

your
SURVIVAL GUIDE
in
COVILHÃ

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Dear student,

Congratulations on your choice. Choosing Covilhã for your exchange period will become one of the best decisions of your life. Covilhã is an inland city, not a big one but a place with big hearted people, with splendid natural and historic surroundings. It will become a piece of peace to you, especially if you came from a big and bustling city.

From the ESN Team you can find a Team of Erasmus lifestyle lovers, always ready to help, party, cry, laugh, share, and so on. With this promise and the certainty that Covilhã will not disappoint you, we have prepared this Survival Guide to help provide a better and faster adaptation to your new 'home.'

We hope to see you on Covilhã's narrow streets,

ESN Team



PART I.

Covilhã - Get Started

How to get to Covilhã?

Having problems planning your journey to Covilhã? Don't worry, we'll help you!

Ways to get to Covilhã from LISBON:

» FROM THE AIRPORT

You can get from the Airport to the stations below by Taxi, UBER, CABIFY or Subway (www.metrolisboa.pt/en/).

» BY TRAIN

There are two main stations from where you can get to Covilhã, the first one being **Santa Apolónia**, and the second one **Oriente**.

(If you book the ticket 5 days in advance you can get a 40% discount and if you are under 25 years old you get a 25% non-cumulative discount)

Access all information about booking and logistics at: www.cp.pt (available in English.) (NOTE: When booking online, the departure stations are listed as Lisboa-Santa Apolónia and Lisboa-Oriente)

» BY BUS

The main bus station in Lisbon is Sete Rios (Listed as LISBOA SETE RIOS) and you can get your tickets at : www.rede-expressos.pt/en . When booking the ticket, you can get a discount by choosing the "YOUTH" option if you are under 30 years old.

Ways to get to Covilhã from PORTO:

» FROM THE AIRPORT

You can get from the Airport to the station below by Taxi, UBER, CABIFY or Subway (metrodoporto) by choosing Aeroporto as your departure and 24 Agosto as a destination.

» BY BUS

We recommend you choose the bus if you are travelling from Porto. The station is called Terminal Rodoviário 24 de Agosto (Listed as PORTO), and the website is: www.rede-expressos.pt/en. When booking the ticket, you get a discount by choosing YOUTH if you are under 30 years old.

Ways to get to Covilhã from MADRID: (NOT RECOMMENDED)

If you are departing from Madrid you must plan two trips, one from Madrid to Guarda (a city near Covilhã) and then from there travel to Covilhã. You can check the following websites in order to book the tickets and get more information:

MADRID – GUARDA

» BY BUS:

<https://global.flixbus.com/> or www.alsa.es

» BY TRAIN:

www.renfe.com

Note: You can catch your Flixbus to Guarda at Madrid Airport Terminal 4

GUARDA – COVILHÃ

» BY BUS:

www.rede-expressos.pt/en

(Choose YOUTH if you are under 30 years old to get a discount)

Hostels & Hotels

You've now arrived, either it's time to take a break and prepare your journey in Covilhã or your friends are coming but you can't accommodate them in your apartment, so for all the situations you can imagine we have prepared a list of lodgings that you'll love!

[Residencial Panorama](#)

[Hotel Santa Eufémia](#)

[Hotel Solneve](#)

[Covilhã Parque Hotel](#)

[Abrigo da Estrela](#)

[Hotel Covilhã Jardim](#)

[Hotel Dona Maria](#)

[Casa das Muralhas](#)

[Casa do Refúgio](#)

Accommodation

For your exchange period you will for sure need a place to call “home”. Regarding this, we’ve written about some options available in Covilhã.

University Dorms

The environment inside University dorms is special, the residents create a real family relation between international/Erasmus students. (What a good choice!)

The University owns two centres of accommodation (one near the Faculty of Social and Human Sciences and the other near University Pole I). Normally, the rooms are shared, and the prices are more affordable than a typical room rent in the city. One advantage of University dorms is the household items that they provide for you (bed sheets, pillows, a blanket, comforter and towels).

The University sends an email to exchange students with all the information you need about this option, but if you have some questions about the Dorms, you can always send an email to: aloja@ubi.pt

Rent a Room Or House in the City

In Covilhã you can also choose to share a flat. For that you need to do some search.

