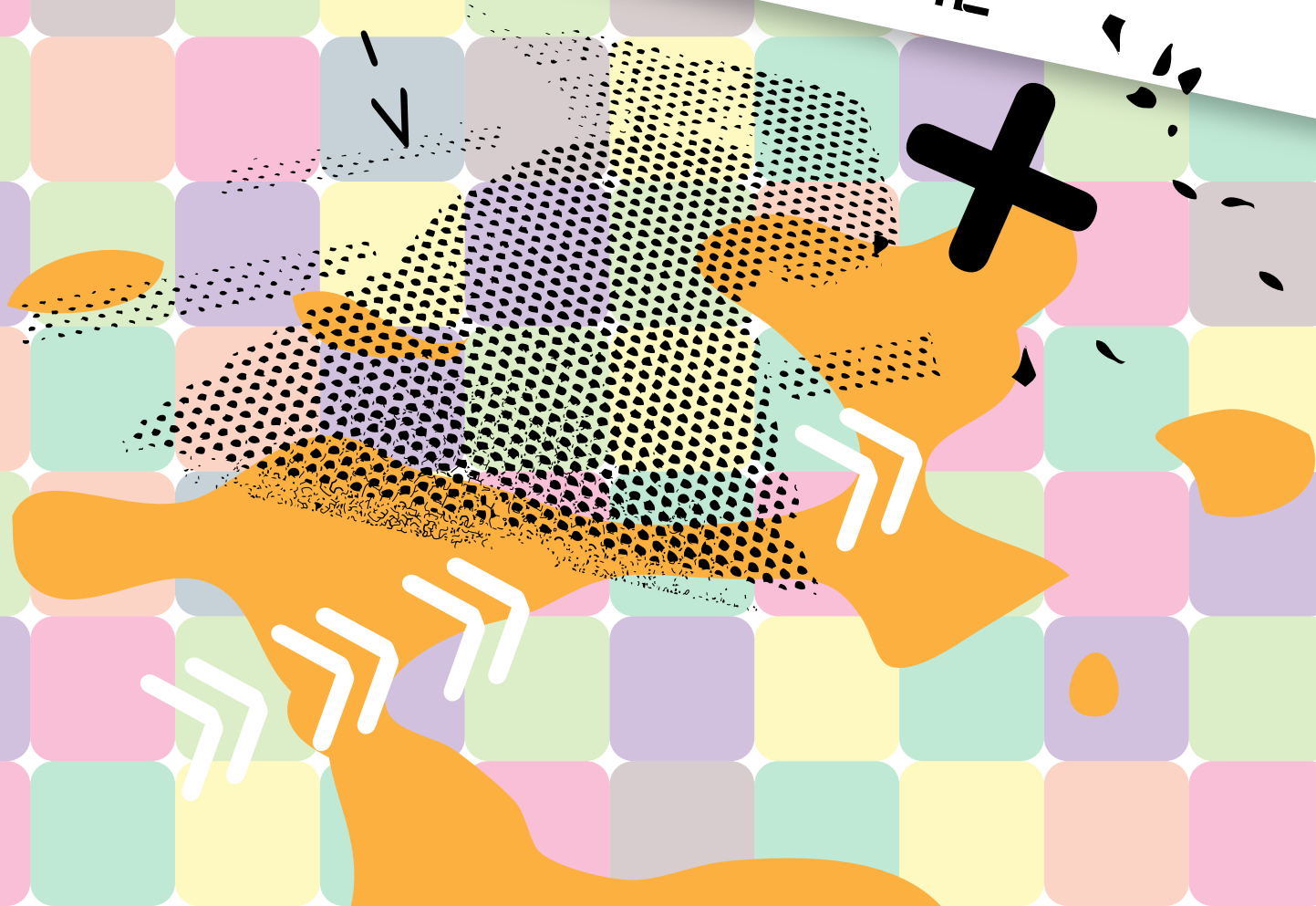




Instituto Politécnico
de Castelo Branco

INTERNATIONAL STUDENTS' GUIDE 2011 – 2012



TECHNICAL INFORMATION

Titel
INTERNATIONAL STUDENT’S GUIDE 2010 – 2011

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Message from the president

Dear Students,

The Polytechnic Institute of Castelo Branco (IPCB) is a public institution of higher education whose main mission is the qualification of high-level citizens, creation and dissemination of knowledge, and the scientific, technological, cultural, and artistic excellence of their students within a framework of international standards.

With a qualified teaching staff, modern infrastructures and high-quality equipments, the IPCB offers through its six schools, a wide range of graduate and postgraduate courses, and is recognized as a privileged partner of the business world.

The IPCB opens its doors to the world and students’ mobility is an important vehicle for internationalisation strategy.

The experience of studying at a higher education institution in another country is one of the best ways to increase the knowledge and skills, not only scientific and technical, but also language, relational and cultural, which are increasingly recognized and valued by the labour market.

I greet all the students coming from all over the globe, seeking the Polytechnic Institute of Castelo Branco to complement their education; with your presence, IPCB becomes a richer institution and I hope that your stay will also be a remarkable experience and deeply enriching.

Welcome to Portugal, Castelo Branco, and the IPCB.


Carlos Manuel Leitão Maia
President



Ipccb's international relations office (gri)

STAFF AND CONTACT INFORMATION

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ERASMUS INSTITUTIONAL COORDINATOR

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📠 +351 272 339 601

ERASMUS LOCAL COORDINATORS

SCHOOL OF AGRICULTURE

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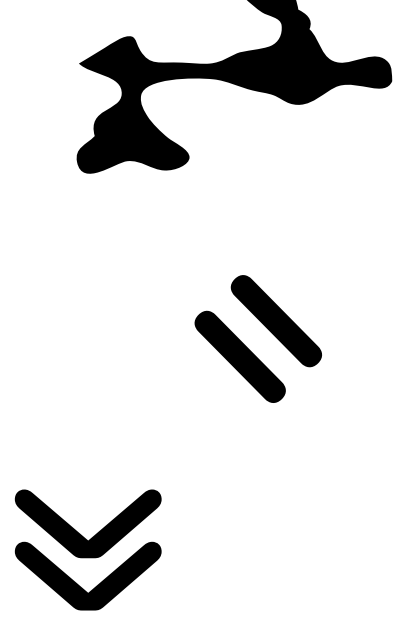
PORTUGAL IN BRIEF

Portugal is a small country with a total area of around 92,000 km² and 10 million inhabitants, located in south-western Europe. It has a very long Atlantic coastline and magnificent beaches that are greatly appreciated by over 12 million tourists every year.

As one of the oldest nations in Europe, Portugal has a rich and interesting history that is reflected in the art, landscape, and cuisine from north to south and also throughout the world.

Portugal has undergone massive political, cultural, economic, and educational transformations over the last thirty years, since the revolution of 25 April 1974. It joined the European Union in 1986 and is now a modern country with modern infrastructures.

welcome to portugal
and castelo branco



The majority of the population lives along 1214 km coastline, mainly concentrated in cities as Lisboa, Porto, Aveiro, Coimbra, and Faro. To enjoy and be amazed by the beauty of nature it is recommended to visit the archipelagos of Azores and Madeira, exotic evergreen paradises with a temperature of above 14°C degrees during the whole year. Local time follows Greenwich Mean Time.

HISTORY AND GOVERNMENT

Having a long and rich past, Portugal has been an independent nation since 1143, apart from the period from 1580 to 1640 when it was under Spanish rule. It became a republic on 5th October 1910 and nowadays is an established parliamentary democracy. The National Assembly is elected every four years.

Currently, the Socialist Party (PS) holds the majority in parliament. The head of the state is the President Cavaco Silva, elected in the run of 2006 and the head of the government is the Prime Minister José Sócrates.


CLIMATE

Portugal has a temperate Atlantic climate, with cold but not severe winters and mild summers. In Castelo Branco the mid-winter temperatures reach an average of 5°C. In summer, the daily maximum temperature average is 35°C or slightly more.

LANGUAGE AND RELIGION

Portuguese is one of the major Romance languages derived from Latin and the seventh language in the world (200 million people).

Regarding religion, Portuguese are mostly Roman Catholic. The State and the different religious communities are completely separate in Portugal, which means that there is total freedom of conscience, religion, and worship. The Comprehensive Law on the Education System, however, guarantees freedom to teach any religion of any particular faith.



