

Student's Guide Portugal



European Master Course in Advanced structural analysis and design using composite materials

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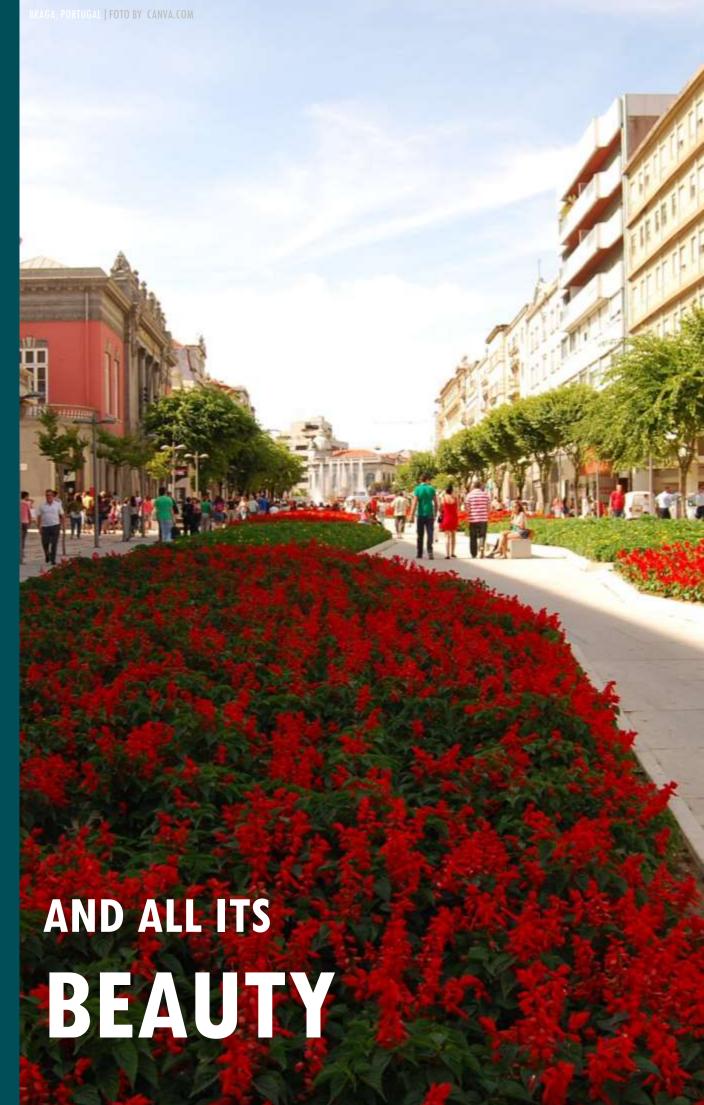
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HOST COUNTRY AND THE CITY OF GUIMARÃES

Portugal

Portugal is one of the world's oldest countries. It became an independent nation in 1143, and has maintained its independence and national boundaries from the 13th century to this day, except for a brief period under Spanish domination between 1580 and 1640. Portugal became a republic on 5th October 1910 and is an established democracy today.

Portugal has a rich seafaring past, superb beach resorts, wistful towns and a landscape wreathed in olive groves, vineyards and wheat fields. Littered with UNESCO World Heritage sites and graced by one of Europe's most relaxed and attractive capitals, it also remains refreshingly affordable. Savouring life slowly is a Portuguese passion, and much of the best is humble - traditional folk festivals; simple, honest food drowning in olive oil; music that pulls at the heart strings, recalling past love and glories; and markets overflowing with fish, fruit and flowers.

LOCATION



South-Western of Spain and Europe, Iberia Peninsula. Borders the Atlantic Ocean on western and southern coast. North of Morocco, North Africa.

Total Area: 89,456 km² Water territory: 400 km² Coastline: 1 621 km

CLIMATE

Portugal has a mild weather, winters are never too cold and summers are always moderately hot. Lightweight clothing is suitable from June to September. A topcoat and umbrella are advisable for autumn and winter

POPULATION

10 276 617 (year: 2018)

RELIGION

Roman Catholic 94%, Protestant (year: 1995)

LANGUAGE

The official language is Portuguese. It is also the mother tongue in Brazil, Mozambique, Angola, Cape Verde, Guinea, Timor and S. Tomé e Príncipe (~275 million Portuguese speakers).

GOVERNMENT INFORMATION

Government type:

Parliamentary democracy

Administrative divisions:

18 districts and 2 autonomous regions*; Aveiro, Açores (Azores)*, Beja, Braga, Braganca, Castelo Branco, Coimbra, Évora, Faro, Guarda, Leiria, Lisboa, Madeira*, Portalegre, Porto, Santarém, Setúbal, Viana do Castelo, Vila Real and Viseu.

Capital: Lisbon

Independence:

1143 (independent republic proclaimed 5 October 1910)

Constitution:

25 April 1976, revised 30 October 1982, 1 June 1989, 5 November 1992, 3 September 1997 and 2004.

Legal system:

Civil law system; the Constitutional Tribunal reviews the constitutionality of legislation; accepts compulsory ICJ jurisdiction, with reservations

Suffrage:

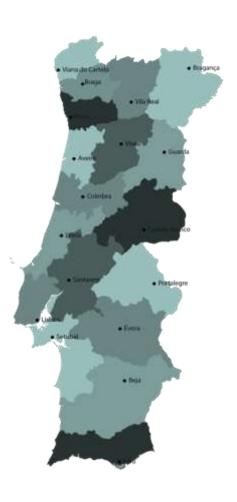
18 years of age; universal

Executive branch:

- Chief of state: President Marcelo Rebelo de Sousa (since 9 March 2016)
- Head of government: Prime Minister António Costa (since 26 November 2015)
- Cabinet: Council of Ministers appointed by the president on the recommendation of the prime minister
- Elections: president elected by popular vote for a five-year term; (eligible for a second term); election last held 4 March 2021; following legislative elections, the leader of the majority party or leader of a majority coalition is usually appointed prime minister by the president

Legislative branch:

Unicameral Assembly of the Republic or "Assembleia da República" (230 seats; members are elected by popular vote to serve four-year terms)
Elections: last held 30 January 2022 (next to be held September 2026)



Judicial branch:

Supreme Court or "Supremo Tribunal de Justiça" (judges appointed for life by the Conselho Superior da Magistratura)

The city of Guimarães

Guimarães, the city you will be living in, is located in north-western Portugal, approximately 350 km north of the capital, Lisbon, and about 50 km from the second largest city, Porto. In administrative terms, it is a municipality made up of 48 parishes, occupying an area of 241.3 km² and including about 160,000 inhabitants.

