



# BEST Symposium on Education



19-28th July in Porto, Portugal



This is Your Copilot Speaking:  
Welcome to the AI-Powered Future of Education



Trust me, just check this out...

Survival Guide



Copilot, what are you talking about?



# Olá!

Bem vind@ to Porto,  
your **BEST** decision for sure!

We, **BEST Porto**, gladly welcome you to our BEST Symposium on Education, entitled: **This is Your Copilot Speaking: Welcome to the AI-Powered Future of Education**, and can't wait to meet you all from the **19<sup>th</sup> to the 28<sup>th</sup> of July 2026**!

To help you make the most of this experience, we've put together this **Survival Guide** with all the essential information about our course, our city, and our country.

We hope it helps you learn a little more about our small country in the far west of Europe, home to wine, football, and a million and one recipes with bacalhau, and gives you a taste of what your **10** days in **(y)our city** will be like.

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# ABOUT PORTUGAL



Capital

Lisbon

Population

10.749.635  
habitants

Area

92 256 km<sup>2</sup>

Language

Portuguese

Currency

Euro (€)

Number of times  
being confused  
with Spain

53638497

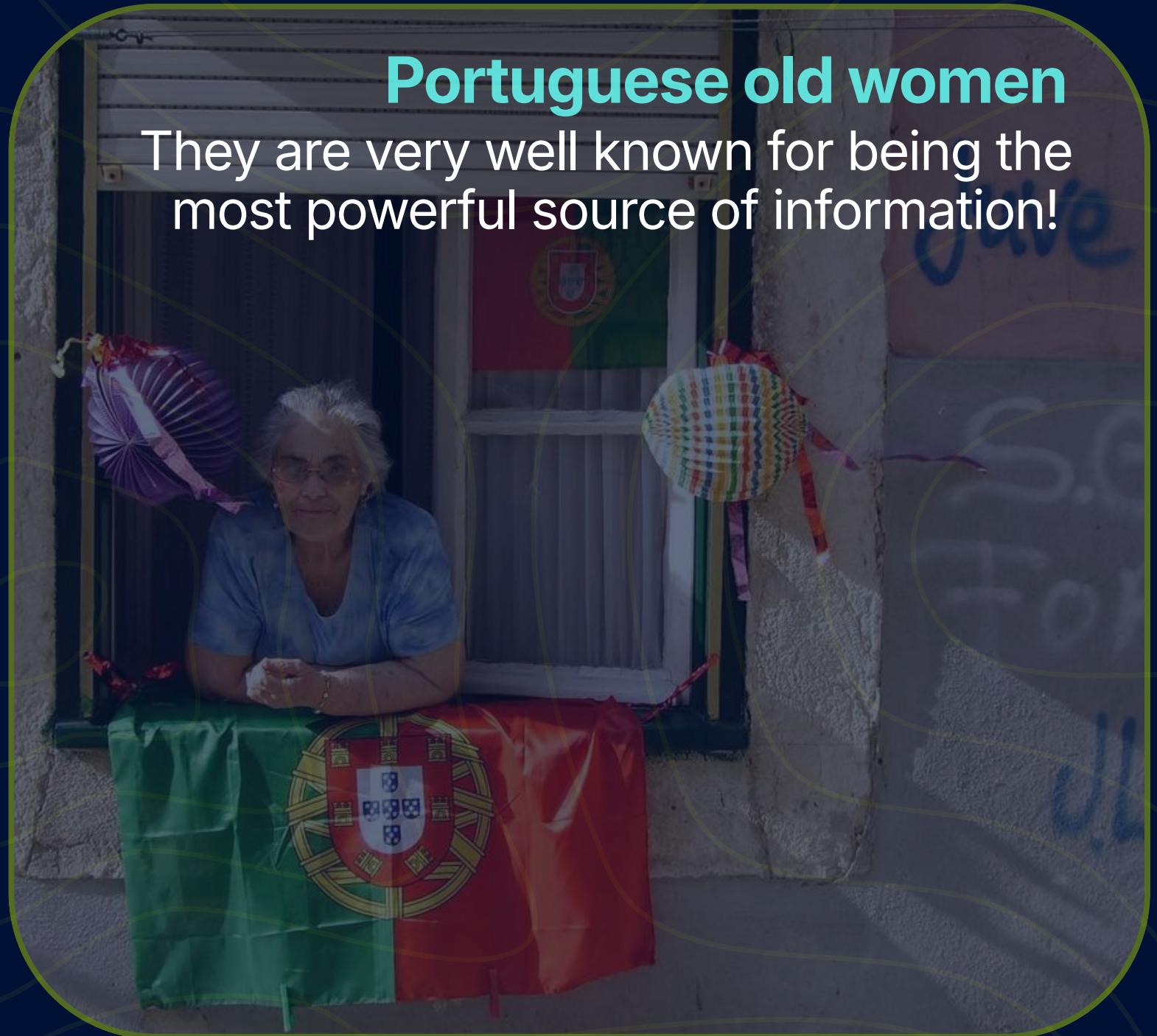
# PORTUGUESE FUN FACTS

try not to fall in  
love with us <3



## Portuguese tiles

Hand-painted tiles adorn the facades of buildings with many narrating stories of Portugal's past.



## Portuguese old women

They are very well known for being the most powerful source of information!



