



INFORMATION PACKAGE | AUGUST 2016

# PORTUGUESE INTENSIVE LANGUAGE COURSE

—  
PILC

—  
**ISCSP**

INSTITUTO SUPERIOR DE  
CIÊNCIAS SOCIAIS E POLÍTICAS  
UNIVERSIDADE DE LISBOA

**VALORIZAMOS  
PESSOAS**

— [www.iscsp.ulisboa.pt](http://www.iscsp.ulisboa.pt)

*If you talk to a man in a language he understands,  
that goes to his head.*

*If you talk to him in his own language,  
that goes to his heart.*

**Nelson Mandela**

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## 1 | The University

### 1.1. | Welcome Message from the Language School Director

Portuguese language: Surf this wave!

Dear Erasmus student,

Dear Learner of Portuguese,

Welcome to Portugal! We are the Language School at the School of Social and Political Sciences (Universidade de Lisboa) and we have a long tradition of hosting Portuguese language courses for Erasmus and international students from all around the world. If you wish to take part in a course in which you are sure to learn both about our country and culture and learn the Portuguese language then the Portuguese Intensive Language Course (PILC) is one of your best choices. We prepare international students to accommodate to our language and cultural aspects so that their stay at our country can be enjoyable and profitable.

Portuguese is one of the fastest growing European languages with a projected community of 300 million speakers by 2050 and is one of the working languages of major international organizations such as the EU or Mercosur. Therefore we strive our best to prepare students to communicate in a world-language with an added employability factor.

We have a team of experienced native language teachers and offer some of the best state-of-the-art facilities in the city of Lisbon. We are conveniently located in a wonderful pine tree wood overlooking the majestic Tagus River, a short bus ride away from the city centre and a mere 15 minutes away from the nearest beaches where you can bathe in the sun or practice surf.

At our school you can get a first experience of university life in Portugal that prepares you for the school year ahead. We offer specially equipped rooms for language classes, use of the library and access to our amenities, such as the bar/cafeteria and our outdoor terraces. We also have a protocol with a renowned Surf School so that our students can benefit from a 20% discount rate on surf lessons and other surf packages.

Why waste any more time? Join us at PILC and find out why so many students have chosen us!

Até breve! (See you soon!)

Isabel Soares

## 1.2. | Universidade de Lisboa

Universidade de Lisboa is the major Portuguese University and one of the largest in Europe, being the result of the merger between two pillars of Portuguese education: the University of Lisbon (Universidade de Lisboa – UL, created in 1911) and the Technical University of Lisbon (Universidade Técnica de Lisboa – UTL, created in 1930). Founded in 2013, Universidade de Lisboa comprises 18 Schools. Besides continuing the history of its two predecessors, Universidade de Lisboa takes pride in being the heir of the first Portuguese university, established in Lisbon in 1288.

### Mission

Universidade de Lisboa’s mission is to ensure the constant progress of a society based on knowledge, expertise and wisdom. Universidade de Lisboa promotes sustained human development by producing and transmitting knowledge, disseminating culture, enhancing the economic, social and cultural value of scientific knowledge and providing other services to the community.

### Vision

Universidade de Lisboa aims to be a European University that leads in training professionals to the highest standards and is at the forefront of scientific research, innovation and service provision.

