

# Living in Portugal

EUROPEAN  
JOB DAYS

 22 November 2022



# Weather

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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

# Quick facts

**Area:** 92,412 kms<sup>2</sup>

**Coastline:** 2600 kms

**7 regions**

**Population:** **10,3** millions

Official language: **Portuguese**

Parliamentary **republic**



# Diversity

- The Alentejo planes
- Algarve, Ponta da Piedade
- Lisbon, the citycapital
- North, Douro valley
- Azores, “7 Cidades” Lagoon
- Centre, “Estrela” Mountain





# Food & Drink

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

# Food & Drink

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	Basic lunchtime menu in the business district	€10,00
	Combo meal in fast food restaurant	€7,00
	500 gr of boneless chicken breast	€3,14
	1 lt whole fat milk	€0,81
	12 eggs, large	€2,45
	1 kg tomatoes	€1,97
	500 gr local cheese	€5,18



1 kg potatoes

€1,16



1 kg apples

€1,73



0.5 l domestic beer in the supermarket

€1,16



1 bottle of red wine, good quality

€4,51



2 lt coca-cola

€2,28



Bread for 2 people 1 day

€0,81



**Average consumer basket for 1 person** €250,00

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



# Housing

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

Type	Greater Lisbon	Greater Porto	Algarve
Studio (T0)	550 - 1300 €	500 - 1000 €	450 - 800 €
T1 Apartment	700 - 1500 €	650 - 1200 €	600 - 1100 €
T2 Apartment	850 - 2000 €	800 - 1300 €	700 - 1300 €

Sources: [www.remax.pt](http://www.remax.pt) | [www.imo-portugal.pt](http://www.imo-portugal.pt) | [www.lardocelar.pt](http://www.lardocelar.pt)

# Housing



Utilities 1 month (heating, electricity, gas, ...) 1 person €124



Internet 8 mbps (1 month) €30



40" flat screen TV €356



Laundry detergent (3 l.) €9



Hourly rate for cleaning help €8

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

## Per region

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Location	Price m2 Oct 2022
Portugal	12.1 €/m2
Alentejo	8.3 €/m2
Algarve	11.2 €/m2
Área Metropolitana de Lisboa	14.6 €/m2
Centro	7.4 €/m2
Norte	10.1 €/m2
Região Autónoma da Madeira	10.9 €/m2
Região Autónoma dos Açores	7.1 €/m2

[www.idealista.pt](http://www.idealista.pt)





# Creativity

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# Digital

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

web   
summit

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



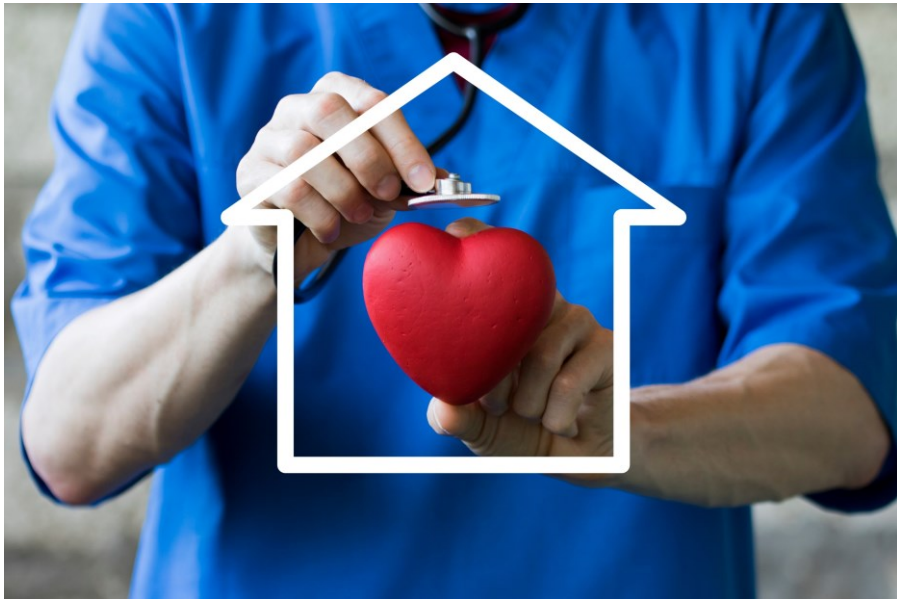
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# Healthcare

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## 112

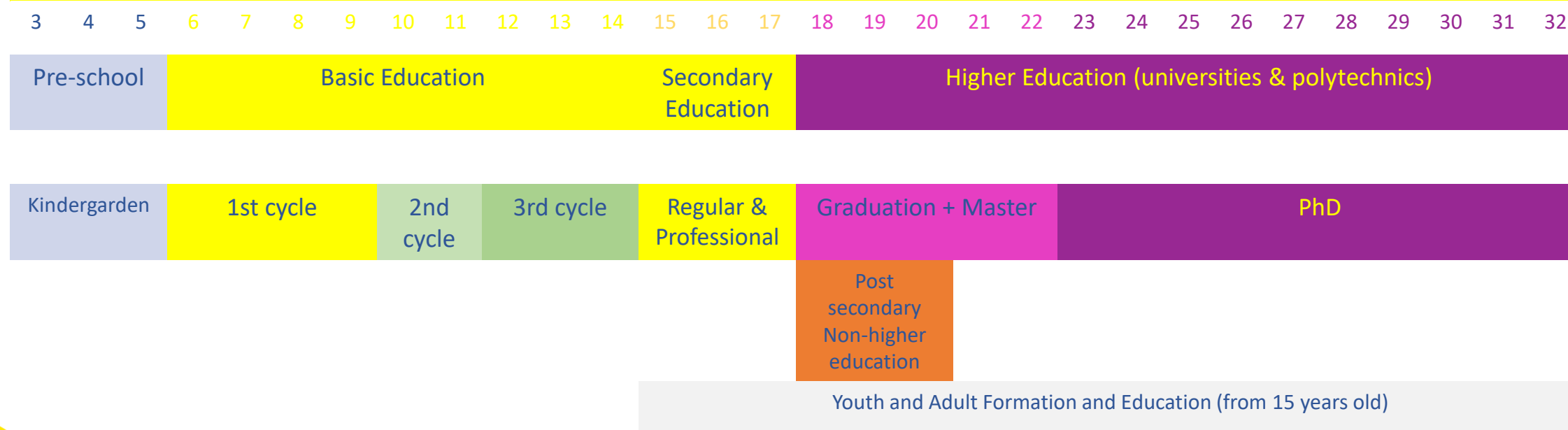


- **NHS** medical services **free of charge**
- *European Health Insurance Card*
- **register** with the **nearest Health Centre**
- **Health Centres** vs. Public Hospitals

# Education

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## Portuguese Educational System Organization



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

## Academic Recognition



# Leisure

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**Surfing**



**Popular Saints Parties**



**Movida**



**Football**



**Music Festivals**



# Leisure

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Basic dinner out for 2 in neighbourhood pub

€25,00



2 tickets to the movies

€14,00



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

€39,00



1 cocktail drink in downtown club

€8,00



Cappuccino in expat area of the city

€2,28



1 beer in neighborhood (500ml)

€1,99



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

€0,32

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Obrigad@!  
**THANK YOU!**

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