



EUROPEAN
JOB DAYS

Living in Portugal



4 November 2025



Facts & figures

Area 92,412 km²

Coastline > 1600 kms

9 regions

Lisboa, the capital

Population > **10,6 million**

Portuguese: the official language

Parliamentary **Republic**

Euro (€) the currency





Diversity

- The Alentejo planes
- Algarve, Ponta da Piedade
- Lisbon, the capital city
- North, Douro valley
- Azores, "7 Cidades" Lagoon
- Centre, "Estrela" Mountain



Food & Drink

Sardines & seafood, "Cozido", "Cataplana",
"Café e Pastéis de Nata", Portuguese wine & cheese,
Codfish & its 1001 ways, PETISCOS...



Weather



Temperatures:
+15 to 22°C

Pleasant weather for exploring
Pack layers, such as T-shirts and jackets, for shifts in temperature



Temperatures:
+8 to 16°C
Winter is mild but unpredictable, with some sunny days and others rainy
Bring long pants, long-sleeved shirts, closed-toe shoes, a jacket and umbrella



Temperatures:
+13 to 22°C
Prepare for lots of sunshine and warm days!
Pack light clothing and some layers



Temperatures:
+20 to 35°C
You will have sunshine!
Pack sundresses, shorts, sandals and bathing suits for the beach



Surfing



Popular Saints Parties



Night out



Football



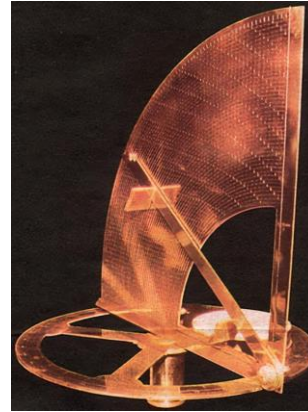
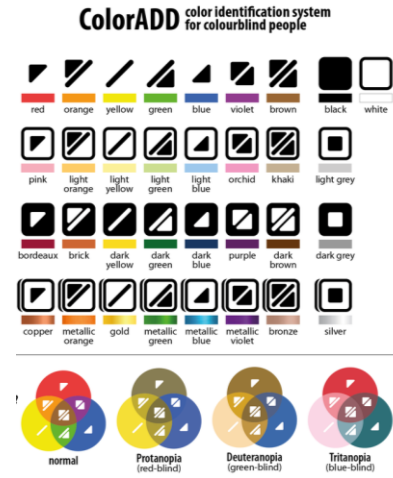
Music Festivals



... a day at the Beach!

... *having Fun!!!*

Creativity



Digital

- Best place to work for remote workers
- 6 cities in the Top 100 world ranking
- 7 unicorns



- Internet & comms prices
- Communication technology
- Coworking spaces (also in little towns)
- Digital nomad networking & services



DID YOU KNOW?



- Japanese tempura, the Hawaian ukulele and piri-piri are actually Portuguese “inventions”
- The biggest wave ever surfed was in Portugal
- The first Pirate Code, a code of conduct for governing pirates, was invented by Bartholomew, a Portuguese pirate
- Over half of the world’s cork comes from Portugal
- Portugal holds the oldest, most stable, borders in mainland Europe

Living Costs... Housing



Monthly rent: 45m² furnished studio in expensive area €1035



Monthly rent: 45m² furnished studio in normal area €764



Utilities 1 month (heating, electricity, gas, ...) 1 person €120



Internet 8 mbps (1 month) €27



40" flat screen TV €335



Laundry detergent (3 l.) €6



Hourly rate for cleaning help €12

Per region

Location	Price m2 Oct 2025
Portugal	2,970 €/m2
Alentejo	1,904 €/m2
Algarve	3,849 €/m2
Área Metropolitana de Lisboa	4,151 €/m2
Centro	1,651 €/m2
Norte	2,471 €/m2
Região Autónoma da Madeira	3,684 €/m2
Região Autónoma dos Açores	1,931 €/m2

www.idealista.pt

www.expatistan.com/cost-of-living/country/portugal

Living Costs... Food

	Basic lunchtime menu in the business district	€13,00
	Combo meal in fast food restaurant	€9,00
	500 gr of boneless chicken breast	€3,89
	1 lt whole fat milk	€0,99
	12 eggs, large	€3,27
	1 kg tomatoes	€1,99
	500 gr local cheese	€5,00