## 1.3. | The Schools of Universidade de Lisboa

Portuguese version	English version
Faculdade de Arquitectura (FA)	Faculty of Architecture
Faculdade de Belas-Artes (FBA)	Faculty of Fine Arts
Faculdade de Ciências (FC)	Faculty of Science
Faculdade de Direito (FD)	Law School
Faculdade de Farmácia (FF)	Faculty of Pharmacy
Faculdade de Letras (FL)	Faculty of Letters
Faculdade de Medicina (FM)	Medical School
Faculdade de Medicina Dentária (FMD)	Faculty of Dental Medicine
Faculdade de Medicina Veterinária (FMV)	Faculty of Veterinary Medicine
Faculdade de Motricidade Humana (FMH)	Faculty of Human Kinetics
Faculdade de Psicologia (FP)	Faculty of Psychology
Instituto de Ciências Sociais (ICS)	Institute of Social Sciences
Instituto de Educação (IE)	Institute of Education
Instituto de Geografia e Ordenamento do Território (IGOT)	Institute of Geography and Spatial Planning
Instituto Superior de Agronomia (ISA)	School of Agronomy
<b>Instituto Superior de Ciências Sociais e Políticas (ISCSP)</b>	<b>School of Social and Political Sciences</b>
Instituto Superior de Economia e Gestão (ISEG)	School of Economics and Management
Instituto Superior Técnico (IST)	School of Engineering

Within their specific areas, the Schools that make up Universidade de Lisboa are within the most prestigious and oldest in Portugal. The management of the University is based on administrative and financial decentralization. Universidade de Lisboa's Schools have their own management bodies and are organized in departments or specialty areas. In addition, the university includes a number of centers, institutes, units and other bodies dedicated to research, cooperation, international relations and business which facilitate the establishment of close connections to the labour market.

#### **1.4. | ISCSP: Promoting Excellence in Portuguese Education since 1906**

The School of Social and Political Sciences (ISCSP), founded in 1906, aims to provide its students with cultural, scientific and technical education in the social and political sciences area. In the 1<sup>st</sup> cycle, a bachelor's degree is awarded to the students who successfully complete one of our 9 degrees: Anthropology; International Relations; Human Resources Management; Media Studies; Political Science; Public Administration; Public Administration and Land Management; Social Work; Sociology.

ISCSP has several research centers that actively participate in organizing seminars, debates, workshops and other initiatives that bring the school closer to society. At its Language School it is possible to learn Mandarin Chinese, French, Turkish, Russian, Spanish and Italian, as well as Portuguese (for foreigners).

In the field of international mobility, students are highly encouraged to go abroad, using the nearly 50 cooperation agreements ISCSP has with other European and non-European Universities from 18 different countries.

#### **Contacts**

International Coordinator: Professor Alice Trindade

Contact Person: Pedro Lagos de Abreu

Language School Office

Pólo Universitário do Alto da Ajuda, Rua Almerindo Lessa, 1300-663 Lisboa, Portugal

Phone: + 351 213 600 488 | E-mail: [languageschool@iscsp.ulisboa.pt](mailto:languageschool@iscsp.ulisboa.pt) | <http://www.iscsp.ulisboa.pt/>

## **2 | After Arrival in Lisboa**

### **2.1. | How to Get to ISCSP**

The classes of the Portuguese Intensive Language Course (PILC) will take place at the facilities of ISCSP, the School of Social and Political Sciences of the Universidade de Lisboa. ISCSP is located about 15 minutes away, by bus, from the city centre, but there is one bus, departing from Marquês de Pombal, that drops you right in front of ISCSP. The above mentioned bus is 723 (direction to Algés).

### **Our address:**

ISCSP, Rua Almerindo Lessa, Pólo Universitário da Ajuda, 1300-663 Lisboa ([www.iscsp.ulisboa.pt](http://www.iscsp.ulisboa.pt))

**Buses:** 760 (to Cemitério da Ajuda) – 723 (to Algés) – 729 (to Algés) – 742 (to Casalinho Ajuda)

## **3 | The Course**

### **3.1. | Goals of the Course**

The Language School at the School of Social and Political Sciences is part of a centenary institution that takes pride in its tradition of foreign language teaching. Indeed, we are very experienced in hosting specific Portuguese Language Courses for Erasmus and international students. We have semester-long courses and intensive courses for those who wish to start learning the language, and we specialize in offering a choice of courses that also focus on the Portuguese heritage and cultural aspects in order to help Erasmus and other international students accommodate better to the particulars of their host country.