There are several real estate companies in the city that can rent you a room/flat, examples of this are companies like Casa Amarela (on Facebook search for “We love Casa Amarela”) , Casas Covilhã, Prummo, Imobretanha, UNO-líder and Maiopção.

You can also search for individual offers in Facebook groups (it is recommended that you do this with your buddy so as to help to prevent potentially getting scammed).

Facebook Groups:

- <https://www.facebook.com/groups/1600384830214329/>
- <https://www.facebook.com/groups/1186824421444718/>

Climate

Welcome to the Northern Hemisphere, if you're from the South! Anyway, welcome to our beautiful and sunny country – Portugal.

The weather in Covilhã changes depending on the time of the year: from June to mid October, you will face the bright sun of the mountains and warm to hot weather (25°C - 40°C). However, from November until March, it starts to get really cold and rainy. Sometimes it might even snow (0°C - 15°C). In April and May, the weather is nice and it's sunny on most days (15°C - 30°C).

Main City's Costs

Now that you've decided on Covilhã as your Erasmus location, there are a few things you need to know!

Covilhã has a low / medium cost of living, similar to the rest of Portugal. Renting a room, in the new part of the city, such as Avenida da Anil and around the Serra Shopping area, costs on average 170 euros per month without expenses included.

On the other hand, living in the historic area of the city costs around 150 euros per month, also without expenses included. Water, electricity, and gas costs, if you share a house, come to about 20 euros per month. And the more affordable Internet / TV / mobile phone packages will cost you around 29.99 euros per month.

The supermarket's prices are very affordable. Here you have a short list with some average estimates:

- 1 loaf bread(500g) = 1.10 €
- A dozen eggs = 1.4 €
- 1kg of Chicken = 2.49 €
- 1 kg of apples = 1.33 €
- 1L of milk = € 0.59
- 1 kg of onions = 0.8 €
- 1 kg of potatoes = 0.7 €
- 1 kg of rice = 0.9 €
- 1 kg of bananas = 1.09 €
- 1.5L of water = 0.20 €

There are typical and traditional restaurants on the streets, but you can always eat at Serra Shopping at the most popular restaurant chains.

- Food for one person in a cheap restaurant = 6.75 €
- Food for two in a good restaurant = 29.5 €
- Mcdonald's menu = 6 €
- Coffee with milk in a cafeteria = 1 €
- Can of Coca-Cola or Pepsi (0.33 l) = 1.1 €
- Bottle of water (0.33l) = 0.8 €

The prices of gyms are around 30 euros per month.

Other values that may be of your interest are: going to the cinema, which will come to around 6.5 euros and going out at night, which costs around 5/8 euros.

In general, the quality of life of Covilhã is very good!

Covilhã Starter Pack

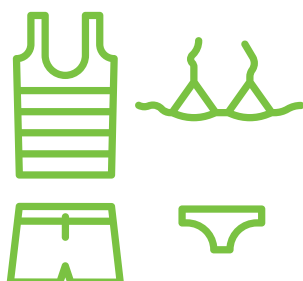
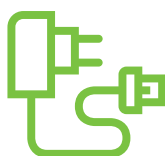
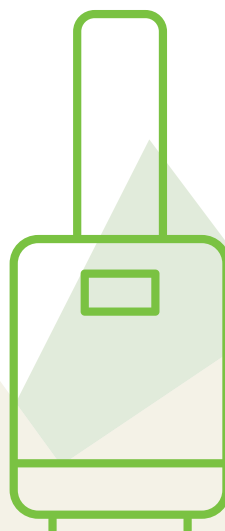
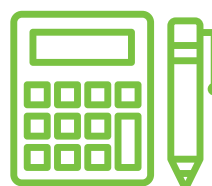
Are you preparing your suitcase and are afraid you will forget something?
We can help you with this!!

Do not forget your Passport / ID card, credit cards and Health Card/health insurance certificate. Always bring medicine, food, comfortable clothes, comfortable shoes, slippers, a backpack, and, of course, the materials you will need for University.

Also bring sheets, towels, pillows, however, if you're going to stay at University dorms, this is not necessary. You will also notice that the weather in Covilhã can vary, so don't forget to pack warm clothes, hats, gloves, an umbrella, but also, light clothes for the summer.

