



LISBON

INTERCAMBIOPLUS

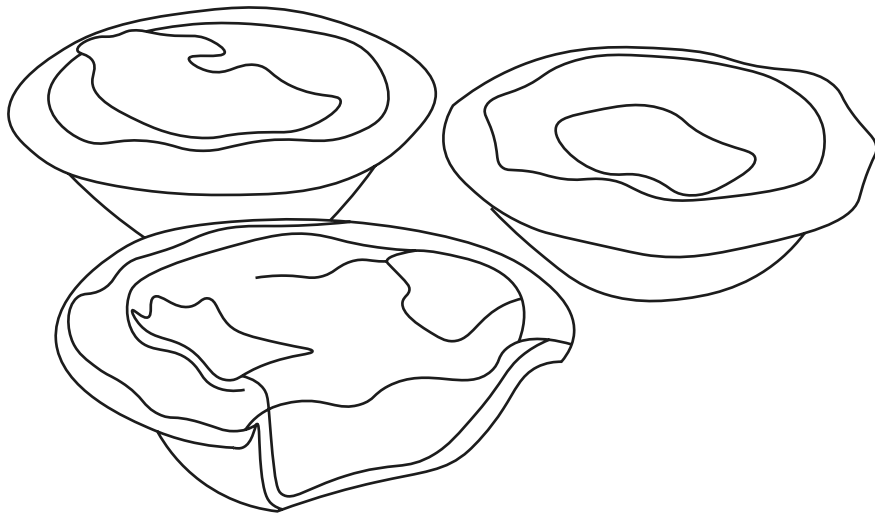
HANDBOOK

WELCOME TO LISBON

This handbook will be a supporting tool to help you develop your language skills and get used to life in Lisbon as a proper local.

It will show you spots that are less known to tourists, as well as some recipes, expressions and games that you will be able to use during language exchanges.

We hope you enjoy!



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THE CITY OF LISBON

Lisbon is the capital of Portugal and has 2.8 million inhabitants in its metropolitan area. The city is surrounded by 7 hills, or 8 - depending on who you ask. These hills can be challenging for visitors, so be extra ready for that walking or bicycle tour!

Its history is long and rich in detail, as Lisbon holds the honour of being the second oldest capital city in Europe, only 'younger' than Athens. Not even Rome has seen the sun rise as many times as the capital do fado, and that's something Portuguese people take pride in.

However, the city has not always had that status, as other cities, such as Guimarães (the birthplace of Portugal as a nation), Coimbra and even Rio de Janeiro have been the capital of Portugal throughout its history.

Lisbon always recovered its status as capital city, in the same way it recovered after the 1755 earthquake which tore down most of the city and brought a tsunami to the Val do Tejo area and a major fire afterwards.

It is an extended belief that this history of disasters and tragedy originated the typical melancholy of the Portuguese spirit, the saudade.

Those who try to explain saudade always think of a glorious or beloved past which is not expected to come back, provoking a sad, nostalgic smile which hurts inside one self.

Portuguese people looked at the Atlantic Ocean as the only natural provider of richness, starting a tradition of conquests and transoceanic trips that still has a huge print in society.

It is not strange to meet people in Lisbon who were born in Angola, Brazil or India; have family there or are somehow connected with Portugal's former colonies. This might explain why Portuguese is the most widely spoken language in the Southern hemisphere.

This is only a slither of Portuguese history, so if you're interested in learning more then explore for yourself and see what you find out!



GOING TO WORK

It is important that you feel ready for your first days at work! So we are here to guide you and help you in any way that we can. Our first recommendation is learning a little bit of the language before you begin working. People really appreciate it when you speak their language in Portugal, especially in a business environment. Even the most basic level will be understood as a big gesture from your side!

People can usually speak or understand English, Spanish or French, and if they are struggling then they will tend to find someone who can assist! So don't worry, but try your best.

Always being presentable and punctual is important, even though the Portuguese sense of 'punctuality' is a bit relaxed - a delay of 10-15 minutes can be considered 'on time.' If someone delays you for that amount of time, then you should consider it normal and be patient!

Lisbon is quite a warm city, but the hills are tricky as they might be very windy at the top, even if downhill there is no wind at all. Have this in mind and be prepared if you are going to any of the hills, especially during the evening or night.



GREETING YOUR COLLEAGUES

Here are some useful things to know how to say for when you're greeting your work colleagues.