Within the former EU's Erasmus Programme, we hosted several editions of EILC (Erasmus Intensive Language Courses) sponsored by European Commission funds and we are therefore a Language School specializing in this type of intensive language learning programmes from which we also draw the experience to organize PILC (Portuguese Intensive Language Course) courses for incoming Erasmus students.

PILC is an intensive course catering for Common European Framework of Reference for Languages (CEFR) A1 to A2 levels of language learning. It focuses on the acquisition of everyday vocabulary at the transactional level (language used for real communication purposes) and of the fundamentals of grammar besides paying attention to the cultural background of Portuguese living and socialization. This enables PILC to be an excellent tool to facilitate the adaptation of foreign students to both Portuguese language and culture. The fact that the course takes place just before the official beginning of the first semester is closely connected to this integration need.

Our success is measured by the growing number of students who decide to take our PILC course each year!

### **3.2. | Opening Session**

The meeting point for the Portuguese Intensive Language Course opening session will be at the entrance of ISCSP, where the course will take place. All students will be asked to appear on the 29<sup>th</sup> of August, at 10h00, to have a brief presentation of the course and of all the organization, namely the Language School Director (Professor Isabel Soares), the technical coordinator (Pedro Lagos de Abreu), the teachers and the helping staff.

### 3.3. | Program Contents

The main language goal of this course is Level A1 of the Common European Framework of Reference for Languages. So that students are aware of the language skills they are expected to achieve by the end of the course, we transcribe the can-do statements that CEFR stipulates for this level.

Beginner's Level – A – Can understand and use familiar everyday expressions and very basic phrases aimed at the satisfaction of needs of a concrete type. Can introduce him/herself and others, and can ask and answer questions about personal details such as where he/she lives, people he/she knows and things he/she has. Can interact in a simple way if the other person talks slowly and clearly, besides being prepared to help in everyday situations.

#### Activities:

- 1) Contact hours – 40 hours (classes everyday from 9:00am to 1:00pm);
- 2) Two Master Classes – 2 hours each (on Friday, 2<sup>nd</sup> of September, from 9:00am to 11:00am and on Thursday, 8<sup>th</sup> September, from 9:00am to 11:00am). The master classes (which can be presented by a different teacher than the language teacher of everyday classes) will focus on showing students the richness of the Portuguese cultural, historic and literary heritage. Students will engage in an audio-visual experience including music and video;
- 3) Two cultural visits to important sites and monuments in Lisbon – 3 hours each (Wednesdays in the afternoon), and an optional surf day (last Friday, in the afternoon, for those who wish to take it: 20€. Fee not included in the tuition). The cultural visits help acquaint students with the historical narrative of the Portuguese people and are an opportunity to get a closer contact with the living everyday language.

### 3.4. | Weekly Schedule

**Week:** 29<sup>th</sup> of August to 2<sup>nd</sup> September

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>09h00 - 10h45</b>	Welcome Session (starts 10h00)	Portuguese Class	Portuguese Class	Portuguese Class	Master Class
<b>10h45 - 13h00</b>	Portuguese Class				Portuguese Class
<b>13h00 - 14h00</b>	<b>LUNCH</b>				
<b>14h00 - 15h30</b>			Cultural Visit 1		
<b>15h30 - 16h00</b>					
<b>16h00 - 17h30</b>					

**Week: 5<sup>th</sup> September to 9<sup>th</sup> September**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>09h00 - 10h45</b>	Portuguese Class	Portuguese Class	Portuguese Class	Master Class	Final test
<b>10h45 - 13h00</b>				Portuguese Class	Closing Session
<b>13h00 - 14h00</b>	<b>LUNCH</b>				
<b>14h00 - 15h30</b>			Cultural Visit 2		Surf Day (optional)
<b>15h30 - 16h00</b>					
<b>16h00 - 17h30</b>					

### 3.5. | PILC Books

The books for the course will be offered (no cost associated) by the organization.