## Port Wine

Port wine is a fortified wine made exclusively in Douro Valley, in northern Portugal.



## Fado

Besides food, Portuguese people also appreciate music and art. Fado is a recognised symbol of Portugal – "A shawl, a guitar, a voice and a lot of feeling".



## Cristiano Ronaldo

It certainly needs no introduction, but: SIIIIUUU the best football player in the world has Portuguese blood.

Check it out!





# PORTUGUESE

# TRADITIONS

# CARNAVAL

In Macedo de Cavaleiros, an ancient Carnival tradition comes vividly to life: the 'Caretos'. These emblematic figures animate the village with bursts of color and movement, and it is recognized by UNESCO as "Intangible Cultural Heritage of Humanity". Dressed in vibrant costumes adorned with rattles, the 'Caretos' roam the streets with playful noise, symbolizing the freedom, energy, and joy that define this celebration.

Torres Vedras is known as the largest and "most Portuguese" Carnival in the country, blending deep-rooted traditions with a creative and satirical twist, making it a truly unique experience.



# SANTOS POPULARES



**Santo António**  
13/06  
Lisboa



**São João**  
24/06  
Porto



**São Pedro**  
29/06  
Póvoa de Varzim

**Expect:**

- music;
- dancing;
- endless sardine grilling.

**Expect:**

- streets filled with people;
- get hit with a plastic hammer;
- hot air balloons in the air.

**Expect:**

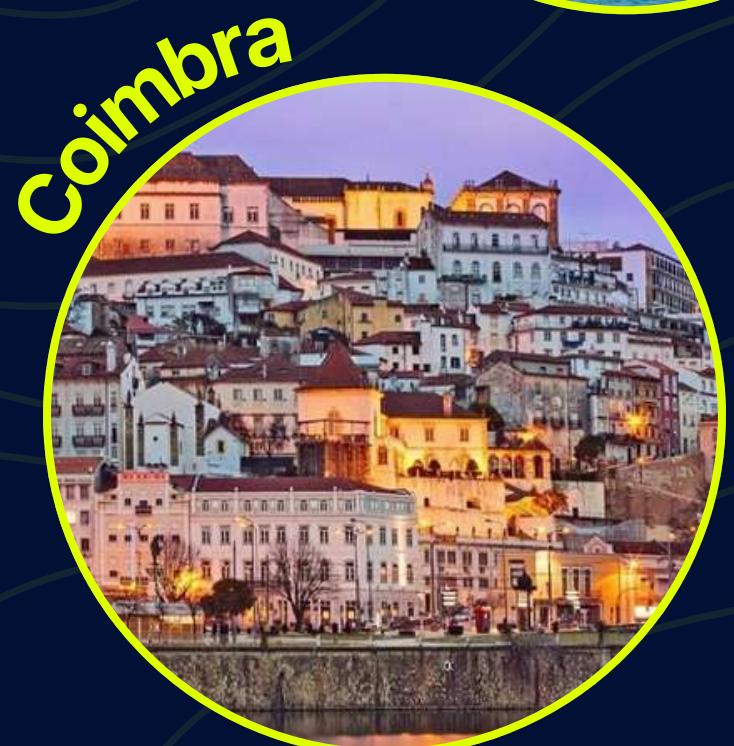
- real live fashion show;
- decorated boats;
- dancing and traditional singing.

