

# ISLA Santarém

## Welcome Guide

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**Institutional Coordinator:**  
[Filipa.martinho@islasantarem.pt](mailto:Filipa.martinho@islasantarem.pt)

**Institutional Relations Office:**  
[Barbara.ferreira@islasantarem.pt](mailto:Barbara.ferreira@islasantarem.pt)



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# ISLA Santarém

## Contacts and Departments

Name of University	ISLA Santarém – Instituto Politécnico (ISLA Santarém)
Erasmus code	P SANTARE06
PIC number	940992927
Website	<a href="http://www.islasantarem.pt">http://www.islasantarem.pt</a>
Institutional Mobility Coordinator (name, tel, fax, email)	Dra. Filipa Martinho, Institutional Coordinator Phone: +351 243 305 880 Fax: +351 243 326 261 e-mail: <a href="mailto:filipa.martinho@islasantarem.pt">filipa.martinho@islasantarem.pt</a>
Address (visitors/courier)	ISLA Santarém -Largo Cândido dos Reis 2000-241 Santarém, Portugal -Rua Teixeira Guedes, 31 Santarém 2000-029, Portugal
Telephone and Fax number	Phone: +351 243 305 880   Fax: +351 243 326 261
<b>INTERNATIONAL MOBILITY OFFICE CONTACT DETAILS</b>	
Head Office (name, tel, fax, email)	Dra. Filipa Martinho Phone: +351 243 305 880 Fax: +351 243 326 261 e-mail: <a href="mailto:filipa.martinho@islasantarem.pt">filipa.martinho@islasantarem.pt</a>
Institutional Agreements contact person (name, tel, fax, email)	Dra. Filipa Martinho Phone: +351 243 305 880 Fax: +351 243 326 261 e-mail: <a href="mailto:filipa.martinho@islasantarem.pt">filipa.martinho@islasantarem.pt</a>
Incoming student's contact person (name, tel, fax, email)	Dra. Filipa Martinho Phone: +351 243 305 880 Fax: +351 243 326 261 e-mail: <a href="mailto:filipa.martinho@islasantarem.pt">filipa.martinho@islasantarem.pt</a>

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## FOLLOW US ON SOCIAL MEDIA!



@isla.santarem



ISLA Santarém

And share your experience at ISLA Santarém.

## About Santarém

### Location

The district of Santarém is located in the fertile Tagus Valley, with Santarém, its administrative capital, less than 80 km from Greater Lisbon.

Santarém is centrally located in the country. It is the capital city of the district with the same name and of a region known as Ribatejo. It has excellent accessibility by both road and rail. The country's main railway line serves Santarém: the northern line (double track, electrified, and with a large number of connections both to Lisbon and to other parts of the country).

Santarém also has a land transportation hub. Those arriving in Portugal via Lisbon airport can travel to Santarém by road (highway A1 - around 60 km between the airport and Santarém), or by train (northern line - around 40 minutes between Lisbon and Santarém).

### Culture

Santarém has always been present at key moments in Portugal's history. Princes were born here, kings lived here, courts of the kingdom met here, battles took place here, towers and monasteries were built here, as well as some of the most beautiful temples and palaces in the country.

Nicknamed the "Capital of the Gothic", the urban center of this magical and luminous city, which Almeida Garrett called the "Book of Stone" in *Viagens na Minha Terra*

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(1846), shows the traveler the beauty of its narrow and winding streets from the very first moment.

In the district of Santarém, a significant annual event must be highlighted. Started in the middle of the 18th century, the Golegã Fair is the National Horse Fair, the most important and most traditional of all the fairs of its kind held in Portugal and around the world. Not to be missed in Santarém are the Gastronomy Festival, the country's main gastronomic showcase, which takes place in the second half of October, and the National Agriculture Fair / Ribatejo, in the first week of June.

## Facts

The municipality of Santarém is located on the right bank of the Tagus River. It borders the municipalities of Porto de Mós, Alcanena, and Torres Novas to the north, Cartaxo, and Almeirim to the south, Golegã, Chamusca, and Alpiarça to the east, and Rio Maior and Azambuja to the west. It is part of the Ribatejo province, most of which is made up of the district of which the city of Santarém is the capital.

Ribatejo corresponds to the Tagus sedimentary basin, establishing the transition between the coast and the interior. With an area of 56,260 hectares, this municipality can be considered medium-sized on a national scale. Its maximum length, measured between Covão dos Porcos (Porto de Mós massif) to the north and the mouth of Vala Travessa (on the Tagus) to the south, is 31.6 kilometers.

Its seat, elevated to city status in 1868, is considered the queen of Ribatejo. It is rich in historical and cultural heritage and, even at the municipal level, there are many monumental structures as well as traces of Roman and Arab occupation that attest to the historical richness of this region.

Santarém once had direct access to the sea via the navigable Tagus river. Located on an elevation, its geographical situation gives it undeniably beautiful views to the north and east. The Portas do Sol stand out in this context, a veritable balcony over the Tagus, landscaped in 1895, with a belvedere at the door facing the rising sun.