THE CITY OF CASTELO BRANCO

The origins of Castelo Branco go back to many centuries ago.

Several archaeological artefacts were found confirming the presence of the Romans in the region. The architecture of the “Medieval City”, one of the richest in the country, also confirms the presence of the Templars in the city.

The city centre and the Jardim do Paço (Bishop’s Garden) are some of the most interesting places to visit in a city that combines modern trends with a rich historical and cultural past.

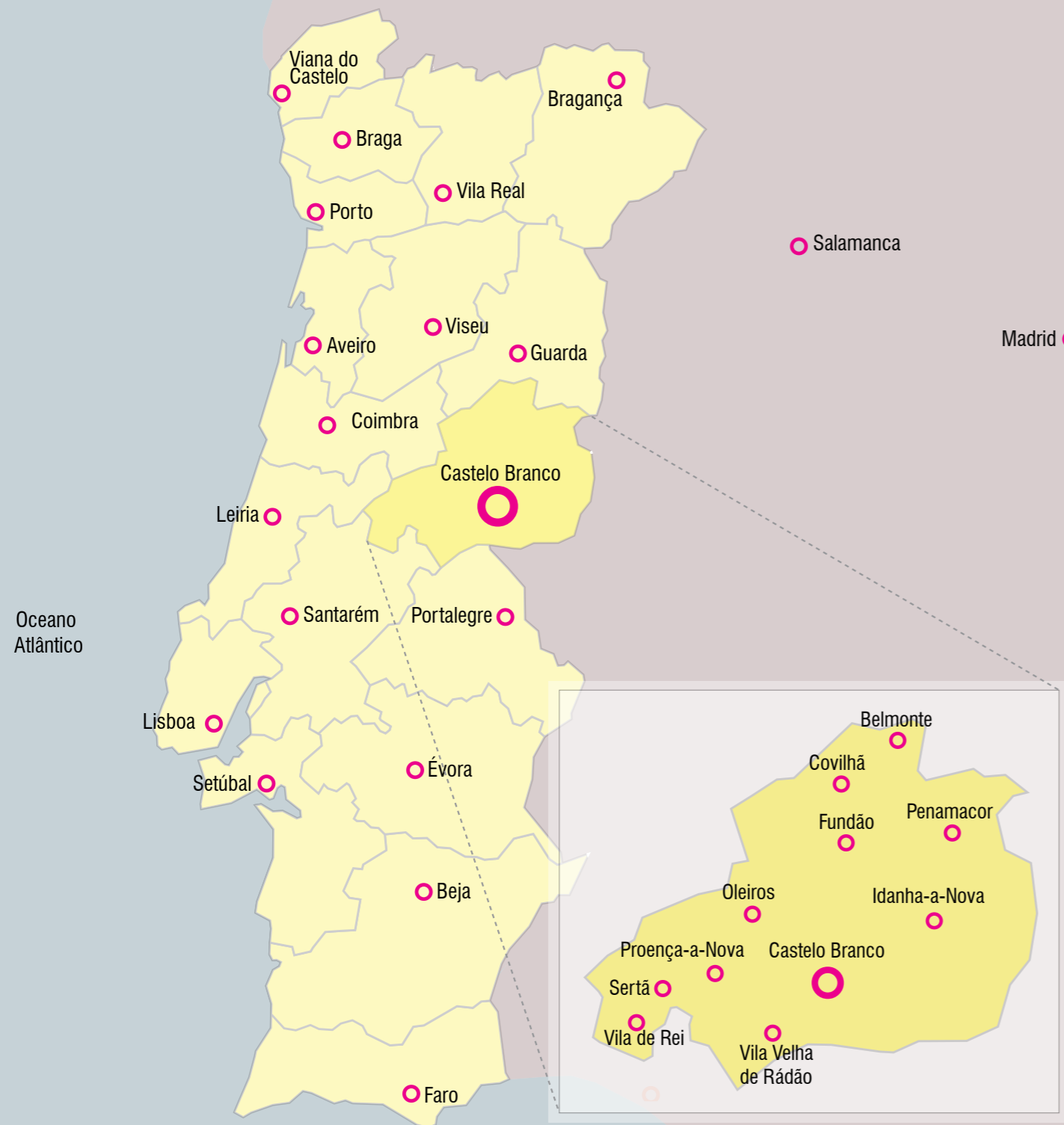
Through the centuries the city has grown and today Castelo Branco is capital of the district. In 2007, Castelo Branco was considered one of the best cities to live in Portugal and the 7th best city to live in Europe, due to its excellent quality of life.

Concerning economic activity, there has been an enormous growth of all industrial activities and services, which confirms Castelo Branco’s historic role as the capital of inland Portugal.

The city is served by many ways and means of transportation (train/bus/car), which allows the modernisation of the city and provides jobs in many areas.

Castelo Branco is a city turned to the future. The city pretends to adjust to the European context level, with strong bets in youth, which is the main population of the city. To do so, it’s necessary to provide young people, not only with many and varied equipment to the practice of sports, but also with professional education and access to education.





GOING TO CASTELO BRANCO

Map of Railways



Map of Road Access (Highways)





SERVICES

HEALTH

In terms of health, the city is supported by a modern hospital that fulfils most needs. This hospital provides clinical services in almost all areas of health. For this reason, it is the reference for the hospitals of Covilhã and Fundão. For the areas of health not covered, this hospital uses the referral hospital in Coimbra.

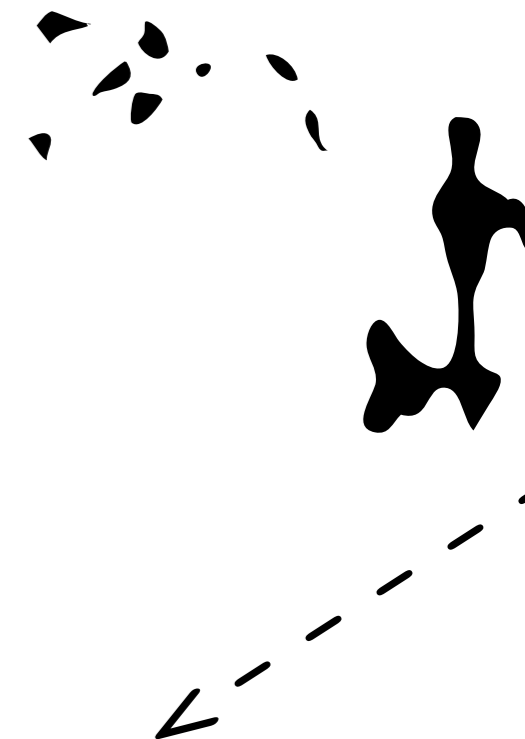
The city is also supported by two Health Care Centres, several pharmacies, and clinics.

TRANSPORTS

The public transport of the city has a varied network ranging from buses to taxis and trains.

The more economical and practical way of travelling within the city is by bus. Buses have a larger range of schedules; they work from the centre to the periphery, from 6:00 am to 1:00 am.

Also, the IPCB can provide bikes for the students that wish to use them.





TOURISM

This region has several attractions, such as beautiful landscapes, gardens, and prehistoric and medieval monuments, among others.

However, the most important attraction in Castelo Branco is the extraordinary Jardim do Paço (Bishop's Garden), designed in the 18th century by the Bishop João de Mendonça. This garden is part of the Paço Episcopal (Bishop's Palace), where the Francisco Tavares Proença Júnior Museum is located (archaeological artefacts, 16th century embroidery, etc.). Other attractions in Castelo Branco are the Sacred Art Museum; the beautiful Cruzeiro of S. João (ancient largest stone cross set up in a public place) from the 15th century and all the Medieval City.

The gastronomy is also a very good attraction. Kid Goat, soups, several kinds of sausage and the famous Maranhos (pork or goat stomach filled of rice, meat, and spices) are some of the most known and appreciated dishes. Borrachões (traditional dry cakes), Arroz Doce (rice pudding made with rice, milk, sugar and eggs), and Pão-de-Ló (traditional cake) are some of the most interesting sweets. In the regional gastronomy, we can also point out the Castelo Branco cheeses, which are registered as D.O.C. (Controlled Origin Denomination) with the names Queijo de Castelo Branco (Castelo Branco cheese) and Queijo da Beira Baixa (Beira Baixa cheese).