# SANTOINHO

A traditional folk festival held in Viana do Castelo, in northern Portugal. It takes place every year and celebrates the region's culture and traditions. The festival recreates rural life from the past, with people wearing traditional costumes, cooking typical Minho dishes, and demonstrating old crafts and farming activities. There is also folk music, traditional dances, and popular games. Santinho is a moment of community celebration and an important way of preserving and sharing the cultural heritage of Viana do Castelo.



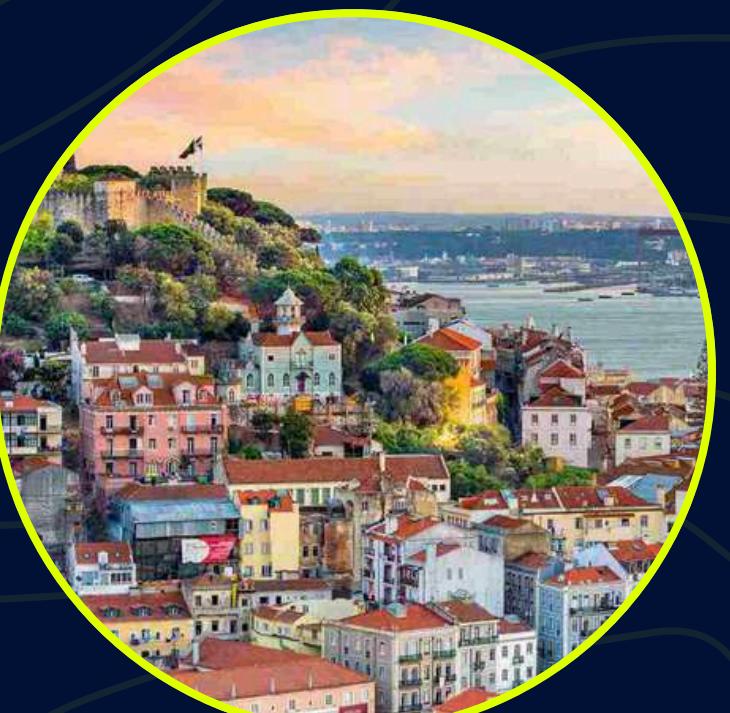
# PORTUGUESE HIGHLIGHTS



**Sintra**



**Lisboa**



**Algarve**





# ABOUT PORTO



**Porto**, aka “Invicta” (meaning Unvanquished), is a city full of character and personality. As Portugal’s second-largest city, it stands out for its rich culture, historic streets, and stunning views over the Douro River. Porto is compact and easy to explore, with plenty of cultural landmarks, local ‘cafés’, and hidden gems waiting to be discovered. With its relaxed atmosphere, strong local identity, and nearby beaches, **Porto offers the perfect balance between city life and summer vibes**.

+50 francesinha places

11 famous bridges

+24 000 total steps in the city

+8M searches per year

# PORTO LANDMARKS

## Jardim do Morro

A viewpoint that offers stunning panoramic views of Porto, the Douro River, and the iconic Dom Luís I Bridge, especially famous for sunset viewing, often with live music and people selling drinks and food.



## Livraria Lello

Often listed as one of the most beautiful bookstores in the world, Livraria Lello is famous for its stunning staircase, stained glass ceiling, and neo-Gothic architecture. It's a must-see spot for book lovers, and yes, it's often linked to the inspiration behind Harry Potter.

## Ribeira

Ribeira is the heart of Porto's riverside life. With colourful buildings, street music, cafés, and views over the Douro River, it's the perfect place to walk around, relax or enjoy a drink at sunset. Lively during the day and magical at night, Ribeira is where Porto truly shows its charm.



## Torre dos Clérigos

One of Porto's most iconic landmarks, the Clérigos Tower offers one of the best views over the city. After climbing its many steps (225, but we swear it's worth it!), you'll be rewarded with a panoramic view of Porto's rooftops, the river, and the ocean in the distance.

