

Living in Portugal

EUROPEAN
JOB DAYS

 22 November 2023



Quick facts

Area: 92,412 kms²

7 regions

Population: **10,47** millions

Pop. Density: **113** inhabitants/km²

Official language: **Portuguese**

Parliamentary **republic**

Currency: **Euro**

Per Capita GDP (PPS): **77%** EU 27



Weather



Temperatures:
+15 to 22°C
Pleasant
weather for
exploring
Pack layers, such
as T-shirts and
jackets, for shifts
in temperature



Temperatures:
+5 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:
+12 to 22°C
Prepare for lots
of sunshine and
warm days!
Pack light
clothing and lots
of layers



Temperatures:
+17 to 30°C
You will have
sunshine!
Pack sundresses,
shorts, sandals
and bathing suits
for the beach



Diversity

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





Food & Drink

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



Creativity



ColorADD color identification system for colourblind people

| | | | | | | | | |
|----------|-----------------|--------------|----------------|---------------|-----------------|------------|------------|-------|
| | | | | | | | | |
| red | orange | yellow | green | blue | violet | brown | black | white |
| | | | | | | | | |
| pink | light orange | light yellow | light green | light blue | orchid | khaki | light grey | |
| | | | | | | | | |
| bordeaux | brick | dark yellow | dark green | dark blue | purple | dark brown | dark grey | |
| | | | | | | | | |
| copper | metallic orange | gold | metallic green | metallic blue | metallic violet | bronze | silver | |

| | | | |
|--------|------------------------|----------------------------|-------------------------|
| | | | |
| normal | Protanopia (red-blind) | Deuteranopia (green-blind) | Tritanopia (blue-blind) |



Digital

- Best place to work for remote workers
- 8 cities in the Top 100 world ranking
- >10 unicorns

web 
summit

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



Living... Housing

- Rents **vary** a lot: location, nr. rooms and quality / type and age of the building
- Rental contract **written**, 2-year duration by default
(if no different duration is made explicit in the contract)
- As a rule, when contract starts, guarantee deposit equivalent to **1-2 months** of rental

| Type | Greater Lisbon | Greater Porto | Algarve |
|--------------|----------------|---------------|--------------|
| Studio (T0) | 650 - 1500 € | 550 - 1500 € | 500 - 1400 € |
| T1 Apartment | 650 - 3000 € | 600 - 2500 € | 650 - 2000 € |
| T2 Apartment | 750 - 4000 € | 700 - 3000 € | 700 - 2500 € |

Sources: [remax.pt](https://www.remax.pt) | [imoportugal.pt](https://www.imoportugal.pt) | [lardocelar.pt](https://www.lardocelar.pt) | [idealista.pt](https://www.idealista.pt)

Living Costs... Housing



Monthly rent: 45m² furnished studio in expensive area €856



Monthly rent: 45m² furnished studio in normal area €613



Utilities 1 month (heating, electricity, gas, ...) 1 person €97



Internet 8 mbps (1 month) €29



40" flat screen TV €342



Laundry detergent (3 l.) €8



Hourly rate for cleaning help €9

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

Per region

| Location | Price m2 Oct 2023 |
|------------------------------|-------------------|
| Portugal | 15.3 €/m2 |
| Alentejo | 9.8 €/m2 |
| Algarve | 13.2 €/m2 |
| Área Metropolitana de Lisboa | 18.3 €/m2 |
| Centro | 8.6 €/m2 |
| Norte | 13.4 €/m2 |
| Região Autónoma da Madeira | 12.9 €/m2 |
| Região Autónoma dos Açores | 9.6 €/m2 |

www.idealista.pt



Living Costs... Food

| | | | | | |
|---|---|--------|---|---|----------------|
|  | Basic lunchtime menu in the business district | €10,00 |  | 1 kg potatoes | €1,56 |
|  | Combo meal in fast food restaurant | €8,00 |  | 1 kg apples | €1,84 |
|  | 500 gr of boneless chicken breast | €3,42 |  | 0.5 l domestic beer in the supermarket | €1,05 |
|  | 1 l whole fat milk | €0,92 |  | 1 bottle of red wine, good quality | €5,18 |
|  | 12 eggs, large | €2,94 |  | 2 l coca-cola | €2,19 |
|  | 1 kg tomatoes | €2,08 |  | Bread for 2 people 1 day | €0,84 |
|  | 500 gr local cheese | €5,13 |  | Average consumer basket for 1 person | €270,00 |