CULTURE / LEISURE

The most important monuments to visit in Castelo Branco are the Cargaleiro Museum, the Francisco Tavares Proença Júnior Museum, and the Sacred Art Museum. The city also has a Public Library, sports venues, swimming pool, bars, restaurants, clubs, and parks. The Cine-Teatro Avenida has performances of music, dance, and theatre every week.

The stone-paved sidewalks of the city are a Portuguese tradition known as stone embroidery or art under our feet. In Castelo Branco the pavement artists adopted the motifs of the famous Castelo Branco's embroidery to embellish the pavements of the city.

FOR FURTHER INFORMATION CONTACT:

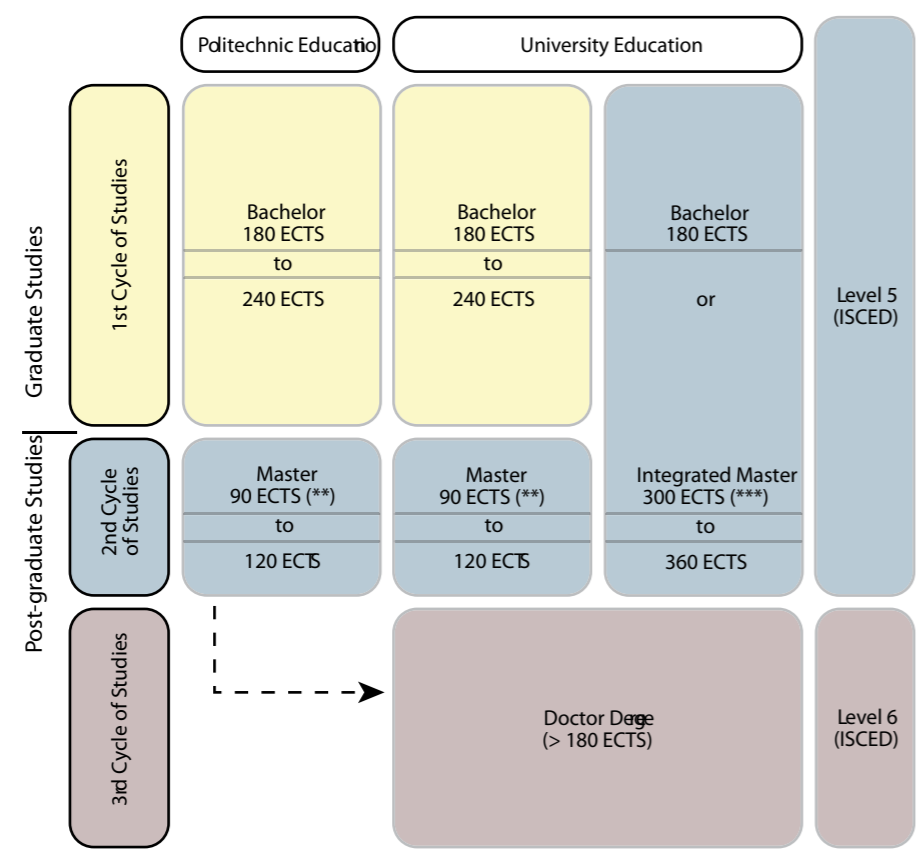
Castelo Branco's Tourism Office

✉ turismo.cmcb@mail.telepac.pt

Idanha-a-Nova's Tourism Office

✉ turismo.cmidanha@mail.pt

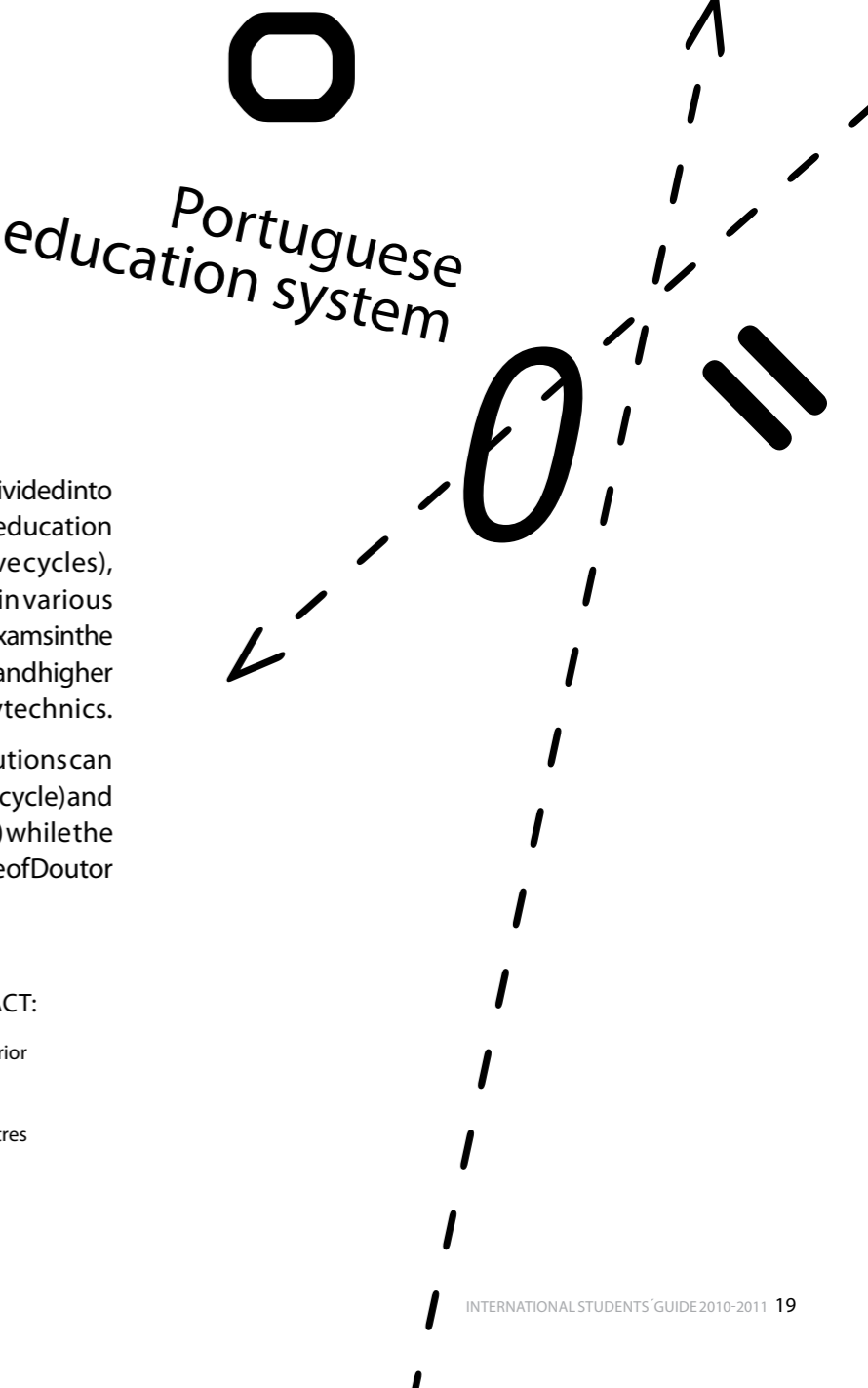
DIAGRAM OF THE PORTUGUESE HIGHER EDUCATION SYSTEM



(*) Except when intended to exercise a certain professional activity requiring education and training rating between 240 and 300 ECTS.

(**) In exceptional circumstances and subject to the fulfilment of every requirement relating to the definition of the objectives of the degree and the conditions for acquiring the title, a cycle of studies leading to a Master degree in a specialized field may be amount 60 credits resulting from a stable and consolidated practice in that specific field at international level

(***) A Master degree may also be granted following an integrated cycle of studies of which the duration for the purposes of obtaining access to a professional activity, as is established by European Union regulations and results from a regular and consolidated practice within the European Union in such cases, a Bachelor degree is granted to students having obtained 180 ECTS (3 years, 6 semesters).



The Portuguese education system is divided into pre-school (children under 6), basic education (9 years divided in three consecutive cycles), secondary education (three years in various thematic areas, ending with national exams in the 12th grade for entrance to university) and higher education at universities and polytechnics. Universities and Polytechnic Institutions can award the Licenciado (Bachelor – 1st cycle) and Mestre degrees (Master – 2nd cycle) while the universities can also award the degree of Doutor (Ph.D. – 3rd cycle).

