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*«Discovering the vocational possibilities
in Portugal»*



Work Programme

Day by day... Lisbon!



Lisbon, 16th of September – 13th of October 2019



CASA
DA EDUCAÇÃO
sapere aude

HOUSE OF EDUCATION – Sapere Aude | Educação e Formação is an entity whose mission is educational and professional development of young people within the European Union, provided counseling and vocational guidance.

It is an entity responsible for managing the whole process of training (Leonardo da Vinci), since its orientation to the organization in professional terms, hospitality and meals for trainees.

Allows trainees develop and acquire new skills through the application of knowledge acquired during their training, and to facilitate their personal development, employability and participation in the European labor market.

Address

CASA DA EDUCAÇÃO – SapereAude | Educação e Formação
Praça Francisco Sá Carneiro, 12, 1ºESQ
1000-160 Lisboa

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Erasmus+ Programme |

Watch the official video: <http://www.youtube.com/watch?v=KrgFPqQ7AyA>



The Erasmus+ programme aims to boost skills and employability, as well as modernising Education, Training, and Youth work. The seven year programme will have a budget of **€14.7 billion**; a **40% increase** compared to current spending levels, reflecting the EU's commitment to investing in these areas. Erasmus+ will provide **opportunities for over 4 million Europeans** to study, train, gain work experience and volunteer abroad.

Erasmus+ will support **transnational partnerships** among Education, Training, and Youth institutions and organisations to foster cooperation and bridge the worlds of Education and work in order to tackle the skills gaps we are facing in Europe.

It will also support national efforts to modernise Education, Training, and Youth systems. In the field of Sport, there will be support for grassroots projects and cross-border challenges such as combating match-fixing, doping, violence and racism.

Erasmus+ brings together seven existing EU programmes in the fields of Education, Training, and Youth; it will for the first time provide support for Sport. As an integrated programme, Erasmus+ offers more opportunities for cooperation across the Education, Training, Youth and Sport sectors and is easier to access than its predecessors, with simplified funding rules.

The Erasmus+ Programme shall contribute to the achievement of:

- The objectives of the Europe 2020 Strategy;
- the objectives of the strategic framework for European cooperation in education and training (ET 2020), including the corresponding benchmarks;
- the sustainable development of Partner Countries in the field of higher education;
- the overall objectives of the renewed framework for European cooperation in the youth field (2010-2018);
- the objective of developing the European dimension in sport, in particular grassroots sport, in line with the EU work plan for sport;
- the promotion of European values in accordance with Article 2 of the treaty on the European Union.





RULES to follow at the ACCOMMODATION:

ACCOMMODATION

Address:

Avenida de Berna, 35
1050-036 Lisboa

Wireless internet | Wireless name: **casadaeducacao** | Password: **0123456789**

NOTE: Students that do not follow the rules below will lose a right to remain in the apartment.

- Participants are obliged to cover the costs of any damage or loss occurred at the apartment at their fault.
- **COMPULSORY** silent period is **from 10:00 PM to 8:00 AM**. Apartments are situated in the residential buildings, where families live with small children and elderly people. Please respect the neighbours and silent period at night.
- It is strictly forbidden to drink alcoholic beverages and smoke inside the apartment.
- Participants are not allowed to smoke inside the rooms. It's allowed to smoke **ONLY** on the balcony of the house. **PLEASE** use the ashtrays for the cigarette-ends, don't throw them out the street.
- Rooms and common areas must be kept clean and tidy, during the overall stay.
- It is not allowed to throw out any kind of garbage out the windows.
- For security reasons, it is important to always close the main door of the building.
- Anybody besides the participants and the accompanying teachers is not allowed to sleep in the apartment.
- Participants should always carry the local transport card. In case of losing or destroying the card, it will be needed to issue a new one on the participant's cost.
- Participants should bring their own towels, hairdryers, personal cosmetics 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.

WASHING CLOTHES

- Each group has a right to free washing of clothes every second day.
- The washing and drying machines can be used exclusively by the cleaning lady. Participants are not allowed to use them alone. They should leave the clothes near the washing machine in the baskets. The cleaning lady will leave the washed clothes in a basket near the washing machine and students should hang them out to get dry. Please wash only the essential clothing. The other things, like jackets or shoes, you can give to the professional laundry service in the area.
- Once per week bad sheets will be changed by the cleaning lady. Every Monday bad sheets and pillow cases must be put on the floor next to beds.





