

Welcome to Portugal

orientation for internationals



OPENING NOTE

Riverside International Church is a growing contemporary, caring and Christ-centered international and interdenominational Church. We are committed to helping people connect with Jesus Christ, with His Church and with other people.

This leaflet was designed to help people “find their feet” in a new country. (We are grateful to SEF (Serviço de Estrangeiros e Fronteiras) for supplying much of this information). So if you are new to Portugal we provide you with this interesting tool that will portray, in a simple yet accurate fashion, the Portuguese historic, socio-economic, political and cultural context. The aim of this leaflet is to promote autonomy after you arrive and begin to settle in Portugal, thus minimising potential cultural misunderstandings and facilitating integration into Portuguese society.

The bottom line is that you are not only welcome to Portugal but also to Riverside International Church. We planted this church officially in 1998 and have served many thousands of people who have made us their “home away from home” over the years. We are here to help and serve you too so feel free to contact us with your needs. You will discover at Riverside the same warmth and love that has become our hallmark. You will also be pleased to know Riverside has grown to plant churches in several other Portuguese towns and cities. Wherever you go we can connect you with a church that has a similar DNA.

Pastors Eddie & Marta Fernandes and all of our Elders and Staff

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www.riversideintchurch.com

riversideintchurch@gmail.com

Tel. 214836590

Church Address:

Galerias O Navegador

Av. 25 de Abril 1011

2750-515 Cascais

Piso -1, Lj 85 (auditorium)

Piso -1, Lj 23 (church office)

Office hours: Tuesday-Friday 09h00-17h00

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1 COUNTRY OVERVIEW



Mainland Portugal is part of the Iberian Peninsula at the south-western edge of Europe. It is bordered by Spain to the north and east and the Atlantic Ocean to the west and south. The country also includes the Madeira island group and the nine islands of the Azores archipelago in the Atlantic Ocean.



Portugal is a member of the European Union since 1986, and is one of the founding members of the Euro currency.



Portugal is also a member of NATO (North Atlantic Treaty Organization) and of the Council of Europe.

Portugal is a constitutional parliamentary democracy, with four sovereign organs:

- The President of the Republic (Head of State - moderator power);
- The Republic Assembly (Parliament - legislative power);
- The Government (executive power); and
- The Courts (Judicial power, fully independent from remaining powers).

The President of the Portuguese Republic is elected by popular vote for a five-year term, and the members of Parliament (and consequently the Government) are elected by popular vote to serve four-year terms.

The current President of the Portuguese Republic is Aníbal Cavaco Silva, and it's Prime Minister António Costa.



It has a total area of 92.391 km² and it is the most westerly country of Europe, delimited north and east by Spain and south and west by the Atlantic Ocean.

Portuguese is the native language of around 300 million people globally. It is the 5th language of the world (after Mandarin, English, Spanish and Hindi) and the 3rd most widely spoken European language. It is spoken in parts of Africa where the following countries have Portuguese as their official language: Angola, Cabo Verde, Guiné-Bissau, Moçambique, São Tomé e Príncipe and Guiné Equatorial; South America with Brazil having Portuguese as official language; and Asia where Portuguese is spoken in Timor Leste and Goa. These add up to almost 268 million speakers, plus Portuguese is spoken by some 2.762,198 people in Spain and by scores of people in many countries on all five continents.

Religious freedom is protected in the country, but the dominant religion is Roman Catholicism.

Formal Name	Portuguese Republic, (<i>Republica Portuguesa</i>)
Capital	Lisboa
Main Cities	Lisboa, Porto, Amadora, Setúbal, Coimbra, Braga
Official Language	Portuguese, Mirandese (official, but locally used)
Currency	Euro (€). 1 Euro = 100 cents
Dialling Code	+351
Emergency numbers	112
Time Zone	UTC
Daylight Savings Time	+1hr, begins last Sunday in March; ends last Sunday in October
Units of Measure	Metric System
Electricity	220-240V
Government	Republic; parliamentary democracy
Population	10,760,305 (July 2011 est.)
Climate	Maritime temperate; cool and rainy in north, warmer and drier in south
Land Surface	91,470 Km ²

1.1 GEOGRAPHY

The territory of Portugal is composed of its continental regions - Douro e Minho, Trás-os-Montes, Douro Litoral, Beira - Alta, Beira-Baixa, Estremadura, Alto Alentejo, Baixo Alentejo, Algarve - and of its island regions: the archipelagos of Açores and Madeira.



Parque das Nações

The capital of Portugal is **Lisboa**, the most populated city, with more than 500 000 residents in the metropolitan area . Other major cities in Portugal include, **Porto** in the north of the country, **Coimbra** in the centre, and **Faro** in the southern region of Algarve.

The **climate** in Portugal varies significantly from region to region, and is influenced by height, latitude and the proximity to the sea.



Lisboa: Old Town

In the areas of Porto, North of Portugal (Douro e Minho, Trás-os Montes) and Beiras (Beira-Alta, Beira-Baixa), winters are colder, even though moderated when compared to other European countries. In the Fall, sunny days with mild temperatures are common all over the country.

In **Porto**, for example, **average temperatures** in the winter are 10° Celsius and in the summer close to 20° Celsius.



Porto

You might find some snow fall in the north during the winter, particularly in Serra da Estrela, the highest mountain in continental Portugal (1.991 metres).

Temperatures are higher in the south. In **Lisboa**, for example the **average temperatures** in the winter are 17° Celsius and in the summer over 26° Celsius.

Usually, the spring months are sunny and the temperatures are high during the dry months of July and August, with **maximum temperatures**, in the centre of the country reaching between 30° Celsius and 35° Celsius, and even higher in the southern region of Alentejo (up to 40° Celsius and more, sometimes).

1.2 HISTORY

The Kingdom of Portugal emerged in the 12th century during the reconquest of the Iberian Peninsula from the Moors. Portugal, originally a county and a part of one of the most ancient Christian kingdoms of the Peninsula - Leão - demanded its **independence in 1143**. D. Afonso I, the first King of Portugal, received the recognition of Portugal's independence from the Pope in 1179.

The Arabic culture is clearly seen in several Portuguese cultural aspects. Numerous words of Arabic influence (around 1,000) still remain in Portuguese vocabulary, such as Alfaca (lettuce), Almofada (pillow), Azulejo (painted tiles) or Chafariz (water fountain).

The technological development of cartography and navigation in Portugal enabled the country **to engage in maritime discoveries from the 15th Century on**. Portugal was a dominant world power along with Spain during this time.

The Islands of Madeira and Azores in the Atlantic Ocean were discovered in 1418 and 1427 respectively. The western African coast had been explored down to Sierra Leone by 1460. Diogo Cão, a Portuguese navigator, reached the Congo River in 1483. When Bartolomeu Dias, another Portuguese navigator, sailed around the Cape of Good Hope (South Africa) in 1487, the then unknown maritime way to the Indian subcontinent was finally found. Vasco da Gama reached Calicut, in the Malabar Coast, land of spices and luxurious products, in 1498. Brazil was accidentally found by Pedro Álvares Cabral in 1500, when he got lost on his way to India.

In little less than a century, the Portuguese found new lands and linked themselves to peoples from different continents. Until today, and due to the maritime discoveries, Portuguese is spoken by over 300 million persons worldwide, making it the 5th most spoken language in the world.

By the end of the 16th century, there was a succession problem as the king of Portugal, D. Sebastião, disappeared in the Ksar el-Kibir ("Alcácer Quibir" in Portuguese) battle in Morocco, in 1578. From then on **Portugal was ruled by a Spanish King until the 1st of December 1640**, when the independence process began. **In 1668** a peace treaty was signed whereby **Portugal regained its independence**.