FOR FURTHER INFORMATION CONTACT:

Ministério da Ciência Tecnologia e Ensino Superior
🌐 <http://www.mctes.pt>

NARIC – National Recognition Information Centres
🌐 <http://www.enic.naric.net/>



castelo branco Polytechnic institute – ipcbr

The Castelo Branco Polytechnic Institute (IPCB) is a public institution of higher education created in 1980. Located in Castelo Branco, Portugal, the IPCB has taken part in the growth of the region, contributing actively to the regional development and to the improvement of the town's life quality.

With six Schools, around 40 graduations, 5000 students, 400 lecturers and 300 administrative staff, high level teaching and research departments, halls of residence, high quality sport facilities, and with increasingly efficient connections to the market and the surrounding community, the Instituto Politécnico de Castelo Branco is nowadays a modern and solid institution with high quality standards.

Its main objectives are the initial, continuing and specialised training of highly skilled professionals, scientific and technological research, provision of services to the community, and the promotion of regional development.



The IPCB offers degrees in the education fields of Agrarian and Food Science, Arts and Music, Education, Health, Management and Business, Tourism, and Engineering. The courses taught at the IPCB strong practical and technical training within theoretical frameworks at a very high scientific level, preparing competent professionals.

The Schools of IPCB have high quality facilities, laboratories, and equipment. The teaching staff is of high scientific, technical, and pedagogical competence.

FACTS AND FIGURES (2009/10)

- Schools: 6
 - School of Agriculture (Escola Superior Agrária)
 - School of Applied Arts (Escola Superior de Artes Aplicadas)
 - School of Education (Escola Superior de Educação)
 - School of Management (Escola Superior de Gestão)
 - School of Health (Escola Superior de Saúde Dr. Lopes Dias)
 - School of Technology (Escola Superior de Tecnologia)
- Bachelor degrees (1st cycle): 34
- Master degrees (2nd cycle): 26
- Undergraduate students: 4014
- Postgraduate students: 400
- Teaching staff: 376
- Other staff: 273





ARTS, COMMUNICATION AND MULTIMEDIA

BACHELORS (1ST CYCLE):

- Cultural Animation
- Music, options:
 - Musical Education
 - Instrument
(piano, accordion, guitar, Portuguese guitar, harpsichord, violin, viola, cello, double bass, flute, oboe, clarinet, bassoon, horn, trumpet, and trombone)
 - Electronic Music and Musical Production
 - Singing
- Visual Arts and Digital Arts
- Communication Design and Audiovisual Production
- Interior Design
- Fashion and Textile Design

MASTERS (2ND CYCLE):

- Animation Art
- Music
- Graphic Design
- Interior Design
- Fashion and Textile Design
- Audiovisual Production for New Media

study programmes



BIOLOGICAL AND FOOD SCIENCES

BACHELORS (1ST CYCLE):

- Agronomy
 - Horticulture
 - Animal Production
 - Forestry
- Veterinary Nursing
- Applied Biology
- Human Nutrition and Food Quality
- Biological and Food Engineering

MASTERS (2ND CYCLE):

- Integrated Fruit Production
- Technology and Sustainability of Forest Systems
- Agro-Environmental Soil and Waste Management
- Innovation and Food Quality



BUSINESS SCIENCES AND LAW

BACHELORS (1ST CYCLE):

- Accounting and Financial Management
- Human Resources Management
- Secretariat Studies
- Solicitors

MASTERS (2ND CYCLE):

- Business Management



EDUCATION AND TEACHING

BACHELORS (1ST CYCLE):

- Basic Education

MASTERS (2ND CYCLE):

- Special Needs Education – Cognitive and Motor Skills
- Early Childhood Education
- Teachers of English and French as Second Languages for Basic Education
- Early Childhood Education and Primary Education
- Primary Education
- Primary and Basic Education
- Teachers of Music Education for Basic Education
- Teachers of Professional Music Education and Music in Performance
- Teachers of Professional Instrumental Performance and Music in Performance



ENGINEERING AND COMPUTER SCIENCES

BACHELORS (1ST CYCLE):

- Industrial Engineering
- Electronics and Telecommunications Engineering
- Computer Science Engineering
- Information Technologies and Multimedia
- Computer Science Applied to Health
- Civil Engineering
- Renewable Energy Engineering

MASTERS (2ND CYCLE):

- Mobile Communications
- Civil Infrastructure Construction
- Sustainable Construction
- Geographic Information Systems for Agro-Forestry and Environmental Resources
- Software and Interactive Systems Development
- Information Systems and Communication



HEALTH AND SOCIAL PROTECTION (WELFARE)

BACHELORS (1ST CYCLE):

- Nursing
- Cardiopneumology
- Clinical and Public Health Analysis
- Radiology
- Physiotherapy
- Social Work

MASTERS (2ND CYCLE):

- Social Intervention in Schools
- Social Policy

TOURISM, SPORT, AND SERVICES

BACHELORS (1ST CYCLE):

- Hotel Management
- Tourism Management
- Sport and Physical Activity
- Emergency Management

MASTERS (2ND CYCLE):

- Physical Activity
- Monitoring Risks and Environmental Impacts



exchange period in
castelo branco

The international dimension (mainly the European dimension) is considered today as one of the most important criteria of quality in Higher Education.

This factor is one of the strategies for the development of the Institute.

So, through the years, the IPCB has registered an increasing participation in several European programmes, such as Erasmus, Comenius, Lingua, Tempus, LeonardodaVinci, Windsor Treaty, etc. Besides the partnership/cooperation developed within these programmes, there is also participation of the IPCB in several International Associations and the existence of Cooperation Agreements with some universities.



TEACHING LANGUAGE

Classes are lectured in Portuguese and English. Students must have some knowledge of the Portuguese language before starting courses at IPCB. Therefore, every year the IPCB runs Portuguese courses for foreigners (see: Language support).

For student evaluation (exams, tests, oral, and written work), it is recommended that the student speaks in advance with each teacher about using the English language.

ACADEMIC YEAR

The academic year is usually divided into two semesters, running from September to January (Autumn Semester) and from February to June (Spring Semester).

Examinations are held from mid-January to mid-February and in June/July.



ASSESSMENT AND GRADING SYSTEM

The Portuguese grading scale is from 0 to 20.

- 10 is the minimum passing grade
- 10 to 13 – Sufficient to Satisfactory
- 14 and 15 – Good
- 16 and 17 – Very good
- 18 to 20 – Excellent

In general, a system of continuous assessment has been adopted, including tests and work produced during the semester. However, there may also be compulsory final exams for students who have failed. Students should always read the regulations for each School and check with the academic office (Serviços Académicos and Course Coordinator) the type of assessment that is used in the subjects they are taking.



erasmus programme

In order to apply to the IPCB, Erasmus students have to fill in the following forms: Student Application Form; Learning Agreement; Transcript of Records. These forms can be downloaded from the International Relations Office website.

The deadlines for application are:

- For the Autumn Semester or the full academic year - May 31
- For the Spring Semester - November 30

N.B.:

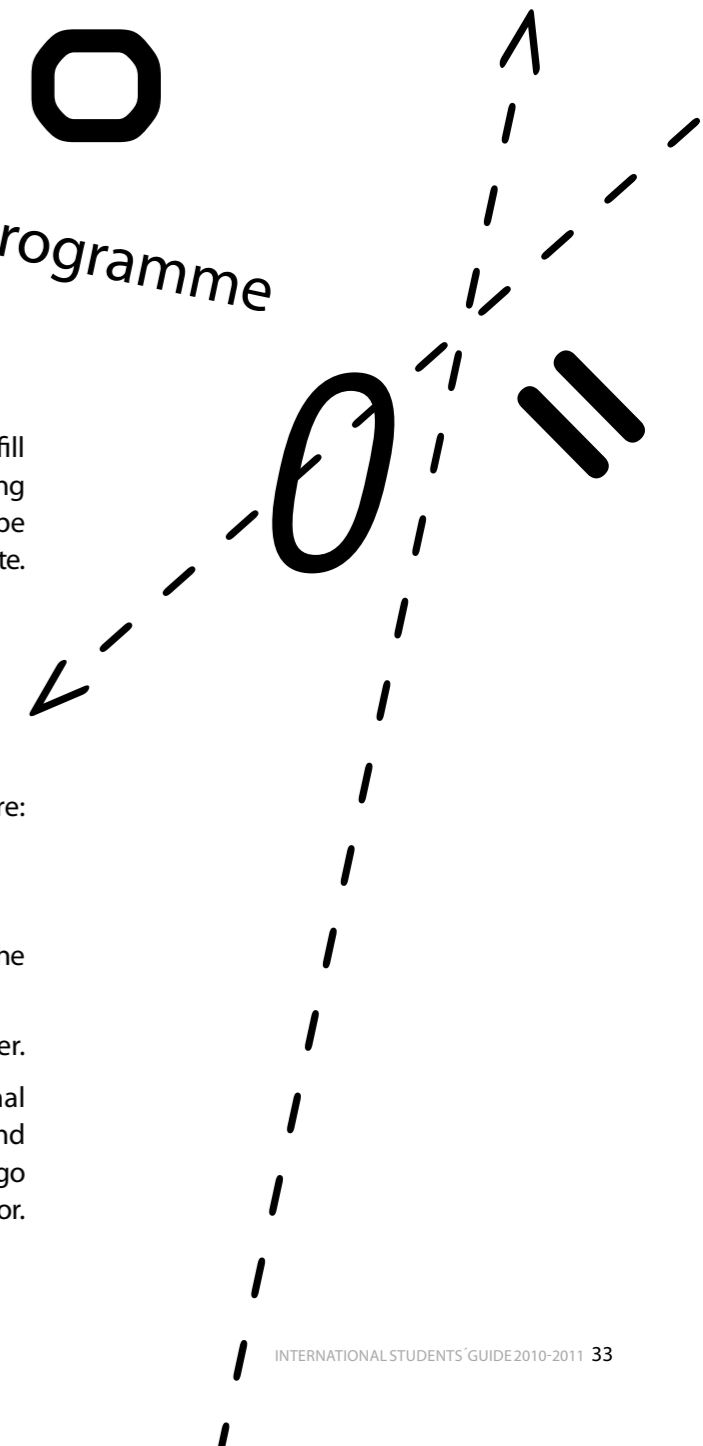
The deadlines for the students of Design and Music are:

- For the Autumn Semester or the full academic year - May 1
- For the Spring Semester - November 1

The students from Design should also send a Portfolio and the students from Music a CD with their work.

The students admitted will receive an acceptance letter.

Upon arrival the student should visit the International Relations Office (GRI) to register as an Erasmus student and get the student's card. Only after that the students should go to the School and contact the Erasmus School Coordinator.





WHO CAN PARTICIPATE?

The students from 27 member states of the European Union, from the three countries of the European Economic Area (Iceland, Liechtenstein, and Norway) or from Turkey, have the possibility to study in Portugal for a period of between 3 and 12 months under the Erasmus programme, with a study grant and without paying any tuition fees at IPCB.

BILATERAL AGREEMENTS

The students wishing to participate should go to the International Relations Office of their home university and ask about the Erasmus programme and the possibilities that it offers. The students can also check information on the website of the home university and our website in order to find out, among other things, about Bilateral Agreements between the IPCB and other Institutions.



THE LEARNING AGREEMENT

An important document of the ERASMUS study period is the Learning Agreement. This document sets out the programme of studies which the student will follow abroad, as well as the confirmation of academic achievement protocol, and must be agreed and signed by the home university, the host university and the student. Any change to that Learning Agreement should be agreed in writing by all three parts.

RECOGNITION OF STUDIES

If the student complies with the requirements of the Learning Agreement, then the recognition of the study period abroad by the home university is assured. All student's rights, as well as his/her obligations as an ERASMUS student are established in the Erasmus Student Charter, which is given to each student before leaving for the study period abroad.

MORE INFORMATION ABOUT THE ERASMUS PROGRAMME CAN BE FOUND IN:

 http://europa.eu.int/comm/education/programmes/socrates/erasmus/students_en.html

ARE YOU INTERESTED IN POST-GRADUATE COURSES?



Although this guide is essentially designed for Erasmus students from the first cycle, much of the information may also be useful for those applying for post-graduate courses or programmes.

The IPCB also offers post-graduate courses that can either lead to degrees or diplomas. Many of these courses or programmes have variable calendars and undergo major changes from one year to the next. The IPCB's website has up-to-date information on the types of courses and programmes, specialisations, conditions for admission, application schedules, study plans, etc.



O travelling to and living in portugal

All foreign students, except students from the European Union, need a permit to stay in Portugal. However, all students (including European Union students) should contact the Foreign People and Borders Office in order to inform it about the study period in the IPCB and go through all registration procedures. This registration applies to all students staying in Portugal for over 3 months and they need to bring with them an identification document, three photos, proof of registration at IPCB, proof that they can support themselves financially during the study period abroad and a health insured document.

CONTACTS:

- ✉ Rua Professor Dr. Faria de Vasconcelos, Lt. 6 - R/C
6000-266 Castelo Branco
- ☎ +351 272 349 500
- ☎ +351 272 349 519
- ✉ del.cbranco@sef.pt
- 🕒 9:00 – 12:30; 14:00 – 16:00



ONCE IN PORTUGAL – HOW TO GET TO CASTELO BRANCO?

BY AIRPLANE

International Airports in Portugal:

- Lisbon*
- Porto
- Faro

* We recommend Portela Airport, in Lisbon, since the connection to Castelo Branco is easier from Lisbon.

BY TRAIN


To reach Castelo Branco by train please check timetables at

 www.cp.pt

Inter-City train (Intercidades) is the best choice; the other trains are not as comfortable or fast. In Lisbon, it is recommended to take the train at the Oriente Station (it is closer to the airport and by subway it is the last station of the red line).

BY BUS

To reach Castelo Branco by bus please check timetables at

 www.rede-expressos.pt

All the main transportation companies have regular bus to Castelo Branco.

In Lisbon the bus terminal is located in Sete Rios and the nearest subway station is “Jardim Zoológico”.

It takes about three hours to reach Castelo Branco by Inter-City train or bus and both companies accept the Euro<26 card.

IF YOU TRAVEL TO PORTUGAL BY INTERNATIONAL BUS OR TRAIN:

International trains run daily between Paris and Lisbon (Sud Express), crossing the border at Vilar Formoso.

The nearest international train or bus stop is Guarda. To cover the last 80 km and reach Castelo Branco it is recommended to take another train or bus.