## Academic Info

### Academic Calendar

Academic Calendar		
1 <sup>st</sup> Semester (Autumn)	Lectures Period	September- January
1 <sup>st</sup> Semester (Autumn)	Exams Period	February - March
2 <sup>nd</sup> Semester (Spring)	Lectures Period	March - June
2 <sup>nd</sup> Semester (Spring)	Exams Period	July- July

## Holiday Period

Holidays	
Christmas Holiday	End of December beginning of January
Easter Holiday	1 Week between the start and end of Easter

## Holidays

Public Holidays	
October 5 <sup>th</sup>	Republic Day
November 1 <sup>st</sup>	All Saints Day
December 1 <sup>st</sup>	Restoration of Independence
December 8 <sup>th</sup>	Immaculate Conception
December 25 <sup>th</sup>	Christmas Day
January 1 <sup>st</sup>	New Year's Day
This is an optional holiday, although it is usually observed. 47 days before Easter Sunday*	Carnival
March 19 <sup>th</sup>	Santarém Municipal holiday- St. Joseph's Day
Usually Celebrated on Saturdays during March *	ISLA Day
Friday before Easter Sunday*	Good Friday
Easter Sunday	Easter
April 25 <sup>th</sup>	Freedom Day
May 1 <sup>st</sup>	Labour Day
Thursday, date varies. 60 days after Easter Sunday.*	Corpus Christi
June 10 <sup>th</sup>	Portugal Day
August 15 <sup>th</sup>	Assumption Day

\*These are moveable holidays. You can check the day on our Academic Calendar available [here](#).

## **Student Support Service**

Despite the belief that students often have that they might not need help from a psychologist or that the “University days are the best of your life” that doesn’t need to be the reality for all students and if you find that you’re experiencing repeated emotional problems that are interfering with your day-to-day life. ISLA Santarém is here to help you.

Through the Student Support Office, you can find psychological support and also support you with the main difficulties inherent in the academic transition process, with a view to the successful adaptation of students and the promotion of their academic success, development, and well-being; The Student Support Office will also help you develop Personally, Professionally and academically by promoting and organizing appropriate activities;

### **Contact details:**

#### **Student Support Office**

Ana Proença



[ana.proenca@islasantarem.pt](mailto:ana.proenca@islasantarem.pt)

## **Credits and Grading**

The European Credit Transfer and Accumulation System (ECTS) is a tool that helps design, describe, and implement study programs and award qualifications in higher education. The use of ECTS, together with results-based qualification frameworks, improves the transparency of study programs and qualifications and facilitates their recognition.

By ensuring the comparability of higher education in Europe, ECTS makes teaching and learning in higher education more transparent and facilitates the recognition of studies. It is a tool to support the design of study programs that contributes to quality assurance and makes it possible to transfer learning experiences between institutions, improve student mobility and make the paths to a degree more flexible.

LOCAL GRADE	Qualitative information	ECTS GRADE
<b>18-20</b>	<b>Excellent</b>	<b>A</b>
<b>16-17</b>	<b>Very good</b>	<b>B</b>
<b>14-15</b>	<b>Good</b>	<b>C</b>
<b>12-13</b>	<b>Satisfactory</b>	<b>D</b>
<b>10-11</b>	<b>Sufficient</b>	<b>E</b>
<b>5-9</b>	<b>Insufficient</b>	<b>FX</b>
<b>1-4</b>	<b>Very Insufficient</b>	<b>F</b>

## How to access Platforms

ISLA makes the following resources available to its students: Access to the e-learning platform (Moodle), Virtual Secretary (NetPA), and Online Libraries (Emerald, EBSCO). You must enter the Virtual Secretary (ISLA Santarém site) to get your password in first access.

The screenshot shows the ISLA Santarém website. The header has a dark background with white text. The main menu includes 'INICIO', 'ACESSO' (which is highlighted in blue), 'AGENDA', 'INSTITUTO', 'ENSINO', 'INTERNACIONAL', 'FORMAÇÃO', 'SERVIÇOS', and 'CONTACTOS'. Below the menu is a search bar with a magnifying glass icon. The main content area features a large image of the ISLA building. To the right, there are two columns of service links. The 'SERVIÇOS INSTITUCIONAIS' column includes: Gabinete de Apoio a Projetos, Gabinete de Apoio à Prestação de Serviços à Comunidade, Gabinete de Relações Institucionais, Gabinete da Qualidade, Biblioteca / Reprografia, Centro de Informática, Secretaria Académica, Serviços Contabilidade e RH, and Serviço Ação Social Escolar. The 'SERVIÇOS ONLINE' column includes: Portal Emprego, Secretaria Virtual (Alunos) (which is highlighted in blue), NetPA (Docentes), Moodle, Moodle Formação, Portal do Colaborador, Bibliotecas digitais, Plataforma de Gestão da Qualidade, and Normas e Regulamentos.

Then click on "Public Services" and choose "Get/Recover Password".



PT EN 16 de Setembro de 2021 | 16:48 Saltar para conteúdo

**Diretórios**

Obter/Recuperar a password

Na Universidade Lusófona de Lisboa podes estacionar o teu carro no interior do Campus!

Se és estudante da Universidade consulta as condições atualizadas para o Ano Letivo 21/22.

