

WELCOME TO



Dynamics of Team Cognition and Team Adaptation



General information about the city of Lisboa¹

¹ Adapted from Turismo de Lisboa: <http://www.visitlisboa.com/> and from the Entrepreneurship Summer University 2013

The City of Lisboa – General Information

GEOGRAPHICAL SITUATION

Lisboa is the capital of Portugal and lies on the north bank of the Tagus Estuary, on the European Atlantic coast. It is the westernmost city in continental Europe. Greater Lisboa has an area of approximately 1,000 km². The city is approximately in the centre of the country and approximately 300 km from the Algarve in the south and 400 km from the northern border with Spain.

Lisboa offers a wide variety of options to the visitor, including beaches, countryside, mountains and areas of historical interest only a few kilometres away from the city centre.

LANGUAGE

Portuguese has its origins in Latin and is the third most widely spoken European language in the world. It is the mother tongue of about 200 million people. Portuguese is the official language in several countries: Angola, Cape Verde, Guinea-Bissau, Mozambique, São Tomé e Príncipe in Africa, and Brazil in South America. In Portugal itself a considerable number of people can understand and communicate in foreign languages.

DEMOGRAPHICAL INFORMATION

Approximately 600,000 people live in Lisboa. However, if one includes the various satellite towns, the population of Greater Lisboa rises to approximately 1.9 million people.

RELIGION

Portuguese culture is greatly influenced by religion. Although Catholicism predominates, other religions may be freely practiced.

ELECTRICITY

Voltage: 220/380 volts at a frequency of 50 Hertz. All sockets follow European standards. To use American-type plugs, a 220-volt transformer should be used together with an adapter plug.

CURRENCY

The unit of currency in Portugal is the Euro €.

SCHEDULES

Usually shops are opened from 10 a.m. until 7 p.m. Larger shopping centres might be opened until 11 p.m. or 12 a.m.

The visitor has access to all normal services at any time of the day and on all days of the week - not only in Lisboa, but also in the rest of the country.

Pharmacies keep the same opening hours as the rest of the shops but, in order to guarantee 24-hour service, some stay open after 7 p.m. Generally speaking, restaurants are open for lunch from 12 mid-day to 3.p.m and for dinner from 7 p.m. to 10 p.m.

WORKING HOURS

- Buses: Every day - 24 hours (with some exceptions in summer time).
- Underground: Every day 6.30 a.m. - 1 a.m.
- Banks: Mon-Fri. 8.30 a.m. - 3 p.m.
- Shopping Centres: Every day 10 a.m. - 12 midnight
- Shops: Mon -Fri. 9 a.m. - 1 p.m. and 3 p.m. - 7 p.m. Sat. 9 a.m. - 7 p.m.
- Embassies: Mon. - Fri. 9 a.m. - 3 p.m.
- Post Offices: Mon. - Fri. 8.30 a.m. - 6.30 p.m.
- Pharmacies: Mon. - Fri. 9 a.m. - 1 p.m. and 3 p.m. - 7 p. m. also: 24 hour (night) service
- Meal times: Lunch: 12 mid-day - 2 p.m.
- Dinner: 8 p.m. - 10 p.m

USEFUL CONTACTS

Emergency number: 112

Tourism Police:

Palácio Foz - Praça dos Restauradores

Tel.: +351 213 421 634 / +351 213 421 623

lsbetur@psp.pt

For EAWOP SGM, if you need anything, get lost or need any kind of directions please contact Catarina Santos or Pedro Marques Quinteiro from the organizing committee:

Catarina Santos: 00351968786518 Pedro Marques Quinteiro: 00351915264900

The City of Lisboa – History of the City



Legend has it that Lisboa was founded by Ulysses. The name comes from “Olissipo”, which has its origins in the Phoenician words “Allis Ubbo”, meaning “enchanted port”.

Most likely it was founded by the Phoenicians and styled by the Moors which shows in its strong Arabic influences. It was, after all, ruled by the Moors for 450 years. In the 12th century the Christians re conquered the city but it was not until the mid-13th century that Lisboa became the country’s capital.

With the beginning of the Portuguese Age of Discoveries, Lisboa enriched as a spice and jewellery trade centre.