- Olá/Bom dia/Boa tarde/Oi - Hello/Good morning/Good afternoon/Hi
- Tudo bem?/Como está? - Everything alright?/How are you?
- Trabalho na (nome da companhia) - I work at (company name)
- Obrigado/a - Thank you (very much) - use obrigado if you are a male and obrigada if you are a female
- De nada - You are welcome



GETTING AROUND

In Lisbon, you have many options and modes of transport for getting around. Here is some information to get you started, as some of the websites will be in Portuguese!

First things first, there are a few apps that locals use to check transport times and, these are called **Lisboa Move-me** and **Lisboa Viagem**. Download these to have real time updates! We think that the Metro in Lisbon is one of the quickest modes of transport. It is also very good for getting to places such as **Gare do Oriente** and **Parque das Nações**.

MODES OF TRANSPORT

- **Lisboa Gira** - the city bikes cost €15 euros a month. You are given 45 minutes of free ride time, and then after that you'll be charged. Swap them over and continue riding!
- **Travel Cards** - you can opt for an occasional or a frequent travel card. If you choose occasional, then certain modes of transport such as trams are going to cost a little extra. Head to their website to find out more: www.metrolisboa.pt
- **Trams and buses** - trams can be helpful to reach particular areas such as Alfama and Santos. Be aware that when there are lots of tourists in Lisbon, they can be busy - so relying on a tram to get to work could be risky.
- **Metro** - the metro is great, you can travel almost everywhere in the city. Although certain places will require an extra occasional ticket as they are outside the limits of the municipal tariffs.
- **Getting around the city** - if you have a driving license, then you will be able to use one of the city's scooter services. Just download an app, put your details in and off you go!



TRAM 28

You might have heard of Tram 28, it is as much of an icon as London's red double decker buses. It's something you need to try, to enjoy and say that you've ticked it off of your list. But we don't recommend using it as a route to work.

This tram does function as a mode of transport, but it is primarily a tourist attraction, don't count on it if you're looking to get somewhere on time!

SANTA JUSTA ELEVATOR

If you like sweeping views over a city, then you should be aware of the Santa Justa elevator. FACT: the person who designed this elevator was one of Gustave Eiffel's students!

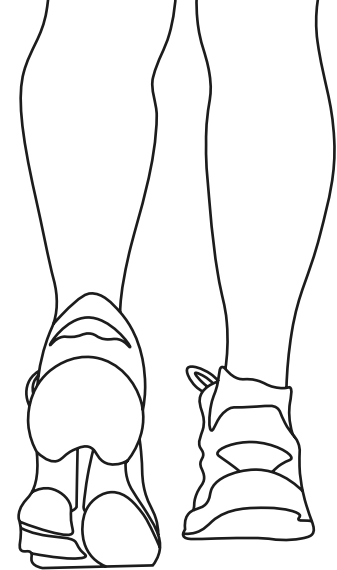
As well as it being an amazing tourist attraction and feature of Lisbon, it is also a way of avoiding getting too hot whilst walking up the hill to Bairro Alto! We recommend this if you're going here to explore.

AFTER WORK

There are lots of things you'll want to do when you arrive to Lisbon. Making the most of your time after work will make sure you have the best experience in this amazing city.

Lisbon is built on 7 different hills all together, so walking around the city will get you relatively fit! We recommend evening walks to witness the architecture from many different angles. The architecture in Lisbon is very special and unique. This is due to the varied history of the city! Remember when walking around the hills that it can be very windy.

Alfama and Bairro Alto are two of the oldest neighbourhoods in Lisbon, they are incredibly charming and beautiful. The streets in Alfama can be very steep, so make sure you're wearing comfortable shoes!



CINEMAS

All Portuguese cinemas broadcast most films in the original version with Portuguese subtitles, so don't be afraid to take a trip to one of the many cinemas in Lisbon!

EXHIBITIONS AND MUSEUMS

There are several places in Lisbon where you can go and enjoy really interesting exhibitions. Don't miss the **Berardo** or the **Gulbenkian** museum. They offer a lot of events every week. You can find most of the events organised by the museums here: <https://www.egeac.pt/en/agenda/>

EVENTS AND ASSOCIATIONS

There are a lot of associations that organise events, film screenings, exhibitions, flea markets and other interesting alternatives. The flea market 'Feira da Ladra' (Lady Thief's Fair) is organised twice per week near Panteão Nacional and it is a must-visit Lisbon feature.