Due to **three French invasions in 1807, 1808 and 1810** the Portuguese royal family was forced into exile in Brazil. The British, taking advantage of several popular uprisings in Portugal and Spain, sent in their troops. By the end of the war, England had a privileged governmental position, controlling all of Portugal's international commercial relations.

Following an **uprising by liberal groups against the English in 1820**, that started in Porto and spread throughout the country, **a new Constitution was approved in 1822**. Through it a **constitutional monarchy was put in place**.

The independence of Brazil in 1822 marked the beginning of troubled times. A war between liberals and absolutists broke out, lasting until 1834.

On 1 February 1908, an attack against the royal family resulted in the death of King D. Carlos and his oldest son and heir to the throne, Prince D. Luís Filipe. D. Manuel II, his second son, was the last King of Portugal, as the **Republic was proclaimed on October 5, 1910, and the royal family was expelled.**

The instauration of the Republic brought about very troubled times. Political instability, including several struggles of workers, riots, murders, and severe financial crises occurred. Between 1910 and 1926, Portugal had 8 Presidents and 45 Parliaments!

The political instability led to a **military coup in 1926 and a military dictatorship was declared.** Press censorship was established and all individual liberties were diminished. The military dictatorship evolved towards a corporative regime of fascist tendency, like in many other countries in Europe at the time.

This regime was strengthened by the **nomination of Antonio de Oliveira Salazar as President of the Council of Ministers in 1932** and the approval of a **new Constitution in 1933, which established a new authoritarian regime - the New State ("Estado Novo" in Portuguese).**

During the Salazar regime, the Portuguese economy was almost stagnant. **Between 1960 and 1970 many Portuguese immigrated especially to France and Germany. (Pastor Eddie's family immigrated to South Africa in 1964 and he remained there until 1984 when he came to Portugal to study theology).** Political opponents to the government were forced to seek refuge and asylum abroad.

In 1961 a guerrilla war seeking independence from Portugal started in African territories under Portuguese rule. The colonial war lasted 13 years. The fascist regime and the colonial issue led Portugal to a gradual international political isolation.

The desire for freedom, the dissatisfaction towards the government and the Colonial war led to a **military coup on the 25 April of 1974, called the "Revolução dos Cravos".** The revolution was named after a flower (carnation: cravo) which became a national symbol. The 25 April 1974 **brought back the freedom of speech and thought to Portugal,** along with the independence of all colonies.

The **Portuguese Constitution, adopted 2 April 1976,** and its subsequent amendments, placed the military under strict civilian control, and laid the groundwork for a **stable, pluralistic liberal Portuguese democracy.**

1.3 POPULATION AND DEMOGRAPHIC

It is estimated that in July 2008 the Portuguese population was of about 10,676,910 inhabitants.

Life expectancy is 78 years of age (2008 est.).

About 84.5% of the population is Roman Catholic, but freedom of religion is a fundamental right of all individuals enshrined in the Constitution (however this is poorly lived out in practice and much discrimination still prevails against Protestants and those of other religious persuasions).

In 2007, there were 435 736 foreigners living in Portugal, representing little less than 5% of the population. The most representative immigrant communities come from Brazil (66354), Cape Verde (63925), Ukraine (39480), Angola (32728) and Guinea Bissau (23733).

Foreign communities living in Portugal are very diversified, including citizens of over 150 countries.

1.4 POLITICS AND GOVERNMENT

For much of the 20th century Portugal was governed by right wing dictators. Since the establishment of a parliamentary democracy, following the military coup in 1974, modernisation and development have been rapid. Initially there was a period of instability and communist agitation but a new constitution in 1976, and its subsequent revisions, heralded a stable liberal democracy in the country. The military were placed under strict civilian control and the powers of the president were reduced.

The government is led by the prime minister and has four main branches: the prime minister and government, the president, the parliament and the judiciary. The prime minister is nominated by the parliament, or assembly, and is confirmed by the president. The prime minister then names the government, or council of ministers, which then presents its ideas for government to the assembly. The president, who serves a five-year term, and the assembly are elected via a system of proportional representation.

Mainland Portugal is made up of 18 districts each of which is run by a governor appointed by the Minister of Internal Administration. Both the Azores and Madeira are governed autonomously.



1.5 ECONOMY

The economy of Portugal, which traditionally had a strong basis in agriculture and manufacturing, has expanded and diversified since the end of the dictatorship in the 1970s. Tourism now makes a greater contribution to the economy than agriculture. The economy is dominated by the service sector which includes retail trade, real estate, tourism, banking and finance. Portugal is a leading producer of tungsten ore.

Portugal joined the European Union in 1986 and the European Monetary Union in 1999. Both of these events boosted the nation's economy and the country subsequently exhibited stable economic growth. However, in recent years a growing budget deficit, negative growth and low competitiveness combined with the economic crisis in the Euro-zone have led to Portugal having extremely high sovereign debt and poor credit ratings.

In 2011 financial pressure forced the Portuguese government to seek bail outs from the International Monetary Fund and the European Union. The EU provided many benefits to Portugal but also came at a tremendous cost. The global financial collapse of 2011 had severe repercussions for Europe with Portugal, Spain, Greece and Ireland being hardest hit.

1.6 CLIMATE

Portugal has a maritime temperate climate which varies markedly from one region to another, depending primarily on the altitude and the proximity to the sea. Most rainfall occurs in the winter months with the north of the country receiving much more than the south. The Atlantic coast of the country is wetter than the Mediterranean coast.

Summers in Portugal are hot and dry, especially in inland areas. The interior of the Alentejo can get very warm, with summer temperatures sometimes exceeding 40°C. Temperatures are slightly lower around the coasts.

Winters in the country are mild in comparison to the rest of Europe, particularly in the Algarve. The winters are colder inland and in the north of the country, with some snow falling in the Serra da Estrela mountains where skiing is possible.

1.7 SECURITY

Portugal has a relatively low rate of violent crime. Pick pocketing and car break-ins are the most common forms of crime experienced, particularly in the major cities and tourist destinations. The acquisition of passports and money is the main aim of the majority of petty criminals. However, things are changing with crime increasing due to the large influx of migrants from Africa and Eastern Europe.

1.8 FOREIGNERS LIVING IN THE COUNTRY

Until the mid-1960s there were few foreigners living in Portugal and most of those that had chosen to live in the country were European, particularly Spanish. The number of foreigners in the country slowly increased in the early 1970s as the economy of the country strengthened. The number of foreigners living in the country almost doubled after the military coup in 1974 when many Africans from the country's former colonies arrived. This trend continued during the 1980s with many Brazilians moving to Portugal for economic reasons. There was also a marked increase in skilled migration of highly qualified people from other European Union countries to work for large international corporations. In the 1990s there was an increase in the number of Eastern Europeans settling in the country. The majority of immigrants live either in the Lisbon region or in the southern coastal areas. The Algarve is particularly popular with retired people.

1.9 TOURISM

Portugal, because of the incredible weather (when compared to the rest of Europe) is one of Europe's most popular holiday destinations and tourism is an important part of the country's economy. The varied landscapes, good weather and lower prices than other European countries make it a popular choice with visitors.

The Algarve with its warm Mediterranean climate, golden beaches, Moorish history and renowned golf courses is particularly popular. In recent years Lisbon has been attracting more tourists than any other part of the country. The historical Belém region of the city is home to stunning architecture and two monuments that have received World Heritage Status: the Tower of Belém (Torre de Belém) and the Jerónimos Monastery (Mosteiros de Jerónimos).

