TRAVEL, ACCOMMODATION AND GENERAL INFORMATION

for the

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LISBON, PORTUGAL

hosted by

Instituto Superior de Engenharia de Lisboa

LOCATION

The conference takes place in Lisbon. More details will be updated soon at the conference web site: http://portugal2010.ibersensor.org/index.html

TRAVELLING TO LISBOA

By air to PORTELA Lisbon International Airport, Lisboa (LIS). This is an international airport located within the city boundaries. The distance from the airport to the recommended hotels in Parques das Nações is about 4 kilometres. We strongly recommend use of the Taxi from the airport to the hotel. A one-way taxi ride will cost about 15 EUR. A ride to the city centre should cost about 20 euros, more or less depending of the specific destination.

PUBLIC TRANSPORTATION

There is good public transportation in Lisboa with a modern subway system (Metro), and an extensive bus and tram service throughout the city. The Metro is the easiest and cheapest mean of transportation to move around in Lisboa. The first metro train leaves at 06h 30m from terminal stations of each line. At closing times, the company guarantees transportation to any station of a given line to any passenger presenting him/herself at any station, of that line, up to 01h 00 am. The 'Chelas' red line metro station gives access to one of the entrances of ISEL. Buy the tickets at the Metro underground office or automatic vendor machines. There are single and round trip tickets. Tickets can be bought in booklets of 10, a one day pass or a seven day pass. You do not need to use a new ticket each time you change lines, just at the start.

Bus tickets can be bought on the bus.

SHORT INTRODUCTION TO LISBOA AND PORTUGAL

Portugal, located in the South West of Europe, faces the Atlantic Ocean on the west and south and is bounded by Spain on the east and north. Its area is 88.684 sq. km and has a population of approximately 10 million people, of which nearly 2 million live in its capital Lisboa and the immediate surrounding metropolitan area. In addition to this mainland territory, the Republic of Portugal includes the 'adjacent' islands of the Madeiras and the Azores, first occupied in the fifteen century: The eleven inhabited islands have a total area of 3,088 sq. km.

Although a relatively small state, Portugal has a wide diversity of geological, climatic and cultural features. Portugal has a large proportion of uplands, mountainous in the north and hilly in the south. Portuguese coasts show an alteration of rocky promontories and wide white sandy bays. The climate is maritime, with cool but not severe winters and mild summers (being hotter in the recent years probably due to the global warming).

The great majority of the population lives, and has always lived, near the ocean, and the most important frontier has therefore been the open boundary of the Atlantic. Portugal is essentially maritime: the proportion of its coastline to its area is thrice the European average and its Economic Exclusive Zone is the largest in Europe.

Portugal has its origin in the Lusitanii, people occupying a similar area during the Roman Empire. The Lusitanii resisted the Romans for two centuries, and were subdued by Julius Caeser, when he was Quaester in the Iberian Peninsula. After the fall of the Roman Empire there were Celtic and Goth settlements, and occupation by the Moors (Moslems).

The birth of the Portuguese state is conventionally dated from 1139, when Afonso Henriques, or Henry I, for the first time assumed the title of king Portugal. He was the son of a French count who had come to the Peninsula to fight the Moors. After England, Portuguese borders are the oldest defined in Europe. Afonso Henriques had taken three-quarters of the territory of the present day Portugal from the Moslems, including Lisboa, which he won with the help of the English crusaders.

Having settled the question of frontiers with Castile (one of the Spanish kingdoms), and strengthened by the Alliance with England in 1386 (Windsor Treaty still in place), Portugal embarked on a programme of exploration and conquest that made within 200 years the richest mercantile empire of the age. Its kings vied with one another in encouraging the enterprises of merchants and navigators. Prince Henry the Navigator (1394-1460), a younger son of John I established one of the first observatories in Europe at Sagres, and gave the first impetus to the exploration of the west coast of Africa. The Portuguese pioneered the European seaward expansion in the XV-XVI th centuries, at a time when most other nations were occupied with mutual wars. The maritime expeditions included the discovery of Madeira, Azores and Cape Verde Islands, and navigation down the coast of Africa to Guinea, the Zaire river, and round Cape of Good Hope, so named by King Manuel I because it opened the way to India, reached in 1498; other travels included Brazil, discovered officially in 1500 but probably known before, and the Philippines, Australia, China, Japan and Canada in the XVI century; for example, the Portuguese were the first westerners to arrive in Japan, and the Torres Straight in Australia, Magellan Straight in South America, and Labrador and New Foundland (Terra Nova) in Canada are all names of Portuguese Navigators who travelled to these places. The Portuguese never practiced racial discrimination, and in the Portuguese Empire most of the administration was done by locals, leaving to the

Portuguese the role of sailors/soldiers, since the number was always small; a consequence is that Portuguese Speaking communities still exist in distant places like Ceylon and Singapore, besides the countries mentioned above.