Guimarães was successively a "Citânia", a Roman Village, a barbarian and christian village up to the IX Century. In the X Century Mumadona, the King of Léon's relative, created the double Monastery for Monks and Nuns of *Santa Maria*, *S. Salvador e Todos-os-Santos*.



Guimarães was born around this Monastery. After the Normans' invasion in 996, Mumadona was also responsible for the building of the Keep, which still ornaments the Guimarães Castle nowadays. Soon after, there were several events that would take place in Guimarães, which would have great importance in the birth of Portugal. D. Afonso Henriques was born in 1111, and in 1125 he becomes a knight in the roman Cathedral of Zamora. In 1127 a siege was laid to Guimarães and on the 24th of June D. Afonso Henriques organised, in the North of the Castle, the battle of São Mamede against his mother and foreign allies. The infant ended up victorious and there began his sovereignty at the head of the Portuguese Kingdom. Guimarães became the birthplace of the nation.





TRAVELLING IN GUIMARÃES

By buses

Guimabus is the public transportation system of Guimarães and covers almost all of Guimarães and runs from 06h00 to 23h00. Running hours are shown at bus stops. A single bus ticket costs 1.45 €. A monthly pass is valid for the urban network and costs 17.15 €.



By taxi

You can hail a taxi in the street or take one from a taxi stand. The telephone taxi companies are honest. The driver may be polite and should give you a receipt for the ride.



By bike

If you are considering bringing your bike or motorbike to Guimarães, reconsider. The city simply is not designed to safely accommodate bike riders.

By car

We do NOT recommend bringing a car to Guimarães. It is a small city and the public transportation system is cheaper. Some general traffic rules:

- Seat belts must be used at all times, including rear seats, if equipped
- Maximum speed: 90 km per hour, in all built-up areas 50 km per hour, motorways 120 km per hour
- Motorways fees (paid by purchasing a window sticker valid for 1 year)

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TRAVELLING OUTSIDE GUIMARÃES

When you travel outside Guimarães you can use a train or a bus. Both are quite cheap and reliable. You will be able to find connection to every village of the country, especially by train.

By air

The nearest airport is Francisco Sá Carneiro International Airport (Oporto Airport), located in Maia near Porto, about 60 km from Guimarães.



By train

Guimarães is part of the modern network of trains that link the main cities in Portugal. This is probably the best way to travel. One word of warning about taking trains within Portugal is that different trains will take different lengths of time to reach the same destination - so check the travel time before you buy a ticket.



By bus

The Bus Centre "Central de Camionagem" is placed in Al. Dr. Mariano Felgueiras, near GuimarãeShopping. The main buses operators are can be found in:



UNIVERSITY OF MINHO

Universidade do Minho (https://www.uminho.pt/) is located in the centre of the Minho region, as a part of the *Costa Verde* (Green Coast) region, forming the NorthWest corner of Portugal. It is a public university with administrative and financial autonomy. It was founded in 1973 and started its academic activity in 1975/76.



Universidade do Minho offers you an environment which is free from the strains of life in the big city. Its first class and modern facilities include two main campi (https://whereis.uminho.pt/), which provide a comfortable and relaxed atmosphere to study.

Whilst Universidade do Minho (UMinho) is a young University, having been founded in 1973, it enjoys a very high reputation for its research and educational performance. It is a medium sized University with approximatley 20 000 students.

Presently, the courses in Architecture and Engineering are taught in Guimarães. The other courses are predominantly ministered in Braga.

The European Master Course in Advanced structural analysis and design using composite materials - FRP++, will take place mainly in the Advanced Postgraduate Training Center - 'Campus de Couros' (https://whereis.uminho.pt/CC.html).

HOW TO GET TO UMINHO – GUIMARÃES

The Francisco Sá Carneiro International Airport is connected with the Porto railway central station (Campanhã) by metro line E (violet line) of "Metro do Porto" (https://en.metrodoporto.pt/). The travel takes 25 minutes, with trains departing every 20 minutes. Tickets can be purchased at the automatic ticket machines located in the Metro station or in the Airport information desk. Tickets can be must be validated before travel by scanning them in front of the yellow machines located in stations.



Airport Station is located just in front of the arrivals zone of the International Francisco Sá Carneiro Airport, in parallel with the two existing road ways. Nevertheless, the person's circulation between both the equipments is guaranteed by a proper underground passage. When arriving at the Airport Station, people only needs to go down a floor and, in little less than 50 meters walking, they are inside of the Airport. Equally, the access to the Station from the interior of the Airport is extremely simple and practical, being fully signalled.

Motorways and railways are the most direct means of reaching Guimarães.

By motorway

Using the current network of motorways, Guimarães can be reached from Oporto Airport in 40 minutes via the A3 and A7. Braga is a mere 15 minutes apart from Guimarães on the A11 motorway. Taking the A11 and A3 northbound, Vigo, Spain is 90 minutes away, and Lisbon is 3 hours to south, via the A7, A3 and A1 motorways.

By bus

From the Francisco Sá Carneiro International Airport you may take a bus to Guimarães (destination: Bus Centre "Central de Camionagem"). Get Bus connections are the number one service operating between Oporto Airport and Guimarães - the journey takes approximately 50 min.. Please check their website for more information.

> **(** https://www.getbus.eu/en/

By train

Guimarães is part of the modern network of trains that link the main cities in Portugal. All-stop service between Porto and Guimarães takes approximately 60 minutes and costs around 3 euros. From the centre of Porto you can catch a train to Guimarães at São Bento or Campanhã Stations. Please check the CP website for more information on tickets cost, train times, amosgt other related information.

> **(** https://www.cp.pt/passageiros/en

Once you arrive in Guimarães, it is better to take a taxi to your accommodation. From the Railway Station or the Bus Station to the Halls of Residence the fare is around 5 €.

By taxi

If you wish to take a taxi from the Oporto airport to Braga or Guimarães: the journey takes approximately 45 min. and the fare is around 60€.





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EUROPEAN MASTER IN ADVANCED STRUCTURAL ANALYSIS AND DESIGN USING COMPOSITE MATERIALS

The Civil Engineering Department of the School of Engineering of the University of Minho welcome you to the European Master in Advanced Structural Analysis and Design using Composite Materials.

The European Master in Advanced Structural Analysis and Design using Composite Materials - FRP++ - is a one-year, full-time intensive academic programme (60 ECTS) leading to the awarding of a double master degree. The FRP++ offers an advanced integrated educational programme covering the key issues of the Composites industry with a particular focus on i) materials and manufacturing processes, ii) mechanics and modelling, iii) analysis and design, iv) inspection, diagnosis, repair and strengthening, and v) sustainability and life cycle analysis.