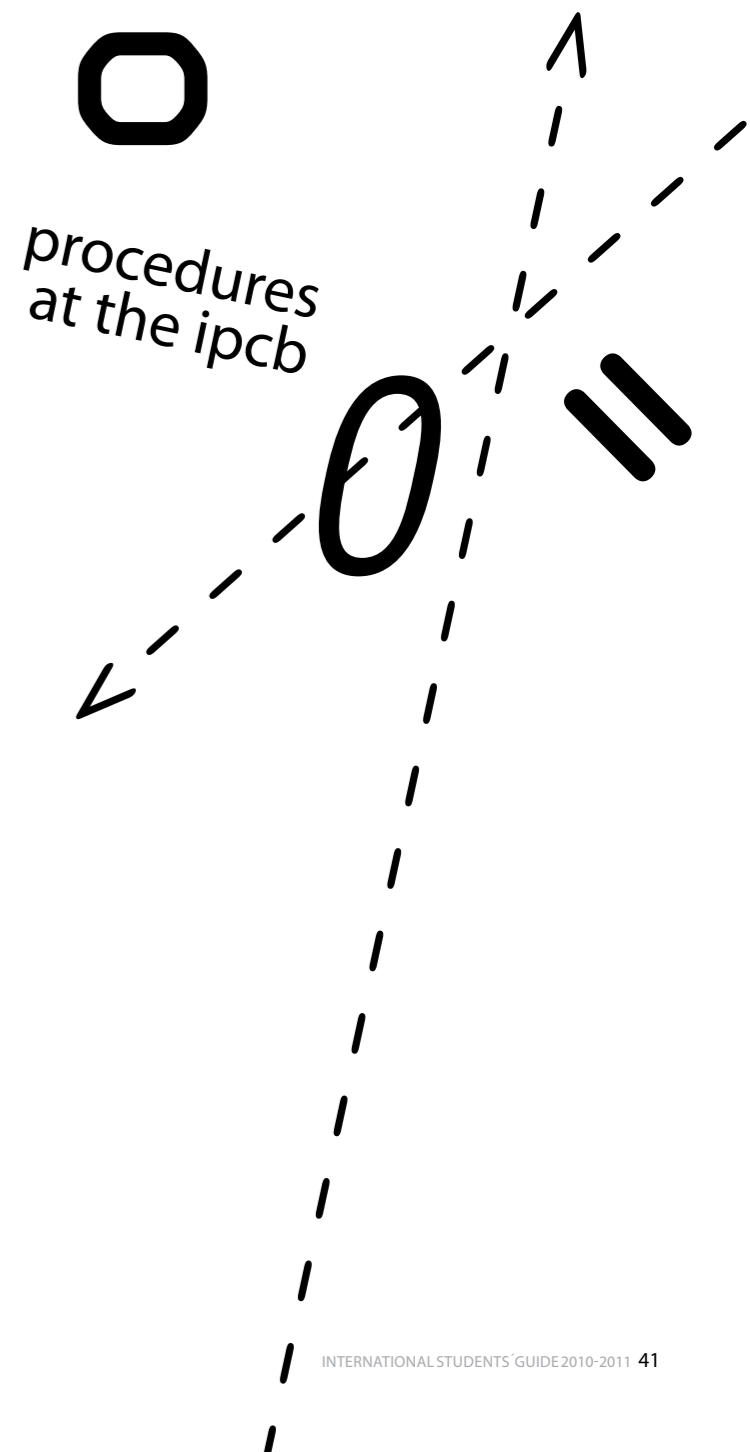
ON ARRIVAL

The people of Castelo Branco – and the Portuguese people in general – are very friendly and welcoming. They enjoy practising their English, Spanish, and French, and are happy to show foreigners the city.

After arriving and settling in, the students should go to the International Relations Office (main building) to meet us and complete his file. The office is open from 9:00 to 12:30 and from 14:00 to 17:30.

Then she/he should go to the School where she/he is going to study (see Contacts) to register and confirm the chosen courses.

We recommend the students to arrive a few days before the start of classes so as to have time to settle in, get to know the IPCB and the city, enrol in the selected courses and get students' identification documents.





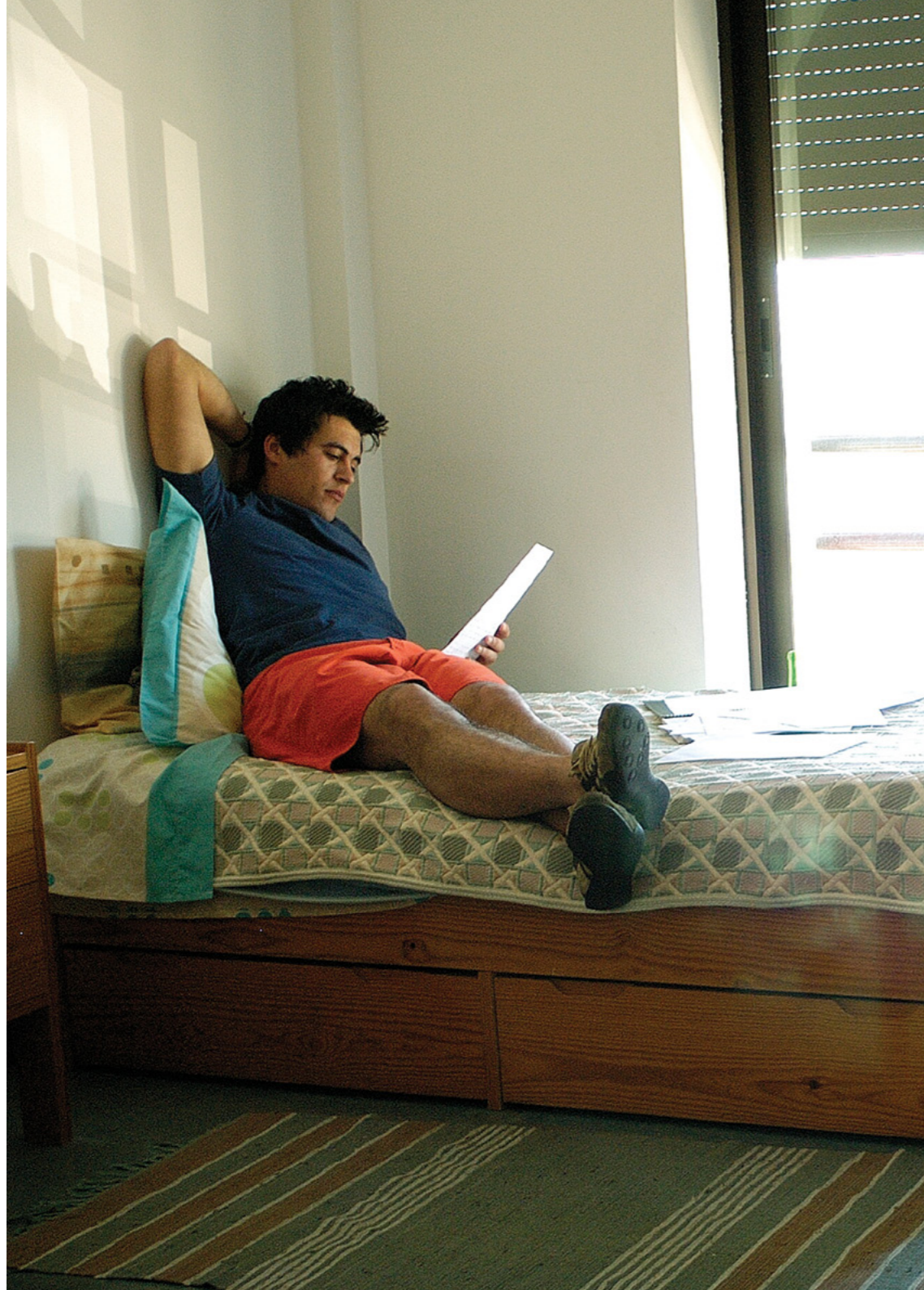
ON DEPARTURE

It is necessary to inform the International Relations Office and the Housing Manager about departure at least two weeks in advance.

At the end of the exchange period, the International Relations Office will prepare the "Transcript of Records" to be sent to the Institutional Coordinator of the Sending Institution. Whenever possible, this document will be prepared before the students leave.

The students should also fill in a questionnaire and send it to the International Relations Office of the IPCB to inform us about his/her general satisfaction with our services.





HOUSING

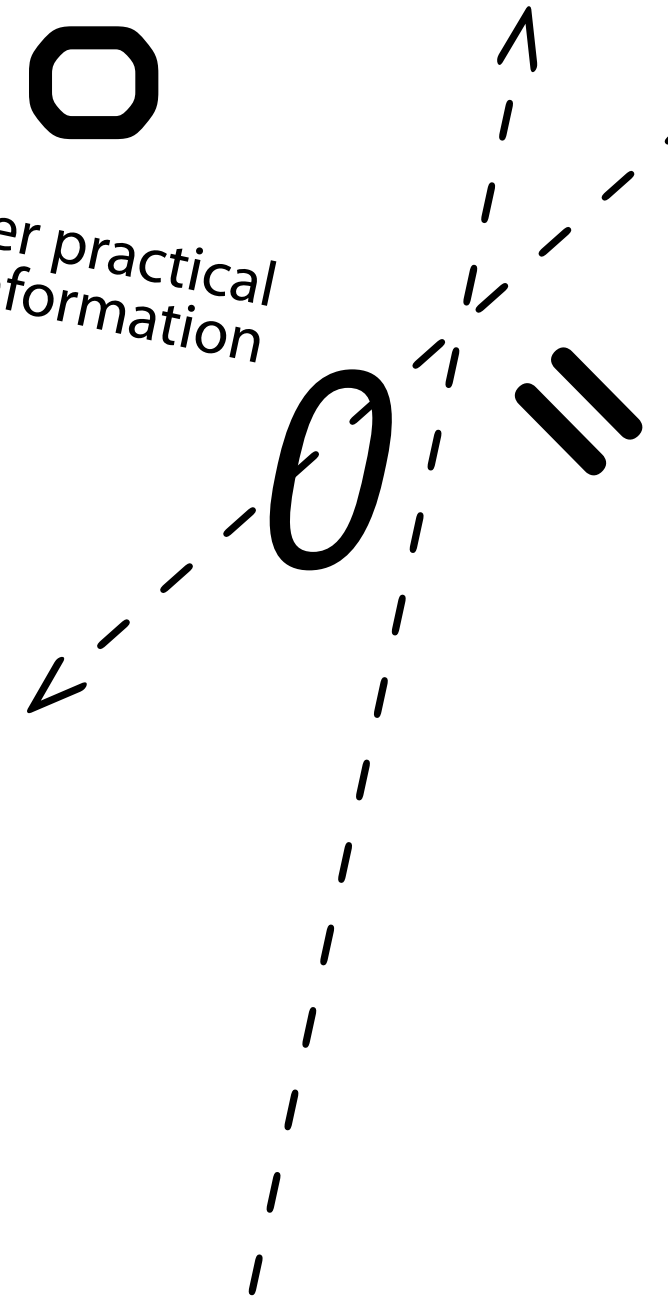
Students coming from abroad have two housing options: Students' halls of residence or private housing, where they can rent a flat to live alone or to share with other fellow students.