Portugal participated in the cultural and historical evolution of Europe, while being at the same time heavily involved overseas. Napoleonic Wars, with the first defeat of Napoleonic Armies by Anglo-Portuguese forces led by Wellington. Portugal was the first European nation to give independence to a colony without a war (BRAZIL), and also the first nation to abolish slavery and the death penalty. The declaration of the Republic (1910), with the last king Manuel II exiled in Britain, a period of instability being followed by a dictator (1928 Revolution) Oliveira Salazar starting a period called Estado Novo that extended until 1974 backed by the military. Being afraid of losing the still vast colonies of the Portuguese Empire, Salazar kept Portugal as a neutral country during the WWII, although it allowed the use of the Azores by the Allies in the Atlantic War. The policy of Estado Novo was to retain colonies into the post-WWII. This policy isolated Portugal from the United Nations. In reaction the Portuguese African colonies had a large economic development in order to show that Portugal was not neglecting these countries. In spite of that, Portugal was a founding member of NATO, mainly because it possessed strategic importance because of the Azores. In 1957 India invaded the Portuguese territories of Goa, Dão and Dio, terminating 500 years of Portuguese presence in India. In the 60's, wars of independence raged in Angola, Mozambique and Guinea. On April 25th, 1974 the Armed Forces Movement ended the Estado Novo regime with a bloodless revolution and Portugal became a democracy. This revolution ended 13 years of bloody independence wars in the Portuguese African Colonies. These wars on several fronts were a big burden to the Portuguese finances (35% of the budget was allocated then to Defence) and were responsible for deep discontent of the society as a whole, because of the casualties. In 1975 independence was given to Angola, Mozambique, Guinea-Bissau, St. Tomé and Prince Islands and Cape Verde. During that period East Timor was invaded by Indonesia. In November 1975 another revolution by the military, prevented Portugal from becoming a country ruled by the communists. In 1986 Portugal joined the European Economic Community. In 2000 Macau was returned to the Republic of China.

Lisboa is Portugal's largest town and Capital. Lisboa has a fine position on the north shore of river Tagus ('Tejo' in Portuguese). Lisboa was founded by the Phoenicians, who named it Olisipo or 'fine harbour'. Under the Romans it became Felicitas Julia in honour of Julius Caesar, and its relations with Iberian hinterlands were extended. The ancient city occupied the hills on which the Castle of St. George now stands. In the Visigoth period an city was built. In 716 the city was captured by the Moslem and remained in their hands until 1147 (captured by King Henry I). In the 13th century it became the Capital of Portugal but it was not until the XVI and XVII century that it reached its zenith. It had taken over the Eastern spice trade from Venice (with the discovery of the direct maritime route toward the Indian Ocean and India by Vasco da Gama) and added to it the entrepot of the New World.

The disastrous earthquake and following tsunami of 1755 (the largest earthquake ever registered in European modern history), was the main cause of economic collapse from which the town recovered only at great cost. A prominent part in its rebirth was taken by the Marquis of Pombal ('Praça Marquês de Pombal'). The new city was built in a gridiron layout between the ROSSIO Square in the north and PRAÇA DO COMÉRCIO, which has a magnificent southern frontage on river Tagus. This area is Lisboa's downtown center ('BAIXA') and is reachable by Metro in about 15 minutes from ISEL. One of the most beautiful and largest streets is AVENIDA DA

LIBERDADE, which runs northward from the Rossio and the adjacent central station where you can find chic stores and brands.

