



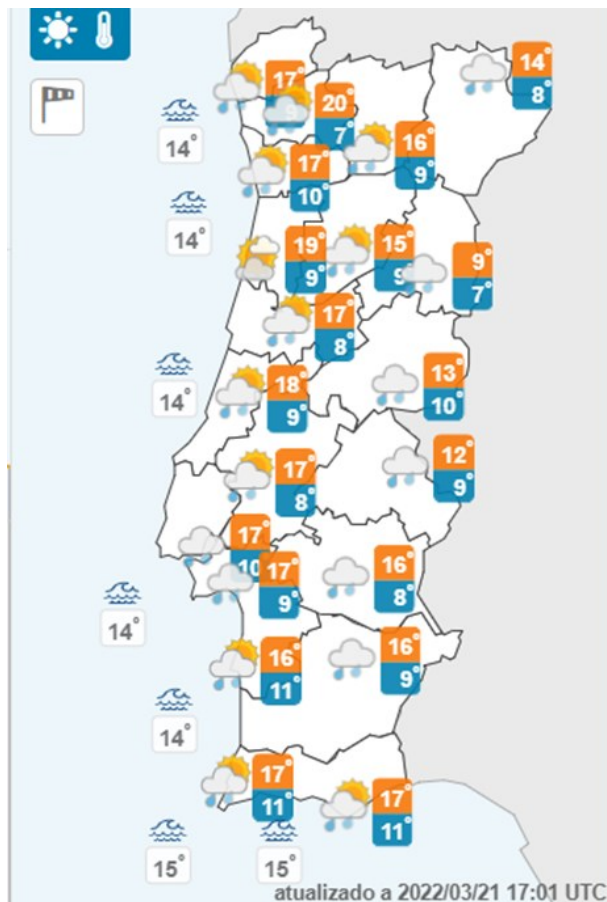
# Living in Portugal: a few things to consider

**Work in Portugal!**

*Update: March 2022*



# Looking for your place in the sun? Be aware! We also have winter



# When you decide to move...

think at least about...











Healthcare

Cost of living



## Housing

# Living Costs... Housing

	Monthly rent for a 45 m2 (480 sqft) furnished studio in expensive area	€728
	Monthly rent for a 45 m2 (480 sqft) furnished studio in normal area	€588
	Utilities 1 month (heating, electricity, gas ...) for 1 person in 45 m2 (480 sqft) studio	€134
	Internet 8 mbps (1 month)	€31
	40" flat screen tv	€383
	Microwave 800/900 watt (bosch, panasonic, lg, sharp, or equivalent brands)	€101
	Laundry detergent (3 l. ~ 100 oz.)	€8
	Hourly rate for cleaning help	€8

[www.expistan.com/cost-of-living/country/portugal](http://www.expistan.com/cost-of-living/country/portugal)

# Living Costs... Food

	Basic lunchtime menu (including a drink) in the business district	€9
	Combo meal in fast food restaurant (big mac meal or similar)	€6
	500 gr (1 lb.) of boneless chicken breast	€3.07
	1 liter (1 qt.) of whole fat milk	€0.61
	12 eggs, large	€2.21
	1 kg (2 lb.) of tomatoes	€1.47
	500 gr (16 oz.) of local cheese	€4.97
	1 kg (2 lb.) of apples	€1.39
	1 kg (2 lb.) of potatoes	€0.93
	0.5 l (16 oz) domestic beer in the supermarket	€0.89
	1 bottle of red table wine, good quality	€5.79
	2 liters of coca-cola	€1.98
	Bread for 2 people for 1 day	€0.82

# Living Costs...

## Clothes & Personal Care

	1 pair of jeans (levis 501 or similar)	€81
	1 summer dress in a high street store (zara, h&m or similar retailers)	€31
	1 pair of sport shoes (nike, adidas, or equivalent brands)	€73
	1 pair of men's leather business shoes	€85