The private housing market offers may be consulted at the Housing Database available at the Students' Union of each School. Rents range from 90 to 150 € per month.

The IPCB maintains 4 halls of residence to provide its students with good accommodations at affordable prices. One hall of residence is located in Ildanha-a-Nova.

All the rooms are equipped with closets, desks, chairs, beds, and central heating.

The residences are organised into two double bedroom flats with a shower and toilet, and a small hall. Each floor has a kitchen and a laundry room. The monthly rent is 125 € per person.


other practical
information



The IPCB's Welfare Service manages the four IPCB's Halls of Residence. In order to rent a room at the Residence, the students should send together with the Erasmus documents the Application Form for Accommodation that can also be downloaded from the International Relations Office website.

HEALTH INSURANCE

Students should hold a European Community Certificate of Health (European Card of Health Insurance).

This card can be used in case of health emergencies. If necessary, students should go to the Emergency Service of any Hospital, show this card and pay 8.20€. In case of illness, students should go to the Health Centre.

The pharmacy timetable is as follows: from Monday to Friday 8:30 – 19:00, Saturday until 13:00. At night, on weekends, and holidays there is always an emergency Pharmacy service.

STUDENTS' CAFETERIAS AND SNACK-BARS

The IPCB's Welfare Service provides affordable meals at the students' canteens and snack-bars. Each school of the IPCB has a canteen that is open during workdays for lunch. For dinner, students have at their disposal the canteen at the School of Education and at the Students' Residence.

VIRTUAL CAMPUS

IPCB is part of a major nationwide electronic University network called e-U. This has enabled the online creation of online university services, the production and sharing of academic contents, and internet (and intranet) access from inside and outside the IPCB at any time and from any place.

All campus is covered by a wireless network, and students can use their laptop to access the internet and IPCB's services from any point in IPCB. There are special workstations that are specifically equipped for the use of this network.





LEISURE / SPORT ACTIVITIES

The Castelo Branco region offers a wide choice of leisure activities. For those interested in sports there are several recreation facilities. For outdoor sports it is recommended to take full advantage of living near the countryside; running, biking, hiking, and nature sports are the most frequent.

Several local associations run their own sport activities and it is up to each student to discover them. For example, there are several gyms that offer a wide range of services such as sauna, fitness, martial arts, or yoga. Everyone will find something suitable. For all those who want to feel the Portuguese summer, going to the swimming pool will be also a regular activity during the hot Summer days.





STUDENTS' UNION (FACAB)

All the Schools of IPCB have a Students' Union. The main activities of these unions are to represent students in the management boards of the School, to provide the students with several services, such as paper stationery and photocopies, and to organize several sport and cultural activities.

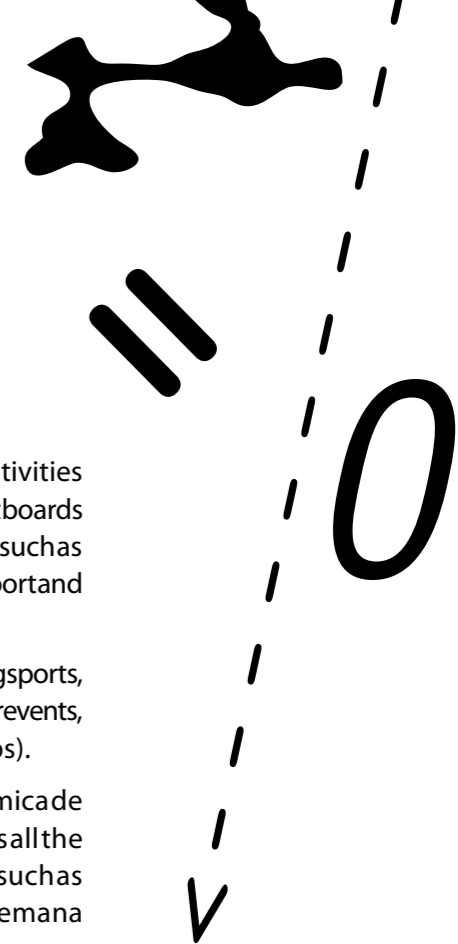
The Students' Union offer a wider range of activities concerning sports, culture, and leisure. During the whole year there are many indoor events, specially related to the Tunas (students' musical groups).

All the Students' Unions belong to the Federação Académica de Castelo Branco – FACAB (centralized unit that represents all the students). FACAB organizes several academic activities, such as Semana do Caloiro (Freshman's Welcome Week) and Semana Académica (Academic Week).

Regarding music, we can also point out the students' musical groups – Tunas –, which are part of the Portuguese academic tradition. The Tunas are very popular and the students enjoy attending the festivals that are organized during the academic year.

FACAB – CONTACTS:

✉ Quinta Dr. Beirão, 34 – 2.º Frente
6000-140 Castelo Branco
☎ +351 272 081 620 or +351 961 582 270
✉ federacaoipcb@gmail.com





ERASMUS INTENSIVE LANGUAGE COURSES (EILC)

The IPCB organises Erasmus Intensive Language Courses – EILC (summer and winter editions) aimed to provide foreign students with the opportunity to learn the Portuguese language, culture, and society. The EILC courses will run between the beginning of September (summer courses) and the beginning of February (winter courses).

There will be two levels: I – beginner and II – intermediate. The programme includes 120 hours of classes, normally only during all the mornings of a 3-week period, complemented with outdoor activities.

• Level I

Beginner course: the target participants are all those who want to acquire linguistic tools that enable them to participate in basic communication contexts required by daily life. The course is divided into Language Structure, Grammar, Speech, and Basic Writing.


• Level II

Intermediate course: the purpose of this course is to increase the students' communication skills in such a way that they can engage in verbal interactions that require a specific use of language. Another aim is to promote the students' social, economic and political overview of Portugal. The strategy is to present subjects that characterize the Portuguese society, history, geography, and literature.

The courses will be complemented with some outdoor activities, which include guided tours around Castelo Branco and visits to Museums and some historical villages.

The students interested in attending any of these courses, have to fill in the application form that can be found on our website in the EILC section.

The deadline for registration is the 31st May. If you have any doubts do not hesitate to contact us.