## Estação de São Bento

São Bento is one of Porto's most iconic landmarks, famous for its stunning blue and white 'azulejos' depicting key moments in Portuguese history. Even if you're not catching a train, it's worth a visit to admire its unique beauty.



## Mercado do Bolhão

Or as people from Porto say "Bulhóm" is the heart of Porto's traditional commerce, full of fresh products, flowers, and local charm. Known for its classic architecture and lively atmosphere, it's a must-visit for anyone wanting to experience authentic Porto.

# ACADEMIC TRADITIONS

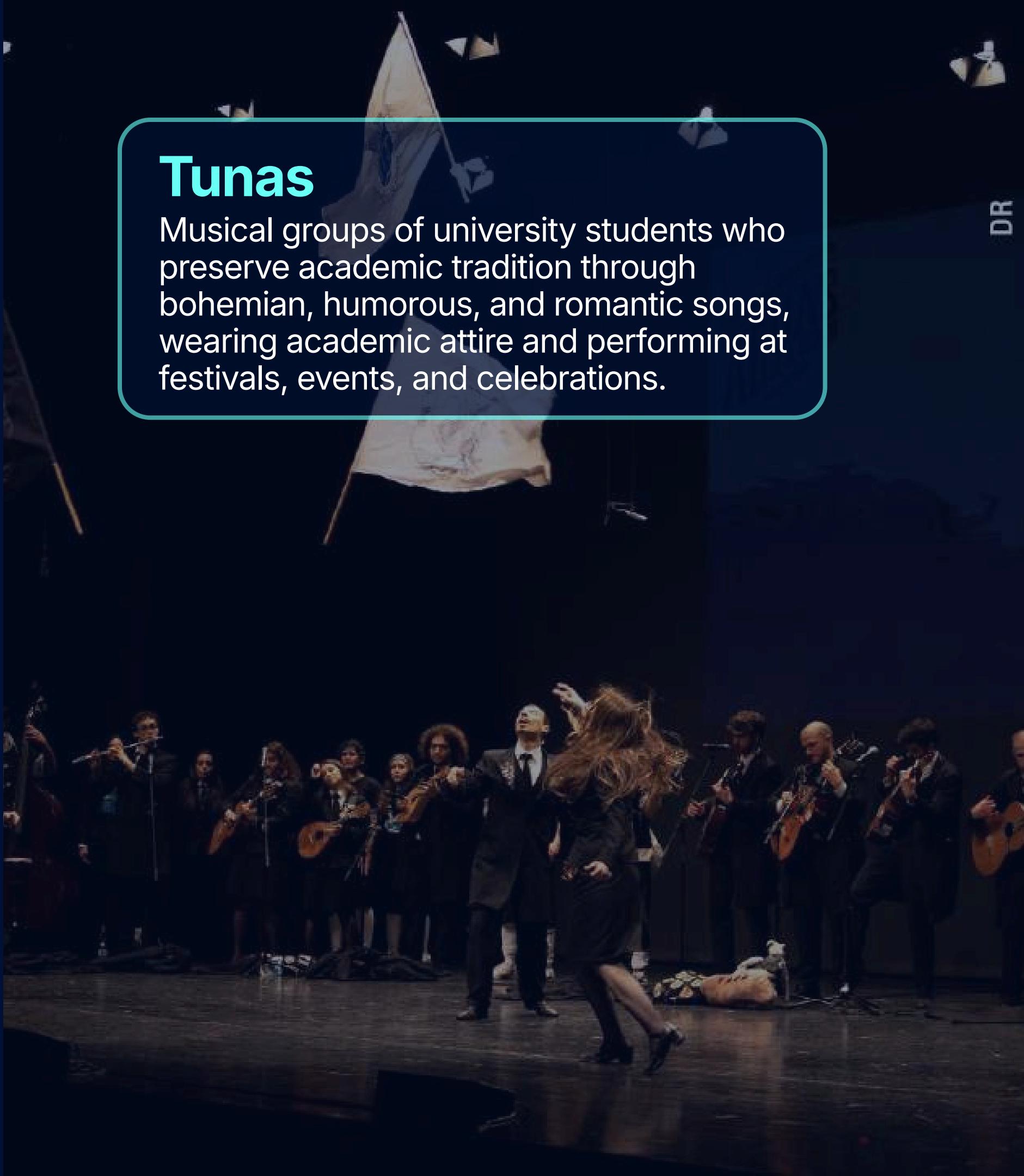
## Queima das fitas

It is the most awaited party of the year: a festive week that takes place during the month of May. This includes a bunch of traditions during the day like a huge parade at Aliados, the serenade and concerts during the night! These take place in the "Queimódromo" where you can appreciate the music and drink as much as you can with your friends.