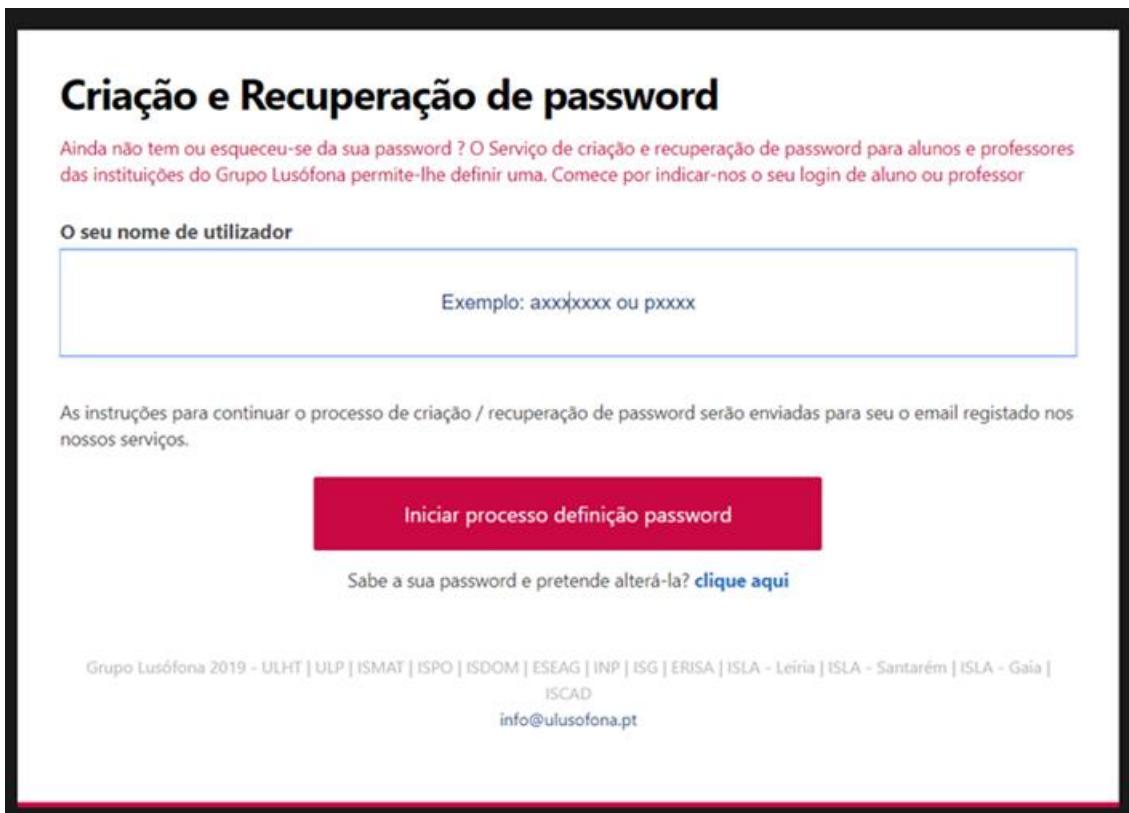
...mais notícias

- Queres colaborar com a tua Universidade? Lusófona distinguida no Concurso Estímulo ao Emprego Científico Institucional
- A3ES Certifica Sistema Interno da Qualidade da Universidade Lusófona

[ler mais](#)

Bem-vindo ao netP@

When you enter the password page enter your Student number and click on "Start password setting process".



## Criação e Recuperação de password

Ainda não tem ou esqueceu-se da sua password? O Serviço de criação e recuperação de password para alunos e professores das instituições do Grupo Lusófona permite-lhe definir uma. Comece por indicar-nos o seu login de aluno ou professor

O seu nome de utilizador

Exemplo: axxx|xxxx ou pxxxx

As instruções para continuar o processo de criação / recuperação de password serão enviadas para seu o email registado nos nossos serviços.

**Iniciar processo definição password**

Sabe a sua password e pretende alterá-la? [clique aqui](#)

Grupo Lusófona 2019 - ULHT | ULP | ISMAT | ISPO | ISDOM | ESEAG | INP | ISG | ERISA | ISLA - Leiria | ISLA - Santarém | ISLA - Gaia | ISCAD  
info@ulusofona.pt

Once the process is complete, you will receive a link in your email to set a password to access Moodle and the Virtual Secretary

### Wireless network access

Authentication on ISLA's wireless network (Ensino) allows access to the internet anywhere in the building within ISLA Santarém.

**Network:** Ensino

**Password:** islasantarem

## **E-learning platform (Moodle) and Virtual Secretary (NetPA)**

The e-learning platform is accessed through the link on the ISLA website ("Online Services"). This platform is the privileged support where teachers provide all the pedagogical support materials they want to provide to students, including course unit planning, lesson plans, exercises, etc.

Each of the curricular units has its area managed by the respective teachers.

## **Printing System**

The printing system is available to the entire academic community. This service can be used by going directly to the copy center located in the library or through email.

Students have to pay for the copies and the amount depending on the number and type of copies should be available through the platform Virtual Secretary (NetPA), and the student has to pay through the platform with the available payment option or in person at the academic services.

### **Contact details:**

#### **Copy Center**



[copias@islasantarem.pt](mailto:copias@islasantarem.pt)

## **Informatics Center**

For any questions or clarifications about the services available, don't hesitate to contact the Informatics Center during office hours or by e-mail.