Check associations such as A Padaria do Povo, Anjos70 or Arroz Estúdios on Facebook - you will find many more!

CAFÉS & MUSIC

Lisbon is famous for Fado, which is Portuguese folk music. It dates back to the 1820's, it has a melancholic theme and consists of mandolins accompanied by guitars. There are plenty of places in the city that can offer you a performance and a meal alongside, or maybe just a drink if you're only checking it out.

Lisbon is full of cafes and nice spots to relax and enjoy your surroundings. **Hello Kristof** is a cafe with a wall lined with magazines, so if you're looking for something to read - head over there.

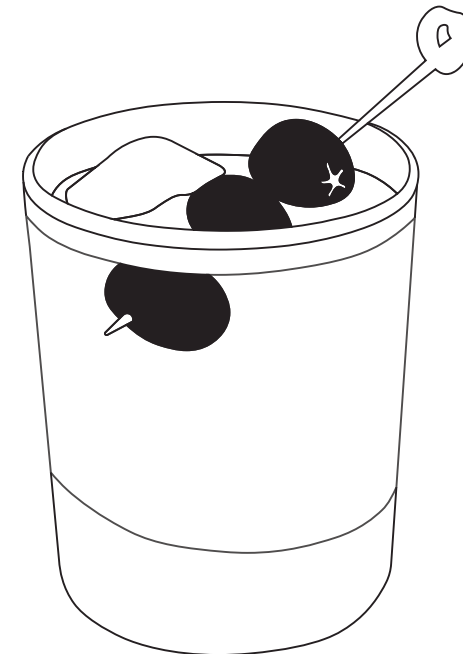
Another is **Fabrica Coffee Roasters**, there are four different locations in Lisbon to try. They are known for selling their unique coffee blends for low prices, so you can make it at home too!



SOME MUSIC VENUES:

- **Alface Hall** - this is a late night bar which offers live music. It is an informal jazz/rock bar where local musicians perform - it often hosts an international audience.
- **A Tasca do Chico** - this is a place where you will be able to witness live Fado sessions, previously mentioned. It's a dark and atmospheric bar, and usually very popular. The Fado sessions are every Monday and Wednesday at 9pm, but get there early!
- **Hot Club Portugal** - this place is considered to be one of the world's top 100 jazz bars! If you are a jazz fan or appreciate that kind of atmosphere, then this place is for you.
- **Santiago Alquimista** - located in an old restored factory, the space is on four floors and it has two stages. It is open from 9pm-2am.

So as you can see, there are a lot of places where you can find good music in Lisbon and you don't have to look that far!



CULTURE & FOOD

Whilst walking through the streets of Lisbon, you will be able to see traces of past invasions in the architecture and more. The history of Portugal has created an array of sights and a variety of experiences for visitors to the city. It is difficult to sum up the history and culture of this country, so we suggest that whilst you are in Lisbon - have a look into one of the many museums that explore the topic in more detail!

Below is a list of places where you can start your historical journey in Lisbon. As you can imagine, there are many other interesting places you will come across on your travels.

CARMO ARCHAEOLOGICAL MUSEUM

This Gothic museum is within the ruins of the old Church of Santa Maria do Carmo. It is a memorial of the earthquake which occurred in 1755 - it is very well preserved.

BELÉM TOWER

This famous tower is one of the most famous landmarks in Lisbon. Known also as The Tower of Saint Vincent, it marked the entry point for explorers and also as a ceremonial gateway.

MUSEU DA MARINHA

This museum is world famous. The name translates to 'Maritime Museum' and here you can find vast amounts of restored equipment such as boats and maps from past explorations.



Lisbon is known for its good quality food and drink. There are many delicacies that you can choose from and famous things to try such as a Pastéis de Nata! You must have heard of this one. Lisbon is known to produce thousands of these delicious pastries daily... so it won't be hard to find one!

A famous drink you must try goes by the name of Ginjinha, it is a smooth and sour liqueur and can be found at many hole in the wall bars throughout the city.

Breakfast is generally served between 8am-10am in Lisbon. One of the more commonly ordered breakfasts is tosta mista - this is a signature Portuguese melted ham and cheese toastie. This will usually be accompanied by an orange juice and a coffee.