Finally, to enjoy Covilhã at most, don't forget your camera, sports clothes for some walks and a bathing suit for the pool and lagoons.

Now just have fun!





PART II.

Turning into a Master

What is ESN?? What Do We Do??

Are you preparing your suitcase and are afraid you will forget something?
We can help you with this!!

The Erasmus Student Network (ESN) is a non-profit international student organisation founded in 1989 to help develop and promote student exchange. ESN is the biggest student association in Europe, working with more than 1000 Higher Education Institutions in over 42 countries. We have around 15000 active members supported by a huge number of buddies working together under the motto “students helping students”. ESN operates on three levels: local, national, and international and the work of the network is recognised by the European Commission.

Our missions represent international students, improving their social and academic integration, representing their needs and rights, and motivating students to study abroad. ESN aims for a more cultured and experienced young society which hopes to provide opportunities for cultural understanding and self-development whilst remaining motivating and open-minded.

ESN Covilhã on Social Media:



[Facebook group](#)



[Facebook](#)



[Instagram](#)



[Linkedin](#)



[Youtube](#)

ESNcard & Partners

The ESNcard is the membership card of the Erasmus Student Network (ESN).

The aim of the ESNcard is to support international students and trainees and give them access to affordable opportunities during their period abroad.

With the ESNcard, you will enjoy plenty of discounts - housing, sport, food, bars, etc. all over Europe.

Locally, you will also have special opportunities with ESN Covilhã partners and at ESN Covilhã events.

To see all the deals, visit esncard.org

To acquire your ESNcard, in Covilhã, you have two options:

1. Register your name at ESN Covilhã Website, pay the card by PayPal or bank transfer and go to ESN office just to pick the card.
2. Go to ESN Covilhã Office and do all the processes there (on office payments we only accept cash).

[International deals](#)

[Covilhã deals](#)



GET YOUR ESNCARD

And join the ERASMUS GENERATION

- 200.000 ESNcard holders
- 42 countries
- +1.500 discounts

Your erasmus starts now!

ESNcard.org

Yorn SIM card

First things first! How do we even make a call in a new country?!

- "Help!! I want to tell my mum that I finally arrived in Covilhã..." and how beautiful the city is but my SIM card doesn't work!! Can you help me??"

- "Dahh, of course we can help, remember, we are ESN". So, the solution

is Yorn. Yorn is a National partner of ESN, and with this partnership local sections of ESN Portugal can provide their students with one SIM card for free.

Below you can see the SIM card plan.



YORN XL 10GB

€2,75 / week for 3 months
~~€4,99 / week~~

+15GB
FOR YOUR APPS

Icons for: Spotify, Instagram, Twitter, Facebook, Snapchat, WhatsApp, Messenger, Telegram, Discord, YouTube, Twitch, and others.

+5GB
FOR YOUR VIDEOS

Logos for: HBO PORTUGAL, NETFLIX, YouTube, and Twitch.

FREE SUBSCRIPTION UNTIL 30.06 2020

Logos for: Apple Music, HBO PORTUGAL, and ESN Erasmus Student Network Portugal.

Yorn FAQ's

You probably have your answer here...

How Can I Activate My Yorn SIM Card?

When you introduce the card into your phone, the card is ready to be used but to activate your discounts (4,99€ to 2,75€) you need to send a message to 1895 with a text saying, "student".

a. Sometimes you can't find the 'My Vodafone app Portugal' on the App store, when this happens you need to change the *Apple ID country* or *region* location for Apple devices or *Google Play country* on Android devices.

Here is how:

[Apple](#) or [Android](#)

How Can I Pay For The Sim Card Plan?

You can do the payment in 3 different ways:

1- Pay at Payshop - the service is available in some stores (mostly kiosks), when the service is available the store owns a Payshop dystic, they charge you 50 cents per payment;

2- Pay at an ATM (at an ATM/Multibank, select "service payments", "phone", "Vodafone", insert your number and the amount you want and it's done);

3- Pay through the 'My Vodafone App Portugal' (on My Vodafone APP you can pay with a credit card, with this app you can see your data/call minutes spent)

What Will Happen If I Stop Payments?