+350 000 students

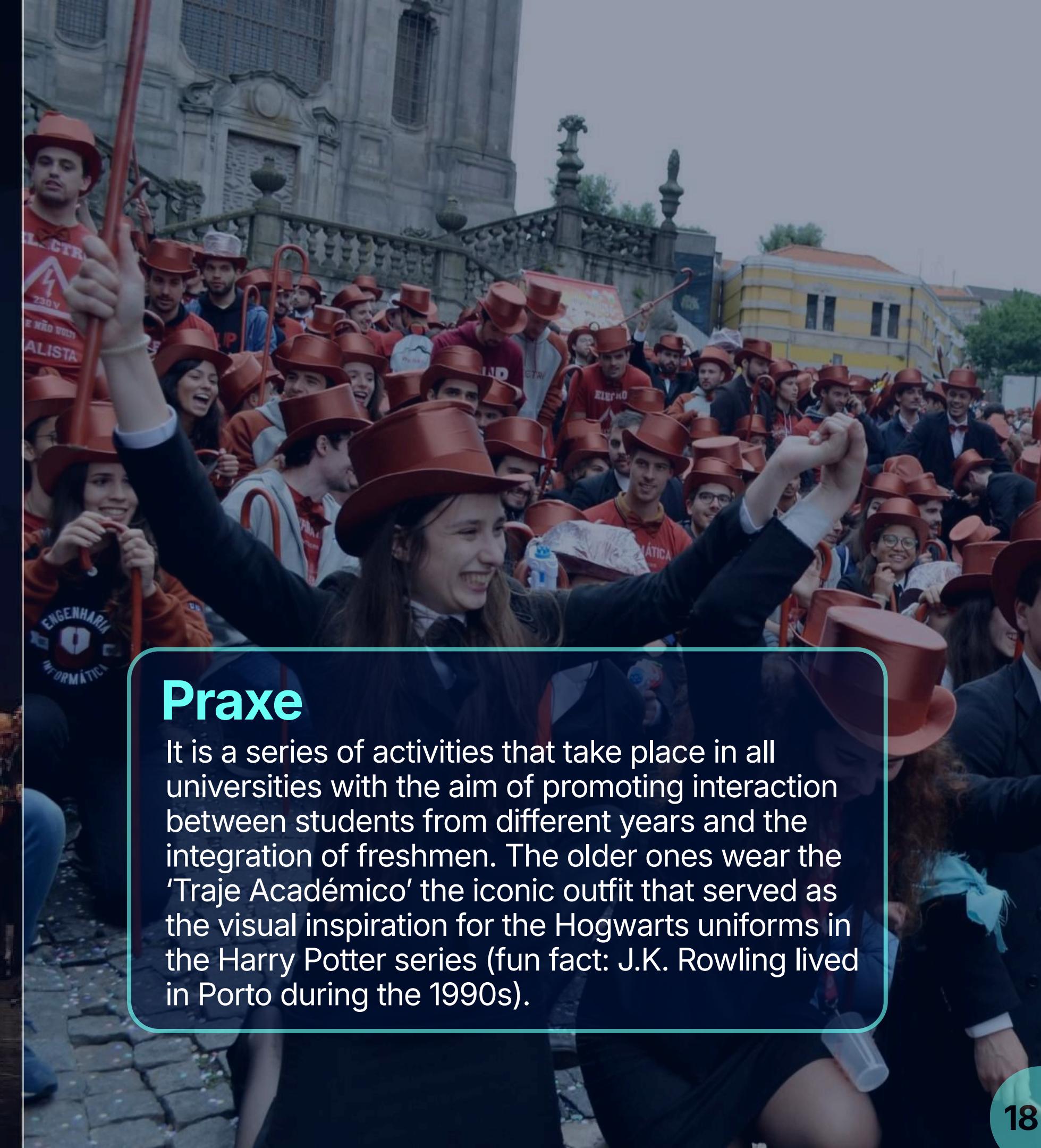
## Tunas

Musical groups of university students who preserve academic tradition through bohemian, humorous, and romantic songs, wearing academic attire and performing at festivals, events, and celebrations.



