



WELCOME

YOUR
FUTURE
BEGINS
WITH US.

TEACHING HEALTH
SINCE 1982

CESPU.PT



CESPU
INSTITUTO UNIVERSITÁRIO
DE CIÊNCIAS DA SAÚDE
UNIVERSITY INSTITUTE OF HEALTH SCIENCES



CESPU
INSTITUTO POLITÉCNICO
DE SAÚDE DO NORTE
POLYTECHNIC UNIVERSITY OF HEALTH

WELCOME TO CESPU!

Dear students,

Since 1982, **CESPU** has been creating a reputation for itself as an institution specialized in providing higher education training for various professions in the health sector. In this context, it has developed a culture of multidisciplinary, which facilitates the sharing of knowledge and experiences between teachers and students of the various courses, in addition to intense practical training in various real-life working environments. The main objective of this teaching method is to help students obtain professional skills, and its efficacy is reflected in the recognized work capacity of those who graduate from **CESPU** higher education institutions.

As this academic year begins, **CESPU** welcomes all the students who have enrolled in the different higher education courses and hopes that here they will find fulfillment at both the personal and professional level, and that they will simultaneously contribute towards consolidating the educational project of **CESPU**, which is the largest institution of higher education in health in Portugal.

We wish everyone an excellent academic year!

UNIVERSITY INSTITUTE
OF HEALTH SCIENCES (IUCS-CESPU)

POLITECHNIC UNIVERSITY
OF HEALTH (IPSN-CESPU)
TÂMEGA E SOUSA COLLEGE
OF HEALTH TECHNOLOGIES (ESTeSTS)

HOW TO GET TO THE UNIVERSITY CAMPUS OF GANDRA

HOW TO GET THERE BY BUS ↓

There is a Valpi bus "Line 7 - Penafiel/Milhundos", next to the Pólo Universitário metro station. The trip takes about 30 minutes and you can check the timetable here: valpibus.pt — (Departure: **Hospital São João**; Destination: **Vilarinho**). If you don't have the "Andante" monthly pass, you should ask the driver for a ticket to "Vilarinho".

At **Estádio do Dragão** you can also catch the Valpi bus "Line 175 - Penafiel/Milhundos". The bus stop is about 150 meters from the exit, in the direction of **Dragão Arena**. The trip takes about 30 minutes and you can check the timetable here: valpibus.pt — (Departure: **Estádio do Dragão**; Destination: **Vilarinho**). If you don't have the "Andante" monthly pass, you should ask the driver for a ticket to "Vilarinho".

HOW TO GET THERE BY TRAIN ↓

If you come by train, you should take the train that goes to **Marco de Canaveses**, (check the timetables here: cp.pt / (Departure: **Porto - São Bento/ Porto - Campanhã**; Destination: **Valongo**) and get off at Valongo station. From the Valongo station, you will have to walk about 300 meters and take one of the buses mentioned above, either the **Rodonorte** bus towards "Amarante" or the **Auto Viação Pacense** bus towards "Modelos" and get off at the "Gandra/Vilarinho" stop.

You can also take the **STCP** bus, line **700 (V94 from Valpi)**, in the direction of "Campo" (check the timetable here: stcp.pt), from **Bolhão**, the trip takes about **45 minutes**.

UNIVERSITY CITY OF GANDRA

The university city of **Gandra** is home to a variety of services to meet the needs of its residents, namely: pharmacy, health center, restaurants, post office, banks, supermarkets, among others. Both in the city and in the surrounding areas, there are various accommodation options (to rent or buy) depending on the needs of the student. You can take a walk around campus and look for posted ads, or you can do a search on OLX, Custo Justo or Supercasa. If you prefer, you can also ask a local real estate agent to help you find accommodation, for example: ImoGandra and Remax.