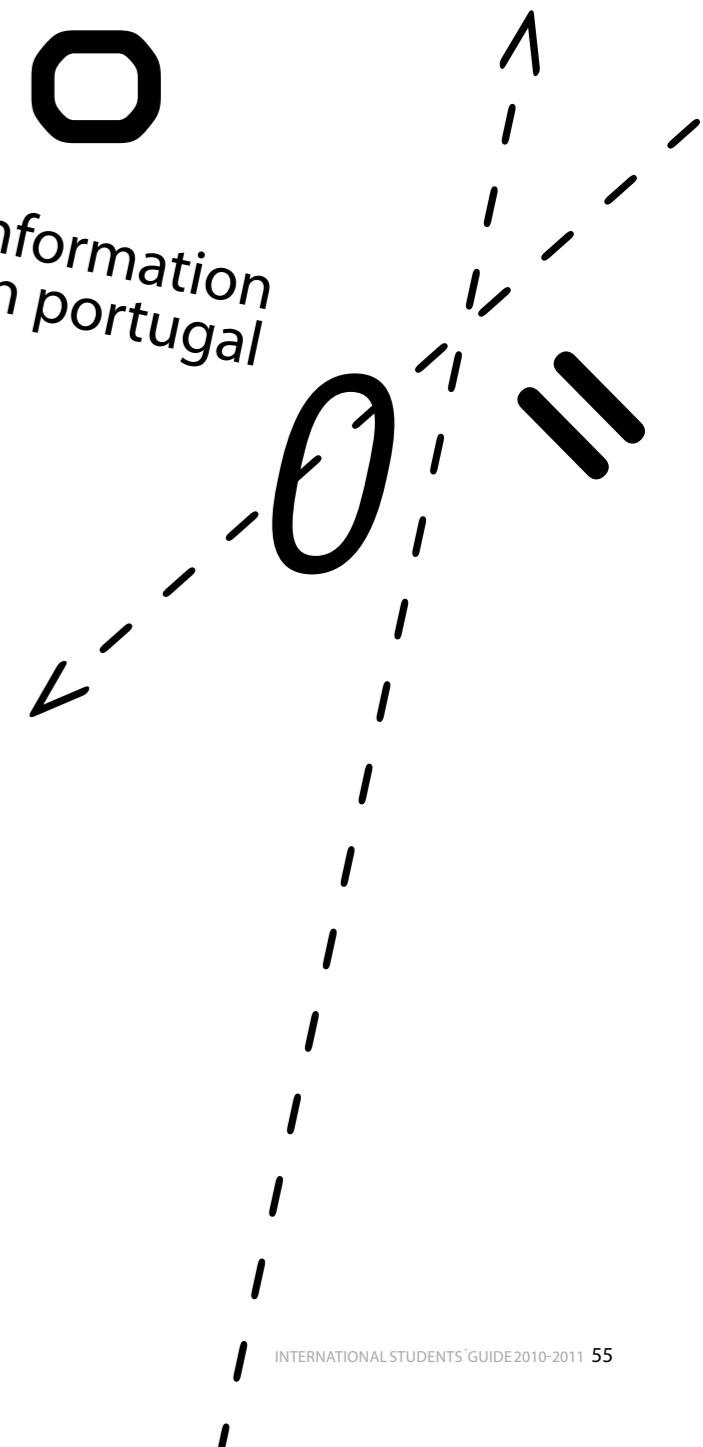




useful information
about living in portugal

PUBLIC HOLIDAYS

- New Year's Day (January 1st)
- Carnival (Fat Tuesday – Mardi Gras)
- Good Friday (moveable)
- Sunday Easter (moveable)
- Freedom Day (April 25th)
- Labour Day (May 1st)
- Day of Camões, Portugal,
and the Portuguese Communities (June 10th)
- Corpus Christi (May/June – 9th Thursday after Easter)
- Assumption of Mary (August 15th)
- Republic Day (October 5th)
- All Saints Day (November 1st)
- Restoration of Independence (December 1st)
- Immaculate Conception (December 8th)
- Christmas (December 25th)





USEFUL PHONE NUMBERS IN CASTELO BRANCO

Fire brigade

☎ +351 272 342 122

Health Centre of Castelo Branco

☎ +351 272 341 761

☎ +351 272 341 740

Hospital Amato Lusitano

☎ +351 272322133

☎ +351 272322276

☎ +351 272325180

National Emergency Number

☎ 112

Police (GNR)

☎ +351 272 344 394

Police (PSP)

☎ +351 272 340 622

Portuguese Institute of Youth

☎ +351 272 326 910

☎ +351 272 326 950

Students' Residence (Castelo Branco)

☎ +351 272 347 606

Student's Residence (Idanha-a-Nova)

☎ +351 272 200 228

Tourism Office of Castelo Branco

☎ +351 272 330 339

Tourist Support Service

☎ 800296296

Coach – Rodoviária da Beira Interior

☎ +351 272 340 126

Train – CP – Caminhos de Ferro Portugueses

☎ +351 272 342 283

Taxis

☎ +351 272 341 539

☎ +351 272 342 012

☎ +351 272 324 685

National Information Service

☎ 118

International Information Service

☎ 177

National Collect Call

☎ 120

International Collect Call

☎ 172

BANKS

Banks are open to the public from Monday to Friday, between 8:00 and 15:00. Portugal is part of the Eurozone, so its currency is the Euro. To open an account in a Portuguese bank the required documents are: passport or another identification document, tax identification number and a document confirming residence in Portugal. Anyone can open an account in any bank with these documents.


Debit cards are one of the most widely used forms of payment in Portugal. There are ATMs, which accept a wider range of cards, in almost every street. Debit/credit cards can also be used in almost every shop. There are also ATMs in every school of the IPCB.

SHOPS

Shops are usually open from 9:00 to 13:00 and from 15:00 to 19:00, on working days, and from 9:00 to 13:00 on Saturdays. During Christmas period timeshops are open all day till 19:00 on Saturdays. In the shopping malls, shops are usually open on Saturdays, Sundays, and other holidays from 10:00 to 23:00.

PORTUGUESE DIPLOMATIC REPRESENTATIONS

A complete list of all Portuguese diplomatic representations in the world can be found at the website of the Portuguese Ministry of Foreign Affairs:

 www.min-nestrageiros.pt/mne/estrangeiro/

Check the available information on the Web or contact the Portuguese Embassy in your country.


COST OF LIVING

The following is a rough guide to prices:

- Mineral water (0.5 litre): 0,80 €
- Accommodation in Castelo Branco (room per month): 90 - 150 €
- Cake: 1,00 €
- Coffee: 0,55 €
- Beer: 1,00 €
- Cinema ticket: 5,50 €
- Newspaper: 1,00 €
- Bread roll: 0,40 €
- Meal at an average restaurant: 10 - 15 €
- Meal at IPCB: 2,20 €
- Sandwich: 1,50 €

USEFUL LINKS

Câmara Municipal de Castelo Branco
(Castelo Branco City Hall)

 www.cm-castelobranco.pt

Caminhos de Ferro
(Trains' Information)

 www.cp.pt


Rede Nacional de Expressos
(Bus Information)

 www.rede-expressos.pt

Instituto Português da Juventude
(Youth Institute)

 <http://juventude.gov.pt/>


Ministério da Ciência, Tecnologia e do Ensino Superior
(Ministry of Science, Technology and Higher Education)

 www.mces.pt


Ministério da Educação
(Ministry of Education)

 www.min-edu.pt

Ministério dos Negócios Estrangeiros
(Ministry of Foreign Affairs)

 www.min-nestrageiros.pt


Pousadas da Juventude
(Youth Hostels)

 www.pousadasjuventude.pt

Tagus - Agência de Viagens
(Students' Travel Agency)


 www.viagenstagus.pt

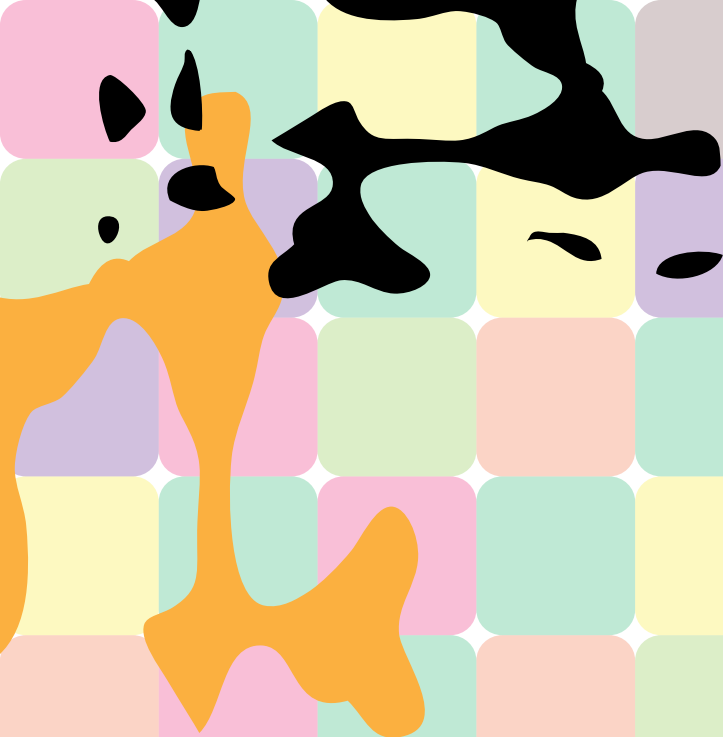
TAP – Air Portugal
(Transportes Aéreos Portugueses)
(Portuguese Airline)

 www.tap.pt/

União Europeia
(European Union)

 www.europa.eu.int

For the most up-to-date information you can visit the IPCB's webpage
 <http://www.ipcb.pt>, where you can also download this guide.



Instituto Politécnico
de Castelo Branco

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