



ATHENS

INSTITUTO SUPERIOR TÉCNICO
Lisbon, 14-21 November 2015



TÉCNICO
LISBOA

Lisbon is no longer just a historical reference in Europe. It is currently a modern vibrant city with innovative architecture. IST has prepared a memorable weekend especially for you where you will have the opportunity to visit the historical references of the past as well as the modern cultural highlights.

PROGRAMME

The students are expected to arrive on Friday, 13th November.

Saturday, 14th November

10:00 – Meeting point and registration at IST (Main Building entrance), <http://tecnico.ulisboa.pt/en/about-IST/location/>. The students will be asked to pay 65,00€ (cash only) for the European Dimension fee.

12:00 – Lunch

13:00 – Lisbon Sightseeing

Jerónimos



The Jerónimos Monastery is usually referred to as the “jewel” of the Manueline style. This exclusive Portuguese style combines architectural elements from the Gothic and from the Renaissance periods, joining them with a royal and naturalist symbology that makes it unique and honourable.

In 1496, King D. Manuel I asked the Holy Sé for permission to build a large monastery on the banks of the river Tagus. Because the monastery was built on the sand banks of the river Tagus, the great earthquake of 1755 had little effect on the structure. In 1907 it was declared a National Monument and in 1984 it was classified “Cultural Heritage of all Humanity” by UNESCO.

Monument to the Discoveries



The Monument to the Discoveries (in Portuguese “Padrão do Descobrimentos”), created by Cottinelli Telmo (1897–1948) and the sculptor Leopoldo de Almeida (1898–1975), was first erected in 1940, in a temporary form, as part of the Portuguese World Exhibition. Built with perishable materials, it had a light iron and cement frame, while the moulded sculpture was made of gypsum (formed of plaster and burlap, and reinforced by a wooden and iron structure).

The monument was reconstructed in 1960 to mark 500 years since the death of the Infante Dom Henrique (Henry the

Navigator). This time it was made of concrete and rose-tinted Leiria stone masonry, with the sculptures made of Sintra limestone masonry.

Standing alone in a striking position on the breakwater on the bank of the Tagus, the Monument to the Discoveries evokes the Portuguese overseas expansion, recalls the country’s glorious past and symbolises the enormity of the work carried out by the Infante, the driving force behind the Discoveries.

A stylised caravel seems to be setting out to sea, with Henry the Navigator in its prow. On the two lateral ramps ascending to the symbolic figure of the Infante are some of the major figures of the Portuguese overseas expansion and cultural figures from the age of the Discoveries, 32 in total, all portrayed with symbols that allude to their identity: navigators, cartographers, warriors, colonisers, missionaries, chroniclers and artists.

Sé de Lisboa - Lisbon's oldest building



The Lisbon's ancient cathedral was built by Portugal's first king on the site of an old mosque in 1150 for the city's first bishop, the English crusader Gilbert of Hastings.

From outside (with two bell towers and a splendid rose window) it resembles a medieval fortress, while inside it appears predominantly Romanesque, with a Gothic choir and ambulatory.

At the entrance, to the left, is a baptismal font used in 1195 to baptize Saint Anthony who was born nearby, and in the first chapel on the left is a beautifully detailed nativity scene.

In the 14th century cloisters, in what were once the gardens, there have been excavations which have revealed Roman and Visigothic remains as well as parts of the former mosque wall.

In the sacristy is the cathedral treasury with numerous sacred objects, the most important being the casket containing the remains of St. Vincent, the official patron saint of Lisbon.

Castelo de São Jorge



The mediaeval Castle of São Jorge, royal residence until the early 16th century and now offering the best views of the city.

Lisboa Story Centre, Terreiro do Paço

Built on the hills bathed by the Tagus, and overlooking the Atlantic Ocean, Lisboa is a fascinating mosaic of memories, stories and influences that still mark the urban landscape of this unique city.

The various events that make up its history and some of its protagonists are now presented at Lisboa Story



Centre, where all who visit the Portuguese capital are invited to make a trip back in time and discover memories of Lisboa, since its foundation until present day.

Located in Terreiro do Paço, this interactive technology-based facility relates the main events in the city from past to present.

In a playful and interactive way whilst respecting the historical accuracy that a city with Lisboa's past deserves, this interpretation centre takes visitors on a 60 minute journey through space and time with an audio guide system presenting historically accurate events and dramatic scenes of the city's different eras.