Gandra also has two University Residences:

Residência Universitária de Gandra (50 meters from Campus)
contact: (+351) 968 078 064 (national mobile network call)

Meu Studio – Student Residence (110 meters from Campus)
contact: (+351) 910 307 580 (national mobile network call)

CONTACTS OF INTEREST

SERVICES

MeuHotel Porto Gandra

Avenida Central de Gandra, 1460 | 4585-116 Gandra Paredes
phone: (+351) 224 156 282 (national fixed line call)
mobile: (+351) 925 801 998 (national mobile network call)
meuhotel.pt/

National Republican Guard (GNR) – Lordelo Post

Avenida da República, 385 | 4580-552 Lordelo Paredes
phone: (+351) 224 441 838 (national fixed line call)

Volunteer Fire Brigade of Rebordosa

Avenida Bombeiros Voluntários, 327 | 4585-359 Rebordosa Paredes
phone: (+351) 255 157 440 (national fixed line call)

Paredes Private Hospital

Ruas Elias Moreira Neto, 141 | 4580-085 Paredes
phone: (+351) 255 780 730 (national fixed line call)

USF Tempo de Cuidar (Health Center)

Travessa Joaquim Santos Tomás, 107 | 4585-330 Gandra Paredes
phone: (+351) 224 157 630 (national fixed line call)

Farmácia Maria Adelaide – Gandra (Pharmacy)

Avenida Central de Gandra, 1072 | 4585-116 Gandra Paredes
phone: (+351) 224 114 669 (national fixed line call)

TRANSPORTES

VALPI

Avenida Joaquim Ribeiro da Mota, 256 | 4585-166 Gandra Paredes
phone: (+351) 224 157 960 (national fixed line call) / valpi.pt

Comboios de Portugal (National Rail Service)

phone: (+351) 707 210 220 (national fixed line call) / cp.pt

Táxis Belmiro Sousa

Rua Central de Gandra | 4585-116 Gandra Paredes
phone: (+351) 913 912 724 (national fixed line call)

CONTACTS

UNIVERSITY CAMPUS OF GANDRA

PROF. DOUTOR FERNANDO OLIVEIRA TORRES LIBRARY

email: biblioteca@cespu.pt

hours: monday to friday from 9:00 to 12:00 and from 13:00 to 16:30 / **Study Room** – open 24h

UNIVERSITY INSTITUTE OF HEALTH SCIENCES (IUCS) - CESPU

SECRETARIA DO IUCS – CESPU / email: secretaria.iucs@cespu.pt

hours: Monday to Friday from 10:00 to 13:00 and from 14:00 to 16:00
(closed on Tuesday afternoon and Thursday morning)

SECRETARIADOS DE CURSOS

Integrated Master in Dental Medicine: sandra.coelho@cespu.pt; sandram.moreira@cespu.pt;
catia.rocha@cespu.pt

Integrated Master in Pharmaceutical Sciences: fernanda.pereira@cespu.pt

Integrated Master in Veterinary Medicine: natercia.barbosa@cespu.pt

Bachelor's and Master's degree in Psychology: rosaria.dias@cespu.pt

Bachelor's and Master's degree in Forensic Sciences: natercia.barbosa@cespu.pt

Degree in Biomedical Sciences: fernanda.pereira@cespu.pt

Degree in Nutritional Sciences: natercia.barbosa@cespu.pt

TÂMEGA E SOUSA COLLEGE OF HEALTH TECHNOLOGIES (ESTeSTS)

SECRETARIAT OF THE TÂMEGA E SOUSA COLLEGE OF HEALTH TECHNOLOGIES (ESTESTS)

email: secretariageral.eststs@cespu.pt

hours: Monday to Friday from 10:00 to 13:00 and from 14:00 to 16:00
(closed on Thursday mornings)