## Praxe

It is a series of activities that take place in all universities with the aim of promoting interaction between students from different years and the integration of freshmen. The older ones wear the 'Traje Académico' the iconic outfit that served as the visual inspiration for the Hogwarts uniforms in the Harry Potter series (fun fact: J.K. Rowling lived in Porto during the 1990s).



# GASTRONOMY AKA “PITÉUS” (aka chef's kiss)



# Savory

Bacalhau (Cod) edition



*Bacalhau com Natas*



*Bacalhau com Broa*



*Bacalhau à Zé do Pipo*



*Bolinhos de Bacalhau*



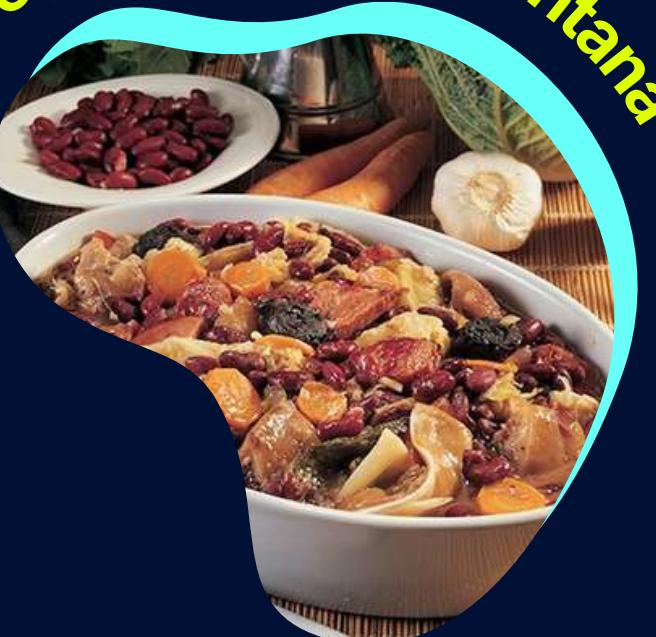
*Bacalhau à Brás*

# Savory

BOUM (delicious) edition



Arroz de Pato



Feijoada à Transmontana



Arroz de Cabidela



Tripas à moda do Porto



Francesinha



Bifanas



Caldo Verde

# Sweets

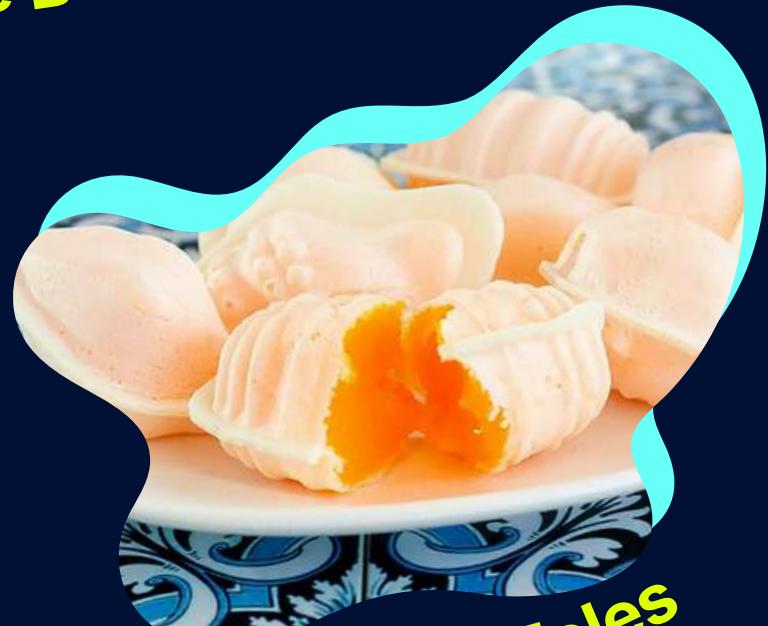
‘de pedir e chorar por mais’



Bolas de Berlim



Pão de Ló



Ovos Moles



Pastel de Nata



Pudim Abade de Priscos

# Drinks

and who drinks one, drinks two...