	1 kg potatoes	€1,49
	1 kg apples	€1,92
	0.5 l domestic beer in the supermarket	€1,11
	1 bottle of red wine, good quality	€5,66
	2 lt coca-cola	€2,17
	Bread for 2 people 1 day	€0,86
	Average consumer basket for 1 person	€270,00

Living Costs... Entertainment



Basic dinner out for 2 in neighbourhood pub

€32,00



2 tickets to the movies

€13,00



Dinner for 2, Italian restaurant in the expat area
(including appetizers, main course, wine and desert)

€49,00



1 cocktail drink in downtown club

€9,00



Cappuccino in expat area of the city

€3,37



1 beer in neighborhood (500ml)

€2,27



1 min. of prepaid mobile tariff
(no discounts or plans)

€0,17

Living Costs... An overview



Expense Items	My Budget
Rental (studio / T1 – shared...)	800 €
Water, Electricity and Gas	80 €
Phone, TV & internet	60 €
Transports (<i>monthly pass</i>)	40 €
Food / Supermarket	270 €
Health – Pharmacy & Doctors	45 €
Leisure (e.g. 2 nights out)	60 €
TOTAL	1355 €

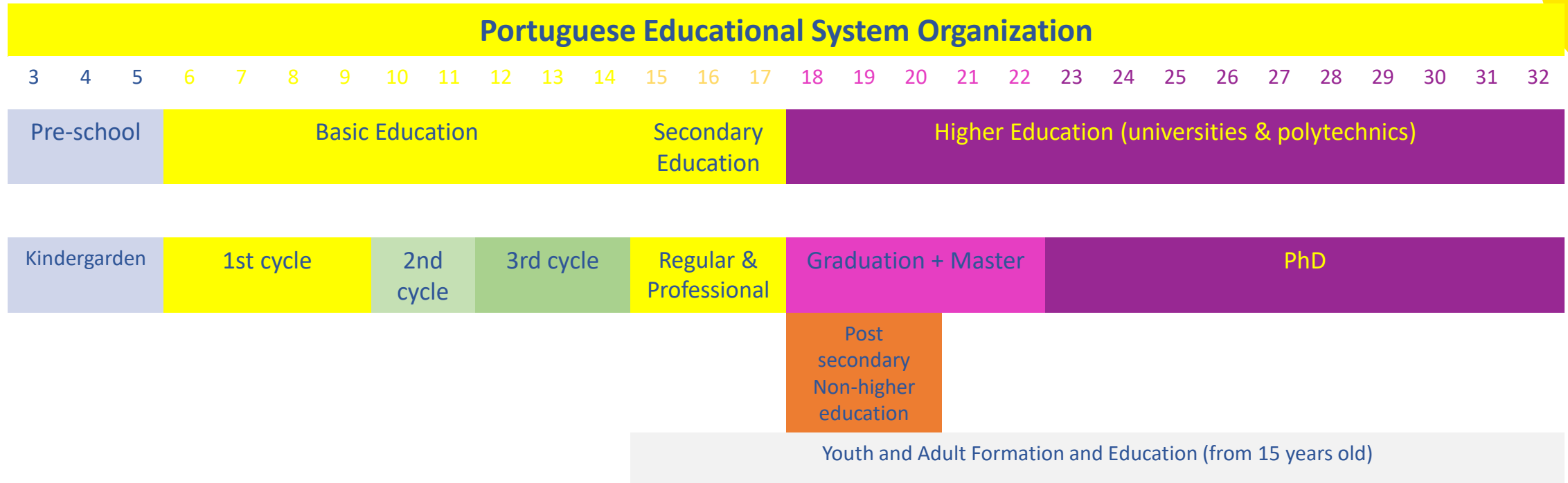
Living... Healthcare



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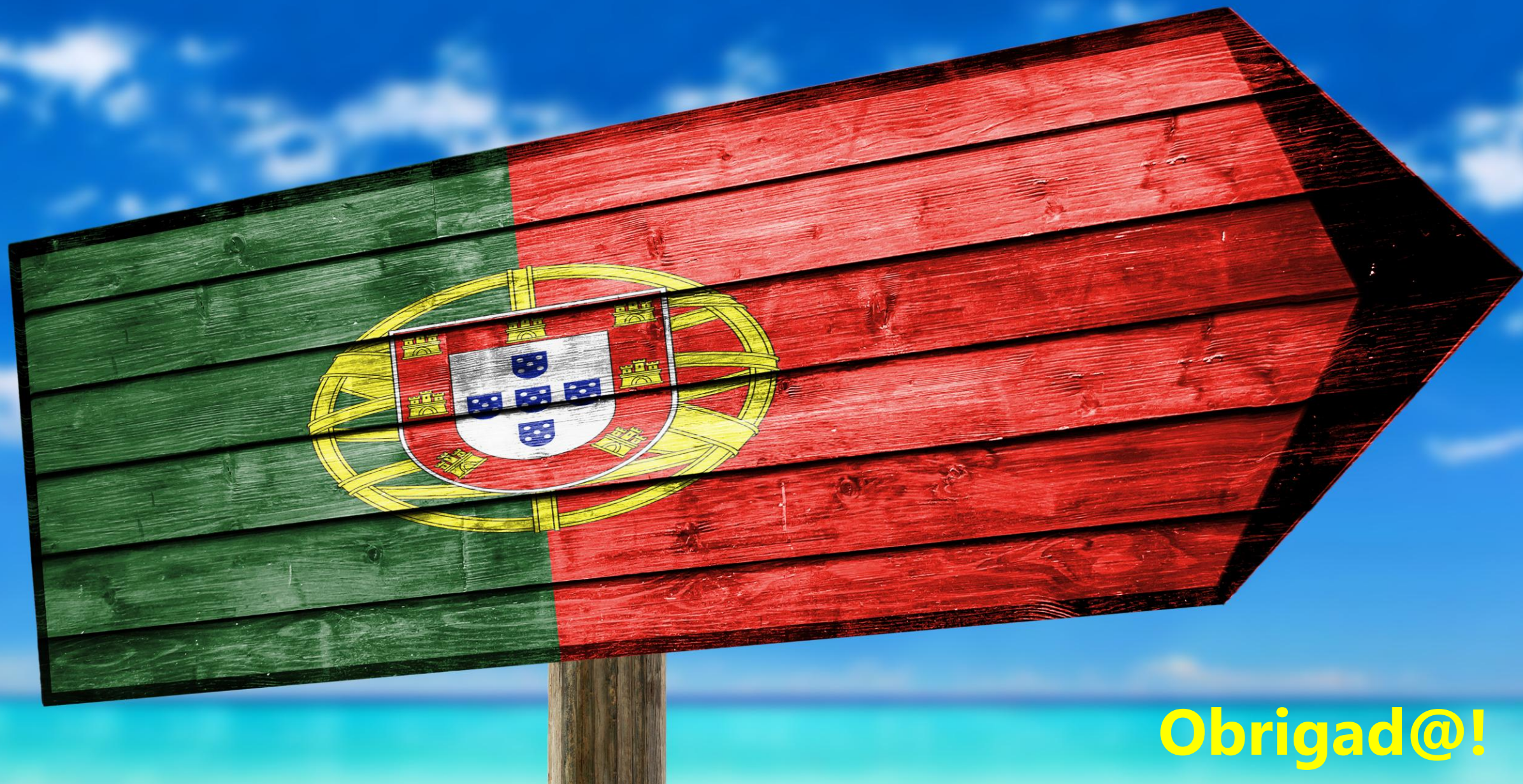
- **NHS** medical services **free of charge**
- **SNS24: 808 24 24 24**
- *European Health Insurance Card*
- **register** with the **nearest Health Centre**
- **Health Centres** vs. Public Hospitals

Education



International schools (Algarve, Greater Lisbon & Porto, Centre region)

Academic Recognition



Obrigad@!