The Master combines the diverse expertise of leading European HEIs in the related fields (University of Minho - UMinho, the University of Girona - UdG, the University of Naples Federico II - UNINA and Institut National des Sciences Appliquées de Toulouse/University Toulouse III Paul Sabatier - INSA/UPS) to offer an excellent education proposal oriented to a multidisciplinary understanding of structural Composites through the involvement of specialists from complementary fields (engineers, materials science and others). The six coursework units (1st semester), held on a rotating basis among partners, are concentrated in two countries each year and dissertation work (2nd semester) is divided by all involved institutions. Students carry out the entire coursework in one location and the dissertation in another location. The curriculum is the same, no matter the student mobility track. The programme also includes the Integration Week (November) and the annual FRP++ workshop (May) where all students will meet together in Consortium members that do not host any coursework in this academic year.

Academic Year	Coursework	MSc Dissetation	Integration week	FRP++ Workshop
2022/2023	UMinho, UdG	All	UNINA	INSA/UPS
2023/2024	UNINA,INSA/UPS	All	UMinho	UdG
2024/2025	UMinho, INSA/UPS	All	UdG	UNINA
2025/2026	UNINA, UdG	All	INSA/UPS	UMinho

Through an excellent education, students will gain cutting-edge knowledge on structural Composites in a research-driven environment, maintaining close collaboration with industry and an important focus on solving practical problems, to compete in a highly demanding market, such as construction, aerospace and aeronautics, automotive, wind energy, among others, where Composites are

fundamental. The FRP++ combines the latest research advances with the development of activities related to professional practice.

Structure and content

The study programme is composed of seven course units: i) five sequential units (FRP++1 to FRP++5) and ii) one project-based learning unit (FRP++6) along the 1st semester (October to February) of 5 ECTS - 45 hours of lectures and 95 hours of independent student work; and, iii) one dissertation (FRP++7) during the 2nd semester (March to July) of 30 ECTS - 45 tutorial hours and 795 hours of independent student work. The curriculum is the same, no matter the student mobility track.

The units FRP++1 to FRP++5 are conceived as an in-class/lab approach, with a mix of theory and applications and laboratory experiments, lasting 3 consecutive weeks each one. Unit FRP++6 includes field visits, seminars and two comprehensive case study projects (groups of $^{\sim}4$ students), which include project conception, simulation, detailing and reporting, using 'Project Based Learning' approach. In these integrated projects, students are facing "challenges" with the need of conducting search, applying the knowledge acquired in the remaining. FRP++6 runs in parallel with the remaining units (1 to 5) – along the 1st semester. One of the case study projects will developed virtually involving students from both Institutions hosting the coursework of the current academic year (to promote the capacity of developing teamwork virtually). The dissertation (FRP++ 7) aims to develop research and/or professional competences in the field of Structural Analysis and Design using Composite Materials. The general description of the course/units is as follows:

FRP++1 COMPOSITE MATERIALS IN THE INDUSTRY

The unit covers important topics on the composite materials in the construction and mechanical engineering. It includes critical aspects such as materials and processes, types, characteristics and processing of composite materials (including additive manufacturing - AM), adhesives and manufacturing process. Methods for assessing the properties of composite materials are introduced. The comparison between composite materials and traditional materials is also underline. Critical aspects associated to the computer aided simulation of composite of composite materials and structures are introduced, as well as critical aspects on their sustainability and life cycle analysis.

Main learning objectives:

- Get an overview about the use of composite materials in Construction and Mechanical Engineering:
- Be able of selecting proper materials and processes;
- Understand critical aspects in terms of types, characteristics and processing of composite materials, adhesives and manufacturing processes;
- Know the advantages and disadvantages of composite and traditional materials;
- Understand the existing methods for assessing the properties of composite materials;
- Understand critical aspects of computer aided simulation of composite materials and structures;
- Be able to perform a life cycle analysis of composite materials and structures.



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FRP++2 MECHANICS OF COMPOSITE MATERIALS

Unit covers important topics about the mechanical and structural behaviour of composite materials. It includes key aspects such as transversally isotropic elastic behaviour, laminates, failure and damage, delamination and long-term effects. The analysis of composite materials in terms of structural behaviour with finite element simulations is also introduced. The combination of these tools provides the basis for the design process with composite materials for construction and mechanical applications.

Main learning objectives:

- Get an overview about the mechanical and structural behaviour of composite materials;
- Be able to infer the composite mechanical properties from constituent ones;
- Be able to predict the structural behaviour of composite laminates;
- Be able to anticipate damage and failure in composites and predict post-failure behaviour:
- Understand critical aspects of hygrothermal, long-term and ageing effects on composite materials;
- Be able to simulate the mechanical behaviour of composites with Finite Elements Analysis.

FRP++3 ADVANCED MODELLING AND COMPUTER AIDED DESIGN

Description: Unit aims to complete the knowledge from unit FRP++2, providing to the student the capabilities to perform advanced analysis of the mechanical (and/or multiphysics) performance of composite structures. The syllabus also aims to provide knowledge on the optimal design of a composite component, mainly laminates, and the definition of the manufacturing plan (including discussion on AM). Optimization of composites structures is achieved with computer aided. Some examples of how a software can help optimizing the processing, manufacturing and mechanical behaviour of composite materials are provided.

Main learning objectives:

- Be able to make use of computer software to analyse various aspects of composite structure design and process;
- Be able to analyse the nonlinear behaviour of composites structures accounting for both geometric and material nonlinearities;
- Be able to define the scale of the analysis models and perform simulations at different scales;
- Understand the modelling of manufacturing: thermocinetics, thermochemical and thermomechanical modelling;
- Be able to design a composite component and prepare the cutting plan understand critical aspects on optimization of the design of the composite component;
- Be able to perform a life cycle analysis of the designed composite component.

FRP++4 DESIGN OF STRUCTURES WITH FRP MATERIALS

The syllabus covers important topics on the design of structures with FRP materials. Initially it includes the basis of design of structures with FRP materials transversal topic. Then, all the detailed aspects on the design of reinforced concrete structural elements with FRP, as well as on the design of profiles and sandwich structures, as well as connections and joins is introduced, including GAP method, according to the

most recent codes (e.g. CEN TS). Afterwards, the critical aspects on the assessment of life cycle of structures designed with FRP materials are dealt with.