Ginja



Port Wine



Poncha



Bagacão

Best summer combo:



Super bock & tremoços

# GENERAL INFORMATION

Time Zone	GMT+1:00
Phone Code	+351
Emergency Number	112
Internet Code	.pt
Plug Type	C (Euro) and F (230V and 50Hz)
Average Temperature in summer	25°C by Day / 14°C by Night

# PORTUGUESE 101

welcome to your daily dose of Portuguese Duolingo

Hello! How are you?

Olá! Tudo bem?

Yes / No

Sim (or SIUUUU) / No

Thank you!

Obrigado/a!

Please

Por favor

Sorry / Excuse me

Desculpe / Com licença

Good morning /  
Good night

Bom dia / Boa noite

I love you <3

Gosto muito de ti <3

Beer

Fino

That deep, emotional,  
nostalgic feeling you don't  
know why you have it

Saudade

**\*Cultural disclaimer:** Portuguese people swear a lot,  
but it doesn't mean they're angry. It usually means:

- they dropped something;
- they're surprised;
- they're alive and extremely happy.

# COST OF LIVING €

## Essentials

Coffee	0.8-2€
Beer (only ask for SuperBock)	1-2€
Watter Bottle (at a supermarket)	0.5-1€
Pastel de Nata	1-1.5€

You can exchange money at the **airport** and in a few places in the city center (**banks and exchange offices near the train station**). There is also the option of withdrawing money from an ATM machine directly, which in most cases would probably be the best option, if you don't plan on spending a lot of money (just for buying some souvenirs). We suggest using **Revolut**.

## “Extra”

Average meal at a restaurant	10-15€
Bus ticket	2.5€
Bottle of wine	2..-€
Pack of cigarettes	5-6€

# CHECKLIST

make sure you bring this with you!!

## Documents

- ID/Passport**;
- Visa** (if you need a Visa don't hesitate to ask, we will write an invitation letter for you!);
- European health card**;
- Student card**, if you also have ISIC card bring it with you;
- Health Insurance**.

## Healthcare

- Personal Hygiene items (toothbrush, toothpaste, deodorant, shampoo, shower gel, hand soap, etc.);
- Medication;
- Shower towel.

## Clothing

- Clothes for hot weather;
- Clothes for rainy and windy days;
- Comfortable shoes (you will walk a lot!);
- Semi-formal wear for the Opening and Closing Ceremony.

# CHECKLIST

make sure you bring this with you!!

## Must-have items

- Towel, swimming clothes, flip-flops, sunscreen(!!) and sunglasses;
- Sleeping bag;
- Pillow;
- Reusable water bottle;
- Charger and power bank;
- Plug adapter (if needed);
- Your country's flag;
- A typical drink and dish from your country for the International Evening.

## Extra

- Good vibes and positive energy;
- Your favourite stories to share;
- Your best smile;
- Great expectations!!

# HOW TO GET TO US

if you come by plane:

## From Porto Airport (Airport Francisco Sá Carneiro)

Porto Airport is located about 12 km from Micampus (the residence) and FEUP. The most convenient and affordable option is the metro.

- Take **Metro Line E (Purple Line)** towards “**Estádio do Dragão**” and travel to **Trindade** station. There, change to **Line D (Yellow Line)** towards “**Hospital São João**” and get off at “**Pólo Universitário**”, which is a short walk from Micampus and FEUP.
- The total journey takes around **40–45 minutes**. To travel by metro, you need an “**Andante card**” (0.60€) and a **Z4 ticket** (about 2.25€), making the total cost approximately **2.85€**.

Here are the  
Google Maps links  
to help you to get:  
[To Micampus](#)  
[To Feup](#)

# HOW TO GET TO US

if you come by plane:

**From Lisbon Airport (Airport Humberto Delgado)**

Here's the  
**Google Maps link**  
to help you!