Meals

- Breakfast: between 07h30 – 09h00

The other meals will be served in the nearby Restaurant.

- Dinner around 19h00
- ❖ **The group should come for a dinner altogether, everybody at the same time.**
- ❖ **If any participant is a vegetarian or allergic, please inform us in advance!**

RULES to follow at WORK:

- Always be punctual!
- It's forbidden to use mobile phones while working.
- It's forbidden to speak in national language at work next to the other employees.
- Students should wear neat and clean clothes, long trousers or skirts, covered shoes, avoiding shorts and mini-skirts, summer transparent dresses, exposed necklines, sandals and flip-flops, even on very hot days. Please respect the dress code rules at work.
- It's unacceptable to wear very noticeable make-up, long false eyelashes, colored or artificial nails and hair loose.

NOTE: Internship of the students that do not follow the rules above, will be immediately cancelled. They will be obliged to pay back all the expenses related to their mobility and return to their home country.





LOCAL TRANSPORT CARD - LISBOA VIVA



In the first day of the project, CASA DA EDUCAÇÃO gave to each student LISBOA VIVA card.

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

This card is personal and intransmissible.



IMPORTANT NOTE

In case of lost, participants have to support all costs of local transport until the end of the project

LISBON METRO NETWORK | www.metrolisboa.pt/eng

Rede de transportes de Lisboa
Metropolitano de Lisboa/CP/TT
Network diagram





WORK PROGRAMME

16th September MONDAY	18h20 – ARRIVAL at the Lisbon Airport (from Warsaw by <i>TAP Portugal</i>) 19h30 – Check-in at the Accommodation 20h00 – Dinner
17th September TUESDAY	<i>(ATTENTION: WORKING TIME MIGHT BE DIFFERENT, ACCORDING TO THE SCHEDULE SET BY THE TUTOR ON THE FIRST DAY OF WORK)</i> 07h30-08h30 – Breakfast 09h00-12h00 – PRESENTATIONS in the HOST COMPANIES 12h00-13h00 – Lunch break (Lunch time according to the tutor at the work placement) 13h00-17h00 – Training 19h00 – Dinner
18th September WEDNESDAY	07h30-08h30 – Breakfast 09h00-12h00 – Training 12h00-13h00 – Lunch break (Lunch time according to the tutor at the work placement) 13h00-17h00 – Training 19h00 – Dinner
19th September THURSDAY	07h30-08h30 – Breakfast 09h00-12h00 – Training 12h00-13h00 – Lunch break (Lunch time according to the tutor at the work placement) 13h00-17h00 – Training 19h00 – Dinner
20th September FRIDAY	07h30-08h30 – Breakfast 09h00-12h00 – Training 12h00-13h00 – Lunch break (Lunch time according to the tutor at the work placement) 13h00-17h00 – Training 19h00 – Dinner
21st September SATURDAY	07h30-08h30 – Breakfast 09h00 - Cultural Programme: DAY TRIP TO SINTRA AND CASCAIS: <ul style="list-style-type: none">• NATIONAL SANTUARY CRIST THE KING www.cristorei.pt This monument was inspired by Christ, the Redeemer, statue in Rio Janeiro, Brazil, after the Patriarch of Lisbon visited that monument.• SINTRA WORLD CULTURAL HERITAGE BY UNESCO www.youtube.com/watch?v=rWr3M2rbvCg• QUINTA DA REGALEIRA http://www.parquesdesintra.pt/en/parks-and-monuments/national-palace-of-sintra/ The Palace of Sintra, also called Town Palace is located in the town of Sintra. It is a present-day historic house museum. It is the best-preserved medieval royal residence in Portugal.• CABO DA ROCA http://www.cascais-portugal.com/Attractions/Cabo-da-Roca.php The westernmost point on the continent of Europe• BOCA DO INFERNO www.youtube.com/watch?v=oRzxecmvEe8• GUINCHO BEACH https://lisbonlisboaportugal.com/lisbon-beaches/Praia-Guincho-beach-lisbon.html