Personal Care		
	Cold medicine for 6 days (tylenol, frenadol, coldrex, or equivalent brands)	€2.64
	1 box of antibiotics (12 doses)	€4.17
	Short visit to private doctor (15 minutes)	€56
	1 box of 32 tampons (tampax, ob, ...)	€3.63
	Deodorant, roll-on (50ml ~ 1.5 oz.)	€3.41
	Hair shampoo 2-in-1 (400 ml ~ 12 oz.)	€4.51
	4 rolls of toilet paper	€1.50
	Tube of toothpaste	€2.19
	Standard men's haircut in expat area of the city	€15

[www.expatisitan.com/cost-of-living/country/portugal](http://www.expatisitan.com/cost-of-living/country/portugal)

# Living Costs... Entertainment

Entertainment		
	Basic dinner out for two in neighborhood pub	€24
	2 tickets to the movies	€14
	2 tickets to the theater (best available seats)	€39
	Dinner for two at an italian restaurant in the expat area including appetisers, main course, wine and dessert	€41
	1 cocktail drink in downtown club	€7
	Cappuccino in expat area of the city	€2.59
	1 beer in neighbourhood pub (500ml or 1pt.)	€1.94
	Ipad wi-fi 128gb	€474
	1 min. of prepaid mobile tariff (no discounts or plans)	€0.20
	1 month of gym membership in business district	€33
	1 package of marlboro cigarettes	€5.17

[www.expstatistan.com/cost-of-living/country/portugal](http://www.expstatistan.com/cost-of-living/country/portugal)

# Living Costs... **Transports**

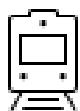


Several low-cost **airlines**, including RyanAir, EasyJet, Vueling, Condor, FlyBe, TUIfly and Transavia operate flights to and from Portuguese airports

Portuguese airlines (TAP Air Portugal and SATA) operate regular domestic flights between the main airports throughout national territory (Lisbon, Porto, Faro, Funchal and Azores islands)



1 litter (1/4 gallon) of normal **gas** €1,979



'Alfa Pendular' **trains** (fastest link between Lisbon, Porto, other northern cities and the Algarve)

Lisbon - Porto: €31,90

Lisbon - Faro: €23,50



**Urban public transport** (monthly pass)

Lisbon: €30,00 - €40,00 (monthly pass)

Porto: €30,00 - €40,00 (monthly pass)



The cities of Lisbon/Amadora, Almada and Porto/Gaia have a **metro** (underground) network that operates between 6.00/6.30 am and 2.00 am



# Housing relevant links

- [www.comprarcasa.pt](http://www.comprarcasa.pt)
- [www.queroarrendar.pt](http://www.queroarrendar.pt)
- [www.era.pt](http://www.era.pt)
- [www.remax.pt](http://www.remax.pt)
- <http://bpiexpressoimobiliario.pt>
- [www.caixaimobiliario.pt](http://www.caixaimobiliario.pt)
- [www.imovirtual.com](http://www.imovirtual.com)
- [www.casa.iol.pt](http://www.casa.iol.pt)
- [www.bquarto.pt](http://www.bquarto.pt)
- [www.uniplaces.com](http://www.uniplaces.com)

# Transports relevant links

- TAP Air Portugal [www.flytap.com](http://www.flytap.com)
- SATA [www.sata.pt](http://www.sata.pt)
- CP – Portuguese Railways [www.cp.pt](http://www.cp.pt)
- National Express Buses network [www.rede-expressos.pt](http://www.rede-expressos.pt)
- Carris - Lisbon buses & trams [www.carris.pt](http://www.carris.pt)
- Lisbon Subway [www.metrolisboa.pt](http://www.metrolisboa.pt)
- TST – South of Tagus Transports [www.tsuldotejo.pt](http://www.tsuldotejo.pt)
- MTS – South of Tagus Subway [www.mts.pt](http://www.mts.pt)
- Viva Portal: public transport tickets & cards to Greater Lisbon  
[www.portalviva.pt](http://www.portalviva.pt)
- STCP – Porto Public Transports [www.stcp.pt](http://www.stcp.pt)
- Porto Subway [www.metrodoporto.pt](http://www.metrodoporto.pt)
- Lisboa.move-me mobile integrated app for Greater Lisbon  
<http://lisboa.move-me.mobi>
- Porto.move-me mobile integrated app for Greater Porto  
<http://porto.move-me.mobi>