In the oldest part of the town is the Romanesque cathedral (SÉ CATEDRAL DE LISBOA) built in 1147 on the capture of the city from the Moors and largely rebuilt in Gothic Style. The Castle of St. George ('CASTELO DE S. JORGE') contains some of the oldest buildings in Lisbon and affords magnificent views. To the west, in BELEM is the Monastery of Jerónimos ('MOSTEIRO DOS JERÓNIMOS'), probably Portugal's most famous monument (adjacent is the Navy Museum), where construction started in 1502. Further down is Belem Tower ('TORRE DE BELÉM'), built in 1515 at the place from which Vasco da Gama set out. Prominent across the river, in Almada, is the huge statue of Christ, 109 m high, that was sculpted between 1954-1959 (ordered by Salazar in recognition to the Lord of Portugal being spared by the WWII).

The most modern area of Lisboa is a consequence of EXPO 98 works and is now called 'PARQUE DAS NAÇÕES' and can be reached in about 3 minutes using the Metro from ISEL. Today there are several shopping centers, some of them very large. In 'Parque das Nações' is located one of the most modern shopping center in Lisboa, the 'Vasco da Gama'. Shopping center 'Colombo' is one of the Europe's largest shopping centers and can also be reached by Metro at 'Colégio Militar' station.

See the web site at http://www.cm-lisboa.pt/turismo for more information on the history of Lisboa.

ISEL HISTORY AND SHORT DESCRIPTION

The *Instituto Superior de Engenharia de Lisboa* (High Institute of Engineering of Lisbon) - ISEL has resulted from the restructuring of an Institution with a long-standing tradition in Engineering teaching in Portugal, the *Instituto Industrial de Lisboa* (Industrial Institute of Lisbon), which was originated in December the 30th, 1852, by Royal Decree signed by Queen Maria II. The Institute achieved Higher Education status, with its present designation of ISEL, in December the 31st, 1974, by Decree n. 830/74.

In October the 25th, 1988, by Decree n. 398/88, it became part of the network of the Polytechnic Higher Education establishments, integrated in the *Instituto Politécnico de Lisboa* (Polytechnic Institute of Lisbon) - IPL. With the Basic Law of the Education System, in September the 19th, 1997, the Diploma Courses have a five year duration, with an intermediate three-years Bachelor Degree.

The main goals of ISEL are the following: to teach courses with a strong technological component; to prepare the students for a successful insertion in the work market; to develop the research spirit; to maintain connection with the industry, whether through project development or through its teachers; to promote co-operation with foreign Higher Education Institutions, namely in the scope of European Programs (Socrates/Erasmus, Tempus, Neptune).

ISEL campus is in Lisbon's East side, where it occupies an area of approximately 6 ha and is composed by 6 buildings. The Institute has a library, a restaurant, snack bars, self-service, recreation rooms, study rooms, copy centres, a book/stationery shop, a banking agency and a student residence inside the campus. It also has sports infrastructures, namely tennis courts, sports facilities and a gymnasium.

ACCOMMODATION

To accommodate the participants our Portuguese hosts recommend the hotels listed bellow. The first two hotels (left column) are located at the most modern part of Lisboa, 'Parques das Nações' which is at 3 minutes distance (using Metro) from the LS location at ISEL. The remaining hotels are all located near a Metro station from which you can easily get to ISEL. Prices given below are just for reference, prices may be higher if you book last minute.

Hotel Tivoli Oriente (****)
Av. D. João II
1990-083 Lisboa
Tel.: +351 21 891 51 00
Fax.: +351 21 891 53 45
E-mail: htoriente@tivolihotels.com
www.tivolihotels.com
(single 100€; double 110€)

Hotel Tryp Oriente (****)
Av. D. João II
1990-083 Lisboa
Tel. +351 21 893 00 00
Fax. +351 21 893 00 99
E-mail: tryp.oriente@solmeliaportugal.com
http://www.tryporiente.com/
 (single 82-90€; double 92-105€)

Altis Park Hotel (****)
Altis Park Hotel (****)
Av. Engº Arantes de Oliveira, 9
1900-221 Lisboa
Tel.: +351 21 843 420 00
Fax.:+351 21 846 08 38
E-mail:
reservations@altisparkhotel.com
www.hotel-altis.pt
(single 65€; double/twin 75€)

Hotel A. S. Lisboa (***)
Av. Almirante Reis, 188
1000-055 Lisboa
Tel.: +351 21 842 93 60
Fax.: +351 21 842 93 74
E-mail: info@hotel-aslisboa.com
www.hotel-aslisboa.com
(single 85€; double 100€)

Hotel Roma (***)
Av. de Roma, 33
1749-704 Lisboa
Tel: +351 21 793 22 44
Fax.: +351 21 793 29 81
E-mail: info@hotelroma.pt
www.hotelroma.pt
(single 55€; double 65€)

MEALS

Lunch has to be organized by oneself. A list of restaurants which offers lunch at reasonable prices and are located close-by ISEL can be found in appendix.