	<ul style="list-style-type: none">• CASCAIS: <i>historical city center and beach</i> 19h00 – Dinner
22nd September SUNDAY	07h30-09h00 – Breakfast 10h00 – Cultural Programme: <ul style="list-style-type: none">• CASTELO DE SÃO JORGE www.castelodesaojorge.pt/?lang=2 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 and touristic sites of Lisbon.• ALFAMA The Alfama is the oldest district of Lisbon, spreading on the slope between the São Jorge Castle and the Tejo river. Its name comes from the Arabic Al-hamma, meaning "hot fountains" or "baths". It contains many important historical attractions, as well as an abundance of Fado bars and restaurants.• SE CATHEDRAL www.lisbon.net/lisbon-cathedral The solid and imposing Se Cathedral is Lisbon's most important and iconic religious building. Since the 12th century the Se Cathedral has been entwined in Portugal's early history, which bore witness to the baptism, marriage and passing of Portugal's nobility and elite. The exterior of the grand old church resembles more that of a fortification than religious centre, with massive solid walls and two imposing clock towers.• DOWNTOWN LISBON, COMMERCE SQUARE FREE AFTERNOON 19h00 – Dinner
23rd September MONDAY	<i>(ATTENTION: WORKING TIME MIGHT BE DIFFERENT, ACCORDING TO THE SCHEDULE SET BY THE TUTOR ON THE FIRST DAY OF WORK)</i> 07h30-08h30 – Breakfast 09h00-12h00 – Training 12h00-13h00 – Lunch break (Lunch time according to the tutor at the work placement) 13h00-17h00 – Training 19h00 – Dinner
24th September TUESDAY	07h30-08h30 – Breakfast 09h00-12h00 – Training 12h00-13h00 – Lunch break (Lunch time according to the tutor at the work placement) 13h00-17h00 – Training 19h00 – Dinner
25th September WEDNESDAY	07h30-08h30 – Breakfast 09h00-12h00 – Training 12h00-13h00 – Lunch break (Lunch time according to the tutor at the work placement) 13h00-17h00 – Training 19h00 – Dinner
26th September THURSDAY	07h30-08h30 – Breakfast 09h00-12h00 – Training 12h00-13h00 – Lunch break (Lunch time according to the tutor at the work placement) 13h00-17h00 – Training 19h00 – Dinner
27th September	07h30-08h30 – Breakfast 09h00-12h00 – Training





FRIDAY	12h00-13h00 – Lunch break (Lunch time according to the tutor at the work placement) 13h00-17h00 – Training 19h00 – Dinner
28th September SATURDAY	07h30-09h00 – Breakfast 10h00 – Cultural Programme: <ul style="list-style-type: none">• OCEANARIUM www.oceanario.pt Opened in 1998, the Oceanarium was the centerpiece of the XXth Century's last World Fair, themed "The Oceans, a Heritage for the Future". With over one million visitors per year, the Oceanarium welcomes the largest number of patrons anywhere in the country. FREE TIME in PARQUE DAS NAÇÕES area Shopping at VASCO DA GAMA Shopping Centre 19h00 – Dinner
29th September SUNDAY	07h30-08h30 – Breakfast 09h00 – Cultural Programme: DAY TRIP to FATIMA, NAZARÉ and ÓBIDOS (OPTIONAL – 30 € per person) <ul style="list-style-type: none">• FÁTIMA SANCTUARY http://www.santuاريو-fatima.pt The Sanctuary at Fátima was constructed over time in or near the area of Cova da Iria, where the three children witnessed the Marian apparitions of <i>Our Lady of the Rosary</i> (later known as <i>Our Lady of Fátima</i>). Central to the complex is the small Chapel of the Apparitions and its shelter, where legend suggests many of the events of the apparitions took place and where the first pilgrims venerated the Marian apparitions.• MONASTERY OF BATALHA http://www.mosteirobatalha.gov.pt The Monastery of Batalha (Portuguese: <i>Mosteiro da Batalha</i>), literally the <i>Monastery of the Battle</i>, is a Dominican convent in the municipality of Batalha, in the district of Leiria, in the Centro Region of Portugal. Originally, and officially known, as the <i>Monastery of Saint Mary of the Victory</i> (Portuguese: <i>Mosteiro de Santa Maria da Vitória</i>), it was erected in commemoration of the 1385 Battle of Aljubarrota, and would serve as the burial church of the 15th-Century Aviz dynasty of Portuguese.• NAZARÉ BEACH https://www.visitportugal.com/en/node/73770 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.• ÓBIDOS VILLAGE www.obidos.pt Once the wedding present to a Queen, the preserved medieval town of Óbidos lying 80 km north of Lisbon is without doubt one of Portugal's most interesting walled settlements. 19h00 – Dinner
30th September MONDAY	<i>(ATTENTION: WORKING TIME MIGHT BE DIFFERENT, ACCORDING TO THE SCHEDULE SET BY THE TUTOR ON THE FIRST DAY OF WORK)</i> 07h30-08h30 – Breakfast 09h00-12h00 – Training 12h00-13h00 – Lunch break (Lunch time according to the tutor at the work placement) 13h00-17h00 – Training 19h00 – Dinner
1st October TUESDAY	07h30-08h30 – Breakfast 09h00-12h00 – Training 12h00-13h00 – Lunch break (Lunch time according to the tutor at the work placement) 13h00-17h00 – Training 19h00 – Dinner