## By train:

- Take the **metro** to “**Oriente**” or “**Santa Apolónia**” station (metro ticket around **1.80€**). From there, take an **Alfa Pendular or Intercidades** train to “**Porto-Campanhã**”. The journey takes about 3 hours and tickets usually cost between **25€-40€**.

## By bus:

- You can catch a **FlixBus** for only **5€** or one in **Rede Expressos** for a similar price. Once again, plan your trip carefully so that you choose the right bus to take. The main bus station is the **Campanhã Bus Terminal**.

# HOW TO GET TO US

if you come by train:

Most long-distance trains arrive at “**Porto–Campanhã**”, the city’s main railway station.

- From there, you can easily continue your journey by **metro**, as the metro station is located next to the train station.
- Take the metro in the direction of “**Pólo Universitário**”, where the residence (Micampus) is located and where we will be waiting to welcome you.

Here's the  
[Google Maps link](#)  
to help you!

Use this [link](#) to  
buy your ticket

# HOW TO GET TO US

if you come by bus:

Long-distance buses arrive at the **Campanhã Bus Terminal**, which is located beside Porto–Campanhã train station.

- The metro station is a short walk away. From Campanhã, take the **metro** towards "**Pólo Universitário**". Then it's just a short walk to Micampus. We will be waiting for you there upon your arrival.

Here's the  
[Google Maps link](#)  
to help you!

# HOW TO GET TO US

if you come by car:

The city is served by five major highways:

- A1 which connects Porto to Lisbon;
- A29 which connects Porto to Aveiro (along the coast);
- A3 which connects Porto to Braga;
- A28 which connects Porto to Viana do Castelo and the northern Portuguese border;
- A4 which runs eastward from Porto towards Vila Real.

If you plan on arriving by car, the addresses to Micampus (the residence) and to the Faculty (FEUP) are:

**R. Manuel Pacheco De Miranda 38,  
4200-804 Porto**

and

**Rua Dr Roberto Frias, 4200 465 Porto**

Another option is to take an **Uber** (or similar service) directly from "Porto-Campanhã" or the Porto Airport to **Micampus**.

The journey takes around **15-20 minutes** and is generally affordable, costing approximately **7-15€** (depending on traffic and time of day).

# SCHEDULE

Time		Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue
		19/07	20/07	21/07	22/07	23/07	24/07	25/07	26/07	27/07	28/07
07:00	07:30										
07:30	08:00										
08:00	08:30										
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19:30	20:00	Free Time									
20:00	20:30										
20:30	21:00										
21:00	21:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner				
21:30	22:00										
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22:30	23:00										
23:00	23:30										
23:30	00:00										
00:00	00:30										
00:30	01:00										

Surprise  
Weekend

Pax  
Departure

# CONTACTS



## Main Organizer

Carmo Couto

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## President

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+351 929 294 326



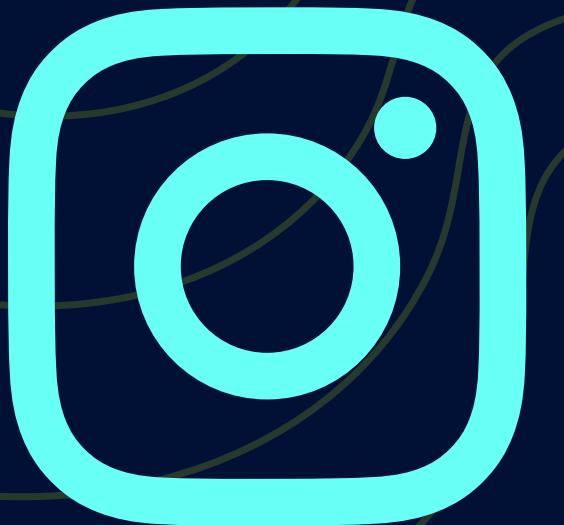
## Participants Responsible

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# You can find us here!



[@bestporto](https://www.instagram.com/@bestporto)



[BEST Porto](https://www.linkedin.com/company/best-porto/)



[bse.bestporto.org](https://bse.bestporto.org)