Yorn will stop the service immediately and will charge 1€ per each day you are late on the next payment. Our advice is to put the necessary money for the estimated time of use so you don't need to worry about payments.

I Arrived in Covilhã and Now??

Oh yeah, you've got this!! Welcome to Covilhã!!

First of all, tell your parents about your first impression of the city and call your buddy saying that you don't know where you are (they will try to be quick to find you and help you the best way; it's just a joke don't worry!) then:

- Be sure that you have a bed for the first night;
- If you haven't done this yet, find a place to call "home" during your study period;
- Go to the *International Office* (GISP,) where someone will welcome you, register your arrival, they will give you your student card, explain all the steps you need to do for official enrolment, and if you need an arrival declaration, this is the place to ask for one. At the *International Office* you can also ask questions about your study programme.

- Sometimes you may need/want to open a physical bank account (non-European and non Erasmus+ students,) for that you need a NIF (fiscal identification number) and for that you need a special declaration. You can obtain this declaration at the *International Office* (this process can be a bit hard for someone who doesn't know the city or the language, and doesn't know the national system, so your buddy will be there to help you, just ask them.)

- Get to know your Mobility Coordinator, who will be available to help you with aspects related to the course and will help you to complete your definitive learning agreement correctly.

- Now the bureaucracy is done, it's time to get to know the city, meet new friends, and enjoy your mobility period.

University

The University of Beira Interior has several faculties, such as:

- Faculty of Sciences, located at Pole I, includes the Departments of Mathematics, Physics and Chemistry.
- Faculty of Engineering, located on Calçada Fonte do Lameiro, next to Pole I, includes the Departments of Informatics, Science and Textile Technologies, Electromechanical Engineering, Civil Engineering and Architecture, and the Aerospace Sciences.
- Faculty of Social and Human Sciences, located at Pole IV, includes the Departments of Management and Economics, Psychology and Education, Sociology, and also the Sports Science Department, which is at Pole II, next to the sports infrastructures.
- Faculty of Arts and Letters, located in the former facilities of the Royal Fabrics Factory, includes the Departments of Communication, Philosophy and Politics, Arts and Letters.
- Faculty of Health Sciences, located next to the Hospital Centre of Cova da Beira, includes the Department of Medical Sciences, including the areas of Medicine, Biomedicine, Pharmaceutical Sciences, Optometry and Vision Sciences.

Each faculty has its library/study room and canteen. The Central Library also has its own canteen. In the Central Library, it is possible to find several library rooms, including the Open Room for group work and the 24-hour Library.

On the corridors of each faculty you can find some printers available for students' use (you can pay for print-outs with your student card), but there are also specific establishments where you can print such as Nova Forma (advantages for ESN card holders) and Quiosque do Jardim.

To know the lectures period, exam season and so on, you can check the rector dispatch

[School Calendar/rector dispatch](#) (see page 2)

Sometimes it's hard to find classrooms but here is a small piece of advice that may be useful: The first number of the room indicates the phase (for example, room 604 which may also appear as 6.04 means that the room is located in the 6th phase building).

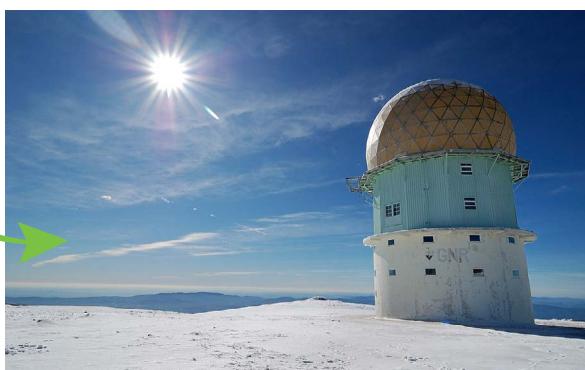
On the link below you can see the phase buildings and other relevant buildings (central library, Pac Residence, etc.)