### 3.6. | Mandatory Class Attendance, ECTS Credits and Diploma

In order to obtain the Final Diploma with the information of their mark and of the 3 ECTS gained, students need to attend, at least, 75% of classes and successfully pass the final test. Should they not comply with this rule, the Diploma will not be issued and they will lose the right to acquire 3 ECTS.

### 3.7. | Payment

The cost of the course is 275€, amount that must be paid to Pedro Lagos de Abreu in the first day of the course. Should this payment not be made, students will be evicted from the course.

The fee includes all pedagogical materials, book and photocopyables included, as well as transportation to the cultural visits.

### 3.8. | Application Deadlines

The application period will take place between June 1<sup>st</sup> and July 1<sup>st</sup>, so that the selection process can happen on the following week. The results will be announced and the students will be informed no later than July 7<sup>th</sup>.

Important notice: the first 40 applications (2 classes, 20 students in each class) will be automatically accepted on a first come first served basis.

## 4 | Meals/Canteens

### 4.1. | Lunch

During the course, PILC students can have lunch at our ISCSP canteen. The average price per meal at ISCSP is 5€.

Due to Summer Holiday there is only one University canteen open during August that serves dinners and lunches on Saturday. Due to its location in the city center, to reach it, you take about 30 minutes by public transportation, coming from ISCSP. The contacts are as follows:

### **IST Canteen:**

Monday to Friday

Lunch (from 12:00pm to 3:00pm)

Dinner (from 6:00pm to 8:00pm)

Saturday (from Midday to 2:00 pm)

Address of IST Canteen: Avenida Rovisco Pais | 1049-001 Lisboa

Buses: 708 - 713 - 716 - 717 - 718 - 720 - 735 - 742 - 767

Underground (Metro): Green Line or Red Line (get out at Alameda)

**Price:** 2,50€ (menu: soup, bread, main course or vegetarian, dessert, water or juice).

## **5 | Accommodation**

It is the entire responsibility of the student to find his/her own private accommodation in the city. However, it is very easy to find a flat to rent and/or to share in Lisbon. Additionally, one can take advantage of the low prices of our capital's Hostels, renowned by their quality and international vibe.

## **6 | Useful Contacts**

ISCSP Language School Director: +351 213 619 430, [isoares@iscsp.ulisboa.pt](mailto:isoares@iscsp.ulisboa.pt)

Contact Person: +351 213 600 488, [languageschool@iscsp.ulisboa.pt](mailto:languageschool@iscsp.ulisboa.pt)

## **7 | Useful Info**

### **7.1. | About Portugal**

Portugal is one of the oldest countries in Europe. It became independent in 1143, and has maintained its national boundaries from the 13th century to the present. A country of discoverers and pioneers, forerunners of international trade, today the Portuguese are leaders in niche markets in telecommunications, technology and services. Quality of life, strategic access to markets, mild Mediterranean climate, security and an adaptable work-force are competitive advantages in a country that continues its traditions of discovery and innovation in science and technology.

Portugal comprises mainland Portugal, situated in the south-west of Europe, and the Atlantic Islands of Madeira and the Azores. With a population of 10.5 million and an area of 92 152 km<sup>2</sup>, Portugal provides

quick and easy access not only to the European market, but also to the east coast of the United States and to Africa.

Portugal has been a EU member since 1986; its political system is a parliamentary democracy and Portuguese is the official language. Of Latin origin, Portuguese is one of the most widely spoken European languages in the world, the most spoken language south of the Equator, and is the mother tongue of about 200 million people.

The climate is mild all year round. Summers are dry with clear skies, and warm sunshine extending long into autumn. Winters are moderately cool and are the wettest time of the year, except in subtropical Madeira, where there is little rain.

Portugal has a rich and varied cuisine. Olive oil is used in most traditional recipes and in particular in more than one thousand recipes for salted cod (bacalhau). In the hills of the Douro region grow the vines from which the famous Port wine is produced.