Main learning objectives:

- Get an overview about the protocol followed in the design of structures with FRP materials:
- Be able to design reinforced concrete structural elements with FRP bars;
- Be able to design pultruded FRP profiles and sandwich structures;
- Design and machining innovative composite structures;
- Be able to perform a life cycle analysis of structures designed with FRP materials.

FRP++5 Inspection, Diagnosis and Repairing/Strengthening existing Structures

The syllabus covers important topics on the inspection, diagnosis, repairing and strengthening of existing structures. Prior the intervention in the existing structures, fundamental aspects on the inspection and diagnosis of existing structures are introduced. Then, main aspects on the strengthening of existing structures with composite materials (basis of design, strengthening, installation, control and maintenance) are presented, following recent codes/guidelines (e.g. ACI, CNR, ENs, fib). Similar strategies are used for introducing the repairing of existing structures. The critical aspects on the assessment of life cycle of structures designed with FRP materials are given. Finally, case studies are introduced in order to highlight all the involved issues on inspection, diagnosis, repairing and strengthening of existing structures.

Main learning objectives:

- Be able to perform inspection of existing structures;
- Be able to perform diagnosis of existing structures;
- Be able to design solutions in composite materials for the repair of existing structures;
- Be able to design solutions in composite materials for the strengthening of existing structures;
- Be able to develop life cycle analysis on repairing and strengthening existing structures.

FRP++6 INTEGRATED PROJECT

The unit includes two comprehensive case study projects, field visits and seminars. The two case study projects are i) the development of a project which includes analysis, design and detailing of complex structures in composite materials used in civil and mechanical engineering, and ii) the analysis, design and detailing of repairs and/or strengthening in complex structures in composite materials used in civil and mechanical engineering. The second project will be developed among the students of the two involved coursework hosting Institutions, while first one will be developed only with students of the local hosting Institution. Skills and competences will be ensured during the curricular unit period, due to the teaching methodologies adopted. The unit is based in a specific learning model, where the development of an integrated project with composite materials is pursued. This learning model allows students to develop their capacity to interrelate knowledge and seek for practical solutions applied in real case studies. On the other hand, since this curricular unit runs



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Main learning objectives:

- Get additional knowledge in civil and mechanical engineering with composite materials:
- Be able to develop an integrated project of a structure with composite materials;
- Be able to develop an integrated project on the repairing and/or strengthening of an existing structure with composite materials;
- Develop transversal skills and competences.

FRP++7 DISSERTATION

It is the objective of this curricular unit that students develop search work on concepts, models and instruments related to the research work to be investigated. This research work will allow the development of the original research work, in which the student will have to integrate the knowledge acquired throughout the course, deal with complex issues, in multidisciplinary contexts, developing solutions and reflections on the subject under study. At the end the student shall proceed to a synthesis work in order to write the dissertation. During the development of the dissertation, internships at Associated Partners facilities are whenever possible, desirable.

Main learning objectives:

- Plan the research work;
- Develop the research work.

ECTS

The ECTS - European Credit Transfer System - was developed by the European Commission in order to provide common procedures to guarantee academic recognition of studies abroad. It provides a way of measuring and comparing learning achievements and transferring them from one institution to another.

ECTS Grade	% of successful normally achieving the grade	University of Minho Convertion Scale	Definition
А	10	16 – 20	EXCELLENT outstanding performance with only minor errors
В	25	14 – 15	VERY GOOD above the average standard but some errors
С	30	13	GOOD generally sound work with a number of notable errors
D	25	11 – 12	SATISFACTORY fair but with significant shortcomings
Е	10	10	SUFFICIENT performance meets the minimum criteria
FX	-	-	FAIL some more work required before the credit can be awarded
F	-	-	FAIL considerable futher work is required

The ECTS system is based on the principle of mutual trust and confidence between the participating higher education institutions. The few rules of ECTS, concerning the information on courses available (ECTS Information Package), the agreement between the home and host institutions establishing the programme of study to be taken (Learning Agreement), the use of credit units to indicate the student's workload (ECTS credits) and the use of a Transcript of Records, which shows the student's learning achievements in a way which is commonly understood and easily transferable from one institution to another, are set out to reinforce this mutual trust and confidence.

Academic Year

Like it was referred before, the coursework (1st semester), held on a rotating basis among partners, are concentrated in two countries each year and the dissertation work (2nd semester) is divided by all involved institutions.

Academic year	Period	University of Minho	University of Girona	University of Naples	INSA/UPS
2022 2022	October-March (coursework)	Χ	Χ		
2022-2023	March-July (dissertation)	Χ	Χ	Χ	Χ
2023-2024	October-March (coursework)			Χ	Χ
	March-July (dissertation)	Χ	Χ	Χ	Χ
2024 2025	October-March (coursework)	Χ			Χ
2024-2025	March-July (dissertation)	Χ	Χ	Χ	Χ
2025-2026	October-March (coursework)		Χ	Χ	
	March-July (dissertation)	Χ	Χ	Χ	Χ

National Holidays

- 2022, October 5: Implantation of the Republic
- 2022, November 1: All Saints
- 2022, December 1: Independence
- 2022, December 8: Mary's Conception
- 2022, December 25: Christmas
- 2023, January 1: New Year's Eve
- 2023, February 21: Carnival
- 2023, April 7: Holy Friday2023, April 9: Easter Sunday
- 2023, April 25: 25th of April Revolution
- 2023, May 1: Labour Day
- 2023, June 10: National Holiday
- 2023, August 15: The Assumption

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THE INTERNATIONAL RELATIONS OFFICE

The International relations office (SRI) of UMinho is the structure responsible for the co-ordination, monitoring and operational support to the development of all initiatives related to the internationalization of UMinho's teaching function, namely within the academic cooperation and mobility. It is located on the *Campus* of Gualtar and on the *Campus* of Azurém, set with logical orchestration, complementariness and institutional coherence.



The office is responsible for the reception, treatment and dissemination of information concerning international cooperation programmes, such as SOCRATES, ALFA, LEONARDO, TEMPUS, JEAN MONNET, and for receiving, sending and assisting students within the mobility programmes, namely, by helping them with the preparation of their study periods, with accommodation and social integration. Internationalisation is undoubtly one of the main quality criterium for UMinho.

The SRI is always at your disposal and you should never hesitate to contact it whenever you have any doubts or problems.



