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# PORTO

Tips and tricks

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*Photo on the cover page: **Ponte Luiz I** (credits to Alan Chan). Photo on this page: **Casa da Musica**.*

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## 1. Basic Greetings and Phrases

Want to say “Hello!” to the cute Portuguese girl/guy you regularly see in the residence? Want to get out of a situation where an elderly woman suddenly starts recounting her story to you in perfect Portuguese and you haven’t a single clue what she is talking about? Fear not, I present thee the most commonly used phrases and greetings in Portuguese.

Although most Portuguese people speak English, one of the things that they really appreciate is hearing a foreigner try to speak their native tongue. So even if you think that your Portuguese accent is not too refined, it is a good idea to nonetheless try to speak to them in Portuguese.

English	Portuguese	When do you say it?
<b>Hello!</b>	Olá! (O-la)	When you want to greet somebody casually.
<b>Good morning!</b>	Bom dia! (Bom-dee-ah)	Until lunchtime.
<b>Good afternoon!</b>	Boa tarde! (Bo-ah-tarde)	After lunchtime.
<b>Good night!</b>	Boa noite! (Bo-ah-noyy-te)	After sunset.
<b>Thank you very much !</b>	Muito obrigado/a ! (Muy-to-ob-ri-ga-doo/da)	Males use ‘Muito obrigado!’ while females use ‘Muito obrigada’.
<b>Sorry.</b>	Desculpe/a. (Desh-kulp/-kul-pa)	Use “Desculpe” when you are talking to someone older than you. It is, in a way, a polite way of saying sorry. Use “Desculpa” if you want to say sorry to a colleague, or to people younger than you.
<b>Excuse me.</b>	Com licença. (Koo-li-sen-sa)	
<b>Do you speak English?</b>	Fala inglês? (Vos-se-fa-la-ing-leysh)	
<b>I don’t speak Portuguese.</b>	Não falo português. (Naw-fa-loo-por-tu-ghesh)	
<b>I would like...</b>	Queria... (Ke-ri-ah)	
<b>How much does it cost?</b>	Quanto custa? (Kwan-to-cosh-ta)	
<b>Where is... ?</b>	Onde é...? (On-de-ee)	
<b>Please.</b>	Por favor. (Por-fa-vor)	
<b>Bye!</b>	Adeus!(a-deuus)	
<b>See you tomorrow.</b>	Até amanhã	This is not a direct translation but an equivalent expression.

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## 2. Living in the Residence



The SPRU residence is found above (and when I say above, it is literally above) one of the Metro stations called Campanhã. Believe me when I say that it is one of the best residences I have been to (you can speak with M2 students about that). It seems quite pricey for a residence but every Euro is worth it.

Each room has its own microwave, cooking area, bathroom, heater, and cooking equipment. The cooking equipment they will provide you is chef-worthy, quantity-wise. Almost anything you need in terms of cooking is already there.

In addition, you will be provided a thick blanket and two pillows (as shown above), a study table with a cork board, a lamp, a good cabinet, and a painting (mine is Batman as you could well see). But what really sets this residence apart from the others are their excellent services: the Internet is blazing quick, a cleaning lady would clean your room on a weekly basis, and the residence is very safe.

*Photo: SPRU room.*

Just a few tips:

a) Water and electricity

Sadly, you are only allowed a certain amount of water and electricity usage without incurring any costs. Going above that would well, be charged on your bill the month after. One of the things you could do to lower your electricity costs would be to turn off the water heater when you are not using it. The guards, upon checking in, told us not to do anything to the electric panel (this is the gray square box that you would see on your left upon entering your room), but a neat Greek guy told us a neat trick. If you open the electric panel, you should find a switch with a label "Cilindro". This pertains to the water heater. Turn it off when you are not using it and just turn it on 10-15 minutes before taking a bath. Trust me, it will save you a lot of money by doing so.

Another energy saving tip: when you need use/charge your laptop, go down to the study room and plug your laptop there. As long as nobody is using the sockets, you are free to plug your laptop there without using electricity in your room. The upside here is that they have Wifi in the study room so you don't have to worry about not having an Internet connection while working in the study room.