**Specialities:**

<b>Caldo Verde</b>	Common soup, containing potato, shredded cabbage and chunks of <i>chouriço</i> sausage.
<b>Carne de Porco à Alentejana</b>	Fried pork and clams
<b>Cozido à Portuguesa</b>	Cooked beef, pork, several types of sausages, cured ham, carrots, turnips, chickpeas, cabbage and rice.
<b>Bacalhau à Brás</b>	Strips of codfish mixed with onions and thin strips of potatoes bound by eggs.
<b>Pastel de Nata</b>	Small custard tart sprinkled with cinnamon
<b>Bolo Rei</b>	Traditional Portuguese cake usually eaten around Christmas, with a large hole in the centre covered with candied and dried fruits and nuts.

**Nobel Prize Winners:** Egas Moniz, Medicine, 1949; José Saramago, Literature, 1998.

**UNESCO – Sites on the World Heritage List:**

Alto Douro Wine Region (2001); Old Town of Angra do Heroísmo in the Azores (1983); Convent of Christ in Tomar (1983); Cultural Landscape of Sintra (1995); Historic City Centre of Évora (1986); Historic City Centre of Guimarães (2001); Historic City Centre of Oporto (1996); Landscape of the Pico Island Vineyard Culture (2004); Laurisilva Subtropical Forest of Madeira (1999); Monastery of Alcobaça (1989); Monastery of Batalha (1983); Monastery of the Jerónimos and Tower of Belém in Lisbon

(1983); Prehistoric Sites in the Côa Valley (1998); Forts and Old Town of Elvas (2012); Coimbra University – Alta and Sofia (2013).

**UNESCO Immaterial Patrimony:**

Fado (2012), the Portuguese music of nostalgia; the Mediterranean diet (2013); Cante Alentejano (2014), the folk music of the Alentejo.

**UNESCO Collective Memory Patrimony:**

Vasco da Gama’s Diary (2013), the log of the Portuguese voyage of discovery of the maritime route to India in 1497.

**7.2. | About Lisboa**

Lisbon or Lisboa, the capital of Portugal, lies on the right bank of the river Tejo, near where the river meets the Atlantic. It is a city of hills overlooking the river which grew outwards from the hill on which the ancient castle of Saint George was built. Phoenicians, Greeks and Carthaginians founded colonies there, and the Romans consolidated its importance as an entrepreneurial outpost for shipping and fishing; the city became part of the imperial itinerary. Nowadays, about three million people live, study and work in the Lisbon region.

Today, Lisbon is still a city of many contrasts, a modern and ancient city that fascinates those who visit it. The characteristic quarters of the city are a must-see for their culture, history, architecture and people, who have managed to pass on their traditions down the years. Castelo, Alfama, Mouraria, Bairro Alto, Madragoa, Chiado and Belém are the historic quarters that tell the history of the city.

Over the centuries, Lisbon has gone through considerable changes, but many traces of the city's rich past have been retained. It was the European Capital of Culture in 1994. In 1998, Lisbon hosted the last world exhibition of the 20th century, Expo 98, on the theme of the oceans, in view of Portugal's contribution to the era of great discoveries and sea voyages. At Parque das Nações, Europe's largest aquarium was constructed. Art exhibitions, cinema, theatre and musical events make Lisbon the right place to be. In 2004 it was one of the host cities for the European Football Championship, and in 2014 the city greeted the UEFA Champions League final.

Lisbon is the only European capital with Atlantic beaches, and its coastline is ideal for swimming, surfing, sailing and windsurfing. By taking the train along the north bank of the Tejo estuary it is possible to discover the golden sandy beaches of Costa do Estoril and Cascais and the best surfing

waters at the world-famous Guincho, where international championships are often held. Only half an hour south of the city is the 30-km long Costa de Caparica beach.

Lisbon has inspired writers, poets and artists throughout the centuries and its unique characteristics make it one of the most enchanting cities of Europe. Monumental, frenetic, modern, and cosmopolitan all at the same time, Lisbon is also a welcoming and quiet, romantic city; a mixture which enchants all visitors.