[University buildings](#)

Places of Interests in the Surroundings

Were you told that Covilhã has really nice places? Well, you were not fooled at all! Here's some that we think that might be of most interest to you:

- Serra da estrela
- Covão d'Ametade
- Poço do inferno
- Portas do sol
- Igreja Santa Maria
- Museu da Arte sacra
- Museu dos lanifícios
- Jardim do Lago



Places of Interests in the Surroundings

Were you told that Covilhã has really nice places? Well, you were not fooled at all! Here's some that we think that might be of most interest to you:

- Murais Wool festival
- Ponte da carpinteira
- Jardim do Goldra
- Jardim das Artes
- Jardim Público



Places of Interests in the Surroundings

Were you told that Covilhã has really nice places? Well, you were not fooled at all! Here's some that we think that might be of most interest to you:

- Historical villages such as;
 - Belmonte
 - Piódão...
 - Sortelha
- Fluvial Beach of Vila do Carvalho
- Paúl lagoons
- Nightlife / socialising spots:
Companhia Club (ESN partner), Bar do núcleo, Leões da Floresta, ComFusão, North Walls PUB, Artbarô, Ex-Libris Club
- Places to eat: Cá se Bica, Hamburgueria da Baixa, Mamma Mia, 100 Montaditos, Gelataria D'Avó



Cultural Activities

We know what you are thinking!

“Oh, Covilhã is a really pretty city but it is small and sometimes I feel that I have nothing to do. In my city I have 50 events to go to every weekend so I choose one and leave the others but in Covilhã there is not even one event per weekend? Please help me, I'm going crazy”

Calm, Covilhã is a small city but their people love enjoying life, so they organise events separately thus they don't need to choose the event they want to go to and can enjoy every single second of each event. We have prepared a compilation of the most interesting events in Covilhã and its surroundings.

1º Semester

Receção ao Caloiro

During this week students celebrate the end of integration month for the new University students. In this week the famous Latada also happens.

Festival da Cherovia

Cherovia is a kind of white carrot produced in the Covilhã Region, at this festival the city will help you get to



know the product and the recipes that you can make with it. This festival is done with some special small events on each alley of the city's historic centre.

Santa Bebiana

Santa Bebiana happens at Vila do Paúl, it celebrates the wine patron and the jeropiga (traditional drink) with degustations, street animation, a touch of rattles and what you can imagine in a pagan event. One of the event's funniest moments is the 'reading of our drunk father'. The motto of this event is: "Want rain, want snow, who has thirst drink".

Natal com Arte / Grande bolo Rainha

At Christmas season the City Hall energises the city centre with tons of activities. The initiative begins on the 1st of December with a big Bolo Rainha (a traditional cake) for all the city's citizens.



Cultural Activities

There's so much to do in this lovely town!

2ºSemester

Semana Académica

During this week, a great amount of students celebrate the end of their graduation.

Carnaval da Neve

During Carnival days, City Hall organises some activities around the city, the high point of the initiative is the Carnival Parade.

Wool Festival

Wool Festival is an urban art festival, some known artists are invited to the festival to paint some murals and to do several workshops around the city.

Até os Santos dançam

During all the month of June every Friday and Saturday, people go to Jardim Público to share a good time with friends and celebrate the popular Saints.



Rampa Serra da Estrela

This event is a stage in the National Mountain Championship. During a weekend the pilots race between Covilhã and Serra da Estrela to fight for the best time.

Mysteria

Mysteria happens at the Vila do Carvalho streets and it is an occult event. The event consists of magicians, mountebanks and acrobatic performances. It is an amazing event for the witch lovers!!!



Holidays

What's the best thing in the world after sleeping? Holidays!

We think you should know which holidays we celebrate in Portugal, more specifically in Covilhã, with a brief explanation of each one of them. But why? So you can do the best thing in the world (sleeping) when you have no classes! ... Or study.

» January 1st: New Years

Celebration of the beginning of a new year.

» Tuesday, not on the same day every year (February 3rd - March 9th): Entrudo (Carnival)

Initially it was supposed to celebrate the end of the winter, but it was, posteriorly, adapted by the Catholic Church, initiating the 40-day period before the Holy Week (Quaresma), or the 47 days before Easter, being known as Carnival. It is an optional holiday, so it is considered a holiday by Decree-Law in Diário da República at the beginning of each year.

» Friday, not on the same day every year (March 20th - April 23rd): Sexta feira Santa (Holy Friday)

Friday before Easter, thus being a religious holiday.