The beaches of the greater Lisbon area are also very popular with tourists, with the Estoril coast being known as the "Portuguese Riviera".

1.10 PUBLIC HOLIDAYS IN 2016

Date	Weekday	Holiday Name	Holiday type
Jan 1	Friday	New Year's Day	National holiday
Feb 9	Tuesday	Carnival/Shrove Tuesday	Optional Holiday
Mar 20	Sunday	March equinox	Season
Mar 25	Friday	Good Friday	National holiday
Mar 27	Sunday	Easter Day	National holiday
Apr 25	Monday	Liberty Day	National holiday
May 1	Sunday	Labor Day / May Day	National holiday
Jun 10	Friday	Portugal Day	National holiday

Jun 20	Monday	June Solstice	Season
Aug 15	Monday	Assumption of Mary	National holiday
Sep 22	Thursday	September equinox	Season
Dec 8	Thursday	Feast of the Immaculate Conception	National holiday
Dec 21	Wednesday	December Solstice	Season
Dec 24	Saturday	Christmas Eve	Observance
Dec 25	Sunday	Christmas Day	National holiday
Dec 31	Saturday	New Year's Eve	Observance

2 MOVING TO PORTUGAL

2.1 ENTERING THE COUNTRY

All foreign nationals entering Portugal must have a travel document that is valid for three months beyond the length of intended stay, a visa if applicable, sufficient financial means and they must not be included on the national list of non-admissible persons.

2.1.1 Visa Requirements for Portugal

EU citizens and residents of the following countries do not need a visa to enter Portugal (however they must hold passports that are valid for three months longer than their length of stay): Andorra, Argentina, Bolivia, Brazil, Brunei, Bulgaria, Canada, Chile, Costa Rica, Croatia, Cyprus, Czech Republic, El Salvador, Guatemala, Honduras, Hong Kong (SAR), Hungary, Iceland, Israel, Korea (Rep), Latvia, Liechtenstein, Lithuania, Macau (SAR), Malaysia, Malta, Mexico, Monaco, New Zealand, Nicaragua, Norway, Panama, Paraguay, Poland, Romania, San Marino, Singapore, Slovak Republic, Slovenia, Switzerland, Uruguay, USA, Vatican City and Venezuela.

Visas should be obtained before the foreign national leaves for Portugal, from the local Portuguese embassy or consulate.

2.1.2 EU nationals: Right of Residency

On the basis of the EC Treaty, residence permits are not required for EU citizens who wish to move from one EU member state to another; however, they may be required to register their presence with the local authorities. The following purposes of stay are regarded as residence:

- Employment (including job-seeking)

- Study
- Economically non-active
- Staying as a family member of a citizen of the Union
- Pensioners

The non-EU spouse or legal partner and family (dependent children, grandchildren, and parents) of an EU citizen have the same rights as any EU citizen in Europe. However, they will need a visa if they come from a country that has visa requirements for the EU. For unmarried couples, the definition of legal partner may vary depending on the country.

2.2 RESIDENCY PERMITS

The Portuguese Immigration Service (SEF - Serviço de Estrangeiros e Fronteiras) is the administrative body responsible for issuing residence permits (Autorização de Residência).

2.2.1 Authorisation for Residence and Residence Permits

The residence card (Autorização de Residência) is necessary for anyone who moves to Portugal, or for anyone who is planning to stay for longer than six months. This includes those who work, the self-employed, students, those intending to live off savings, retired people and family members of any of the above.

Applications for a residency permit should be made at the regional directorate or the Delegation of the SEF in the area of residence.

SEF Head Office

At: Rua Conselheiro José Silvestre Ribeiro 4, 1649-007 Lisbon

Tel: 217 115 000

Fax: 217 161 595

2.2.2 Necessary documents

When applying for a residency permit the following documents must be supplied:

- Application Form
- Valid passport plus one photocopy
- Two identical recent, colour passport photos
- Proof of income / financial independence
- Proof of accommodation
- A small fee

Other documents may be necessary depending on the person's particular situation, for example a student will need proof of registration at a Portuguese institution and some people may be asked to provide a consular certificate.

Application forms for an authorisation of residence and additional forms can be downloaded from the SEF website.

The residence permit takes a few weeks to process and once issued bears the person's photograph and signature. Once the residency card has been issued it must be carried at all times for possible inspection.

Note that previously holders of a residency permit could apply for an identity card (Bilhete de Identidade) however the Citizen's Card (Cartão de Cidadão) has replaced the identity card and is not available to foreigners holding a residency permit.

2.2.3 Types of authorisation of residence

Residence permits can be temporary or permanent.

Temporary permits are valid for one year and are renewable for two-year periods. Applications to renew a permit must be sent 30 days before the expiry date

Permanent residence is available to EU nationals and nationals from countries where Portuguese is the official language who have lived legally in Portugal for five years. Permanent residence permits should be renewed every five years or whenever the person's personal information changes.

2.2.4 Leaving Portugal

If the holder of a residency card decides to leave Portugal permanently, then the residence card (Autorização de Residência) should be handed in at the local SEF office or police station.

2.3 FISCAL NUMBER (NIF)

Anyone moving to Portugal must apply for the Número de Identificação Fiscal (NIF). An NIF number is required for a number of actions: to buy a house or car; when receiving income from work or business.

Applications for an NIF number can be made by tourists or residents at the local Tax Office (Finanças), on presentation of a valid passport. The NIF will be issued at the initial application and a document with the number will be given to the applicant. The tax number will be used for all business transactions, buying and selling property and will appear on all tax returns.

2.4 WORKING AND EMPLOYMENT

Portugal has become a diversified and increasingly service-based economy since joining the European Economic Community in 1986.

Currently, only 10% of all Portuguese work in agriculture, while 30% work in industries and 60% work in services.

Since 2001, the Portuguese unemployment rate resembles the EU average. In 2006, 7,7% of the active population was unemployed while the EU average rate was 7,9%.

Unemployment rate among young workers has registered a similar evolution, placing itself at 16,2% of the population, only 0,9% less when comparing to the EU average.

The average monthly salary in Portugal before tax is around 850 euros (1,144 USD) and the minimum wage is 450 euros (605 USD). These salaries are quite low when comparing to other EU countries.

Salaries vary significantly between economic sectors and professions. Still, as an example, in 2007 the average salary (meaning some workers earned less and some workers earned more) in restaurants was 650 Euros (874 USD), while in construction it was 880 Euros (1,184USD).

Non EU citizens need a work permit (Autorização de Trabalho) in order to work in Portugal. A future employer can apply for this from the local labour office. An entry visa is also required from the Portuguese Immigration Office (Serviços de Estangeiras e Fronteiras, SEF).

Nationals of an EU country need simply to have a Residence Permit (Cartão de Residência) which is obtained from the Portuguese Immigration Office (Serviços de Estangeiras e Fronteiras, SEF).

2.4.1 Arriving in Portugal to Work

Anybody who works in Portugal must contribute to Social Security and pay taxes. On arrival in Portugal a number of official tasks must be carried out as soon as possible.

These are:

- Get a Residency Card (Cartão de Residencia). This is an official legal document that all EU and non-EU citizens must get from the Portuguese Immigration Office (Serviços de Estrangeiros e Fronteiras).
- Sign up with Social Security (Segurança Social). Whether the applicant is contracted full-or part-time for a company, or is self-employed they must pay social security contributions.

- Get a Tax Code (Numero Fiscal de Contribuinte) which is obtained from the local branch of the Director General of Taxes (Direcção-Geral dos Impostos) in the area or residence.