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

Living Costs... Entertainment

| | | |
|---|---|--------|
|  | Basic dinner out for 2 in neighbourhood pub | €28,00 |
|  | 2 tickets to the movies | €15,00 |
|  | Dinner for 2, Italian restaurant in the expat area <i>(including appetizers, main course, wine and desert)</i> | €41,00 |
|  | 1 cocktail drink in downtown club | €9,00 |
|  | Cappuccino in expat area of the city | €2,75 |
|  | 1 beer in neighborhood (500ml) | €1,79 |
|  | 1 min. of prepaid mobile tariff du mobile <i>(no discounts or plans)</i> | €0,32 |

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

Living Costs... An overview



| Expense Items | My Budget |
|------------------------------------|---------------|
| Rental (studio / T1 – shared...) | 620 € |
| Water, Electricity and Gas | 80 € |
| Phone, TV & internet | 40 € |
| Transports (<i>monthly pass</i>) | 40 € |
| Food / Supermarket | 270 € |
| Health – Pharmacy & Doctors | 30 € |
| Leisure (e.g. 1 night out) | 30 € |
| TOTAL | 1110 € |

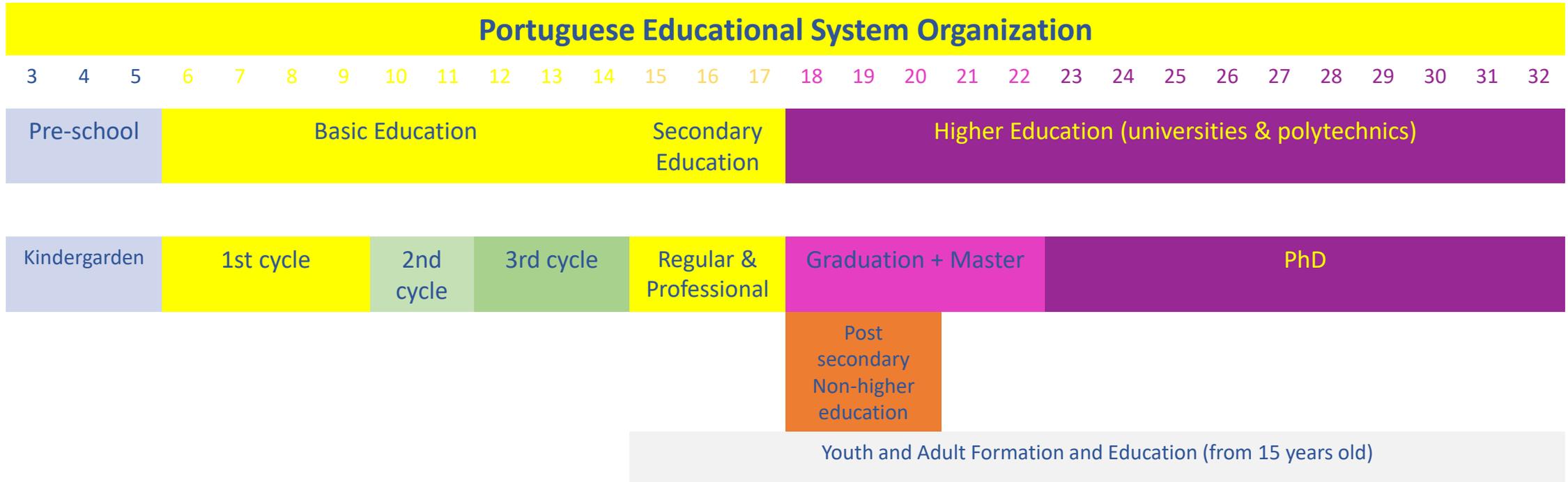
Living... Healthcare



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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



Living... and enjoying



Surfing



Popular Saints Parties



Night out



Football



Music Festivals



THANK YOU!

Obrigad@!

#WorkinPortugal