COURSE SECRETARIAT

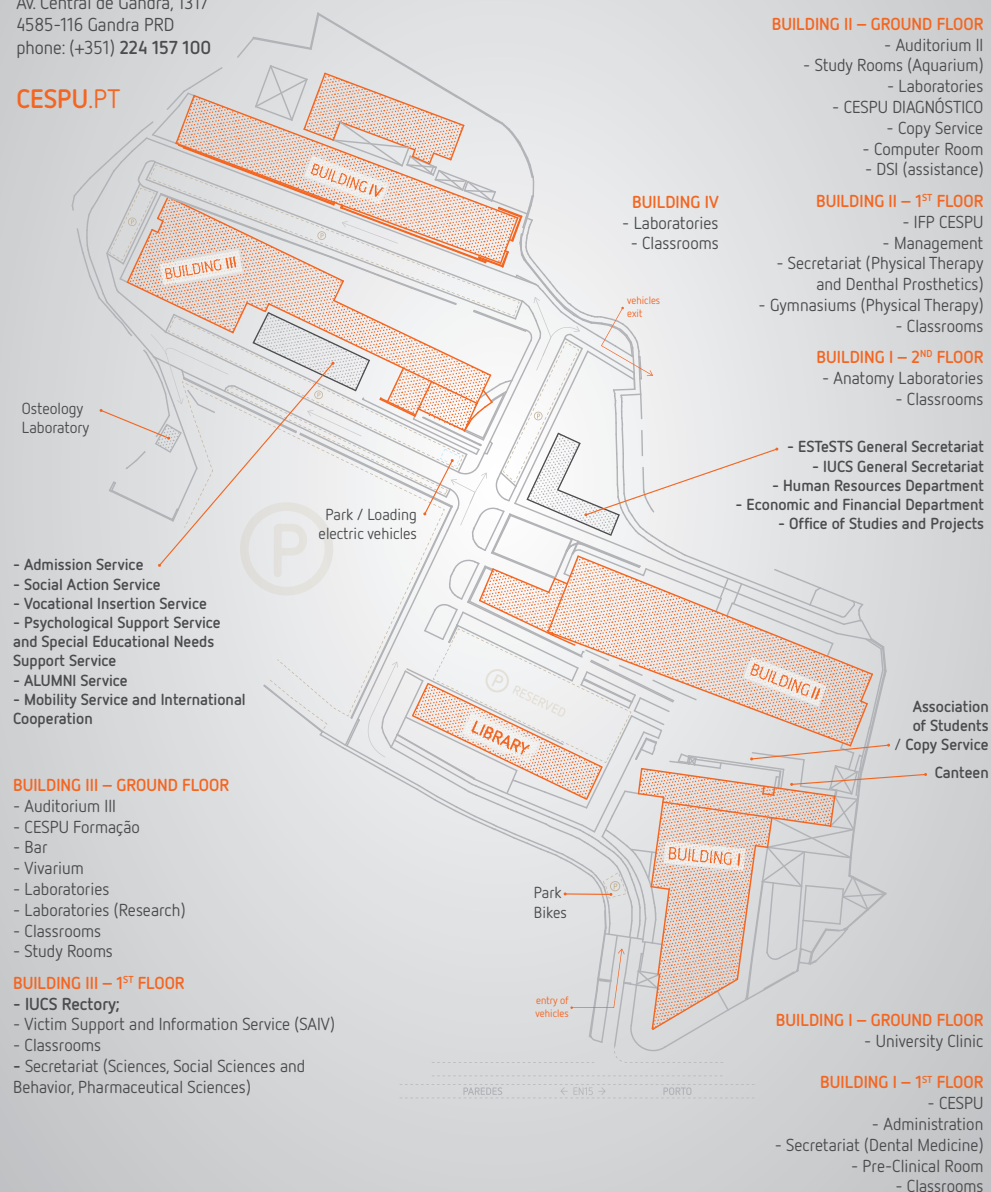
email: secretariadocursos.eststs@cespu.pt

UNIVERSITY INSTITUTE OF HEALTH SCIENCES (IUCS – CESPU)

INSTITUTO POLITÉCNICO DE SAÚDE DO NORTE (IPSN – CESPU) TÂMEGA E SOUSA COLLEGE OF HEALTH TECHNOLOGIES (ESTeSTS)

Av. Central de Gandra, 1317
4585-116 Gandra PRD
phone: (+351) 224 157 100

CESPU.PT



GANDRA UNIVERSITY CAMPUS MAP

POLITECHNIC UNIVERSITY
OF HEALTH (IPSN-CESPU)
VALE DO AVE COLLEGE
OF HEALTH (ESSVA)

HOW TO GET TO THE FAMALICÃO ACADEMIC CAMPUS

Our academic campus in Famalicão is located about 38 kms from Francisco Sá Carneiro Airport and is easily accessible by various means of transportation. The city's bus station lies 100 meters from the campus, which is served by several companies that connect to all cities in the north of the country. The city also has a train station, with connections to the cities of Porto, Braga, Barcelos and Viana do Castelo.