2nd October WEDNESDAY	07h30-08h30 – Breakfast 09h00-12h00 – Training 12h00-13h00 – Lunch break (Lunch time according to the tutor at the work placement) 13h00-17h00 – Training 19h00 – Dinner
3rd October THURSDAY	07h30-08h30 – Breakfast 09h00-12h00 – Training 12h00-13h00 – Lunch break (Lunch time according to the tutor at the work placement) 13h00-17h00 – Training 19h00 – Dinner
4th October FRIDAY	07h30-08h30 – Breakfast 09h00-12h00 – Training 12h00-13h00 – Lunch break (Lunch time according to the tutor at the work placement) 13h00-17h00 – Training 19h00 – Dinner
5th October SATURDAY <i>National Holiday</i>	07h30-08h30 – Breakfast 09h00 - Cultural Programme: DAY TRIP TO SESIMBRA AND ARRABIDA (OPTIONAL – 30 € per person) <ul style="list-style-type: none">• ARRÁBIDA Natural Park and Beaches http://www.icnf.pt/portal/ap/p-nat/pnar• CASTLE OF SESIMBRA http://www.cm-sesimbra.pt/pages/987 The medieval castle stands in a dominant position in a cliff, over a cove which constitutes a natural harbor in the Setúbal peninsula between the estuaries of the Tagus river and the Sado river, a few miles from Cape Espichel.• CABO ESPICHEL http://sesimbraportugal.net/Sesimbra-guides/cabo-espichel-sesimbra-portugal.html Cabo Espichel is a cape located to the west of Sesimbra. Tourists are drawn there due to impressive views of its cliffs facing the Atlantic Ocean. The location is famous for the a sanctuary complex (Santuário de Nossa Senhora do Cabo Espichel), built extremely close to the edge of the tall cliffs, which includes a church still in use today.• WINE TASTING at JOSÉ MARIA DA FONSECA http://www.jmf.pt/index.php?id=226 Founded in 1834, José Maria da Fonseca leads the way in the field of table wine and Setúbal Moscatel production and sales. Its brands can be found worldwide and exports currently account for about 80% of annual sales volume. 19h00 – Dinner
6th October SUNDAY	07h30-10h00 – Breakfast 19h00 – Dinner
7th October MONDAY	<i>(ATTENTION: WORKING TIME MIGHT BE DIFFERENT, ACCORDING TO THE SCHEDULE SET BY THE TUTOR ON THE FIRST DAY OF WORK)</i> 07h30-08h30 – Breakfast 09h00-12h00 – Training 12h00-13h00 – Lunch break (Lunch time according to the tutor at the work placement) 13h00-17h00 – Training 19h00 – Dinner
8th October	07h30-08h30 – Breakfast