The Social Security and Tax departments need to see the following documents. Take these to the reception desk where the details will be recorded:

- Passport or Identity Card (Passaporte/Bilhete de Identidade)
- Authorised photocopies of tax returns for three years from the previous country of residence
- National Insurance Number (or similar) from country of origin

A temporary slip (talão) is issued and the tax number is sent to the registered home address within a few weeks.

2.4.2 Working for an employer (segurança social por conta de outrem)

If the employee is contracted either full-time or part-time to a multinational company, Portuguese company or foreign company operating in Portugal then social security contributions will be deducted automatically from the monthly salary depending on what is earned. The employer usually has to match this by paying around 24 percent while the employee pays 11 to 15 percent.

2.4.3 Being self-employed (trabalhador independente)

EU citizens who are self-employed are responsible for paying their own social security contributions. These can be paid at the Post Office (Correios de Portugal) or via the ATM Multibanco machines. A book of green receipts - Modelo Nº 6 - (actually now blue) called Caderneta de Recibos Verdes will be issued for a small fee by the local tax office in the area of residence.

EU citizens who are self-employed are also responsible for deducting Income Tax deductions (IRS) and Value Added Tax (VAT) in Green Receipts book. In 2012 the maximum IRS tax was set at 49 percent, against 38,1 percent within the EU and 43,2 percent within the Euro zone. IRC (company tax) was set at 31,5 percent against 23,5 percent in the EU and 26,1 percent in the Euro zone. Value Added Tax or IVA was set at 23 percent against 21 percent in the EU and 20 percent in the Euro Zone.

Portugal thus represents the 8th highest maximum IRS tax in the EU, on par with Greece and Finland, the 4th highest maximum IRC tax out of all member states, and the 5th highest maximum IVA tax along with Ireland, Greece, Poland and Finland.

For every service and invoice sent a numbered Green Receipt must be issued and the following details filled in:

- Tax payer's name and address
- Tax payer's number (Número Fiscal de Contribuinte)
- Activity exercised (Actividade Exercida)
- Client's Name (Nome de Clinete)
- Client's tax number (Número Fiscal de Contribuinte)
- Amount being charged (Importância)
- Value Added Tax (IVA)
- Sub Total (Amount + IVA)
- Income Tax retained at source (Retenção na Fonte)
- Amount received after deductions (Importância recebida)

The receipt must be dated and signed and the top (blue) copy sent with the invoice to the client, while the (white) carbon copy is retained in the book for an accountant. All documents must be kept for ten years.

2.5 PERSONAL INCOME TAX

The tax system in Portugal is administered by the Portuguese Tax Authority (Direcção-Geral dos Impostos). The Portuguese tax year follows the calendar year, closing 31 December.

All income received by a resident in Portugal, such as salaries, capital gains and real estate income, including income obtained abroad, is taxed in Portugal by the Personal Income Tax (Imposto sobre o Rendimento das Pessoas Singulares, IRS). Note that for income earned abroad, there are several tax treaties that may be applicable to avoid double taxation.

Regarding non-residents, only income obtained in Portugal is subject to taxation, at a general tax rate of 20 percent. However, income derived from real estate is subject to a tax rate of 10 percent. Some types of capital gains, such as those derived from transfer of shares, are, in some cases, tax exempt. Depending upon income classification, these can be subject to a definitive withholding tax rate.

The tax rates for the Personal Income Tax are progressive ranging from 11.5 percent up to 46.5 percent.

2.5.1 Residents and non-residents

Several aspects define an individual as a resident or non-resident for tax purposes in Portugal. The general rule is that if a person spends more than 183 days per year in Portugal, they are considered a resident. However, in some cases a person who spends less

than 183 days per year in Portugal may also be considered a resident in Portugal. This includes:

- A person who has permanent residence in Portugal at 31 December of the tax year in question
- Anyone who is part of a family whose head of household is resident in Portugal
- Individuals who at 31 December are crewing any ship or aircraft belonging to a Portuguese entity
- Any person working in a foreign country for the Portuguese State

2.5.2 Deductions and allowances

It is possible to make a number of limited income deductions in Portugal, such as:

- A general deduction for each taxpayer and each of their young or old dependants
- Health expenses (unlimited in some situations)
- Education and training expenses
- Old person's day/night care burdens
- Burdens related to real estate and renewable energies
- Burdens related to life and health insurance policies
- International double taxation
- Some special tax exemptions and/or reductions

There are also some specific deductions depending on the kind of income obtained.

2.5.3 Social security charge

There is a mandatory social security charge that must be paid, either by the employer or the employee. The social charge rate for an employee is 11 percent, while an amount of 23.75 percent is paid by the employing entity. For self-employed workers, this social charge rate varies depending on circumstances.

2.5.4 The income tax return

To register as a tax payer in Portugal it is necessary to fill in a registration form (ficha de inscrição) and take it to the local tax office. Please note that the tax registration should be requested by the tax payer before any activity is carried out in Portugal.

The annual income tax return must be completed and delivered to the Tax Authorities.

Note that self-employed workers must declare the beginning of their activity to the Portuguese Tax Authorities. If they have an authorised accountant, the annual tax return for the previous year may be delivered by the end of June.

Non-residents who earn income in Portugal must designate a tax representative in this country.

2.5.5 Penalties for non-compliance

If a person does not comply with their tax obligations, they will be subject to a penalty.

If the income tax return is not completed or is returned late, the amount of the penalty can range from €200 to €2,500. If the tax is not paid in time, the penalty can be from ten percent of the tax to double its value (up to a maximum of €55,000) plus interest. The amounts may vary depending upon the specific circumstances.

2.6 SOCIAL SECURITY



Social Security benefits only apply to Portuguese nationals, qualifying European Union nationals, and those legally resident in Portugal as well as their spouses and dependents. Citizens of other countries should seek advice from their Embassy or Consulate regarding obtaining private insurance.

The social security system has three basic schemes:

- A contributory scheme for employed individuals and their families (for sickness, birth/adoption, disability, retirement, unemployment, death, work-related accidents or illness)
- A contributory scheme for self-employed individuals (for birth/adoption, disability, retirement, death; optional coverage for family as well as illness and work-related illness)
- A non-contributory scheme for those who do not meet the minimum income requirements to belong to either of the first two schemes (for disability, retirement, death and family)

All individuals registered for social security coverage are also covered for healthcare in Portugal. All healthcare benefits are administered by the Ministry of Health (Ministério de Saúde) while social security benefits (pensions, disability, maternity/paternity benefit, etc.) are administered by the Social Security Institute (Instituto da Solidariedade e da Segurança Social).

Contributions are made by both employer and employee. Employer contributions cover work-related accidents and occupational illness. The Portuguese government pays for healthcare coverage while the employee pays for other benefits including maternity, old-age pensions and disability.

Registration to obtain a social security number is done only once. The number issued is used throughout the holder's life.

To apply for a Social Security Card (Cartão de Segurança Social), contact a local office of the Social Security Institute.

2.7 HEALTH

Article 64 of the Portuguese Constitution guarantees to all citizens the right to Health, which is guaranteed by the State through the National Health System (Serviço Nacional de Saúde - SNS).

Besides SNS, there are other health subsystems, private institutions and professionals in a liberal regime, which can celebrate contracts and agreements with the Ministry of Health, in order to integrate the SNS, guaranteeing that all citizens have access to their services in the same way as in SNS.



The National Health Service is universal, general and, taking into account the social and economic conditions of the citizens, in tendency, free. The National Health Service is under the care of the Ministry of Health and it is provided by all “Health Regions” by the Council of Administration of their respective Administrative Health Region.