» Sunday, not on the same day every year (March 22nd - April 25th): Easter

It represents the Resurrection of Jesus Christ after his death by crucifixion, thus being a religious holiday.

» April 25th: Dia da Liberdade (Freedom Day)

Celebrates the end of the Estado Novo (dictatorship), led at the time by António de Oliveira Salazar. It took place in 1974, with 'Revolução dos Cravos'.

» May 1st: Dia do Trabalhador (Worker's Day)

Celebrates the worker and the work, often marked with demonstrations.

» Thursday, not on the same day every year (May 21st - June 24th): Corpo de Deus (God's Body)

Thursday of the 2nd week after Pentecost (50 days from Pentecost + 10 days = 60 days after Easter), thus being a religious holiday.

» June 10th: Portugal's Day

Portugal, Camões and Portuguese Communities Day. Celebrated on the anniversary of the death of Luís Vaz de Camões, a great figure of Portuguese literature.

» August 15th: Assunção de Nossa Senhora (Assumption of Our Lady)

It refers to the elevation of Mary in body and soul to eternity, towards God, thus being a religious holiday.

Holidays

What's the best thing in the world after sleeping? Holidays!

» October 5th: Implantação da República
(Implementation of the Republic)

Celebrating by the end of the monarchy in Portugal, in 1910. It also recalls the signing, in 1143, of the Treaty of Zamora, in which Afonso VII, King of Leon and Castile, recognised Portugal as an independent kingdom.

» October 20th: City Holiday - Covilhã

Commemoration of the elevation of Covilhã to a city.

» November 1st: Dia de Todos os Santos
(All Saints Day)

Celebrated to remember the deceased.

» December 1st: Restauração da Independência
(Restoration of Independence)

It celebrates the restoration of Portugal's independence in 1640, wherein the domain of the Spanish monarchy ended after 60 years.

» December 8th: Imaculada Conceição
Queen, Patroness of Portugal and all the Peoples of the Portuguese Language.

» December 25th: Christmas Day

Celebrates the birth of Jesus, thus being a religious holiday.

Must-do/ Bucket List

What is the first thing you will check off the list?

- ☐ Visit *Serra da Estrela* with snow
- ☐ Have a picnic at *Jardim do Lago* with friends
- ☐ Go to the *Paúl village lagoons*
- ☐ Hang out with friends, ending the night eating cakes at the *Saudade* bakery
- ☐ Go trekking at *Serra da Estrela*
- ☐ See the sunset at *Portas do Sol*
- ☐ Go to Covilhã pool-beach
- ☐ Participate in a *Tunas festival*
- ☐ Participate in a Serenade at *Calvário*
- ☐ Participate in *Latada*
- ☐ Taste *Serra da Estrela* cheese
- ☐ Visit historic villages

Healthcare System

Do not worry, we got you covered!

Public Healthcare Services

» European Countries

Portugal, as a member of the European Union, upon presentation of a European health card, provides healthcare services to European citizens under the same conditions as Portuguese citizens. The Portuguese public health service is not free (you pay a low use tax). So, if you came from a European Country don't forget your European healthcare card.

» Non-European Countries

Portugal has several agreements with a couple of countries, with these agreements the citizens of both countries can access healthcare services under the same conditions as Portuguese citizens. The Portuguese public health service is not free (you pay a low use tax).

We recommend you verify if Portugal has an agreement with your country, in the affirmative case, try to get your statement so you can get public healthcare services.

As an example, Brazil has an agreement of healthcare services with Portugal and their citizens need a CDAM (certificado de Direito à assistência médica)/PB4 to access the services.

Private Healthcare Services

The Portuguese public system is not perfect and you can always look for a private provider. Normally this kind of care is faster and more expensive than public services.

It's important to realise that some professional services are practically nonexistent in the public service. An example of this are dentists and physiotherapists. So to access them you will need a private supplier.

Covilhã Public Hospital

Covilhã has a public hospital, a public health centre and some private clinics. It is recommended that you go to the hospital only for emergencies, for other situations go to the health centre, there you will be given a due follow-up to your case.

Within the city's clinics you can find some health professionals like dentists, dermatologists, cardiologists, and physiotherapists, among others.