### **Contact details:**

#### **Informatics Center**



[ci@islasantarem.pt](mailto:ci@islasantarem.pt)

**Important notice:** Students should update their details whenever they change. We call particular attention to e-mail, which is the means of communication par excellence.

# **Facilities**

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## Services

services at ISLA Santarém include:

### Academic Secretariat

The Academic Secretariat handles administrative and academic processes, including course enrolments, student records, admissions, transfers, and equivalency procedures. It also issues qualification certificates and manages grading records.

**Opening Hours:** Monday to Friday 09:00 am- 12:00 pm and 5:00 pm- 8:00 pm  
Saturday 09:00 - 13:00

**Contact details:**

**Phone:** +351 243 305 880

**Email:** [info@islasantarem.pt](mailto:info@islasantarem.pt)

### Computer Center

Located on the first floor, the Computer Center manages all computer and data communication systems at ISLA Santarém. It supports faculty and students with access to computer labs 14 hours daily (9 am to 11 pm), maintains IT infrastructure, and aids development projects.

**Opening Hours:**

Monday to Friday: 1:30 pm - 9:00 pm

**Contact details:**

Bruno Magalhães

[bruno.magalhaes@islasantarem.pt](mailto:bruno.magalhaes@islasantarem.pt)

### Institutional Relations Office

The Institutional Relations Office (IRO) handles internal and external relations, focusing on:

- Attracting international students;
- Organizing international mobility for students and staff;
- Managing international relations and mobility programs;
- Supporting agreements and cooperation proposals;
- Assisting with missions abroad and hosting foreign visitors;
- Overseeing international cooperation networks;
- Integrating foreign students;

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### Contact details:

Bárbara Ferreira

[barbara.ferreira@islasantarem.pt](mailto:barbara.ferreira@islasantarem.pt)

### Student Support Office

The Student Support Office (GAE), reporting to the Institute's Administrator, develops strategies to assist students. Its key activities include:

- Addressing challenges in academic transitions;
- Organizing activities for personal and academic development;
- Providing psychological support;
- Ensuring equal opportunities for all students, including those with special educational needs (SEN).

### Contact details:

Ana Proença

[ana.proenca@islasantarem.pt](mailto:ana.proenca@islasantarem.pt)

### Cantine/Bar

In the cantine/bar students can purchase meals, snacks, and beverages. It's a central spot for socializing and taking a break between classes.

Meals in the school cantine cost an average of 7€.

### Library

The library is a critical resource for students and faculty, offering:

- **Study Areas:** Quiet places for individual study or group work.
- **Books and Journals:** Access to academic texts, research papers, and other resources.
- **Printers:** Facilities for printing needs.

The library is open from 1:30 pm - 5:30 pm and 6:00 pm- 9:00 pm.

### Study Rooms

These are designated spaces for focused studying or group projects. They are available on a first-come, first-served basis, and one of the study rooms offers computers for students, that don't need booking.

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## Hangout Spaces

Common areas where students can relax and socialize. That includes:

- **Lounges:** Comfortable seating areas.
- **Outdoor Spaces:** Courtyards for informal gatherings

# Practical Info

## Important Documentation:

We recommend students during their mobilities to always have available the following documentation:

1. Valid Citizen Card;
2. European Health Insurance Card;
3. Proof of means of subsistence: bank account statement, proof of scholarships from the institution of origin or the institution that awarded them;
4. Study documents: Letter of Acceptance, Learning Agreement;
5. Debit card, credit card, cash (if the country's currency is not the Euro, we recommend using a Revolut card);
6. Driving license, if you have one;
7. Student card (e.g. ISIC), if you have one.

## Housing:

ISLA Santarém provides student accommodation, you can find more about it [here](#).

## Local accommodation:

**VILLA GRAÇA - HOSTELS AND APARTMENTS**- Apartments comprising an equipped kitchenette, 1 bedroom, 1 living room, and a private bathroom.

Rua Vila de Belmonte, n 8/10 - Santarém

+351 966 547 978 | [geral@villagraca.pt](mailto:geral@villagraca.pt)

## UM CANTINHO EM SANTARÉM

Avenida António dos Santos N.27, 3-ESQ, 2000-074 Santarém

+351 934 388 281 | [mangonheiro1@hotmail.com](mailto:mangonheiro1@hotmail.com) |

## N1 - HOSTEL APARTMENTS AND SUITES

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Av. dos Combatentes n.º 80 | 2005-150 Santarém

+351 243 350 140 | +351 919 962 008 | [info@n1hostelapartments.com](mailto:info@n1hostelapartments.com) | [Website](#)

## **CASA DAS FLORES**

One-bedroom apartment (duplex) in the historic center, fully equipped.

Rua Pedro Canavarro, 9 2000-030 Santarém

+351 243 324 101 | +351 965 612 001 | [geralcasadasflores@gmail.com](mailto:geralcasadasflores@gmail.com)

## **A CASA BRAVA**

Rua Guilherme de Azevedo 31, 2000-245 Santarém

+351 915 712 262 | +351 914 154 522 | [info@acasabrava.pt](mailto:info@acasabrava.pt)

Websites with accommodation options:

- [Idealista](#)
- [Airbnb](#)

For shared apartments/houses most rooms have a rent of between €200.00 and €250.00 per month. However, sometimes the monthly fee doesn't include other expenses (such as electricity and water), so you should bear in mind that there may be extra costs.