PORTUGUESE LANGUAGE COURSE

The Babelium offers in the beginning of each semester an Intensive Portuguese Language Course of about 60 hours, free of charge for all the Socrates/Erasmus Students. It is aimed at providing the basic tools of the Portuguese language in order to make things easier for you when classes begin and in your daily life in Portugal. For further information you should contact the Babelium.



http://babelium.ilch.uminho.pt/en/
babelium@ilch.uminho.pt

UNIVERSITY FACILITIES

Libraries

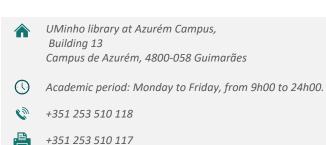
The University has two main libraries in Azurém and Gualtar campi. Foreign students are granted access to it after registration at the SRI when you are given an identification number. To seek out the book you are looking for is quite easy, since all documents are registered in a database you can check from one of the many computers at your disposal in the library. You can also have access to the database from outside the library through the Internet, at the following address:



If you want to take a book home you must show your student card. Books can be requested for a period of time that varies from 1 to 15 days, depending on the book you want. After that you have to deliver it or make a new request. Do not forget to do so, otherwise you will have to pay a fine (0,50 € per extra day/per book).

You can also take copies of the books inside the library. To do that you must buy your own copier's card in the ground floor of the library. Please note that this information can only be applied to the main libraries in each campus.

The UMinho Library on the Azurém Campus offers its users a diverse bibliographical collection, specializing in the areas of: engineering, populational history, geography and architecture.



bpg@usdb.uminho.pt

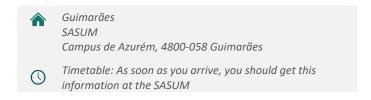


Health Facilities

There is a Student Health Service, free of charge, located in both main campi. Appointments should be made in advance in the respective campus or at the Social Services.



STUDENT HEALTH SERVICE FACILITIES



PSYCHOLOGICAL ATTENDANCE CONSULTATIONS





IN CASE OF EMERGENCY, IF YOU WANT TO CALL AN AMBULANCE, THE POLICE OR THE FIRE DEPARTMENT YOU SHOULD DIAL THE NATIONAL EMERGENCY NUMBER 112

Computer Facilities

UMinho enjoys plentiful facilities in both campi, Campus of Gualtar and Campus of Azurém. In Guimarães, they are open from 08h45 to 23h45, on weekdays, and from 09h00 to 15h45, on Saturdays. For the use of the computer facilities it is necessary that you make a reservation by identifying yourself with your student card.

All students and teachers have free access to the Internet and electronic mail. You can get your Email address in the Computer Centre in both campi, Gualtar and Azurém, after you make your registration at the SRI, where you are given your student card.

Transport

Students benefit from local transport discounts. They receive a document from the SRI to be presented, along with a photograph, at the local transport services, in order to obtain the students reduced tariff card.

There is also a bus service provided by UMinho, which runs daily at regular intervals, connecting the Campus of Gualtar and the Campus of Azurém. Each trip costs 1.40 € (1.10 € when bouth as a pack of 10 tickets). Tickets (individual or pack) can be purchased at the Student Support Office at the Azurém Campus, in Guimarães, from 10h00 to 13h00 and from 14h00 to 18h00, or at the Espaço Recurso, at the Gualtar Campus, from 9h30 to 12h30 and from 14h00 to 18h00.

This service, available during the week, starts around 7h00 and ends at 23h10. Students are advised to check the timetable when they arrive at the University of Minho, at the place where they buy the tickets. Please note that during school breaks (Christmas and summer) schedules may suffer some changes.

Sports

UMinho enjoys first rate sports' facilities, with two sports pavilions, located in both *Campi* of the university. Students have access to a number of sports, as follows: Aerobics, Handball, Football 5, Judo, Karaté Shotokan, Musculation/Body Building, Swimming, Table, Tennis, Basketball, Rugby, Volley-Ball, Badminton and Capoeira.

The prices vary between 7,50 € /19 € per month (depending on the sport activity) and 11 € per year. For enrolment you need to present your student card, fill in the

registration form and deliver it with one photograph at the front desk of the Sports Pavilion. For more information and enrolment you should go to the:



Academic period: Monday to Friday, from 9h00 to 00h00.

+351 253 510 620

+351 253 510 629

hugo@sas.uminho.pt

Canteen

There are canteens and snack bars in Braga and Guimarães. The cost of each meal in the canteens is around 2.5 €.

The canteen of Azurém, is located at the Azurém campus, at the Guimarães pole, and started operating in 1996. It has a subsidized meal service, which operates from Monday to Friday, and has the capacity to serve 1 500 meals per hour (with about 850 seats).





Students Union

The Students' Union of Universidade do Minho (AAUM) is run by students for students. This union which represents UM students, was created in 1977 to answer students' needs, in a fast growing University. It was the second students' union in the country to be considered a "public service institution".

With only 25 years old the Union has benefited from a structured development and it is, nowadays, one of the biggest in the country. There is one head office in Braga, and

another in Guimarães. The Students' Union is divided in departments: cultural, administrative, software, recreation, sports, employment, among others, and all of them try to help students in a different way. The AAUM continues to innovate and to create new activities. "Umplugged-Garage Bands Festival of the Minho's University" is one of these activities that goes in this second edition and that intends to discover new bands for the national musical panorama The Students' Union organises several events during the academic year. Besides the concerts, exhibitions, theatre and weekly cinema sessions, there are several student's music groups, two theatre groups, a modern dancing group, a folk dancing group, a choir, among other groups.

The Students' Union also organises the famous Enterro da Gata Festivities which last a whole week in May, during which there are some free days from classes. During this week a parade is organised where all the courses are represented with characteristic vehicles, decorated by the students, according to a general theme for the festivities. These vehicles pass through the streets of Braga followed by the students, in order to show the population they have completed a year of studies.

There is also an annual inter-universities camping weekend, which gathers students from all Portuguese universities, and the 1st of December Festival that celebrates the reinstatement/restitution of Portuguese Independence from the Spanish governing in which all the university's groups perform.

You can also spend some time at the Students' Union Bar and in its games room (pool, ping-pong, flippers, dards, among others). The "Tricórnio Shop", next to the bar, has at your disposal the University's traditional garment, among other university's objects.

Universidade do Minho's Radio (RUM) is an autonomous organism of the Students' Union, which broadcasts 24 hours a day. Students are free to make a programme in the radio, which can be considered as an "experimental" school for those who intend to give the first steps in this area.



Associação Académica da Universidade do Minho



+351 253 273 359



aaum@aaum.pt



https://www.aaum.pt/

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ENTRY AND RESIDENCE REGULATIONS

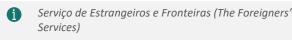
Students from EU countries should request a residence permit at the *Serviço de Estrangeiros e Fronteiras (SEF)*, if their stay is longer than 90 days. To be given this permit you need to show your passport, a statement of financial support and a guarantee of health assistance.