MONEY EXCHANGE

Portugal is one of the countries with the highest density of ATMs, so it's easy to find them throughout the city. Most large restaurants and shops accept international credit cards, but please check for the credit card stickers as you enter the door to verify before entering. American Express, MasterCard and Visa credit cards are the most widely used. Currency exchange is possible at the airport and all banks. You can find daily exchange rate information for all currencies at:
http://www.x-rates.com or http://search.yahoo.com/bin/search?p=exchange+rates .

The currency in Portugal is the EURO.

WEATHER

In November, the average temperature is 14 degrees and the average rainfall is 114 mm. Updated weather forecasts can be found at the following web sites:
http://www.usatoday.com/weather/forecast/worldfo1.htm ,
http://www.worldweather.com or http://www.meteo.pt.

TIPPING

Tipping in restaurants, bars and taxis is not mandatory, but is usually about 5-10% at one's own discretion.

ELECTRICITY SUPPLY

The voltage in Portugal is EU standard of 220 volts/50 hertz. Please make sure you have the proper adapters for your appliances (2 pin plugs as in France).

TELEPHONE

The international dialling code for Portugal is 351, and there are no area codes in Portugal. Individual telephone numbers are comprised of nine digits. Phone cards must be used for public phones, and cards can be purchased at post offices, or at the airport. Most post offices are open from 09.00 to 18.00 on weekdays. These phone cards for public telephones are much cheaper than using the room phones in the Hotel. The international access code when dialling from Portugal is 00 before the country code.

MISCELLANEOUS

See the web site http://www.atl-turismolisboa.pt/ and http://cm-lisboa.pt/turismo/ for more information on the gastronomy, shopping, nightlife or accommodation in Lisboa.

The value added tax (VAT) for goods is 21%. The VAT in restaurants is 12%. The VAT is always included in the shown price. Please ask the shop for a tax-free form for VAT reimbursement at the airport.

ADDITIONAL INFORMATION

For additional information of a special or general nature please contact:

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Fax: (+351) 218 317 114
E-mail : cmarcal@deetc.isel.ipl.pt

LOCAL AREA MAPS and useful WEB SITES

You may use the following Web Sites for more details on general and local area maps, as well as on other general information of interest:
http://www.visitportugal.com

http://www.atl-turismolisboa.pt/

Lisbon Airport

ISEL ("Chelas" station)

Parques das Nações

Metro of Lisboa

Coroa 1
Zone 1

Coroa L
Zone L

Odivelas
Senhor Roubado
Ameixoeira
Lumiar
Quinta das Conchas
Campo Grande

Amadora Este
Alfornelos
Pontinha
Carnide
Colégio Militar /Luz
Alto dos Moinhos
Laranjeiras
Jardim Zoológico
Praça de Espanha
S. Sebastião
Parque
Marquês de Pombal
Rato
Restauradores

Telheiras
Cidade Universitária
Entre Campos
Campo Pequeno
Saldanha
Picoas
Avenida

Alvalade
Roma
Areeiro
Alameda
Arroios
Anjos
Intendente
Martim Moniz
Rossio
Baixa-Chiado

Oriente
Cabo Ruivo
Olivais
Chelas
Bela Vista
Olaias

Cais do Sodré
Santa Apolónia
Terreiro do Paço

Lisboa

Rio Tejo

Azul   Amarela   Verde   Vermelha

ISEL

Parque das Nações

List of restaurants close to ISEL

1- Snack Bar Konjevi
2- Restaurante Lagarder
3- Restaurante Túlipa
4- Churrasqueira Vale da Bica
5- Restaurante o Lourenço
6- Restaurante King Long (Chinese food)
7- Le Royal
8- Churrasqueira A Coroa
9- Restaurante o Lopes