## **Here are some tips to help you with your search:**

1. Check the proximity of the school (walking distance).
2. Choose a furnished apartment.
3. Possibility of receiving visitors and having them stay there without paying extra;
4. Ask if the rent includes
  - o Water, electricity and gas;
  - o Internet
  - o Other services, e.g. air conditioning, use of common areas, other equipment (microwave, etc.)

**Tip:** When you contact the hosts via email or cell phone, you must mention that you are coming to study at ISLA Santarém.

## Cost of Living

Santarém is a city with a low cost of living, both by European Union standards and by national standards.

Expenses	Amount
Food (canteen meals)	€7.00 to €10.00
A meal in a budget restaurant	from €10.00
Accommodation	200€ to 250€ /month (average cost)
Hospital emergency	20,00€ (flat rate)
Museum admission (student discount)	€2.00 to €10.00
Cinema admission (student discount)	6,50€
Theater admission (student discount)	7,50€ to 20,00€
Bar/Club	from €12.00

## Food Expenses and Delivery Services

### Market Expenses:

Item	Average Price
Milk (regular), (1 liter)	0.90€
Rice (white), (1kg)	1.00€
Eggs (regular) (12)	3.00€
Water (1.5 liter bottle)	0,27€
Chicken Fillets (1kg)	6.90€
Apples (1kg)	2.50€
Domestic Beer (0.5 liter bottle)	0.95€

### Food Delivery:

#### Uber Eats

Offers a variety of restaurants and cuisines with delivery in Santarém.

#### Glovo

Provides food delivery from local restaurants, along with groceries and other items.

**Tip:** Additionally, some local restaurants may offer their delivery service.

## Launderette

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As an Erasmus student in Santarém, finding convenient and affordable laundry services is important. Here are some options where you can do your laundry:

### **Self-Service Laundromats:**

1. AquaWash Lavandaria Self Service:
  - Location: Av. Marquês de Pombal 85 R/C, 2005-170 Santarém
  - Services: Self-service laundry and drying services; sewing; Home collection and delivery. Drop&Collect.
  - Operation: Typically open 7 days a week from 8 am to 10 pm
  - Price: Washing from 4.00€ and Drying from 1.10€
2. Lavandaria Self-Service Wash Station:
  - Location: Av. Grupo de Forcados Amadores de Santarém 6, 2000-184 Santarém
  - Services: Self-service laundry and drying services;
  - Operation: Typically open 7 days a week from 8 am to 10 pm
  - Price: Washing from 4.50€ and Drying from 1.50€

### **Laundry Services:**

1. 5àSec:
  - Location: Found in several Portuguese cities, including Santarém (Rua Alexandre Herculano, C. C. Continente, Loja 9, 2005-000 Santarém)
  - Services: Offer primarily a dry-cleaning service.
  - Convenience: If you have clothes that require dry cleaning, this might be a good option.
  - Operation: Typically open 7 days a week from 9h to 20:30h
2. Hotel Laundry Services:
  - If you're staying in student accommodation linked with hotels or hostels, they might offer laundry services. However, these can be more expensive compared to laundromats.

### **Tips:**

- Check for Discounts: Some laundromats or services may offer student discounts, so it's worth asking.
- Bring Your Own Supplies: Even in self-service laundromats, bringing your own detergent and fabric softener can save costs.

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These options should help you manage your laundry needs efficiently while staying in Santarém as an Erasmus student.

## Transport

Santarém, a charming city in Portugal, offers various transportation options both within the city and for traveling to other destinations.

### Transportation Within Santarém:

#### 3. Walking:

- Santarém is relatively small, and many of its attractions, shops, and services are within walking distance. The city's historic center is particularly pedestrian-friendly.

#### 4. Buses:

- Urban Buses: The local bus network covers key areas within the city. Rodoviária do Tejo operates most of the urban buses in Santarém, offering routes that connect different neighborhoods.
- Schedules and Tickets: Buses run frequently, especially during peak hours. You can buy tickets directly from the driver or at designated kiosks.

#### 5. Taxis:

- Taxis are readily available and can be hailed on the street or booked via phone. They are a convenient option, especially if you're traveling late at night or to areas not well-served by buses.

#### 6. Ride-Sharing:

- Services like Uber operate in Santarém, providing a modern alternative to traditional taxis.

#### 7. Cycling:

- While not as common, cycling is possible in Santarém. The city has some cycling paths, and biking can be a pleasant way to explore the area.

### Transportation to Leave Santarém:

#### 8. Trains:

- Regional and Intercity Trains: Santarém is well-connected by rail to major cities like Lisbon, Porto, and Coimbra. Trains are a popular and efficient way to travel. The main train station, Santarém Station, is located close to the city center.

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- Travel Times: It takes about an hour to reach Lisbon by train. Porto is around 2.5 to 3 hours away by Intercity train.

#### 9. Buses:

- Intercity Buses: Long-distance buses operated by companies like Rede Expressos and FlixBus connect Santarém to other cities and towns across Portugal. The bus station is centrally located.
- Routes and Travel Times: Buses to Lisbon take around 1.5 hours, while trips to other parts of Portugal can vary depending on the distance.