When you have received the necessary documents (a Letter of acceptance and a Confirmation of the accommodation) from us you can apply for a visa at the relevant Portuguese Embassy/Consulate in your home country.

You have to visit the Consulate and complete the form there with the help of their personnel. In justified cases the application can be submitted by post. Again, contact the relevant consulate. There are two types of student visa, one for up to 90 days, the other for a stay over 90 days. You have to submit the following documents for a stay over 90 days:

- 1. Application Form (supplied by the Consulate) duly filled and signed
- 2. Two photographs
- 3. Valid passport and photocopies of its relevant pages
- 4. Documentary proof of Educational qualifications
- 5. Proof of having been admitted to a course of study programme in a recognized University/Institute
- 6. Proof of accommodation
- 7. Proof of sufficient funds to cover all expenses during the stay in Portugal: Self supporting means or documentary proof that the applicant is a beneficiary of scholarship/grant sponsored by the Portuguese authorities
- 8. Police Clearance Certificate
- 9. Medical Certificate
- 10. Medical Insurance (Minimum coverage 30.000/- Euros & minimum validity 6 months)

Upon arrival, foreign students, except EU countries' students, need to contact the *Serviço de Estrangeiros e Fronteiras (The Foreigners' Services)*, in order to report their study period at UMinho.



Av. Norton de Matos, nº 26, 1º 4700 - 387 Braga,
Portugal

+351 253 200 940

09h00 - 12h00 / 14h00 - 16h30

Serviço de Estrangeiros e Fronteiras (The Foreigners' Services)

Loja do Cidadão, Rua dos Granjinhos, 6 4710 - 352 Braga Portugal

+351 808 241 107

Weekdays 08h30 – 19h30 / Saturdays 09h30 – 15h00

COMMUNICATION

Post office

The Post Office in Guimarães is open from 09h00 to 18h00. Many kiosks sell postage stamps. Please check in:



Shipping Belongings

Packages can be send from the post offices (see contact details in the previous section). Prices vary according to the weight of the package and the destination country. To send postal packages from Portugal you have to:

- Pack properly your belongings
- Put the addressee
- Weight the package
- Go to the Postal Office
- Fill the right form

As an alternative to post offices, students might use other shipping companies, as such:







Phone Calls

Public telephones, either Portugal Telecom (PT) or Marconi, can be found at airports, seaports, bus and railway stations, in the streets, bars and restaurants. There are two types of telephones that you are likely to come across: coin and card operated.





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FOOD

Shopping

Shopping in the centre of Guimarães is mostly concentrated around the area of the pedestrian streets, ranging from department stores to small shops. Most shops are open Monday to Friday from 09h00 to 13h00 and from 15h00 to 19h00, and on Saturdays from 09h00 to 13h00. Shops are, normally, closed on Sundays and on National Holidays.

These opening hours are the average standard but there are some exceptions. Most grocery stores are open much longer and the major supermarkets are open Monday to Saturday from 10h00 to 23h00 and on Sundays from 10h00 to 13h00. You will find all the basic food and the day-to-day stuff cheaper in these main supermarkets.

Eating Habits

The local dishes are traditional recipes similar to those found in other places in the Minho and include farm-raised chicken with rice, rojões (roast pork) or bucho recheado (pork tripe stuffed with pork cubes), papas de sarrabulho (shredded pork in gravy thickened with blood) and rice with sarrabulho, baked or stuffed cod, all accompanied by "green wine" (vinho verde) from the Minho region.

Recipes for the traditional sweets of Guimarães were originated in local convents; the "heavenly fat" (toucinho do céu) is a dense cake which features shreds of cooked sweet pumpkin, and the tortas de Guimarães are croissant-shaped pastries.

Breakfast, in Portugal, normally takes place between 07:00 and 10:00 and consists of milk and/or coffee and toast or bread. In Portugal coffee is normally "espresso" type, called "café", in portuguese.

Lunch is usually a full meal, including soup, fish or meat and dessert, followed by a small coffee. Most people have lunch between 12h00 and 15h00. Around 17h00 most people have a light snack and a coffee or milk. Dinner is also a full meal, like lunch, served between 19h30 and 22h00.

Meals

There are a lot of places in Guimarães where you can stop for lunch or dinner. Just about every type of food. Since menus are usually posted outside restaurants, you can decide if it's right for you before you go in.

There is a students' canteen in University of Minho where lunch is served for 2.50 € per meal (bread, soup, main course, dessert and drink). Other meals can be obtained in the various snack bars available throughout UM where full meals should cost around 4 €.

There are some fast food restaurants near UM as well as many low-priced restaurants. A meal will cost around 5 to 7€.

FINANCES

Currency

In the year 2000, Portugal joined the Monetary Union and the Euro (\mathfrak{E}). To get an idea of the exchange rate, we would like to inform you that one USD corresponds approximately to $1.00\,\mathfrak{E}$.

Coins: 0.01 €; 0.02 €; 0.05 €; 0.10 €; 0.20 €; 0.50 €; 1.00 €; 2.00 €

Bank-notes: 5 €; 10 €; 20 €; 50 €; 100 €; 200 €; 500€

Exchanging Money

The best place to exchange money is in the main banks (usually 08h00 - 15h00 Monday to Friday and Saturdays morning). The banks at the airport offer a reasonable rate, so change your money there.

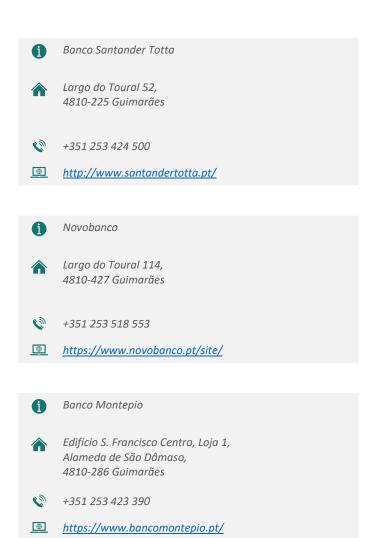
Banks

There are many banks in Guimarães. As a foreigner, you may open a regular bank account at some banks but you must show them your passport. Nowadays you are asked for a paper stating that you a UMinho student and the International Office will issue the necessary document. To open a bank account, the student has to submit the following documents:

- 1. proof of ID (e.g. a passport)
- 2. proof of address (e.g. utilities bill)
- 3. taxpayer card or Tax Identification Number
- 4. proof of studying

As an alternative, students may use online banking services, as Revolut (https://www.revolut.com/). Yet, it should be noted that, it is advised to use a bank from the European Union with curency set to EURO, specially for the scholarship awarded students. In this subject, a list of bank close to the Couros Campus is here presented:





Credit Cards

American Express, MasterCard, Maestro and VISA are increasingly widely accepted in Portugal, but are not always welcome in small hotels, restaurant and shops.