Besides the differences in all of them, the quality of service is guaranteed.

[Hospital location](#)

[Health Center location](#)

Sport Activities

We want to make sure that you feel at home, so if you practiced a sport back at home, you can continue it.

We have made you a list of sports you can practice as part of the UBI team, and here it is:

Handball, Athletics, Badminton, Basketball, Football, Futsal, Roller hockey, Kickboxing, Swimming, Rugby, Taekwondo, Tennis, Volleyball, and Chess.

» UBI Structures:

(which can be rented for periods of time)

Sports Hall Number 1 (Near Santo António Canteen)

Sports Hall Number 2 (Near Santo António Canteen)

Tennis Field (Near Faculty of Health Sciences)

Contacts: rdomingues@ubi.pt;
jmef@ubi.pt

Of course, there are a lot of spaces to practice a ton of other sports in if you just want a single game with your homies or just want to stay healthy, for example:

» The Sports Complex

(Athletics track, Volleyball Field, Football Field, Gym, Badminton Field)

Phone: (+351) 275 325 910

Email: desporto@cm-covilha.pt

» Municipal Pool

Phone: (+351) 275 327 872

E-mail:

piscina.municipal@cm-covilha.pt

(As this information might change regularly, we suggest asking your BUDDY for further explanation.)

Mobility

Who needs a car when there are so many other options?!

- Tickets for Covilhã buses, CoviBus, cost 1.30€ for any stop, and most of the taxis cost 1€ per person each way if the taxi is all full. You can see the taxi companies we recommend the most in the topic- useful contacts.
- Some of the Covibus routes: http://www.covibus.com/index.php?option=com_
- UBIKE, is a new project that aims to deliver bicycles to students, researchers, teachers and employees who intend to start using bicycles instead of public transport, in particular, in order to minimise the risk of contagious diseases.
- There are several ride/hitchhiking facebook groups such as 'Boleias@covilha', 'Boleias da Covilhã / para a Covilhã'. The prices vary depending on where you want to go and also, on the person who gives you the ride. This is a great option and much more comfortable.
- There are a lot of places you can go to by train from/to Covilhã. Here you have some examples:
 - » Covilhã to Lisbon: around 17.75€
 - » Covilhã to Porto: around 27.50€
 - » Guarda to Madrid: night train between 8€ (seated place) and 117€ (1st class single bed with private bathroom).

	Electric Bicycle
Security Deposit	€ 30.00 / semester or € 50.00 / year
Civil Responsibility and theft insurance	€ 50.25 / semester or € 100.50 / year
Total	€ 80.25 / semester or € 150.50 / year

<http://ubike.ubi.pt/>

- To visit Serra da Estrela and Covão d'Ametade you can take a taxi for 6-8 euros, if the taxi is full (usually 8 people).

You can have a lot of discounts if you buy your tickets 5, 8 or more days earlier and if you are up to 25 years old.

[Portuguese trains website](#)
[Spanish trains](#)

- There are a lot of places you can go to by bus from/to Covilhã. Here are some examples:
 - » Covilhã to Lisbon: around 16.50 €
 - » Covilhã to Porto: around 17.50€
 - » Guarda to Madrid: between 19€ and 25€

[Flixbus website \(ESN partner\)](#)
[Rede Expresso Website](#)