TUESDAY	09h00-12h00 - Training 12h00-13h00 - Lunch break (Lunch time according to the tutor at the work placement) 13h00-17h00 - Training 19h00 - Dinner
9th October WEDNESDAY	07h30-08h30 - Breakfast 09h00-12h00 - Training 12h00-13h00 - Lunch break (Lunch time according to the tutor at the work placement) 13h00-17h00 - Training 19h00 - Dinner
10th October THURSDAY	07h30-08h30 - Breakfast 09h00-12h00 - Training 12h00-13h00 - Lunch break (Lunch time according to the tutor at the work placement) 13h00-17h00 - Training 19h00 - Dinner
11th October FRIDAY	07h30-08h30 - Breakfast 09h00-12h00 - Training 12h00-13h00 - Lunch break (Lunch time according to the tutor at the work placement) 13h00-17h00 - Training 19h00 - Dinner
12th October SATURDAY	07h30-08h30 - Breakfast 09h00-12h00 - Training 12h00-13h00 - Lunch break (Lunch time according to the tutor at the work placement) 13h00-17h00 - Training 17h30 - Farewell meeting - <i>Presentation of certificates</i> 19h00 - Dinner
13th October SUNDAY	07h30-10h00 - Breakfast 12h00 - Transfer to the Lisbon Airport DEPARTURE - Flight at 14:35





CULTURAL PROGRAMME

Portugal has an enormous cultural and historical depth that goes back several thousand years and gives the country and people their identity. In order to understand Portugal today, it is necessary to understand it through its past.

- **S. JORGE CASTLE**



The castle of Lisbon, locally named Castelo de São Jorge is located right on top of the tallest of Lisbon's seven hills of the historic centre of the capital city, above the old Moorish quarter. The castle is clearly visible from a long way off and it is famous for its panoramic views of the city and surrounding countryside. The Atlantic can be seen behind the 25 de Abril Bridge, Ponte 25 de Abril and on clear days the Padrão dos Descobrimentos and the Tower of Belem, Torre de Belém are visible in the distance.

The initial period of the military stronghold's construction is relatively unknown. The oldest parts date from the 6th century when it was fortified by the Romans, Visigoths and the Moors, respectively, before the final conquest by D. Afonso Henriques.

The castle was classified as national monument in 1910 and reflects values of the memory and antiquity which attested the importance of the unique history, archaeology and architecture in the context of the national cultural heritage.





- **Lisbon Story Centre and Triumph Arch**



Lisbon Story Centre is located in the Terreiro do Paço, this interactive equipment that tells us, from past to present, the major city events. Built on the hills bathed by the river Tejo, and with eyes fixed on the Atlantic Ocean, Lisbon is a fascinating mosaic of memories, stories and influences that still dot the urban landscape of this unique city. The various episodes that make up its history and some of its

protagonists are now presented in Lisbon Story Centre, where all who visit the Portuguese capital are invited to make a journey through time and discover the memories of Lisbon, from its founding to the present day. Located in the Terreiro do Paço, this equipment and interactive technology-based account, from past to present, the major city events.

The route of the visit is organized into six core elements: Lisbon: Myths and Realities, which covers the Rio, the Earth, the sea, the sky, mythological beginnings, settlers and conquerors and the City Walls.

Here is the core Lisbon: Global City, which features the Cosmopolitan City, the Warehouse of the World. Beyond The Horizon, Flying Priest, Magnificent City, Death and Politics and the Church. In the section on November 1, 1755, the day of All Saints is tackled Earthquake and ruined city, going to the core of the Vision of Pombal, who presents the Modern City Planning in post-earthquake reconstruction and the City. And finally, the core Palace Square, which is addressed in the Square: Politics and Recreation. The 1755 earthquake is shown in a theater immersive experience that no one will forget.

- **SANTA JUSTA ELEVATOR**

The **Santa Justa Lift** also called **Carmo Lift** is an elevator/lift, in the historical city of Lisbon, situated at the end of *Rua de Santa Justa*.

It connects the lower streets of the Baixa with the higher *Largo do Carmo* (Carmo Square). Since its construction, the Lift has become a tourist attraction for Lisbon as, among the urban lifts in the city, Santa Justa is the only remaining vertical one. Others, including *Elevador da Glória* and *Elevador da Lavra*, are funiculars, and the other lift constructed around the same time, the Elevator of São Julião has since been demolished.





The Elevator is a vertical structure, developed along the *Rua de Santa Justa*, consisting of a metallic tower, observation platform, walkway and base. Its base includes four vertical columns, each composed of two pillars. The largest part of the structure runs parallel to the *Rua de Santa Justa*. With a height of 45 metres, covering seven stories, the tower includes two elevator cabins, decorated in wood, mirrors and windows, and an initial capacity for 24 passengers in each (updated to 29 people later). The structure includes a dozen transverse beams, forming a double lattice, supported at the



top by foundations at the *Escadinhas de Santa Justa*. On the sides of the elevator, the walkway is articulated by means of bearings, as well as on the pillars, which is articulated at the base.