Water saving tips? Hmm, just use less water.

b) Guards

The guards in the residence all speak English and are very accommodating. They might seem snobs at first but they are really kind. Befriend them. They are the ones you would be talking to in case you have problems or when you have to buy your tokens for the washing machine and the dryer.

c) Guests

One guest is allowed per room. This guest would not need to pay anything as long as he/she stays for less than 5 days. Here is the catch: you would have to let the administration know about your guest at least a week before you can accommodate them. You would, in other words, have to get permission from the administration. Sneaking a person in is a no-no because the guards know who is and who is not a resident of SPRU.

## 3. Going around:

### 3.1 MetroPorto



The Metro system of Porto (called MetroPorto) is not really complicated. Five of the main tracks are bunched in more or less what is the center of Porto. As you could probably see, Campanhã is found at almost the end of the bunching of the 5 lines.

Just a summary of what you could find in some of the stops of the Metro:

- I. **Estádio do Dragão** – the nearest mall to the residence could be found here (Dolce Vita). Moreover, as the name of the station implies, you can find the stadium built for Porto's soccer team. Fun fact: Coldplay held their concert in Estádio do Dragão when they performed in Porto.
- II. **Campanhã** – SPRU. Your home away from home.
- III. **Campo 24 Agosto** – The nearest post office could be found here in this Metro stop.
- IV. **Bolhão** – If you love shopping, you would surely stop here a million times. Near this stop is the main "shopping avenue" of Porto, Rua Santa Catarina. Moreover, the shop that makes one of the best Francesinhas in town (more on this later) is found near the Bolhão stop.



- V. **Trindade** – This is the central station of the MetroPorto system, probably something like the Châtelet Les Halles of the RATP, sans the people and the chaos.
- VI. **São Bento** – If you are planning to go to Ponte Luiz I (aka the Eiffel Bridge), stroll along Praça Ribeira, and just relax by the river, this is the best station get down at. On the other side of Praça Ribeira is Gaia, which you could reach either by walking through Ponte Luiz I or by taking the Metro. It is in Gaia that you will find wine cellars where the best Porto wines are.
- VII. **Casa da Musica** – This is where the Casa da Musica structure stands (see the picture at the Table of Contents page). **This is also the station that is nearest the University.**
- VIII. **Sete Bicas** – You can find another gigantic mall if you stop by in this station (Norteshopping).
- IX. **Aliados** – It is here that you would find the picturesque Town Hall of Porto. At night, the streets of **Galerias de Paris** are filled with young people as they go around looking for parties and drinks. Should you decide to go partying, come later than 12 AM; you won't find people partying just yet if you go earlier than 12AM.

*Photo: Town Hall area of Porto.*

Moreover, you have CP trains and STCP buses. Usually, with the same ticket you can travel in all these kinds of transportation. From the University, you can take the bus 200 or 207 (common touristic lines) until S. Bento CP station and then catch a train to the Porto-Campanhã CP station. Almost all trains stop there because it is a central station where you can also catch an Alfa-Pendular or an Intercidades (long distance trains).

### 3.2 Notable places to visit in the center of Porto

**Avenida dos Aliados/Praça da Liberdade** (the two names refer to the same place) – this is one of the most important places in Porto. In addition, the city council of Porto can be found here. It is located near the S. Bento and Trindade metro stations. You can likewise visit the peculiar McDonald’s restaurant near the square and awe at its architecture.



Photo: **Avenida dos Aliados/Praça da Liberdade.**  
<http://weblog.aventar.eu/portugalembrazil.weblog.com.pt/arquivo/248132.html>

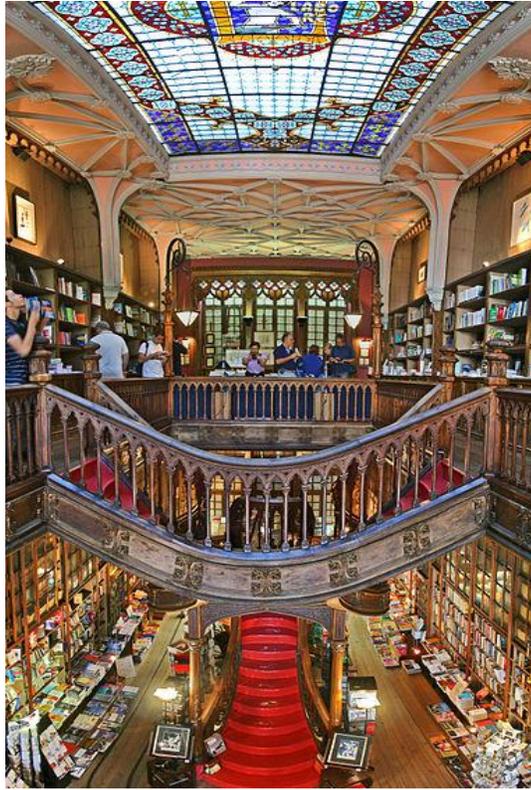
**São Bento station (for the CP trains)** – the train station found downtown. It is widely known for its tile (azulejo) panels that depict scenes from the History of Portugal.