The tour is organized into six main sections: Lisboa: Myths and Realities, which covers the River, Land, Sea, Sky, Early mythology, settlers and conquerors and the City Walls.

This is followed by the section Lisboa: Global City, which presents the Cosmopolitan City, the Warehouse of the World, Beyond the Horizon, the Flying Priest, Magnificent City, Death and Politics and the Church. The section focusing on November 1755, All Saints Day, addresses the earthquake and the city in ruins, passing on to the core vision of Pombal, who introduces Modern City Planning in the postearthquake period and the Reconstruction of the City. And finally, the Terreiro do Paço section, which focuses on the Public Square: Politics and Leisure.

The 1755 earthquake is shown in a sensory theatre experience that captivates all visitors.

19:30 – Dinner at Restaurant “Real Fábrica”

22:30 – Return to IST

Sunday, 15th November

9:00 – Meeting point at IST

9:30 – Sightseeing

Cristo-Rei



Portuguese were spared the effects of World War II.

The Christ the King statue (Portuguese: Cristo-Rei) is a Catholic monument and shrine dedicated to the Sacred Heart of Jesus Christ overlooking the city of Lisbon. It was inspired by the Christ the Redeemer statue in Rio de Janeiro (Brazil), after the Cardinal Patriarch of Lisbon visited that monument. The project was inaugurated on 17 May 1959, at a time when Portugal was being ruled by the authoritarian President of the Council of Ministers António de Oliveira Salazar (permission to build the monument was ultimately decided by this ruler). The giant statue in cement was erected to symbolize the gratitude the

Sintra



classification by UNESCO as a World Heritage Site in 1995.

Sintra is a town in the Grande Lisboa subregion (Lisbon Region). Owing to its 19th-century Romantic architecture and landscapes, it has become a major tourist centre.

In addition to the Sintra Mountains and Sintra-Cascais Nature Park, the parishes of the town of Sintra are dotted by royal retreats, estates, castles and buildings from the 8th-9th century, in addition to many buildings completed between the 15th and 19th century, including the Castelo dos Mouros, the Pena National Palace and the Sintra National Palace, resulting in its

13:00 – Lunch at Restaurant “Mineiro”

Roca Cape (Cabo da Roca)



Cabo da Roca (Cape Roca) is a cape which forms the westernmost point of both mainland Europe and mainland Portugal. The cape is in the Portuguese municipality of Sintra, west of Lisbon district, and also forms the westernmost extent of the Serra de Sintra.

Hell's Mouth (Boca do Inferno)



Boca do Inferno, or Hell's mouth, is a curiosity on the Portuguese coast, next to the city of Cascais. The site consists of a natural cave created by the constant crashing of the waves against the cliff side. The ocean is particularly powerful on this coast. The sight and sound of the crashing and bubbling up of the water inside this natural cavern is an awesome experience. The crashing sound of the waves resonates from within. It's the devil's cauldron! The Portuguese have capitalized on this attraction.

Guincho



Praia do Guincho (English: Guincho Beach) is a popular Atlantic beach located on Portugal's Estoril coast, 5 km from the town of Cascais. The beach has preferred surfing conditions and is popular for surfing, windsurfing, and kitesurfing.

Cascais



Cascais is a coastal town located 30 kilometres west of Lisbon. It is a cosmopolitan suburb of the Portuguese capital and one of the richest municipalities in Portugal. The former fishing village gained fame as a resort for Portugal's royal family in the late 19th century and early 20th century. Nowadays, it is a popular vacation spot for both Portuguese and foreign tourists.

18:30 – Return to IST

Useful information

Climate

Lisbon has a mild weather, winters are never too cold and summers are always moderately hot. Lightweight clothing is suitable from June to September. A topcoat and umbrella are advisable for autumn and winter.

Electricity

The electricity voltage is 220 volts.

Water

It is perfectly safe to drink tap water in private homes and in public places.

Portuguese crash course

Olá	Hello
Bom dia / boa tarde / boa noite	Good morning / afternoon / night
Obrigado	Thank you
De nada	You're welcome
Por favor	Please
Desculpe	Excuse me
Adeus	Goodbye
Até logo / amanhã	See you later / tomorrow
Ontem	Yesterday
Está bem?	Is this ok?
Quanto custa?	How much does it cost?
Que horas são?	What time is it?
Vinho tinto/branco	Red/white wine
Peixe/carne	Fish/meat
Quero ir para casa	I want to go home



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