According to Law n. ° 48/90, 24 August (Basic Health Care Law), foreigners and stateless persons, while residing in Portugal, are granted access to the National Health Service.

Such access was further regulated by Dispatch 25360/2001, paragraph 1 that states that “Foreign citizens legally residing in Portugal have access to identical medical and medicinal assistance by all units and services of the SNS as granted to the remaining beneficiaries of the National Health Service.”

Once an individual begins working in Portugal and is registered with social security, they are automatically registered for healthcare coverage. Deductions for coverage are automatically taken from their pay and a healthcare card is issued by the local Ministry of Health. This healthcare card is called the card Cartão do Utente (service user card).

Visits to doctors at public medical centres (Centro de Saúde) and hospitals (Hospital Público) affiliated with the Ministry of Health are virtually free under the system. A small charge is paid for some consultations and treatments under a modest patient co-participation introduced a few years ago. The cost of necessary medication is partially covered, though pharmaceuticals deemed non-essential are not covered.

2.7.1 Contacts of National Emergency Services

National Emergency Services	Telephone
Medical emergency (<i>ambulância</i>)	112
Police - (<i>policia</i>) including Local Police (<i>Guarda Nacional Republicana, GNR</i>) and Security Police (<i>Polícia Segurança Pública, PSP</i>)	112
Fire Rescue	112
Health line for emergencies available 24/7	808 242 424
Forest Fires	117
Sea Rescue (<i>Centro de Busca e Salvamento Marítimo</i>) Lisbon	214 401 919
Maritime Police (plus pick-up boat service) Lisbon	210 911 100
Pan-European emergency number	112

2.8 CITIZEN'S SHOPS (LOJA DO CIDADÃO)



LOJA DO
CIDADÃO

The Citizens' Shops provide a one-stop service for many administrative tasks: connecting and disconnecting services, car registration and driving licences, residency, taxation, health services and more...

The Citizens' Shop network is a government-led initiative aimed at reducing red tape and bureaucracy and cutting waiting times and long queues at public and private organisations and companies.

It provides residents' access to a number of services at one location at the desks of customer-orientated representatives from each entity represented. The Lojas do Cidadão have simplified a range of procedures.

Note: currently queues can be long as there are not yet enough offices nationwide or the qualified staff to man them.

2.8.1 Services Carried Out at Citizens' Shops

- Water connection and disconnection
- Electricity connection and disconnection

- Gas connection and disconnection
- Telephone connection and disconnection
- Passport and Visa applications
- Social Security Card applications
- Tax Card Applications
- Identity Card Applications
- National Health Card Applications
- Tax Advice
- Handing in of Tax Forms (Electronically)
- Vehicle Registration
- Driving Test Application
- Car Tax
- Post Office Services
- Cable TV subscription
- Notary Services
- Certificate Attestation
- Personal Documentation
- Information about Professional Training
- Information about Health Services
- Public Administration Services

2.8.2 Public and Private Organisations Represented

- IMTT (Instituto da Mobilidade e dos Transportes Terrestres)
- EDP, Energias de Portugal (Portuguese Electric Company)
- EPAL, Empresa Publica das Aguas Livres (Water Company)
- Governo Civil - (Passport and Visa Services)
- IEFP, Instituto de Emprego e Formação Profissional (Training and Professional Institute): help with training, employment and job-start schemes
- Imprensa Nacional Casa da Moeda (Government Stationary Office) forms and official papers
- Instituto da Segurança Social (Social Security)
- Lisboagás (Gas Utility)
- Galp Energia
- Ministério da Saúde (Health Ministry)
- Portugal Telecom (Telephone Utility)
- SEF Serviço de Estrangeiros e Fronteiras (Foreigners and immigration services)
- TV Cabo (Cable TV company)
- Via Verde Portugal (Motorway Electronic Payment System)
- CTT Correios de Portugal (Post Office)
- Balcão Verde (Green Desk): environmental issues

- ADSE - Direcção-Geral de Protecção Social aos Funcionários e Agentes Administração Pública
- Caixa-Geral de Depósitos (Portuguese state national savings bank)
- CFE - Centro de Formalidades e Empresas (Employment Centres and Labour Exchange)
- DGCI, Direcção-Geral dos Impostos
- DGAJ, Direcção-Geral da Administração da Justiça (Justice Office)
- DGRN, Gabinete de Certidões (civil and commercial registration)

2.8.3 Shops in the Lisbon region

Loja do Cidadão de Cascais

Rua Manoel Joaquim Avelar 118 1º | 2750-421 Cascais

Phone: 707241107

Open hours: Workdays: 09:00h-18:00h; Saturdays: Closed.

Loja do Cidadão de Lisboa - Marvila

Avenida Santo Condestável - C.C. Pingo Doce Bela Vista Loja 34 | 1900-806 Lisboa

Phone: 707241107

Open hours: Workdays 09:00h-19:00h; Saturdays: 09:00h-13:00h.

Loja do Cidadão de Lisboa - Laranjeiras

Avenida Abranches Ferrão | 1600-001 Lisboa

Phone: 707241107

Open hours: Workdays 08:30h-19:30h; Saturdays: 09:30h-15:00h.

Loja do Cidadão de Odivelas

Strada Shopping - Loja 2048, Estrada da Paiã, Casal do Troca | 2675-626 Odivelas

Phone: 707241107

Open hours: Workdays: 08:30h-19:30h; Sábados: 09:30h-15:00h.

3 RESETTLING IN PORTUGAL

3.1 HOUSING

In Portugal it is possible to rent rooms, or parts of a house. It is also possible to rent a house. In this case tenants are normally responsible for the monthly payment of water, electricity, gas, and have to do an initial down payment that usually corresponds to a month rent.

It is important to add that in order to rent a house it is necessary to have a bailer that will be responsible for the payment of the rent in case the tenant doesn't pay.

Information on available housing can be found in newspapers ads, Internet, among others.

Prices of houses vary significantly depending on their location, size, date of construction, neighbourhood and whether they are furnished. An apartment in Lisboa or Cascais with 2 bedrooms can cost an average of 750€/month. An 3-bedroom apartment in Loures (20Km from Lisboa) about 550€/month. A studio (1 bedroom) in Amadora (14Km from Lisboa) up to 380€/month.

3.2 EDUCATION

The school year runs from the middle of September to the end of June, for compulsory schooling, or to the middle of June for secondary schools. Individual schools set the actual dates but there must be at least 180 school days in each year.

Pre-school attendance is optional and children may be accepted between the ages of three and five. Pre-schools may be run by State organisations, charitable institutions, private or cooperative organisations. Most international schools offer an international approach to pre-primary learning following the International Preschool Curriculum.

The Portuguese public education system is the main education system in the country, although there are some private schools for all levels of education. In Portugal, compulsory education starts at the age of 6. Every person has to attend and complete a minimum of 9 years in school (Basic Education).

As such, the school system is divided into mandatory basic education, secondary education and higher education. Basic Education is divided into 3 cycles:

- 1st cycle, from the 1st till the 4th grade;
- 2nd cycle, 5th and 6th grade;
- 3rd cycle, 7th till 9th grade.
- Secondary school comprehends the 10th, 11th, and 12th grades.

In accordance to the common European Higher Education System (Bologna System), Portuguese higher education is composed of 3 cycles: Higher Degree (Licenciatura: +/- 6 semesters); Masters (Mestrado: +/- 4 semesters); and Phd. (Doutoramento: +/- 4 Semesters). It is common for Portuguese people to refer to those who completed a Licenciatura as “doutor”. However, only those who have completed a Phd can use the term “Doutor” writing it out with all of the letters as opposed to dr. For those who only completed a Licenciatura.