**Rua de Santa Catarina** – This is a long street where you can shop (already mentioned in Section 3.1). It has a very fancy café - Café Majestique! Make sure to pay a visit to this one of a kind café. Rua de Santa Catarina could be found near the Bolhão metro station or the São Bento CP train station. This is a street parallel to Avenida dos Aliados!

**Livraria Lello (Lello Bookstore)** - This is one of the oldest bookstores in Portugal. The decoration and architecture are based in Art Nouveau, with some features of the Gothic Revival. Fun trivia for Harry Potter fans out there: some people actually argue that J.K. Rowling may have taken some inspiration from the Lello Bookstore for Flourish and Blotts, the Diagon Alley Bookstore. How cool is that?

*Photo: São Bento station. <http://enjoyportugal.blogspot.fr/2012/04/sao-bento-railway-station-in-porto.html>.*



The Lello Bookstore could be found on a street perpendicular to Avenida dos Aliados, the same street where you can also find **A Torre dos Clérigos** (Clérigos tower) and the central building of university (**Reitoria da Universidade do Porto**). If on the other hand you find yourself downtown (near the São Bento CP station), you can catch the **Funicular dos Guindais** to go to the river bank! You can get a nice view of the river and the **Ponte D. Luís I** from the Funicular!



Top photo: **Livraria Lello**. [http://en.wikipedia.org/wiki/File:A\\_Livraria\\_Lello\\_e\\_Irmão-A\\_ponte\\_de\\_encanto.jpg](http://en.wikipedia.org/wiki/File:A_Livraria_Lello_e_Irmão-A_ponte_de_encanto.jpg)  
Bottom photo: **View of Ponte D. Luís I from the Funicular**. <http://olhares.sapo.pt/funicular-dos-guindais-foto2862644.html>

On the other side of **Ponte D. Luís I**, you can see **Serra do Pilar (Gaia)**. Go to the São Bento Metro station and take some time to visit it (you can alight the Metro in the station called Jardim do Morro)! You would have a nice view of Porto from there. It is nothing short of romantic at that spot so you might want to invite someone special to go with you.

For parties, you can find the **Galerias de Paris**. It is located near the **Reitoria da UP**. As already mentioned, this is a street with lots of nice bars or clubs. You can also find a little square called "Piolho" with the bar **Piolho D'ouro** which is known as the academic bar.

The good things about Porto don't stop at the city center however! You should visit the beaches around Porto, the big city park (**Parque da cidade**) and the **Palácio de Cristal**.