#### 10. Car Rental:

- If you prefer driving, several car rental agencies operate in Santarém. Renting a car provides flexibility, especially if you want to explore the surrounding countryside or make day trips to nearby attractions.

#### 11. Air Travel:

- Lisbon Airport: The closest major airport is Lisbon Airport (Humberto Delgado Airport), which is about 80 km (50 miles) away. You can reach the airport by train or bus from Santarém, usually taking about 1 to 1.5 hours.
- Transfers: For convenience, you can also book airport transfer services that will take you directly from Santarém to the airport.

These options should make it easy for you to navigate Santarém and explore other parts of Portugal during your Erasmus stay.

## Health

### **Treatment in the event of an emergency or sudden illness**

In the event of a temporary stay – holidays, student travel, or a stay which is not permanent residence – someone who needs unplanned treatment (if they fall ill or have to be taken to hospital in an emergency, for example) must present a valid European Health Insurance Card (EHIC).

You may go to any health center or hospital in Portugal even if you do not have a European Health Insurance Card. In these circumstances, you must apply for a Provisional Replacement Certificate (PRC) from the relevant body in your country of residence and present it to the healthcare facility before leaving Portugal. The Provisional Replacement Certificate is a document serving as and guaranteeing the same rights as the European Health Insurance Card, and it can be sent by email or fax.

If you do not receive the Provisional Replacement Certificate before leaving Portugal, you may have to pay for the medical care received in the healthcare facility and apply for reimbursement of the expense when you return to your country of residence. For further information on unplanned medical care for European citizens in Portugal, consult the National Health Service website.

Santarém has a public hospital and a private hospital, both with full medical facilities and a 24-hour emergency service.

A consultation in the hospital emergency service has a fixed cost of 20€.

### **Hospital de Santarém**

- **Address:** Hospital de Santarém, Av. Bernardo Santareno 3737B, 2005-177 Santarém, Portugal
- **Phone Number:** +351 243 300 200

### **CUF Santarém (Private)**

- **Address:** CUF Santarém, R. Zeferino Silva 39 a 51, 2005-321 Santarém, Portugal
- **Phone Number:** +351 243 240 240

### **Emergency contacts in Portugal**

In the event of an emergency, please contact:

#### **Medical emergency – 112**

Available 24 hours a day, every day.

112 is the single European emergency telephone number available throughout the European Union. Calls are free of charge.

#### **Health Line 24 - 808 24 24 24**

For health queries, available 24 hours a day, every day. For administrative contact (non-clinical), available from 8 am to 10 pm, every day.

The 24-Hour Health Line provides prioritization, advice, and referral in case of illness. The cost of the call is the same as for a call to a landline.

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# Free Time

Santarém is a medium-sized city on the Portuguese scale and is a recommended destination for all students who want to experience life in a city where the quiet life combines with hospitality, gastronomy, tradition, history, modernity, culture and leisure. Santarém offers its visitors a mix of culture, adventure and tradition.

## Leisure activities

Sport fishing (on the River Tagus or in the surrounding areas, such as the Patudos dam in Alpiarça).

Visits to stud farms, where you can go horseback riding and get to know country life, horse breeding and the fighting bull. A visit to the Clube Hípico de Santarém and the Estação Zootécnica Nacional, also located in Santarém, are recommended.

On the other hand, ultra-light flight, parachuting (through the Santarém parachute club) and ballooning have emerged to satisfy the needs of fans of more extreme sports.

These activities are organized by specialized companies that aim to provide a quality service at an affordable price.

In cultural terms, Santarém is also a focal point for important gastronomic and even religious routes, particularly the wine route.

Also worth a visit are the local restaurants, which can offer a whole range of delicacies from the traditional Ribatejo cuisine and, in particular, from the city, such as fataça soup, magusto with roast codfish, lamb and chickpea sauces or, in the confectionery field, the traditional celestes and arrepiados.

As far as religious routes are concerned, it is essential to mention the monuments of which the churches of Seminario, Graça, and Santíssimo Milagre stand out, which bring thousands of tourists to the city every year and are undoubtedly an important tourist and cultural attraction.

## Sport

To keep your mind and body active we also suggest some sports that you can practice in the city and neighboring cities.

- **Padel and Tenis**

Monday to Friday: 8:30 am to 12 pm Weekends: 9 am to 8 pm

Clube de Ténis de Santarém

Largo Comendador Paulino da Cunha e Silva, 2005-134 Santarém

- **Swimming**

Piscinas do Complexo Aquático

Every day from 10 am to 7:30 pm

Address: Complexo Aquático Municipal de Santarém, Jardim de Cima

2005-444 Santarém

**Contact details:**

Phone: +351 243 300 900

[complexoaquatico@viversantarem.pt](mailto:complexoaquatico@viversantarem.pt)

- **Kayaking**

Clube de Canoagem Scalabitano da Ribeira de Santarém

Address: Travessa da Portagem Nº 8 2000-608 RIBEIRA SANTARÉM

**Contact details:**

Phone: +351 243 327 037

[ccscalabitano@gmail.com](mailto:ccscalabitano@gmail.com)

- **Gym**

Fitness Factory – Santarém

Monday to Friday: 7 am to 10:30 pm Saturdays: 9 am to 8 pm Sundays: 9 am to 1 pm

Address: R. de Angola, 2005-321 Santarém

**Contact details:**

Phone: + 351 963 267 592

## **Public Library**

The Santarém Municipal Library and the Bernardo Santareno Reading Room, part of the Department of Education, Culture and Social Development - Division of Culture, Cultural Heritage and Tourism of the Municipality of Santarém, provide a public reading service for the municipality through the Santarém Municipal Library Network.