HEALTH AND WELFARE

Students from the EU and the EEA countries are covered by Form E-111 or E-128, which entitles them to benefit from the National Social Security System as any Portuguese citizen. In order to obtain this scheme, students should contact their own Social Security Office, to have the respective form issued, before arriving in Portugal. Students coming from outside the EU or EEA should make sure before arrival that they are properly insured.

All students may benefit from a school insurance, which covers all accidents that occur at the University's facilities, outside the facilities (during formally organised curricular activities) and on the way to and back the university and the official residence. This

insurance must be taken upon enrolment at the SRI of UM, requiring the payment of approximately 3 €/ student.

It is important to highlight that in case of accident you must contact the SRI immediately, so that we can formally acknowledge the occurrence to the insurance company and all formal procedures can be triggered.

Hospital

The Hospital da Senhora da Oliveira Guimarães, located in the center of Guimarães, is the main public health care infrastructure and has as its mission to carry out Diagnosis, Treatment and Rehabilitation of patients, ensuring the best health care, with high levels of competence, excellence and accuracy, combining Teaching and Research activities, fostering pre and post-graduate training, always respecting the principle of humanization and promoting the pride and sense of belonging of all professionals, and thereby reaffirming its technical and social utility.



Pharmacy

Pharmacies are open on weekdays from 09h00 to 13h00 and from 15h00 to 19h00, and on Saturdays during the morning. At night, lunch time and on weekends you can always find two or three pharmacies open. You can check their addresses at the door of any pharmacy (open or closed) or ask through the telephone number 118 or in the following website:



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ACCOMMODATION

The University of Minho's residences have a total capacity of 1399 beds, 845 in Braga and 554 in Guimarães. Students who wish to apply for accommodation at the Halls of Residence in Braga or Guimarães should apply for accommodation by submitting the form, within the stipulated deadlines, available at the following link:



As there are a limited number of rooms available for exchange students at the Halls of Residence, the European Masters Organization arranged other options for accommodation, as for instances private apartments.

Halls of Residence

A Single Room in the halls of residence of the university of Minho costs 150 € per month, whereas a Double Room costs 115 € per month.



Private Accommodation

Upon arrival, you will receive a document containing a list of contacts of private accommodation. During the contact and visit phase of private accommodation, you will be lodged in a temporary accommodation we will book for you. In order to look for private accommodation, we strongly advise you to arrive at least one week prior to the beginning of your study period.

According to the online database numbeo.com, the average prices for accommodation in Guimarães are as follow:

- Apartment (1 bedroom) in City Centre: 500.00€-700.00€.
- Apartment (1 bedroom) Outside of Centre: 300.00€-400.00€.
- Apartment (3 bedrooms) in City Centre: 800.00€-850.00€.
- Apartment (3 bedrooms) Outside of Centre: 500.00€-600.00€.

Temporary accommodation

In the city centre, students can find the Youth Hostel of Guimarães in a renovated centenary building with all the amenities, from 14 € per night.



CULTURE

Museums

PALACE OF THE DUKES OF BRAGANÇA | PAÇO DOS DUQUES DE BRAGANÇA

The Paço dos Duques de Bragança, built in the 15th century by the then-future duke Dom Afonso, shows elements of architectural styles common in the great manor houses and palaces of northern Europe. In the 19th century, it served as a military barracks. In the mid-20th century, after a period of disuse and abandonment, the palace was renovated and saw new life as a museum displaying items from the 17th and 18th centuries. From its various collections are pieces that document Portuguese contributions during the Age of Discoveries, while others narrate events in the Conquest of North Africa. Also in the holdings are a collection of arms from the 15th to the 19th centuries and furniture from the Post-Discoveries era.

In addition to the Palace's role as a museum, its top floor also serves as an official residence of the President of the Portuguese Republic whenever staying the north of the country.



THE ALBERTO SAMPAIO MUSEUM | MUSEU DE ALBERTO SAMPAIO

This museum was created in 1928 to house the collections of the Chapter House of N. S. da Oliveira and other churches and convents in the Guimarães region, including those items that were previously in the hands of the state. The Museum holds important collections of sculpture that covers the medieval period, the Renaissance and up to the 18th century in addition to paintings and works of silver.





THE MARTINS SARMENTO ARCHAEOLOGICAL MUSEUM | MUSEU ARQUEOLÓGICO MARTINS SARMENTO

The museum holds important collections on the pre-Roman Castreja culture as well as other archaeological items, sections on ancient sculpture, Latin inscriptions, pre- and proto-historic pieces and coins.