On the top floor is a kiosk and lookout, with panoramic views of the city, while connections to the floors below are made (in addition to the elevator) by two spiral staircases, with different patterns on each storey.

The main machinery was installed at the base of the Elevator, while at the exit to the *Largo do Carmo* there is a veranda to allow circulation.

The corridor that passes above the structure, was transformed into a terrace, and exits to *Largo do Carmo* through an iron gate. The space destined the electrical equipment was located under the *Escadinhas*, in a space set aside for this

purpose, under a vaulted ceiling. The Lift is decorated in a Neo-Gothic style in iron.

- **JERÓNIMOS MONASTERY**



The Jerónimos Monastery or Hieronymites Monastery, is located near the shore of the parish of Belém, in the Lisbon Municipality, Portugal. The monastery is one of the most prominent examples of the Portuguese Late Gothic Manueline style of architecture in Lisbon. It was classified a UNESCO World Heritage Site, along with the nearby Tower of Belém, in 1983.





The monastery was built on the site of the chapel Ermida Restelo (Capela de São Jerónimo), founded here by Henry the Navigator. Construction of the monastery began in 1502 by the King Manuel I, as an expression of thanksgiving for a happy journey of Vasco da Gama to India. King Manuel I never saw the finished monastery. He died 30 years before the completion of construction. In 1551, King John III (son Manuel I) resigned from the finance further construction. The duration of the construction of the monastery is about 50 years, which at that time was an impressive pace. Until 1934, the monastery was under the care of the Order of St. Jerome hence its name. The original monastery was built in the Gothic-Manueline, while in the XIX century has been slightly altered and renovated.



The ornate side entrance to the monastery was designed by Juan de Castilho and is considered one of the most significant of his time, but is not, in fact, the main entrance to the building. This shrine-like portal is large, 32-metre high and 12-metre wide, extending two stories. Its ornate features include an abundance of gables and pinnacles, with many carved figures standing under a baldachin in carved niches, around a statue of Henry the Navigator, standing on a pedestal

between the two doors. The tympanum, above the double door, displays, in half-relief, two scenes from the life of Saint Jerome: on the left, the removal of the thorn from the lion's paw and, on the right, the saint's experience in the desert. In the spandrel between these scenes is the coat-of-arms of King Manuel I, while the archivolt and tympanum are covered in Manueline symbols and elements. The Madonna (Santa Maria de Belém) is located on a pedestal on top of the archivolt, surmounted by the archangel Michael, while above the portal there is a cross of the Order of Christ. The portal is harmoniously flanked on each side by a large window with richly decorated mouldings.

- **BELÉM TOWER**



Belém Tower is a fortified tower located in the civil parish of Santa Maria de Belém in the municipality of Lisbon, Portugal. It is a UNESCO World Heritage Site because of the significant role it played in the Portuguese maritime discoveries of the era of the Age of Discoveries. The tower was commissioned by King John II to be part of a defense system at the mouth of the Tagus river and a ceremonial gateway to Lisbon. Built in 1515 as a fortress to guard the entrance to Lisbon's





harbor, the Belem Tower was the starting point for many of the voyages of discovery, and for the sailors it was the last sight of their homeland.

Built in the Manueline style, it incorporates many stonework motifs of the Discoveries, sculptures depicting historical figures such as St. Vincent and an exotic rhinoceros that inspired Dürer's drawing of the beast. The architect, Francisco de Arruda, had previously worked on Portuguese fortifications in Morocco, so there are also Moorish-style watchtowers and other Moorish influences. Facing the river are arcaded windows, delicate Venetian-style loggias, and a statue of Our Lady of Safe Homecoming, a symbol of protection for sailors on their voyages.



The interior part of the bastion cave, with a circular staircase in the north, has two contiguous halls with vaulted ceilings supported by masonry arches, with four lockers and sanitary installations. On the ground-floor bunker, the floor is inclined towards the outside, while the ceilings are supported by masonry pilasters and vaulted spines. Gothic rib vaulting is evident in this casemate, the rooms of the tower and the cupolas of the watchtowers on the bastion terrace. The ancillary storerooms were later used as prisons.