[www.portugal.gov.pt](http://www.portugal.gov.pt)

[www.visitportugal.com](http://www.visitportugal.com)

[www.cm-lisboa.pt](http://www.cm-lisboa.pt)

[www.atl-turismolisboa.pt](http://www.atl-turismolisboa.pt)

[www.lisbon-guide.info](http://www.lisbon-guide.info)

[www.portugal-info.net](http://www.portugal-info.net)

[www.portugal.com](http://www.portugal.com)

Map of the City: <http://lisboainteractiva.cm-lisboa.pt/>

### **7.3. | Cost of living in Portugal**

Average Prices

Meals: 225 €/month; Renting a room: 200 € to 300 €/month; Monthly Ticket for Public Transportation: 35 €/month; Entrance ticket to a Museum, National Monument: 2 € to 5 €; Cinema ticket: 6,60 €; Tickets for theatre, concerts, opera or ballet performances: 20 € to 75 €.

### **7.4. | Health Insurance**

As EU citizens, you must bring with you the CESD – European Health Insurance Card – that guarantees your medical assistance with the Portuguese National Health Service. You must have a liability insurance covering personal injuries and legal damage to property.

<http://ec.europa.eu/social/main.jsp?catId=509&langId=en>

### **7.5. | Useful Phone Numbers**

National Emergency Number: 112

#### **Hospitals:**

Santa Maria: 217 805 000; S. Francisco Xavier: 210 431 000; S. José: 218 841 000

Ambulances (Red Cross): 219 421 111

Poisoning: 808 250 143

### Services:

Fire Station: 213 422 222; Lisboa Airport (Arrivals & Departures): 218 413 700; Buses (Carris): 213 613 054; Underground (Metro): 217 980 600; Railways (CP): 808 208 208; Taxis (Autocoope): 217 996 460; Taxis (Radiotaxis): 218 119 000; National Phone Information: 118; International Phone Information: 177; Time: 12151; Wake Up Call: 12161; Tourist Information Department: 808 781 212

### Police:

PSP: 217 654 242; GNR: 213 217 000

Internal Affairs & Foreign Services: 217 115 000

Should any problem arise during your stay in Lisbon, please contact Pedro Lagos de Abreu. However, if your problem is directly related to your visa or to document loss, you must get in touch with your national Embassy.

## 7.6. | Some Useful Sentences

Good morning/afternoon/evening. – Bom dia/ Boa tarde/ Boa noite.
G'day. Good day. – Tenha um bom dia.
Hello. Hi. – Olá.
Goodbye. Bye-bye. Bye.- Adeus/Até à próxima.
Excuse me. – Desculpe.
Please. – Por favor.
Thank you. – Obrigada.
See you tomorrow. – Até amanhã.
My name is ... I'm ... and I come from ... – O meu nome é ... tenho ... anos e venho de ...
Could you tell me the way to the station, please? – Podia dizer-me onde fica a estação, por favor?
What's the best way to the station? – Qual é o melhor caminho para chegar à estação?
Where is the nearest bus stop? – Onde fica a paragem de autocarro mais próxima?
Which bus do I take to Belém? – Qual o autocarro que apanho para Belém?
Does this bus go downtown? – Este autocarro vai para o centro da cidade?
Where is the nearest supermarket? – Onde fica o supermercado mais próximo?
Turn right/left. – Vire à direita/esquerda.
Go straight/along this road. – Siga em frente.
How much does this cost? – Quanto custa isto?
A newspaper, please. – Queria um jornal, por favor.
Can I have a town map, please? – Queria um mapa da cidade, por favor.

Have you got picture postcards? – Tem postais com fotos da cidade?
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I need stamps as well. – Também vou precisar de selos.
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How much is everything? – Quanto custa tudo?
--

Can you repeat the price, please? – Pode repetir o preço, por favor?
--

Where can I catch a cab? – Onde posso apanhar um táxi?
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We hope you enjoy your stay!

Bem-vindos a Portugal! (Welcome to Portugal!)