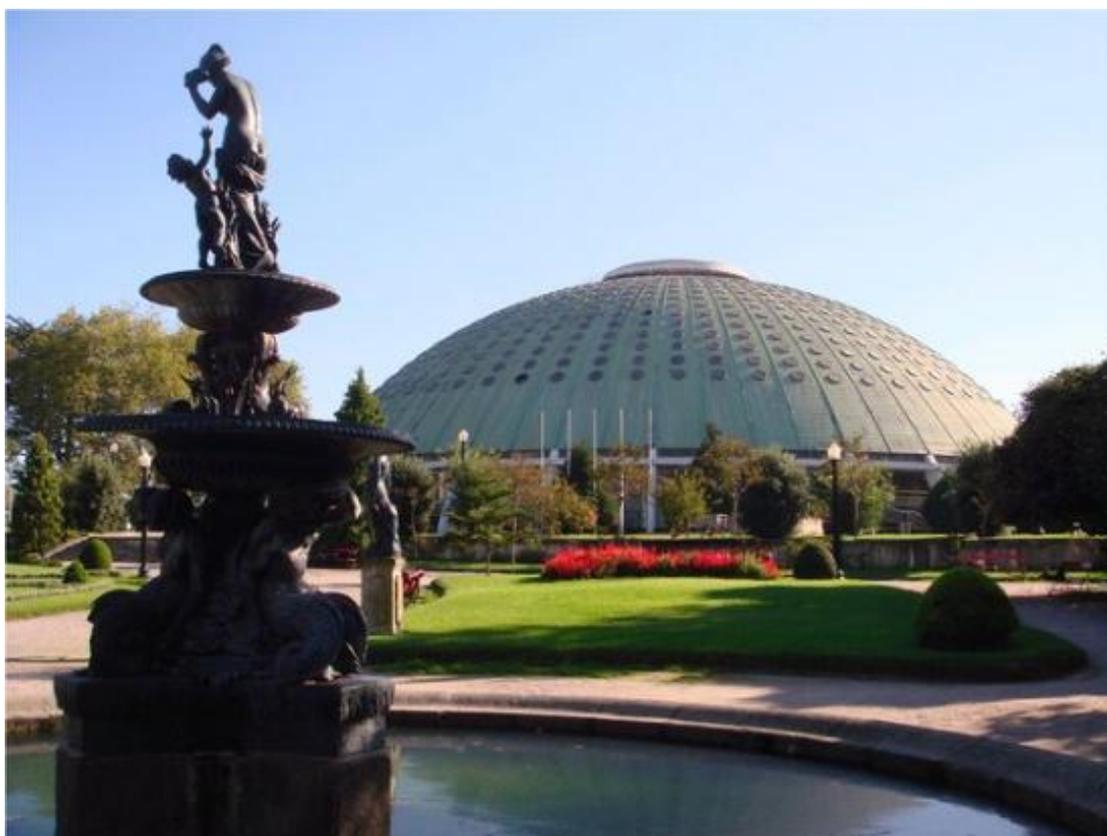


Photo: **Palácio de Cristal**. [http://www.tripadvisor.com/Attraction\\_Review-g189180-d546880-Reviews-Palacio\\_de\\_Cristal-Porto\\_Porto\\_District\\_Northern\\_Portugal.html](http://www.tripadvisor.com/Attraction_Review-g189180-d546880-Reviews-Palacio_de_Cristal-Porto_Porto_District_Northern_Portugal.html)

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## 4. Studying in the University of Porto



Okay, let us get to business: what can be expected of the curriculum in the University of Porto? In a nutshell, your effort would be proportional to your grade. You get what you deserve.

Before doing a run-through of the subjects taught in Porto, I would like to make two general comments about the subjects:

- I) Save for the Portuguese course, every subject has a lecture and laboratory component. The final grade will gauge how well you did in both. To get a good grade in the lecture classes, pay good attention to the lessons and do the homeworks that they would ask of you. The teachers aren't the unreasonable types: they give problems that they know you could solve based on the homeworks and quizzes that they will give you.
- II) To do well in the laboratory, work efficiently with your groupmates and be very thorough when you are making the laboratory reports. Mind your significant digits: they can be very strict about this.

*Photo: Signage in front of the University of Porto.*

## The Subjects:

### ***a) Thermochemistry and molecular energetic***

The subject deals with the thermochemistry of reactions, which include, but are not limited to: Hess' Law, bond dissociations and formations, and techniques used in quantifying enthalpies and energies (i.e. calorimeters). Expect calculations in the latter part of the course, and theory in the early parts of the subject. If the scheme would not change from last year, the students will be asked to make a presentation at the very end about a journal paper about a thermochemistry related investigation.

### ***b) Interfaces/Colloids***

These two subjects are intertwined and strongly connected to one another. Interfaces would be first taught for the first part of the semester and then colloids would take over at the latter part of the semester. Be ready for calculations for Interfaces: this is more a mathematical treatment of interfaces more than it is chemistry. As for Colloids, be ready to digest a ton of information and to really understand the material. The Professor could ask tricky questions which at first seems simple, but in reality isn't.

### ***c) Interfacial Electrochemistry***

This has got to be the most mathematical of all the subjects in Porto. The topics would vary from Galvanic cells, to resistors and capacitors, and then to theories like the Double Layer Theory. If the scheme would not change from last year, three Professors would be teaching this course. Two of them would be in charge with teaching the basics of electrochemistry and the main Professor would be in charge of teaching the advanced class. I can only say one thing: the main Professor is nothing short of brilliant. Try to learn as much as you can from him.

### ***d) Techniques for characterization of Interfaces***

The main topics that would be tackled in this subject would be AFM and its modified applications, and the Langmuir-Blodgett technique. As long as you understand how the instruments generally work and the modifications done to them if they have other applications, the course shouldn't be too complicated.