Opening hours: Monday to Friday from 9.30 am to 6 pm.

Summer opening hours (July and August): 9.30 am to 12.30 pm and 2 pm to 6 pm.

Internet Space opening hours: 9.30 am to 5.45 pm.

Address: Rua Braamcamp Freire 2000-094 Santarém

**Contact details:**

phone: +243 330 240

[biblioteca@cm-santarem.pt](mailto:biblioteca@cm-santarem.pt)

## **Movie Theaters and Galleries**

The city also has 2 cinemas in the WShopping (Shopping Center) (50 meters from ISLA), which offers the latest cinema releases. For those interested in art, the the Mário Viegas Forum hold regular exhibitions featuring national and foreign artists throughout the year.

- **Castello Lopes Cinemas W Shopping**

Address: W Shopping – Rua Pedro de Santarém, 29 2000-223 Santarém

**Contact details:**

phone: +351 243 309 340

[santarem@socorama.pt](mailto:santarem@socorama.pt)

- **Mário Viegas Forum**

Address: Rua Dr Joaquim L Martins 16, 2000-141 Santarém

**Contact details:**

phone: + 351 243 153 899

[centro.cultural.regional.santarem@gmail.com](mailto:centro.cultural.regional.santarem@gmail.com)

## **Explore the District**

Exploring the district of Santarém offers a wide range of activities that showcase the region's rich history, culture, natural beauty, and local traditions. Here are some ways you can explore the district:

### **1. Historical and Cultural Sites:**

- **Santarém City:**

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- **Portas do Sol:** Visit this beautiful park offering panoramic views of the Tagus River. It's built on the ruins of the ancient Moorish castle and is one of the most iconic spots in the city.
- **Cathedral of Santarém (Sé Catedral):** Explore the impressive architecture of this Gothic-style cathedral, which dates back to the 17th century.
- **Church of São João de Alporão:** A blend of Romanesque and Gothic styles, this church is now a museum showcasing medieval artifacts.
- **Convento de São Francisco:** Visit this historic convent to admire its beautiful architecture and learn about its significance in Portuguese history.
- **Tomar:**
  - **Convento de Cristo:** A UNESCO World Heritage site, this former Knights Templar stronghold is one of Portugal's most important historical monuments.
  - **Aqueduct of Pegões:** Just outside Tomar, this impressive aqueduct is a feat of engineering and offers beautiful views of the surrounding countryside.
- **Golegã:**
  - **Museu Rural e do Vinho do Cartaxo:** Learn about the local wine-making traditions and rural life in this museum, located in the heart of Golegã, the capital of the Lusitano horse.
- **Rio Maior:**
  - **Marinhas do Sal:** in Rio Maior is a historic salt production site with traditional salt pans and a museum that highlights its centuries-old techniques and cultural heritage.

## 2. Nature and Outdoor Activities:

- **Serra de Aire e Candeeiros Natural Park:**
  - This park offers hiking and cycling trails, with stunning landscapes that include limestone caves, valleys, and hills. The Mira de Aire Caves, among the largest in Portugal, are a must-visit.
- **Tejo River:**
  - **Boat Tours:** Explore the Tejo River by boat. Many tours offer a unique perspective of the region's natural beauty and historical sites along the riverbanks.
  - **Fishing and Birdwatching:** The Tejo River is rich in biodiversity, making it a great spot for fishing and birdwatching.

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- **Almourol Castle:**
  - Located on an island in the middle of the Tagus River, this castle is one of the most picturesque in Portugal. You can take a boat ride to the island and explore the castle.

### 3. Local Festivals and Events:

- **Festa dos Tabuleiros (Tomar):**
  - This unique festival, held every four years, features a parade where women carry tall trays of bread and flowers on their heads. It's one of the oldest and most colorful festivals in Portugal.
- **Feira Nacional do Cavalo (Golegã):**
  - Held in November, this national horse fair celebrates the Lusitano horse breed with equestrian events, horse shows, and traditional Portuguese festivities.
- **Santarém National Gastronomy Festival:**
  - Held annually during the fall, this festival showcases the best of Portuguese cuisine, with a focus on regional dishes from the Ribatejo area. It's a great opportunity to taste local specialties.

### 4. Wine and Gastronomy:

- **Wine Tours:**
  - The Ribatejo region is known for its wine production. Visit local vineyards and wineries to taste some of the best wines in Portugal. Some popular wineries include Quinta da Alorna and Casal da Coelheira.
- **Local Cuisine:**
  - Try traditional dishes like "Ensopado de Borrego" (lamb stew), "Migas" (bread-based dish), and "Pampilho" (Sweet, traditional pastry). Visit local markets and restaurants to experience authentic Ribatejo flavors.