3.2.1 International Schools

There are many options for internationals when it comes to quality English-language (or foreign language) schools in Portugal, especially in the Greater Lisbon area. These include:

Oeiras International School

Rua Antero de Quental 7, 2730-013 Barcarena

Tel: 211 935 330 * <http://www.oeirasinternationalschool.com>

St Peter's International School

Quinta dos Barreiros, Volta da Pedra, 2950-201 Palmela.

Tel: 212 336 990 * <http://www.st-peters-school.com>

Prime Trilingual International School

Rua Mestre Neves 20, Portela de Sintra, Sintra

Tel: 219 235 496 / 965 002 675

St Julian's School

Quinta Nova, 2776-601 Carcavelos

Tel: 214 585 300 * www.stjulians.com

St Dominic's International School

Rua Maria Brown, Outeiro da Polima, 2785-816 Sao Domingos de Rana

Tel: 214 440 434 / 214 480 550 * www.dominics-int.org

Carlucci American International School of Lisbon

Rua Antonio dos Reis 95 Lingo, 2710-301 Sintra

Tel: 219 239 800 * www.caislisbon.org

Christians may want to consider a Christian education and this is provided by:

Greater Lisbon Christian Academy

Rua Viriato, 4º Bairro do Castelo

2620-490 Ramada

Tel: 219 342 385 * www.glcaportugal.abwe.org

International Christian School of Cascais

Avenida de Sintra 1154, 2750-494 Cascais

Tel: 214 842 279 * www.icsc.pt

Corner Stone Academy

Rua José Cupertino Ribeiro, 52

Quinta da Estrangeira, 2635-404 Rio de Mouro

Tel. 219 167 281 * www.cornerstoneacademy.eu

3.3 JOBS AND VOCATIONAL TRAINING



Instituto do Emprego
e Formação Profissional

Internationals encounter difficulties in finding paid employment, namely due to the lack of recognition of their previous work experience by employers.

Another constraint in the access to the labour market is related to limited Portuguese language skills. Hence, it is important to attend Portuguese language courses immediately after arrival. Such courses are promoted by non-governmental organizations such as language schools or the governmental organization - Instituto do Emprego e Formação Profissional (IEFP - Institute for Employment and Vocational Training).

The importance of vocational training inhabits in the fact that it can allow the actualization or transference of skills in a way that it can be adapted to particular labour market situation and, when possible, the acquisition of national certificated qualifications.

In Portugal, there are no vocational training programmes specifically directed to internationals, but they can apply to the programmes offered by the IEFP. The professional formation developed by the IEFP (directly or indirectly) is for all persons residing in Portugal.

3.4 TRANSPORTATION

The Portuguese transport system is divided into:

- Air transportation (Plains)
- Railroad transport (Train/Metro/Tram)
- Maritime and fluvial transport
- Road transport (Bus/Taxi)



Metro



Train (Comboio)



Bus (Autocarro)



Boat (Barco)



Tram (Eléctrico)



Tram (Eléctrico)

3.4.1 Rules and Regulations Driving Cars and Bikes

- Drive on the right side of the road in Portugal
- The legal age for driving a car is 18 years
- It is illegal to drive with headphones connected to a sound device
- Mobile cellular telephones (Telemóveis) may only be used with a hands-free system
- It is compulsory to wear seat belts (both front and back seats if fitted - i.e. a Cinto de Segurança). It is the driver's responsibility to ensure all passengers wear their belts (and it is the driver who will be fined if the passengers are not belted)
- Children under 12 years of age may not ride in the front passenger seats unless they are over 150cm tall. If possible special child seat belts (Sistema de Retenção para Crianças) should be used
- It is forbidden to carry devices used to evade police vigilance (radar detectors, for example)
- Dogs must be restrained in a moving car
- Suitcases and baggage carried on the vehicle must not exceed the vehicle's length by more than 45cm at the rear and 55cm at the front
- Headlights must always be used in tunnels
- It is illegal to overtake on the right in free-flowing traffic
- It is illegal for a motorbike to carry passengers under the age of seven
- If involved in a car accident the driver is obliged to stop and help injured people, collaborate in avoiding danger and other possible accidents and call the police if there are injured people or the vehicle is blocking the road and cannot be moved (Police Tel: 112)

3.4.2 What to Carry in the Vehicle

It is obligatory to carry the following items in the car at all times. Not having these can result in a fine if pulled over by the police, or failure of the vehicle roadworthiness test, the IPO (Inspeção Periódica Obrigatória).

- A yellow, orange or red reflective danger jacket. The vest must be accessible without leaving the car
- Each car must carry one red reflective warning triangle
- Spare bulbs and the tools required to fit them
- A spare wheel, inflated and the tools necessary to change it
- Approved child seats for children under 12 and/or 150cm

3.4.3 Obligatory paperwork

- It is compulsory for the driver to carry a driving licence (Carta or Título de Condução). Valid Portuguese and EU country driving licences are accepted in Portugal. Certain non-EU licences are accepted for a period of time if accompanied with an International Driving Licence
- Road tax (Imposto Unico de Circulação) must be paid
- It is compulsory to carry vehicle registration documents (Título de Registo de Propriedade) and log book (Livrete), or DUA (All-in-One Vehicle Document - Documento Único Automóvel)
- If a car is older than four years it is compulsory to have a valid IPO certificate (Documento de Inspeção Periódica Obrigatória) as proof of roadworthiness, along with the corresponding sticker placed in a pocket on the windshield
- It is obligatory to have at least Third Party Car Insurance (Seguro Automóvel Contra Terceiros) and display the corresponding sticker in a pocket on the windscreen

3.4.4 Vehicle registration documents

Note that under arrangements currently being phased in, the car registration documents (Título de Registo de Propriedade), log book (Livrete), and licence plate certificate (Certificado de Matrícula) have been replaced by a single document, the DUA All-in-One Vehicle Document (Documento Único Automóvel).

The Instituto da Mobilidade e dos Transportes Terrestres, IMTT is the administrative body for the traffic system, road safety and implementing traffic regulations.

4 LIFESTYLE

4.1 FOOD

Food plays an important role in Portuguese culture. Traditional Portuguese dishes are often made from simple ingredients, based on regional produce with an emphasis on fish. The former colonies in Africa, India and the Far East have influenced Portuguese cuisine making it very different from the nearby Mediterranean countries. Many herbs and spices such as pepper, saffron, ginger and coriander were introduced into Europe by the Portuguese, as were coffee, pineapples, potatoes and rice amongst other ingredients.

Portuguese recipes are characterised by their use of a wide variety of spices, for example, piri piri (a spicy chilli pepper), vanilla, cinnamon and saffron. Southern Portuguese cuisine has Arab and Moorish influences and an old tradition of almond and fig sweets.

Breakfast (pequeno almoço) consists mainly of milk, coffee, bread rolls or toast, butter and jam. Lunch (almoço) is the main meal of the day and can be a leisurely affair, while dinner (jantar) is usually served late in the evening.

4.1.1 Fish

Many of Portugal's dishes are fish-based due to the country's ocean-side location. The most famous fish dish is salted cod, bacalhau, which many say can be cooked or prepared in 365 different ways (one for each day of the year). Each region has its own bacalhau speciality, for example bacalhau à Gomes de Sã from Porto (salted cod, potatoes and onions topped with eggs and onions) or bacalhau à bras from Estremadura (salt cod, potato, onion and scrambled eggs). Other popular fish dishes include sardines, especially grilled (sardinhas assadas), sea bass or sea bream (dourada and robalo), octopus, squid (often stuffed), anchovies and swordfish. Shellfish such as mussels, prawns, oysters, lobsters, crabs and clams are also very popular.