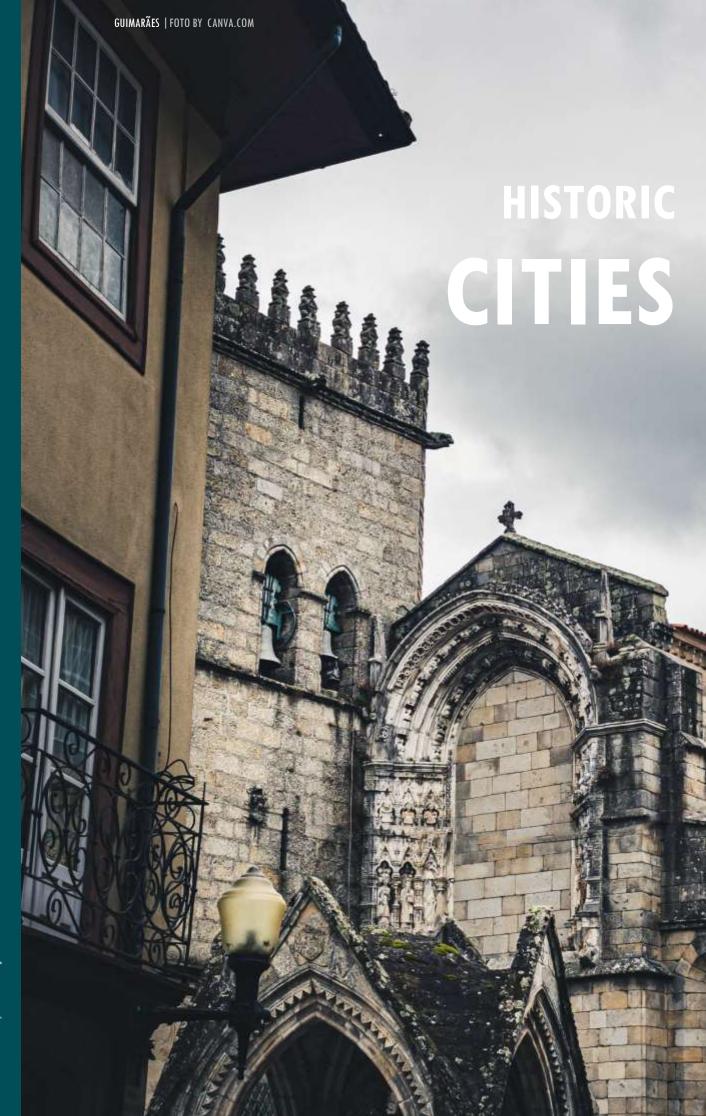


Cinema

The city of Guimarães has a very high cultural offer, and has several movie theaters available to its residents and visitors. The largest and best known are located in the two largest shopping centers, *Espaço Guimarães* and *Guimarães Shoping*. The normal cinema ticket costs $6.90 \\ \\$ ($6.30 \\ \\$ for student).

As an alternative to these typicall cinema selection, the city of guimarães has a film club, with regular movie sessions (once a week) at a lower cost. Each movie session carried our by the *cineclube guimarães* costs 3.5 € for non-members, wheras the members have to pay a 3.5 € montly fee. More information is available in the following link:





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GENERAL INFORMATION

Cost of Living (in €)

Living expenses vary according to personal lifestyle and choice of housing. For instance, in Braga, a single person estimated monthly costs are 516.80€ without rent (values obtained on 18th of september on numbeo database: https://www.numbeo.com/cost-of-living/in/Braga). On average, between 400 € and 600 € per month is required to face the basic expenses:

Expenses	Price in Euros
Accommodation	250
Meals	200
Leisure	70
Univerity (books, etc)	40
Total	560

Usefull Phone numbers

National emergency number	112
Porto airport	229 432 400
CP (Railways)	808 208 208
National information	118
International information	179
Guimarães city hall	253 421 200
International Affairs & Foreign Services	217 115 000
Tourist Information Office/Guimarães	253 412 450
Hospital Srª da Oliveira	253 515 040
Firedepartment	253 515 444
Police: PSP	253 513 334
Police: GNR	253 517 598
Guimarães Post Offices	253 420 030
Guimarães Shopping	253 424 230/1

University Services Phone Numbers

International Relations Office	253 510 108/09
Social Services (SASUM)	253 511 670
Students' Union (AAUM)	253 514 679
Academic Services	253 604 110
Civil Engineering Department	253 510 200
Halls of Residence in Guimarães	253 424 300
Azurém Library	253 510 118/9
Computer Laboratories	253 510 130
Sports Pavilion	253 520 820

University of Minho University of Girona University of Naples INSA Toulouse/University Toulouse 3 - Paul Sabatier

Usefull phrases

English	Portuguese
Hello.	Olá.
Good Morning.	Bom dia.
Good Afternoon.	Boa tarde.
Good evening/ Good night.	Boa noite.
See you later.	Até logo.
Good bye.	Adeus.
Excuse me.	Desculpa.
How are you?	Como estás?
I'm fine, thanks.	Estou bem, obrigado.
My name is	O meu nome é
What's your name?	Como te chamas?
Glad to meet you.	Prazer em conhecê-lo.
Hello? Who is speaking?	Estou sim? Quem fala?
This is speaking.	Daqui fala
Can you speak slower, please?	Pode falar mais devagar, por favor?
I don't understand.	Não percebo.
I'm lost.	Estou perdido.
Where is UM?	Onde é a UM?
Where is it?	Onde fica?
How much is it?	Quanto custa?
I would like to buy.	Eu gostaria de comprar.
May I have the bill, please?	Podia dar-me a conta, por favor?
Do you accept credit card?	Aceita cartão de crédito?
I would like a coffee.	Queria um café.
Where is the Bathroom?	Onde é a casa de banho?
What time is it?	Que horas são?
Help! Police!	Socorro! Polícia!

Vocabulary

English	Portuguese
Yes	Sim
No	Não
Open	Aberto
Closed	Fechado
Push	Empurrar
Pull	Puxar
University of Minho	Universidade do Minho
Student's Residence	Residência Universitária
Train	Comboio
Railway Station	Estação de comboios
Ticket	Bilhete
Timetable	Horário
Bus	Autocarro
Bus stop	Paragem de autocarro
City Centre	Centro da cidade
Post Office	Correios
Pharmacy	Farmácia
Hospital	Hospital
Supermarket	Supermercado
Cinema	Cinema
Theatre	Teatro



Restaurant	Restaurante
Butchary	Talho
Canteen	Cantina
Library	Biblioteca
Book	Livro
Money	Dinheiro
Stamp	Selo
Food	Comida
Bread	Pão
Milk	Leite
Water	Água

Days of the week

English	Portuguese
Monday	Segunda-feira
Tuesday	Terça-feira
Wednesday	Quarta-feira
Thursday	Quinta-feira
Friday	Sexta-feira
Saturday	Sábado
Sunday	Domingo

Months of the Year

English	Portuguese
January	Janeiro
February	Fevereiro
March	Março
April	Abril
May	Maio
June	Junho
July	Julho
August	Agosto
September	Setembro
October	Outubro
November	Novembro
December	Dezembro

Numbers

English	Portuguese
One	Um
Two	Dois
Three	Três
Four	Quatro
Five	Cinco
Six	Seis
Seven	Sete
Eight	Oito
Nine	Nove
Ten	Dez
Eleven	Onze
Twelve	Doze
Thirteen	Treze

Fourteen	Catorze
Fifteen	Quinze
Sixteen	Dezasseis
Seventeen	Dezassete
Eighteen	Dezoito
Nineteen	Dezanove
Twenty	Vinte
Thirty	Trinta
Fourty	Quarenta
Fifty	Cinquenta
Sixty	Sessenta
Seventy	Setenta
Eighty	Oitenta
Ninety	Noventa
One hundred	Cem
One thousand	Mil

Master's Name

English	Portuguese
European Master Course in Advanced	Mestrado europeu em Análise Estrutural
Structural Analysis and Design using	Avançada e Projeto com Materiais
Composite Materials	Compósitos



