameda)

Price: 2,40€ (menu: soup, bread, main course or vegetarian, dessert, water or juice).

5 | Accommodation

It is the entire responsibility of the student to find his/her own private accommodation in the city. However, it is very easy to find a flat in Lisbon to rent, whether shared or not. Additionally, one can take advantage of the low prices of our capital's Hostels, for a few days.

6 | Useful Contacts

ISCSP Language School Director: +351 213 619 430, isoares@iscsp.ulisboa.pt

Contact Person: +351 213 600 497, +351 964 609 534 (mobile), pedroabreu@iscsp.ulisboa.pt

7 | Useful Info

7.1. | About Portugal

Portugal is one of the oldest countries in Europe. It became independent in 1143, and has maintained its national boundaries from the 13th century up to the present. A country of discoverers and pioneers, forerunners of international trade, today the Portuguese are leaders in niche markets in telecommunications, technology and services. Quality of life, strategic access to markets, climate,

security and an adaptable work-force are competitive advantages in a country that continues its traditions of discovery and innovation in science and technology.

Portugal comprises mainland Portugal, situated in the south-west of Europe, and the Atlantic Islands of Madeira and the Azores. With a population of 10.5 million and an area of 92 152 km², Portugal provides quick and easy access not only to the European market, but also to the east coast of the United States and to Africa.

Portugal has been a EU member since 1986; its political system is parliamentary democracy and Portuguese is the official language. Of Latin origin, Portuguese is the third most widely spoken European language in the world and is the mother tongue of about 200 million people.

The climate is mild all year round. Summers are dry with clear skies, with warm sunshine extending long into autumn. Winters are moderately cool and are the wettest time of the year, except in subtropical Madeira, where there is little rain.

Portugal has a rich and varied cuisine. Olive oil is used in most traditional recipes and in particular in the more than one thousand recipes for salted cod (*bacalhau*). In the hills of the Douro region grow the vines from which the famous portwine is produced.

Specialities:

Caldo Verde	Common soup, containing potato, shredded cabbage and chunks of <i>chouriço</i> sausage.
Carne de Porco à Alentejana	Fried pork and clams
Cozido à Portuguesa	Cooked beef, pork, several types of sausages, cured ham, carrots, turnips, chickpeas, cabbage and rice.
Bacalhau à Brás	Strips of codfish mixed with onions and thin strips of potatoes bound by eggs.
Pastel de Nata	Small custard tart sprinkled with cinnamon
Bolo Rei	Traditional Portuguese cake usually eaten around Christmas, with a large hole in the centre covered with candied and dried fruits and nuts.

Nobel Prize Winners: Egas Moniz, Medicine, 1949; José Saramago, Literature, 1998.

UNESCO – Sites on the World Heritage List:

Alto Douro Wine Region (2001); Old Town of Angra do Heroísmo in the Azores (1983); Convent of Christ in Tomar (1983); Cultural Landscape of Sintra (1995); Historic City Centre of Évora (1986); Historic City Centre of Guimarães (2001); Historic City Centre of Oporto (1996); Landscape of the Pico Island Vineyard Culture (2004); Laurisilva Subtropical Forest of Madeira (1999); Monastery of Alcobaça (1989); Monastery of Batalha (1983); Monastery of the Jerónimos and Tower of Belém in Lisbon (1983); Prehistoric Sites in the Côa Valley (1998); Forts and Old Town of Elvas (2012); Coimbra University – Alta and Sofia (2013).

UNESCO Immaterial Patrimony:

Fado (2012), the Portuguese music of nostalgia.

7.2. | About Lisboa

Lisbon or Lisboa, the capital of Portugal, lies on the right bank of the river Tejo, near where the river meets the Atlantic. It is a city of hills overlooking the river which grew outwards from the hill on which the ancient castle of Saint George was built. Phoenicians, Greeks and Carthaginians founded colonies there, and the Romans consolidated its importance as an entrepreneurial outpost for shipping and fishing; the city became part of the imperial itinerary. Nowadays, about three million people live, study and work in the Lisbon region.

Today, Lisbon is still a city of many contrasts, a modern and ancient city that fascinates those who visit it. The characteristic quarters of the city are a must-see for their culture, history, architecture and people, who have managed to pass on their traditions down the years. Castelo, Alfama, Mouraria, Bairro Alto, Madragoa, Chiado and Belém are the historic quarters that tell the history of the city.