### 5. Adventure and Sports:

- **Cycling and Hiking:**
  - The flat terrains and scenic routes around Santarém are perfect for cycling and hiking. Explore the countryside, vineyards, and along the Tejo River.
- **Horseback Riding:**
  - Given the region's equestrian tradition, horseback riding is a popular activity. Various farms and equestrian centers offer riding lessons and trail rides.

### 6. Day Trips:

- **Fátima:**

- One of the most important pilgrimage sites in the world, Fátima is a short drive from Santarém. Visit the Sanctuary of Fátima and experience the spiritual atmosphere of this sacred site.
- **Batalha and Alcobaça Monasteries:**
  - Both are UNESCO World Heritage sites and are located within an hour's drive from Santarém. These monasteries are stunning examples of Gothic architecture and Portuguese history.

## 7. Join Local Tours:

- **Guided Tours:**
  - Joining guided tours can help you discover hidden gems and gain deeper insights into the history and culture of the Santarém district. Many local tour operators offer specialized tours, including historical walks, wine tasting tours, and nature excursions.

These activities should help you make the most of your time in the Santarém district, providing a rich and varied experience during your Erasmus stay.

# Want to learn a few Portuguese Words?

## Basic and useful Portuguese phrases and words

Learning some basic Portuguese phrases and words will definitely help you navigate daily life in Santarém and enhance your experience as an Erasmus student. Here are some essential phrases and words to get you started:

### 1. Greetings and Polite Expressions:

- **Olá** - Hello
- **Bom dia** - Good morning
- **Boa tarde** - Good afternoon
- **Boa noite** - Good evening / Good night
- **Adeus** - Goodbye
- **Até logo** - See you later
- **Até amanhã** - See you tomorrow
- **Por favor** - Please
- **Obrigado** - Thank you (if you identify as he/him)

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- **Obrigada** - Thank you (if you identify as she/her)
- **De nada** - You're welcome
- **Desculpe** - Sorry / Excuse me
- **Com licença** - Excuse me (to get someone's attention or to pass by)

## 2. Basic Conversation:

- **Como está?** - How are you? (formal)
- **Como estás?** - How are you? (informal)
- **Estou bem, obrigado/obrigada.** - I'm fine, thank you.
- **E você?** - And you? (formal)
- **E tu?** - And you? (informal)
- **Qual é o seu nome?** - What is your name? (formal)
- **Como te chamas?** - What is your name? (informal)
- **O meu nome é...** - My name is...
- **Prazer em conhecê-lo/conhecê-la.** - Nice to meet you. (use "conhecê-lo" if you identify as he/him and "conhecê-la" if you identify as she/her)

## 3. Useful Phrases for Everyday Situations:

- **Onde é...?** - Where is...?
- **Onde fica a estação de comboio?** - Where is the train station?
- **Quanto custa?** - How much does it cost?
- **Posso pagar com cartão?** - Can I pay by card?
- **Tem Wi-Fi aqui?** - Is there Wi-Fi here?
- **Fala inglês?** - Do you speak English?
- **Eu não falo português muito bem.** - I don't speak Portuguese very well.
- **Pode falar mais devagar, por favor?** - Can you speak more slowly, please?
- **Não entendo.** - I don't understand.
- **Pode repetir, por favor?** - Can you repeat that, please?

## 4. In a Restaurant or Café:

- **Eu gostaria de...** - I would like...
- **O menu, por favor.** - The menu, please.
- **A conta, por favor.** - The bill, please.
- **Água, por favor.** - Water, please.
- **Sem gás** - Still (water)
- **Com gás** - Sparkling (water)
- **Café** - Coffee (usually an espresso in Portugal)
- **Cerveja** - Beer
- **Vinho** - Wine

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## 5. Numbers:

- **Um** - One
- **Dois** - Two
- **Três** - Three
- **Quatro** - Four
- **Cinco** - Five
- **Seis** - Six
- **Sete** - Seven
- **Oito** - Eight
- **Nove** - Nine
- **Dez** - Ten

## 6. Days of the Week:

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

## 7. Emergency Phrases:

- **Ajuda!** - Help!
- **Chame uma ambulância!** - Call an ambulance!
- **Chame a polícia!** - Call the police!
- **Estou perdido/perdida.** - I'm lost. (use "perdida" if you identify as she/her)
- **Preciso de um médico.** - I need a doctor.

## 8. Directions:

- **Esquerda** - Left
- **Direita** - Right
- **Em frente** - Straight ahead
- **Perto** - Near
- **Longe** - Far

## 9. Common Questions:

- **A que horas?** - At what time?
- **Por quê?** - Why?
- **Quando?** - When?
- **Como?** - How?

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- **Quem?** - Who?

## 10. Time and Date:

- **Que horas são?** - What time is it?
- **Hoje** - Today
- **Amanhã** - Tomorrow
- **Ontem** – Yesterday

These phrases should help you with basic communication in Santarém. Don't worry about making mistakes—locals will appreciate your effort to speak Portuguese!

**Welcome to Santarém!** 

Wishing you an amazing stay filled with new friendships, unforgettable experiences, and plenty of adventures. Explore, learn, and enjoy everything this beautiful city has to offer.

Make the most of your time here, and don't hesitate to reach out if you need anything. Boa sorte e aproveitem ao máximo! (Good luck and make the most of it!)