Embassies

Embassy	Address	Contact (add country code +351)	Website
Angola	Av. República 68, 1069-213 Lisboa	21 796 7041	embaixadadeangola.pt
Austria	Av. Infante Santo 43, 1399-046 Lisboa	213 943 900	bmeia.gv.at
Belgium	R. Castilho 75, 1250-068 Lisboa	21 317 0510	www.diplomatie.be/lisbon
Brazil	Estrada das Laranjeiras 144, 1600-136 Lisboa	21 724 8510	lisboa.itamaraty.gov.br
Bulgaria	R. Sacramento à Lapa 31, 1200-792 Lisboa	21 397 6367 213 976 364	https://www.mfa.bg/pt/embassies/portugal
Cape Verde	Av. do Restelo 33, Lisboa	21 304 1440	embaixadadecaboverde.pt
Croatia	R. Dom Lourenço de Almeida 24, 1400-118 Lisboa	21 302 1033	mvep.hr
Slovakia	Av. da Liberdade 200, 1250-096 Lisboa	213 583 300	www.mzv.sk/lisbon
Spain	R. do Salitre 3, 1250-096 Lisboa	213 472 381 213 478 621	www.maec.es/embajadas/lisboa
EUA	Av. das Forças Armadas 133C, 1600-081 Lisboa	21 727 3300	pt.usembassy.gov
Finland	Rua do Possolo 76 1, 1350-251 Lisboa	21 393 3040	finlandia.org.pt
France	R. Santos-O-Velho 5, 1249-079 Lisboa	21 393 9100	pt.ambafrance.org
Germany	Campo Mártires da Pátria 38, 1150-317 Lisboa	218 810 210	lissabon.diplo.de
Greece	R. Alto do Duque 13, Lisboa	21 303 1260	www.mfa.gr/missionsabroad/en/portugal-en
Netherlands	Av. Infante Santo 43 - 5º, 1399-011 Lisboa	21 391 4900	holandaevoce.nl
Hungary	Calçada Santo Amaro 85, 1300-516 Lisboa	21 364 5928	lissabon.mfa.gov.hu
Iran	R. Alto do Duque 49, 1400-009 Lisboa	21 304 1850	lisbon.mfa.ir
Iraq	R. Arriaga 9, 1200-741 Lisboa	213 933 310 213 933 317	www.mofamission.gov.iq/prt/
Ireland	Av. da Liberdade 200, 1250-147 Lisboa	21 330 8200	dfa.ie
Israel	R. António Enes 16, 1050-025 Lisboa	21 045 5500	embassies.gov.il
Italy	Largo Conde Pombeiro 6, 1150-099 Lisboa	21 351 5320	ambblisbona.esteri.it
Luxembourg	R. das Janelas Verdes 43, 1200-690 Lisboa	21 393 1940	lisbonne.mae.lu
Mozambique	R. Filipe Folque 10J, 1050-010 Lisboa	217 932 720 217 936 016	www.embamoc.pt
Poland	Av. das Descobertas 2, 1400-092 Lisboa	21 304 1410	gov.pl
United Kingdom	R. de São Bernardo 33, 1249-082 Lisboa	21 392 4000	gov.uk
Czech Republic	R. Pêro de Alenquer 14, 1400-069 Lisboa	21 300 1010	www.mzv.cz/lisbon
Romania	R. São Caetano 5, 1200-625 Lisboa	21 396 0866	lisabona.mae.ro
Russia	R. Visc. de Santarém 57, 1000-286 Lisboa	21 846 2423	embrussia.ru
Sweden	Rua Miguel Lupi 12-2º-Dto 1249-077 Lisboa	213 942 260	swedenabroad.se
Switzerland	Travessa do Jardim 15, 1350-229 Lisboa	213 944 090	eda.admin.ch/lisbon
Turkey	Av. das Descobertas 22, 1400-318 Lisboa	21 300 3110	lisbon.emb.mfa.gov.tr

Useful Contacts

Are you new in Covilhã and/or Portugal and don't know who you should reach out to in cases of need?

We can help you! Here we have listed some of the contacts we think that are the most useful for easier adaptation:

- Country code: +351
- Hospital (Centro Hospitalar Cova da Beira): 275 330 000
- Health centre: 275 320 650
- National Emergency: 112
- 24H Healthline: 808 24 24 24
- Firemen: 275 310 310
- Police: 275 320 920
- UBI: 275 319 700
- UBI accommodation services: aloj@ubi.pt
- GISP (Internationalisation and Career Department): gisp@ubi.pt / 275242056 (Dr^a Sofia Lemos)
- University Academic Services: 275 390 690 / acad@ubi.pt / s.academicos@ubi.pt
- The Xico's (food delivery): 967 662 677
- Taxi companies: (you can contact by whatsapp or phone call)
 - Taxi Bruno: 967311781
 - Taxi Aleixo: 968270992
 - Taxi Filipe: 969 616 973
 - Taxi Campos: 962 713 020



Special Thanks

We hope this document to guide you well during your experience in Covilhã!

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In case you have something to ask;

Reach us through the [social media channels](#) or from [our office](#)!