SUGGESTIONS FOR BREAKFAST:

Penta Café | R. Áurea 115, 1100-053 Lisboa

Pastelaria Batalha | Rua Horta Seca, nº 1, 1200-221

Pastéis de Belém | R. de Belém 84 92, 1300-085

SOME LOCAL DISHES YOU COULD TRY

- **Porco à alentejana** - a typical dish from Alentejo. Pork and clams with paprika, potato and coriander.
- **Bacalhau à Brás/à Braz/dourado** - a dish of cod with olives, scrambled eggs and chips that was born in Bairro Alto.
- **Cozido à Portuguesa** - one of the most typical dishes in Portugal, which can be prepared in several ways depending on the location. The ingredients are beef, pork, chicken, chouriço with beans, chickpeas, potato, turnip, cabbage, carrot and rice.
- **Caldo verde** - a soup made from cabbage, potatoes and chouriço with black pepper.
- **Sardinhas assadas** - this is a popular dish at festivals and it is sardines that have been cooked on an open grill.

Make sure you speak to locals, restaurant staff and your new Portuguese friends to find out if there are any traditional dishes that you're missing!



SPORT IN LISBON

After getting enough of the Portuguese food, it might be time to do a bit of sport, and luckily Lisbon is also a good place to do so... even if we don't count climbing all our hills.

Surf in Caparica coast - there are buses that can take you from Praça de Espanha to Caparica coast, the longest uninterrupted coastline in the whole of Europe – 34km.

Running - use the riverside walk from Cais do Sodré to Belém to enjoy other runners and pass under the bridge or getting to know Alcântara, or go to Monsanto park and be amazed by the views.

Football, basketball and tennis - there are many places where you can play around the city. There are some public groups on Facebook where you can find people to play with!

Gyms - you can find many different gyms in Lisbon. There is a brand called Fitness Hut that has more than 20 gyms in the city.

Kayaking - there are several places where you can go kayaking to explore the coastline. Why not try a relaxing kayak tour one weekend?

INTERESTING FACTS

Portuguese language is never pronounced as it is written, but there are some tricks to learn how to read it correctly. To start, you should pronounce Lisboa in the local way if you want to become a true alfazinho or alfazinha (little lettuce, as Lisbonians call themselves informally).

The lisboeta way to say Lisboa is Lxboa (**l-shboa**). It looks a bit difficult to pronounce, but if you practise it a few times after hearing it, you should get it!

BE CAREFUL WITH THIS ONE!

The word 'pão' (bread) is easily mispronounced by non-native speakers as 'pau', which means 'stick' and, in Brazilian slang, 'dick'. So be careful when asking for bread at a restaurant!

THIRD PERSON

The way to show respect in Portuguese is to switch the verb to the third person when you are addressing directly somebody else... unless you are a Brazilian speaker, as they do it all the time:

Olá Rodrigo, como estás? - Informal Portuguese speaker (PT)

Olá Rodrigo, como está? - Formal Portuguese speaker (PT)/Informal Portuguese speaker (BR)

BEER, CERVEJA... TRY AGAIN!

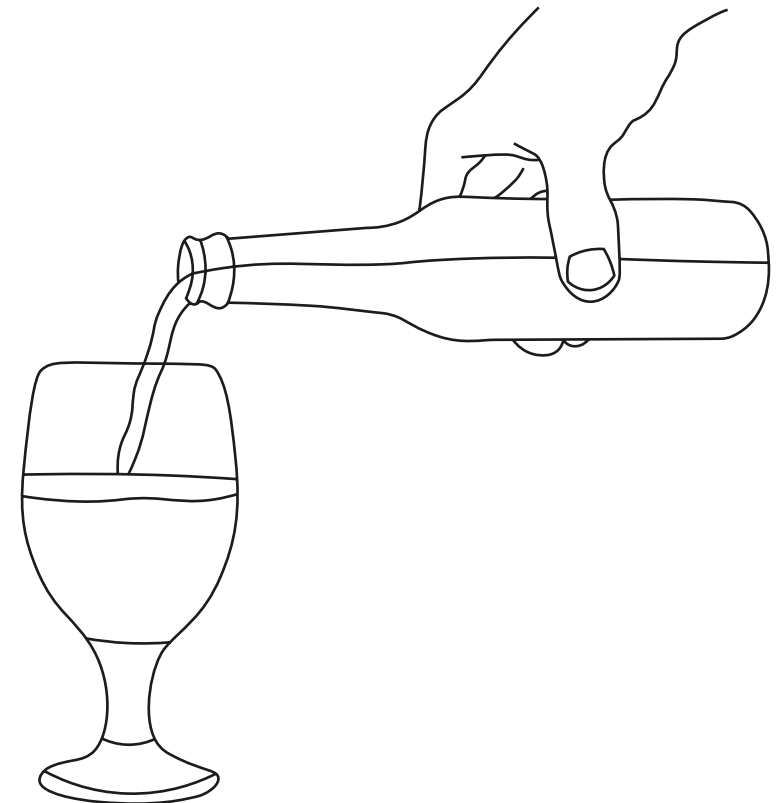
Cerveja is the traditional word for beer, but if you are learning Portuguese then you will be interested to know that it is not the only name for it. There are, in fact, several ways to ask for one! But once you get the hang of it, you'll be good to go. Here are some examples of other ways you can say it:

Vamos beber umas **jolas**? - Shall we go to drink some beers?

Quero uma **imperial** / um **fino** - I want a beer (draught) (Lisbon/Porto forms)

Uma **média**, se faz favor - A beer (bottle, 33cl), please (polite version of please)

Uma **caneca**, por favor - A pint, please. Caneca also means 'mug'



INTERCAMBIO

Intercambio is the Spanish word for 'exchange', an exchange is defined as an act of giving one thing and receiving another (especially of the same kind) in return. Therefore, it's important that both you and your language partner get the most out of your language exchange together. Below we've shared our top tips on how to do this.

- **Bring a notebook** – Take down any words you get stuck on and any new tips, expressions or words that you pick up along the way, so you don't forget and can hopefully use during the next Intercambio event you attend.
- **Have a structure** - Decide with your Intercambio language partner how your exchange will go before you begin. For example - What topics will you focus on and speak about? How long will you stay on these topics? When will you switch to the other partners language?
- **Be honest with each other** – Don't be too polite. Tell your partner when they make grammar mistakes or mispronounce a word.
- **Play a game** – Learning a new language is exciting, we have a few simple and fun games you can use during an Intercambio event.



INTERCAMBIO IN LISBON

Lisbon has many places where intercâmbios are held. Here are a few groups you can check to stay in the know:

- **Intercâmbio no Má Língua**
- **BlaBlaPortugal (Thursdays at Casa Independente)**

LEARNING WITH INTERCAMBIO

Our project Intercambio+ aims to take language exchanges one step further by improving the learning experience with exercises you can complete with a partner.

You'll be able to advance through beginner and intermediate levels in our Intercambio Companion, which encourages conversation in different topics and helps you recognise your progress.

Learn more about Intercambio by visiting the website on the contact page.

INTERCAMBIO GAMES

Here are some games that we think you should try, so you can practise in a non-intimidating way! We have written the instructions and examples in English, but you will be playing in Portuguese so you can practise as much as possible!

WHAT DO YOU KNOW ABOUT...?

This is a guessing game about celebrities! For example, one person asks the group: “What do you know about José Saramago?” and one by one you list the things you know about him, in the language you are learning. Example answer:

“He was born in Portugal, he was a writer, he won the Nobel Prize in Literature!”



INVENTED HISTORY

This game can be played in partners or groups. One person starts with a historical sentence, and you take it in turns to complete the story. The weirder it gets, the better! The point is, to change languages for every sentence that is spoken. Here is an example:

1. Once upon a time, a bird ruled over Mars.
2. The bird was very intelligent and he built a machine to create more oxygen...
3. After a while, he left for Earth, not telling anyone that there was oxygen on Mars.
4. Nobody knew how far he could fly, so he went back for holidays!

WHAT INGREDIENTS ARE THERE?

This is a guessing game! You choose a tapas dish that you’ve tried in Lisbon, and you take it in turns to guess the ingredients. Let’s practise with one of the recipes we’ve learnt, caldo verde!

- Couve, batatas, choriço...

Once you’ve guessed all of the ingredients, have your partner try in the language that they are learning. It’s a good way for you to practise names of foods!

CONTACT DETAILS

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Find out more:
www.intercambioplus.eu



SYNOPSIS PRACTICE
LISBON



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