- **BENFICA STADIUM**



Estádio da Luz (*Stadium of the Light*), officially named Estádio do Sport Lisboa e Benfica, is a multi-purpose stadium located in Lisbon, Portugal. It is used mostly for football matches and hosts the home matches of S.L. Benfica. It is also called A Catedral by Benfica supporters. It was opened on 25 October 2003 with an exhibition match between Benfica and Nacional de Montevideo.

It is a UEFA category four stadium and the twenty-first

biggest stadium by capacity in Europe. The Estádio da Luz hosted several matches in the UEFA Euro 2004, including the final, and hosted the 2014 UEFA Champions League Final. The previous Benfica stadium with 120,000 seats, also called Estádio da Luz, was demolished in 2003 and the new one was built with a maximum capacity of 65,647 making it the 21st largest stadium in Europe in terms of





capacity. HOK Sport Venue Event (now Populous) designed the stadium to use as much natural light as possible. The original Estádio da Luz hosted the second leg of the 1983 UEFA Cup Final, the 1992 European Cup Winners' Cup final and the 1991 FIFA World Youth Championship Final held in Portugal with an attendance of 127,000 people. The original stadium replaced the Estádio do Campo Grande.

The old stadium was named in honor of the Igreja de Nossa Senhora da Luz (*Church of Our Lady of the Light*) and the people of Lisbon used to call it *a Luz* ("the Light"), so the common name for the stadium became *Estádio da Luz*, which is usually translated to English as "Stadium of the Light".



- LISBON ZOO



Lisbon Zoo is a zoological garden in Lisbon, Portugal. It was founded in 1884. It was the product of the efforts of Dr. Van Der Laan, owner of the largest aviary in Portugal, with the support of Bento de Sousa, Sousa Martins, and May Figueira. In 1905 it was transferred to its present location in Sete Rios, Lisbon.

About 2,000 animals of more than 300 species are represented:

Approximately

- 114 mammals
- 157 birds
- 56 reptiles
- 5 amphibians and arthropods





The mission of the Lisbon Zoo includes the conservation and breeding of endangered species, as well as scientific research, and educational and recreational activities. About 800,000 people visit the zoo annually.

The Animax is an amusement park, in the Lisbon Zoo but outside the zoological area. It is a free entrance area that offers a number of amusements, restaurants, bars, shops and resting places.

In the Zoo's Shop you'll find a wide variety of funny, different and educative products with the Lisbon Zoo signature. Nature, animals and ecology are the themes to all our products.

- **SINTRA | WORLD CULTURAL HERITAGE BY UNESCO**

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. Baron Wilhelm Ludwig von Eschwege a German amateur architect,





which had knowledge of several castles along the Rhine river and experience in traveled decide to building the place. It was between 1842–1854.

After the Republican Revolution of 1910 it was classified as a national monument and transformed into a museum. The last queen of Portugal, Queen Amélia, spent her last night at the palace before leaving the country in exile.



The Pena Palace has a profusion of styles much in accordance with the exotic taste of the Romanticism. The intentional mixture of eclectic styles includes the Neo-Gothic, Neo-Manueline, Neo-Islamic and Neo-Renaissance. References to other prominent Portuguese buildings such as the Belém Tower are also present.

- **CAMPO PEQUENO – BULLFIGHTING ARENA**



The Portuguese bullfight is a truly unique experience. It begins with a bullfighter on horseback, attempting to insert metal barbed swords in the front haunches of the bull.

Then the tourada benefits from the daring tradition of the forcados. The forcados are a group of eight brave (/crazy) young men whose job it is to irritate and tire the bull, which they do by rushing him all at once, dressed in bright red and green hats and coats.

This tradition was supposedly invented when the guards of royal box seats, who used pitchforks (forcados) to prevent the bull from entering the box, were called on to grab the bull. This action, designed to make the fight less bloody, was and is still called the pega, or the grabbing of the bull. For the past couple of years, the Campo Pequeno arena had been closed for renovation. With its reopening in 2006 as an arena with subterranean shopping center, Campo Pequeno buzzes once again.





The Campo Pequeno bullring originates from 1890 and was constructed to replace the older stadium at Campo de Santana. The architect was Antonio José Dias da Silva who was heavily influenced by the Moorish North African design and styling. The design was partially inspired by the bullring of Madrid but this stadium no longer exists. The whole project was completed in 2 years.



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