4.1.2 Meat

One of the most popular meats in Portugal is pork, which can be cooked in a variety of ways. Roast suckling pig (leitão assado) is a speciality of Central Portugal. Another popular pork dish is the carne de porco à Alentajana, which consists of pork marinated in wine and garnished with clams.

A common meat dish is the cozido à Portuguesa, a sort of hotpot of beef, sausages, potatoes, vegetables and rice. Grilled skewers of beef with garlic (espetada) are often served, as is aromatic grilled chicken (frango grelhado), seasoned with piri piri, garlic and

olive oil. Feijoada, a meat stew with kidney or butter beans, is a dish popular throughout Portugal.

4.1.3 Soups

Soup is served at most meals. Seasonal vegetables, fish and meat are used to make a variety of soups. One of the most famous Portuguese soups from Minho is the caldo verde, which consists of a mashed potato base, green Galician cabbage, olive oil and black pudding (tora) or slices of sausage, such as chouriço and salpicão. Bread soups (açordas) where shellfish and vegetables are added to thick slices of bread are found in all regions.

In the south, gaspacho, a soup of tomatoes, cucumber, onions, garlic, chillies and vinegar, is popular. Caldeirada is a fish soup made of water, tomatoes, onions and garlic and other ingredients that traditionally will depend on the fisherman's catch.

4.1.4 Cheeses

Portuguese recipes do not include cheese (queijo) so it is eaten by itself either before or after main dishes. The majority of Portuguese cheeses are made from goat's or sheep's milk. The most famous cheese in Portugal is most probably the Queijo da Serra, made from ewe's milk in the Serra da Estrela. This cheese is made in the winter and traditionally the milk is coagulated with thistle (flor do cardo). Monte, a cheese from Trás-os-Montes in northern Portugal, is a smooth, creamy cheese made from cow's and ewe's milk.

4.1.5 Desserts

Many of the desserts in Portugal are rich egg-based specialities, often seasoned with spices such as cinnamon and vanilla. A popular dessert is the arroz doce, a rice pudding flavoured with cinnamon and lemon. The Portuguese have a variety of cake and confectionary specialities that can be found in a pasteleria or confeitaria. Northern specialities are rich, very sugary and often flavoured with cinnamon, whereas in the south the sweetmeats reflect the local harvest of figs and almonds.

Throughout Portugal variations of the pão de Ló can be found; this rich sponge cake can be flavoured with lemon, Madeira, port wine, cinnamon or orange juice.

4.1.6 Wine

Portugal is the seventh largest wine producer in the world and has a variety of wines including the famous Port and Madeira. Wine was introduced into Portugal by the Greeks, the Romans, the Phoenicians and the Carthaginians, and the Portuguese began exporting their wine to Rome during the days of the Roman Empire.

Portugal has two wine regions protected by UNESCO as World Heritage: the Douro Valley wine region (Douro Vinhateiro) and the Pico Island wine region (Ilha do Pico Vinhateira). The Douro Valley has the oldest appellation system in the world, created nearly two hundred years ago. Other wine-making regions include the Alentejo and the Dão region. Each region has its own wine commission (Comissão Vitivinícola) supervising the quality of the wines.

4.2 CULTURAL AND SOCIAL LIFE

Portugal's cultural offering has become more diverse in recent years, particularly with the opening of new event venues in the large cities (Lisbon and Oporto).

Portugal has its own theatre tradition (the revista [revue or musical comedy]) and many small museums and galleries, even in smaller cities.

Fado, particularly in Lisbon and Coimbra, is known the world over as the national music. Folklore is also fairly rich and varied, ranging from music and costume, inspired by the Celtic north of the country, to the Algarve's Corridinho [traditional folklore music and dance].

Most cities have cinemas that mostly show English language films. Films and TV programmes are not dubbed, but generally have subtitles in Portuguese.

There are some themed film festivals and interesting and hugely popular music festivals during the summer (such as Super Bock, Super Rock, or Rock in Rio), as well as a wide variety of fairs and festivals.

These popular events take place throughout the year and in practically all the smaller towns and villages. The commemorations of the Popular Saints' days which take place in June with processions and festivities in the streets of Lisbon, Oporto and other cities, are particularly interesting and worth a visit.

Museums are open from 10:00-12:30 and 14:00-17:00. Closed on Mondays.

4.3 THE PEOPLE

The Portuguese are generally reserved and patient, but are also tolerant of differences and are flexible and open to experimentation. The Catholic Church still has a considerable influence, even though the majority of 'Catholics' say that they are non-practising. The family is still the basis of Portuguese life.

4.4 BUSINESS CULTURE

The Portuguese are not very punctual when it comes to business meetings, but they expect people to telephone if they are going to be delayed.

Although younger people speak English, it is very difficult to find a company that will hire non-Portuguese-speaking workers.

In the employment context, the Portuguese are somewhat conservative and formal, both in terms of dress and in terms of manners. It is customary to use people's titles, such as Doutor/a [Doctor], Engenheiro/a [Engineer], Arquitecto/a [Architect], etc., to preserve the hierarchy and to show respect for someone's education.

4.5 MEALS AND SOCIAL ACTIVITY

Even during the working week, it is customary to take one hour for lunch. It is also normal to drink wine at mealtimes.

Football is the national sport (we would argue even a religion of sorts), but there are also other popular pastimes, such as athletics and cycling. The cities have good sports facilities (normally with admission charges), particularly for water sports, football, golf, tennis, gymnastics, etc. The main soccer (football) teams are Benfica (reds with an eagle as their symbol) and Sporting (greens with a lion as their symbol) in Lisbon and FC Porto (blues with a dragon as their symbol) from Oporto.

4.6 SHOPPING AND SERVICES

The majority of shops are open from 09:00-13:00 and 15:00-19:00 during the week. Some shops are open during lunch time. On Saturdays most of them close at 13:00, although some may open during the afternoon.

In most of cities and villages there are weekly or monthly street markets (feiras) where you can find everything you need, from clothes and shoes to food and handicrafts at very reasonable prices.

Shopping centres (Malls) are open from 10:00-23:00/24:00, every day (except December 25th and January 1st). These shopping centres in the major cities have a variety of services including supermarkets, clothes, shoe stores, music, bookshops, restaurants, cinema, banks, ATM, beauty institutes and more. Most Portuguese love to hang out in Shopping centres or Malls as they are called in the US.

E-commerce is expanding particularly for the sale of clothes, books, DVDs and DC, and food.

Pharmacies are open 09:00-13:00 and 15:00 to 19:00 Monday to Friday and Saturday mornings. In every area, you can always find one that is open all night or on Sunday. See the sign on the door (white cross on green background) to find your nearest open chemist. The Portuguese word for Pharmacy is Farmácia.

Post offices are open Monday to Friday from 08:30 to 18:00. In main cities there is one post office open on Saturdays. Stamps are sold at post offices and shops bearing the sign of the red horse. The Portuguese word for post office is Correios and a stamp is a selo.

Banks are open from 08:30-15:00 Monday to Friday and close on public holidays.

