

## LISBON – PORTUGAL GENERAL INFORMATION

**Lisbon** is the capital city and largest city of Portugal. It is the westernmost large city located in Europe, as well as its westernmost capital city and the only one along the Atlantic coast. It lies in the western Iberian Peninsula on the Atlantic Ocean and the Tagus River.

Lisbon is recognized as a global city because of its importance in finance, commerce, media, entertainment, arts, international trade, education, and tourism. It is one of the major economic centers on the continent, with a growing financial sector and the second largest container port on Europe's Atlantic coast.

The Lisbon region is the wealthiest region in Portugal. The city occupies 32nd place of highest gross earnings in the world. Most of the headquarters of multinationals in the country are located in the Lisbon area and it is the ninth city in the world in terms of quantity of international conferences. It is also the political centre of the country, as seat of Government and residence of the Head of State.

Lisbon is one of the oldest cities in the world, and the oldest city in Western Europe, predating other modern European capitals such as London, Paris and Rome by hundreds of years.

Lisbon has two sites listed by UNESCO as a World Heritage Site: Belém Tower and Jerónimos Monastery. Furthermore, in 1994, Lisbon was the European Capital of Culture and in 1998 organized an Expo '98 (*1998 Lisbon World Exposition*).



### Climate

Lisbon enjoys a Mediterranean climate. Among all the metropolises in Europe, it has the warmest winters, with average temperatures of 15°C during the day and 8°C at night from December to February.

The April temperatures can reach around 20°C, but it might still be chilly during the evening.

### Language

Portuguese is the official language of Portugal. Portuguese is a Romance language that originated in what is now Galicia (Spain) and Northern Portugal, from the Galician-Portuguese language. In the present day, Portuguese is spoken as a native language on 4 different continents.

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### Currency

The currency in Portugal is the Euro (EUR). The current exchange rate is:

1 EUR = USD 1,30926

1 USD = EUR 0,76373

Source: oanda.com / 6.12.2012

You can retrieve Euros at every ATM machine in the city. If you would like to change money you can also do so at the hotel reception, however remember that the rates at hotels are always higher than at a local bank.

### Voltage

The voltage is 220 V 50 Hertz (Hz). You will require a voltage converter and an adapter if you are carrying a device that does not accept 220 Volts at 50 Hz.

### Cuisine

The Portuguese cuisine is very diverse, with different regions having their own traditional dishes. The Portuguese consume a lot of dry cod (*bacalhau* in Portuguese). Two other popular fish recipes are grilled sardines and *caldeirada*, a potato-based stew that can be made from several types of fish. Typical Portuguese meat recipes, that may be made out of beef, pork, lamb, or chicken, include *cozido à portuguesa*, *feijoada*, *frango de churrasco*, *leitão* (roast suckling pig) and *carne de porco à alentejana*.

Typical fast food dishes include the *francesinha* from Porto, and *bifanas* (grilled pork) or *prego* (grilled beef) sandwiches, which are well known around the country. The Portuguese art of pastry has its origins in Middle-Ages. Traditionally using very few ingredients (mostly almonds, flour, eggs and some liquor), they manage to create a spectacular wide range of different pastries, of which *pastéis de Belém* (or *pastéis de nata*) originally from Lisbon, and *ovos moles* from Aveiro are examples. The Portuguese have a culture of good food and throughout the country there are myriad good restaurants and small typical *tascas*.



Port Wine is Portugal's most famous, unique, and exported wine.

Portuguese wines have deserved international recognition since the times of the Roman Empire, which associated Portugal with their god Bacchus. Today the country is known by wine lovers and its wines have won several international prizes. Some of the best Portuguese wines are: Vinho Verde, Vinho Alvarinho, Vinho do Douro, Vinho do Alentejo, Vinho do Dão, Vinho da Bairrada and the sweet: Port Wine, Madeira Wine and the Moscatel from Setúbal and Faviões. Port Wine is well known around the world and the most widely known wine type in the world. The Douro wine region is the oldest in the world.

**Please note that all individuals are responsible for their own travel arrangements and visa matters.**

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