Over the centuries, Lisbon has gone through considerable changes, but many traces of the city's rich past have been retained. It was the European Capital of Culture in 1994. In 1998, Lisbon hosted the last world exhibition of the 20th century, Expo 98, on the theme of the oceans, in view of Portugal's contribution to the era of great discoveries and sea voyages. At Parque das Nações, Europe's largest aquarium was constructed. Art exhibitions, cinema, theatre and musical events make Lisbon the right place to be. In 2004 it was one of the host cities for the European Football Championship, and in 2014 the city greeted the UEFA Champions League final.

Lisbon is the only European capital with Atlantic beaches, and its coastline is ideal for swimming, surfing, sailing and windsurfing. By taking the train along the north bank of the Tejo estuary it is possible to discover the golden sandy beaches of Costa do Estoril and Cascais and the best surfing waters at the world-famous Guincho, where international championships are often held. Only half an hour south of the city is the 30-km long Costa de Caparica beach.

Lisbon has inspired writers, poets and artists throughout the centuries and its unique characteristics make it one of the most enchanting cities of Europe. Monumental, frenetic, modern, and cosmopolitan all at the same time, Lisbon is also a welcoming and quiet, romantic city; a mixture which enchants all visitors.

www.portugal.gov.pt

www.visitportugal.com

www.cm-lisboa.pt

www.atl-turismolisboa.pt

www.lisbon-guide.info

www.portugal-info.net

www.portugal.com

Map of the City: <http://lisboainteractiva.cm-lisboa.pt/>

7.3. | Cost of living in Portugal

Average Prices

Meals: 225 €/month; Renting a room: 200 € to 300 €/month; Monthly Ticket for Public Transportation: 35 €/month; Entrance ticket to a Museum, National Monument: 2 € to 5 €; Cinema ticket: 6,60 €; Tickets for theatre, concerts, opera or ballet performances: 20 € / 75 €

7.4. | Health Insurance

As EU citizens, you must bring with you the CESD – European Health Insurance Card – that guarantees your medical assistance with the Portuguese National Health Service. You must have a liability insurance covering personal injuries and legal damage to property.

<http://ec.europa.eu/social/main.jsp?catId=509&langId=en>

7.5. | Useful Phone Numbers

National Emergency Number: 112

Hospitals:

Santa Maria: 217 805 000; S. Francisco Xavier: 210 431 000; S. José: 218 841 000

Ambulances (Red Cross): 219 421 111

Poisoning: 808 250 143

Services:

Fire Station: 213 422 222; Lisboa Airport (Arrivals & Departures): 218 413 700; Buses (Carris): 213 613 054; Underground (Metro): 217 980 600; Railways (CP): 808 208 208; Taxis (Autocoope): 217 996 460; Taxis (Radiotaxis): 218 119 000; National Phone Information: 118; International Phone Information: 177; Time: 12151; Wake Up Call: 12161; Tourist Information Department: 808 781 212

Police:

PSP: 217 654 242; GNR: 213 217 000

Internal Affairs & Foreign Services: 217 115 000

Should any problem arise during your stay in Lisbon, please contact Pedro Lagos de Abreu. However, if your problem is directly related to your visa or to document loss, you must get in touch with your national Embassy.

7.6. | Some Useful Sentences

Good morning/afternoon/evening. – Bom dia/ Boa tarde/ Boa noite.
G'day. Good day. – Tenha um bom dia.
Hello. Hi. – Olá.
Goodbye. Bye-bye. Bye.- Adeus/Até à próxima.
Excuse me. – Desculpe.
Please. – Por favor.
Thank you. – Obrigada.
See you tomorrow. – Até amanhã.
My name is ... I'm ... and I come from ... – O meu nome é ... tenho ... anos e venho de ...
Could you tell me the way to the station, please? – Podia dizer-me onde fica a estação, por favor?
What's the best way to the station? – Qual é o melhor caminho para chegar à estação?
Where is the nearest bus stop? – Onde fica a paragem de autocarro mais próxima?

Which bus do I take to Belém? – Qual o autocarro que apanho para Belém?
Does this bus go downtown? – Este autocarro vai para o centro da cidade?
Where is the nearest supermarket? – Onde fica o supermercado mais próximo?
Turn right/left. – Vire à direita/esquerda.
Go straight/along this road. – Siga em frente.
How much does this cost? – Quanto custa isto?
A newspaper, please. – Queria um jornal, por favor.
Can I have a town map, please? – Queria um mapa da cidade, por favor.
Have you got picture postcards? – Tem postais com fotos da cidade?
I need stamps as well. – Também vou precisar de selos.
How much is everything? – Quanto custa tudo?
Can you repeat the price, please? – Pode repetir o preço, por favor?
Where can I catch a cab? – Onde posso apanhar um táxi?

We hope you enjoy your stay!