### ***e) Portuguese course***

This depends on a lot of things, but it primarily depends on the teacher and on your willingness to learn the language. Thus for this, I could say nothing much but "Boa sorte!".

### The Faculty of Science

The University of Porto (<http://www.up.pt/>) is currently the largest education and research institution in Portugal with 14 faculties (and other schools and centers) distributed by three campuses. The Faculty of Science/Faculdade de Ciências is called FCUP ([http://sigarra.up.pt/fcup/pt/web\\_page.inicial](http://sigarra.up.pt/fcup/pt/web_page.inicial)) and it is localized in the campus 3 in Campo Alegre. SERP-Chem students will have most part of their classes in the Chemistry and Biochemistry/Química e Bioquímica departmente (see the Figure shown in the beginning of this Section).

### Where to study?

The faculty has a decent library for all departments. However if you need to do a group work you can use the expositions classroom/sala de exposições (ground floor of the chemistry and biochemistry department). If you prefer to study until late, you can use the computer science department/departamento de ciência dos computadores which is open all night long even on weekends.

### Where to eat?

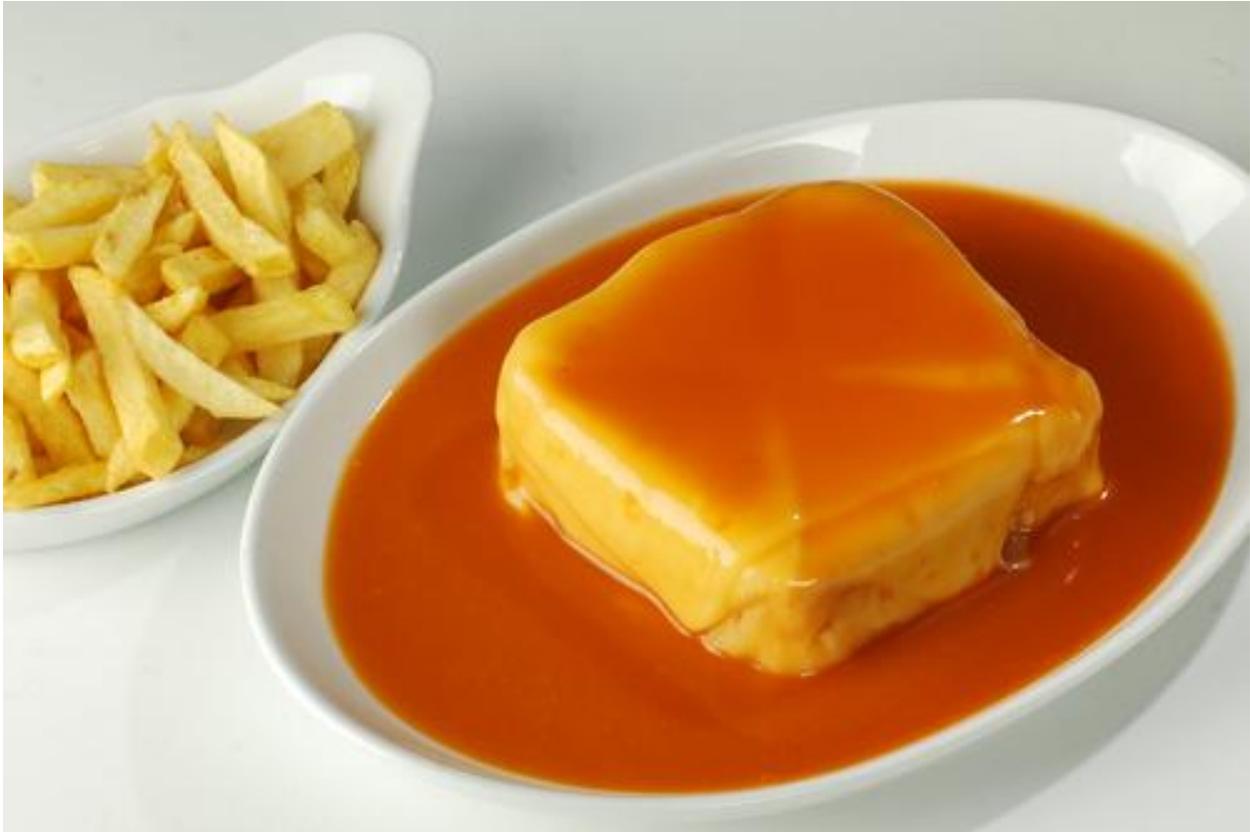
All faculties have a SASUP restaurant (Social Action Services of University of Porto) where each meal price is around 2.5 euros. They are always open at the lunch time but for dinner, it is only the restaurant of the Faculty of Letters (FLUP, Faculdade de Letras da Universidade do Porto) that is open. FLUP can be found in Campus 3. Bear in mind that you have 3 Faculties in Campus 3: Sciences, Letters and Architecture. In each faculty, you have a SASUP sandwich bar where the food is better (but they just sell baguette sandwich, soup and salads). In faculty of science you will find another restaurant (behind the biology department) which is more expensive but with better quality. During the breaks of the courses, you can always find a small cafeteria to eat something or to just drink a coffee.