4.6.1 Shopping Centres

CENTRO COLOMBO

Av. Lusíada, 1500-392 Lisboa

CENTRO VASCO DA GAMA

Avenida Dom João II, 40, Parque das Nações, 1990-094 Lisboa

EL CORTE INGLÉS

Av. António Augusto de Aguiar 31, 1069-413 Lisboa

FREEPORT DESIGNER OUTLET

Avenida Euro 2004, 2890-154 Alcochete

CASCAISSHOPPING

Estrada Nacional, 9, 2645-543 Alcabideche

ALEGRO ALFRAGIDE

Av. dos Cavaleiros 60, 2790-045 Carnaxide

OEIRAS PARQUE

Av. António Bernardo Cabral de Macedo, 2770-219 Oeiras

STRADA SHOPPING & FASHION OUTLET

Estrada da Paiã - Casal do Troca, 2675-626 Odivelas

4.7 OWNING PETS/ANIMALS

All dogs in Portugal born after 1 July 2008 must be microchipped and registered with at least one of two national databases, the SIRA or the SICAF. The chip information must also be registered within 30 days of implantation with the local Junta de Freguesia (division

of the town hall). Only a veterinarian can perform the implantation. The microchip is approximately the size of a grain of rice and is injected through a syringe on the left side of the animal's neck. The chip contains identifying information and is read by special chip readers. In the event an animal is found, authorities (vets, police, animal welfare organisations) can read the chip to find contact information to reunite the animal with the owner. Cats are not required to be microchipped.

All animals taken into public areas must wear a collar with identifying information.

People resident in an apartment building may only have up to four animals, 3 of which may be dogs.

4.7.1 Vaccinations

All dogs over three months of age in Portugal must be vaccinated against rabies; a booster shot must be administered within its time of validity (one or three years). Cats must also be vaccinated against rabies.

4.7.2 Public Transport

Domestic animals are allowed to travel on public transport as long as they are in a cage.

4.7.3 Animals on trains and buses

Dogs may travel onboard Comboios de Portugal (CP) trains in Portugal, though the following rules apply:

- Assistance guide dogs may travel free
- A dog may travel for free if it is in a carrier bag/crate and carried as hand baggage
- Dogs not carried in a bag or crate must be muzzled and leashed and a ticket must be purchased for it
- An animal must not disturb other passengers
- Animals are not allowed on the seats

Animals may not travel on Carris buses, trams and lifts in Lisbon.

4.8 CHURCHES & SPIRITUALITY

We conclude this document with what we consider to be the most important information: where can you find a spiritual home in Portugal? The main religion of Portugal is Christianity. The dominant Church family is the Roman Catholic Church with strong ties to the Vatican. A Concordat agreement defines the RC Church as the official church of Portugal. Although religious freedom exists the RC Church is highly favored. Portugal was hardly touched by the 16th century Reformation, and also in subsequent centuries only a few individuals affirmed Reformed insights. The Bible was translated into Portuguese in 1688 by a Portuguese man who was an ordained pastor in the Dutch Reformed Church in Java. The Presbyterian Church of Portugal can trace its history back to 1838 when a physician and missionary from Scotland opened a small hospital and a school, and began to preach the gospel on the Portuguese island of Madeira. There, in the town of Funchal, the first known Protestant community was founded in Portugal in 1845.

While the RC church is favoured there is religious freedom and several great churches are available for you to worship in the Greater Lisbon metropolitan region.

Riverside International Church is the largest of the international (English-language) churches with around 200 gathering for worship each Sunday hailing from some 30 different nations. Founded officially in 1998 the church actually began as a Home Group in the house of founding pastors, Eddie and Marta Fernandes, in the summer of 1996 when they arrived here from South Africa. The church has a large weekly celebration on Sundays and also gathers during the week in at least 17 different Life Groups held from house-to-house. There are multiple ministries and events happening each month. There is a ministry for children ages 0-13 and a vibrant youth ministry as well.

Riverside partners with five para-church ministries to impact this city: Christian Motorcyclist's Association of Portugal (www.cmaportugal.com, Pr. Eddie Fernandes serves as founder and national president), Aglow Portugal (www.aglowportugal.org, Marta Fernandes serves as national vice-president), Christian Surfer's Portugal (www.christiansurfersportugal.com, several members attend Riverside), Young Life Portugal (www.younglife.pt, led by João and Ariel, members of Riverside), and MEVIC (www.mevic.pt, Riverside's Rúben Faria serves on staff). The church supports MEVIC missionaries in Guinea-Bissau: Orei and Isabel Quemol.

We close with a list of the English-language churches. There are literally hundreds of Portuguese-language churches that range from extremely conservative to totally liberal, there is something for everyone.

Riverside International Church

Auditorium: Galerias O Navegador, Av. 25 de Abril, 1011, Piso -1, Loja 85,

2750-515 Cascais (Sunday celebrations 10h00-12h00)

Offices: As above, Lojas 23 and 24 (open 09h00-17h00 Mon-Fri).

Tel: 214 836 590 * www.riversideintchurch.com

E-mail: riversideintchurch@gmail.com

Riverside has churches in Porto (English) and in Coimbra, Faro, Montijo and Almada (Portuguese)

Senior Pastor: Chaplain Pastor Eddie J. Fernandes (BA.Miss., MA.Th., D.MIN.)

Riverside Churches (nationwide)

Riverside's mission is to build and plant growing churches with a growing commitment to the Great Commission and the Great Commandment. As such churches have been planted in other cities. Other English-language churches are Porto-Minho (Pastors Carlos & Ria Silvéria). Portuguese language church-plants include Coimbra (Pastors João & Gena Carvalho), Montijo (Pastors Marcos & Rose Silva), Seixal (Pastor's Nelson & Lau Viegas) and Faro (Pastors in training, David & Claudia Campos). For details and addresses please visit their Facebook pages:

- Porto: www.facebook.com/RiversidePorto/?fref=ts
- Coimbra: <https://www.facebook.com/riverside.coimbra?fref=ts>
- Seixal: <https://www.facebook.com/igreja.riverside/?fref=ts>
- Montijo: <https://www.facebook.com/profile.php?id=100007598054738&fref=ts>
- Faro: www.facebook.com/profile.php?id=100010262201881&fref=ts

St. Paul and St. George's Anglican Church

St. George's address: Rua São Jorge, 6, Estrela, 1250-235 Lisbon

St. Paul's address: Avenida Bombeiros Voluntarios, 59, 2765-202 Estoril

Locum Chaplain Tel: 211 306 293. E-mail: padre@lisbonanglicans.org

www.lisbonanglicans.org

Chaplain: Position currently vacant. Current Reader-in-Training: João Soares

St. Andrew's Scottish Presbyterian Church

Church address: Rua da Arriaga, 13, 1200-608 Lisbon

Tel: 213 951 165. E-mail: cofslx@netcabo.pt

www.standrewslisbon.com

Current Locum: Rev. Ian Brady

International Christian church of Cascais

Avenida de Sintra, 1154, 2750-494 Cascais

Tel: 214 861 856. E-mail: icc.icc@oninet.pt

<http://iccc-cascais.org>

Current Pastor: Pastor José Carlos Freitas

St. Mary's Parish Centre (Irish Dominican English-language Parish)

Rua do Murtal, 368, São Pedro do Estoril, 2765-541 Estoril

Tel: 21 467 3771. E-mail: stmarys@netcabo.pt

www.irishdominicansinportugal.com

Current Priest: Father David Walker, O.P.

WE TRUST YOU HAVE FOUND THIS INFORMATION USEFUL. SHOULD YOU NEED ANY ASSISTANCE AS YOU PASS THROUGH OR SETTLE IN LISBON OR ON THE ESTORIL COASTLINE PLEASE FEEL FREE TO CONTACT OUR CHURCH OFFICE.