The breakthrough for Portuguese expansion came in 1498 when Vasco da Gama discovered the sea route to India. This was indeed the beginning of a golden age, characterised by the *Manuelino* architectural style named after King Manuel I, with its typical decorative use of maritime motifs. Over the centuries Lisboa naturally grew and changed. When the city centre was almost completely destroyed by the earthquake of 1755, it was rebuilt by Marquise de Pombal, who thus created the Baixa Pombalina, a commercial area that still retains much of its original lay out.

Lisboa is a historic capital, a potpourri of unusual character and charm, where 800 years of cultural influences mingle with modern trends and life styles creating spectacular contrasts.



The City of Lisboa – History of the City

The historical neighbourhoods of central Lisbon are perfect for visitors of the Portuguese capital. Their culture, the history, the architecture and the people are fundamental aspects of Lisbon's identity, and those who explore them will discover their own personal map. There are so many possibilities, don't let them get away.

Bairro Alto is one of the most characterful and attractive neighbourhoods in the city. Bairro Alto has boutiques and bars and is a place where people meet in an eclectic and multicultural atmosphere. To discover its streets, lanes and alleys, it is essential to explore it. Traditional restaurants nestle alongside cosy bookshops; tea rooms serving signature cakes vie for attention with funky design shops and the boutiques of the most respected Portuguese fashion designers. Bairro Alto is a unique experience within Lisbon packed with secrets ripe for discovery.

From Bairro Alto, stroll down to the Chiado, the sophisticated hub for the city's young people, artists and intellectuals. The Chiado is an area of iconic cafés including "A Brasileira", art schools, theatres and of living history. The intrinsic beauty of the Chiado, and its people – going about their daily lives -, makes the area what it is.

The Carmo area, next to the Chiado, has some of the most fascinating historical sites in the city, such as the Convent and Church of Carmo, which maintain their elegance and grandeur. Don't miss the Museu Arqueológico do Carmo, which houses a collection of artefacts from pre-historic, Roman, Medieval, Manueline, Renaissance and Baroque periods. Largo do Carmo was the site of important events in the 1974 Revolution.

Carmo is connected to the Baixa by the Elevador de Santa Justa, another of Lisbon's icons. The Elevador, designed by a disciple of Gustave Eiffel, is open to the public and boasts impressive views over the Baixa Pombalina and the rest of Lisbon.

The Baixa is the city's traditional shopping district where visitors can stroll around the streets and find dozens of shops offering a wide range of temptations.



Rua Augusta is the main artery of the Baixa Pombalina leading north from Terreiro do Paço (known as Black Horse Square by the English), to the beautiful Praça do Rossio (Praça Dom Pedro IV).

Just north of Rossio, discover Avenida da Liberdade, which in the 19th century, was the favourite promenade for the Lisbon élite. Today, the Avenida is home to exclusive international boutiques to tempt and inspire.

Although it was at the castle that everything began, historical sites can be found across the city. As the capital of the Portuguese Empire, Lisbon boasts a thousand years of history, and is peppered with monuments of great importance, reflecting the key moments in the country's history. The peak of Lisbon's wealth was during the Age of Discovery a time which has left a heritage of rare beauty.

Close to the castle, in Graça, is the church and monastery of São Vicente de Fora, one of the most imposing and notable religious monuments in the city. It was built immediately after the city was recaptured from the Moors following a vow made by King Afonso Henriques to São Vicente during the siege of the Lisbon in 1147.

On Tuesdays and Saturdays, don't miss one of the most popular and busy markets in the city, the Feira da Ladra, or flea market, just a short stroll from the imposing church. Every imaginable object and curio – as well as genuine antiques – are on sale, and a visit to the flea market is a real walk through Lisbon culture.

Strolling down to Santa Apolónia to explore the riverside neighbourhood, it is impossible to miss the unique 16th century Casa dos Bicos, so named after the diamond-shaped stones that cover its façade. Note the Italian influences in the architecture combined with elements of the Portuguese Manueline style. The building belonged to Afonso de Albuquerque, Viceroy of India, and is the site of a number of Roman archaeological finds.



During these three days we will have the opportunity to visit several places in Lisboa and be inspired by the city. We wish you a pleasant stay!

Welcome! Bem-vindos!