### How to go to an office of one professor?

All offices are in the first, second and third floors. The classrooms are in the ground floor and underground. In the ground floor near to the secretary there is a telephone where you can call and ask if the professor can receive you. You should ask for a visitor's card because all interior doors are electronic. Do not feel like uncomfortable for this! Portuguese professors like to see their students interested and they expected you go there to ask him some good doubts.

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## 5. The Traditional Porto Dishes



A trip to another country isn't ever going to be complete without tasting its traditional dishes. So, what is a good example of traditional Porto dishes?

### *Francesinha*

The creation of this sandwich type of a dish is said to have taken inspiration from the French's "Croque-monsieur", and thus the name "Francesinha", which means "Frenchie". According to Wikipedia (I apologize for bringing Wikipedia in here but I have no idea about the exact meats they use in Francesinhas), it is a sandwich made of "bread, wet-cured ham, linguiça, chipolata, steak or roast meat, covered with melted cheese and a hot thick tomato and beer sauce served with French fries"<sup>1</sup>. The secret is in the sauce! Hungry already? I thought so. Grab one of the best Francesinhas in Porto in Café Santiago, a café that could be found near the Bolhão Metro station.

Photo: **Francesinha** (<http://leunam-itamac.tumblr.com/post/28922044894>).

<sup>1</sup> - <http://en.wikipedia.org/wiki/Francesinha>

*“Tripas à moda do Porto”*

The dish is made with several kinds of meat, tripe, sausages and white beans. The sauce is delicious!



Photo: **Tripas à moda do porto** (<http://www.mundolusiada.com.br/gastronomia/almoco-divulga-tripas-a-moda-do-porto-entre-as-7-maravilhas-da-gastronomia/>)

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## 6. Traditional Porto Celebrations

### *Queima das fitas*

The Queima das Fitas (Portuguese for Burning of the Ribbons) is an academic traditional festivity of the students of some Portuguese universities, organized originally by the students associations. In Porto, it usually happens on the first week of May for eight days.



### *São João festival*

São João is one of Europe's liveliest street festivals and it is celebrated during the night from 23<sup>rd</sup> to 24<sup>th</sup> June. “The traditional attractions of the night include street concerts, popular dancing parties, jumping over flames, eating barbecued sardines and meat, drinking wine and releasing illuminated flame-propelled balloons over Porto's summer sky”<sup>2</sup>. The tradition says you should beat someone's head to give him luck.



Top photo: **Queima das Fitas**. [http://en.wikipedia.org/wiki/File:Coimbra\\_Queima\\_das\\_Fitas.jpg](http://en.wikipedia.org/wiki/File:Coimbra_Queima_das_Fitas.jpg)

Bottom photo: **São João**. [http://noticias.sapo.pt/fotos/sao-joao-no-porto\\_217014/](http://noticias.sapo.pt/fotos/sao-joao-no-porto_217014/)

2 - [http://en.wikipedia.org/wiki/Festa\\_de\\_S%C3%A3o\\_Jo%C3%A3o\\_do\\_Porto](http://en.wikipedia.org/wiki/Festa_de_S%C3%A3o_Jo%C3%A3o_do_Porto)

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## THE PORTO TEAM (2011/12)

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“We all have our time machines. Some take us back, they are called memories. Some take us forward, they are called dreams.”

- Jeremy Irons

**Alexandra and Francisco prepared a video for you!**

**<http://www.youtube.com/watch?v=fzzmWgmy5J4>**

*Photo: Aliados Square, the Town Hall. (From left to right) Sangeetha Balabhadra, Francisco Blanco, Alexandra Jones-Apatzidou, John Paul Garcia.*