# Healthcare

## National Emergency Services: 112

- Medical services from the **NHS** (National Health System) free to EEA citizens working or looking for work in Portugal
- When travelling to Portugal, don't forget your *European Health Insurance Card*
- Once you start working, and after being registered in Portuguese Social Security, **register** with the **nearest Health Centre**
- **Health Centres:** general practice/family medicine, public health care, nursing, vaccination and some diagnostic exams
- **Public Hospitals:** external specialist consultations, hospitalization and emergency services

# Healthcare relevant links

- National Healthcare Service Portal [www.sns.gov.pt](http://www.sns.gov.pt)
- Healthcare Providers & Pharmacy Network  
[www.sns.gov.pt/sns/pesquisa-prestadores](http://www.sns.gov.pt/sns/pesquisa-prestadores)
- SNS User Card  
<https://eportugal.gov.pt/en/servicos/pedir-o-cartao-de-utente-do-servico-nacional-de-saude>
- Healthcare General Directorate [www.dgs.pt](http://www.dgs.pt)
- Access to Portuguese NHS by foreign citizens  
<http://www.acss.min-saude.pt/category/citizens/international-health/>
- International Mobility of Patients  
<http://mobilidade.dgs.pt/en/cidadaosestrangeiros/Paginas/cidadaoe-strangeiros.aspx>

# Education

**Preschool education:** for children between 3 and 5 years old

**Compulsory schooling:** free of charge, runs up to the 12<sup>th</sup> year or until the age of 18

**Higher education:** includes universities and polytechnics

- academic year begins in September/October
- admission depends on the number of vacancies available
- applications submitted online in July and early August

In order to be accepted, EU/EEA/Swiss nationals must hold an academic qualification **equivalent** to the 12<sup>th</sup> year of schooling (upper secondary school).

There are also several private **international schools** operating in the country (mostly in the Algarve, Greater Lisbon & Porto areas)

For **academic recognition** of basic or secondary qualifications contact **Directorate-General for Education** in Lisbon; for higher education diplomas contact **NARIC**.

# Education relevant links

- International schools in Portugal  
[www.livinginportugal.com/en/living-in-portugal/international-schools/](http://www.livinginportugal.com/en/living-in-portugal/international-schools/)
- Equivalence of educational qualifications up to secondary school  
[www.dge.mec.pt/equivalencias-estrangeiras](http://www.dge.mec.pt/equivalencias-estrangeiras)
- [www.study-research.pt](http://www.study-research.pt)
- [www.portugalpolytechnics.com](http://www.portugalpolytechnics.com)
- NARIC Portugal: recognition of academic diplomas & titles  
[www.dges.gov.pt/en/pagina/portuguese-naric-center](http://www.dges.gov.pt/en/pagina/portuguese-naric-center)
- Search for courses & higher education institutions  
[www.dges.gov.pt/en/pesquisa\\_cursos\\_instituicoes](http://www.dges.gov.pt/en/pesquisa_cursos_instituicoes)
- Useful info for higher education students (including about grants)  
[www.dges.gov.pt/en/sou\\_estudante](http://www.dges.gov.pt/en/sou_estudante)

## Other useful links

- e-Portugal <https://eportugal.gov.pt/en/>
- Living in Portugal [www.livinginportugal.com](http://www.livinginportugal.com)
- Civil Registration Online [www.civilonline.mj.pt](http://www.civilonline.mj.pt)
- Tourism Official Portal [www.visitportugal.com](http://www.visitportugal.com)
- Camões Institute: language & culture [www.instituto-camoes.pt/en/](http://www.instituto-camoes.pt/en/)
- Portugal Cultural Agenda [www.viralagenda.com](http://www.viralagenda.com)
- Cultural News Portal [www.e-cultura.pt](http://www.e-cultura.pt)
- Sapo search engine [www.sapo.pt](http://www.sapo.pt)
- Movies on cinemas <http://cinecartaz.publico.pt>
- Time Out (Lisbon & Porto) [www.timeout.pt](http://www.timeout.pt)
- Leisure Guide <http://lazer.publico.pt>

# *Welcome to Portugal!*



**Thank you!**