HOW TO GET THERE BY BUS ↓

You can catch the **Transdev** company bus to **Famalicão** near the Pólo Universitário metro station. The trip takes about 60 minutes and costs €4.05 (one way). At **Pólo Universitário**, in Paranhos near the **São João Hospital** (next to **Rodonorte**), you can take the **Avemobilidade** bus line 9902 to "**Braga (Terminal Rodoviário)**" which also stops at the **Famalicão Bus Station**, near our Campus. From the **Campanhã Intermodal Terminal (TIC)**, you can take the **Rede Expressos** bus to **Vila Nova de Famalicão**. The trip takes about 40 minutes, and the stop is 230 meters from our campus.

HOW TO GET THERE BY TRAIN ↓

If you come by train, you should take the train to **Braga** (check the timetable here: cp.pt (Departure: **Porto - São Bento/ Porto - Campanhã**; Destination: **Braga**) and get off at **Famalicão station**. The train station is right in the city center, about a 15 minute walk from our campus.

CITY OF VILA NOVA DE FAMALICÃO

The excellent geographical location of the city greatly benefits students, as it is in the center of several transportation routes with quick access to the main urban centers of the north of the country, such as: Porto, Braga, Maia, Guimarães, Barcelos, Póvoa de Varzim, Vila do Conde, among others.

The city of Famalicão has several amenities to meet the needs of its residents, namely: pharmacies, health center, restaurants, post office, banks, supermarkets, among others. Both in the city and in the adjacent areas, there are various accommodation options (to rent or buy), depending on the needs of the student. You can take a walk around campus and look for posted ads, or you can do a search on OLX, Custo Justo or Supercasa. If you prefer, you can also ask for help from a real estate agency in the area to find accommodation, such as Medium Imobiliária, Dinâmica Imobiliária, Era Famalicão, Remax, among others.

CONTACTS OF INTEREST

SERVICES

B&B Hotel Famalicão

Rua António Ferreira Magalhães 160 – Lote 4, | 4760-855 Vila Nova de Famalicão
phone: **(+351) 252 109 029** (national fixed line call)

Villa Prima Hotel

Rua Barão da Trovisqueira, 338 | 4760-126 Vila Nova de Famalicão
phone: **(+351) 252 104 603** (national fixed line call)

National Republican Guard (GNR) - Vila Nova de Famalicão Post

Rua Vieira da Silva, 116 | 4760-170 Vila Nova de Famalicão
phone: **(+351) 252 501 360** (national fixed line call)

Volunteer Fire Brigade of Vila Nova de Famalicão

Avenida Rebelo Mesquita, 136 | 4760-013 Vila Nova de Famalicão
phone: **(+351) 252 301 112** (national fixed line call)

Famalicenses Volunteer Fire Brigade

Avenida Carlos Bacelar, Ap 106 | 4764-901 Vila Nova de Famalicão
phone: **(+351) 252 330 200** (national fixed line call)

Hospital Center of Médio Ave - Vila Nova de Famalicão

Rua Cupertino de Miranda | 4761-917 Vila Nova de Famalicão
phone: **(+351) 252 300 800** (national fixed line call)

Health Center of Vila Nova de Famalicão

Avenida 25 de Abril, 585 | 4760-101 Vila Nova de Famalicão
phone: **(+351) 252 330 230** (national fixed line call)

Farmácia Nogueira (Pharmacy) – Vila Nova de Famalicão

Avenida Marechal Humberto Delgado, 5 | 4760-012 Vila Nova de Famalicão
phone: **(+351) 252 310 607** (national fixed line call)

Farmácia Central (Pharmacy)

Praça Dona Maria II, 1406 | 4760-111 Vila Nova de Famalicão
phone: **(+351) 252 323 214** (national fixed line call)

Farmácia Valongo (Pharmacy)

Rua Adriano Pinto Basto, 54 | 4760-111 Vila Nova de Famalicão
phone: **(+351) 252 323 294** (national fixed line call)

Farmácia da Devesa (Pharmacy)

Avenida do Brasil, 3141 | 4760-010 Vila Nova de Famalicão
phone: **(+351) 252 323 819** (national fixed line call)

TRANSPORTES

Vila Nova de Famalicão Bus Station

Rua da Associação Moradores das Lameiras | 4760-038 Vila Nova de Famalicão
phone: **(+351) 252 309 885** (national fixed line call)

Comboios de Portugal (National Rail Service)

Largo Heróis de Monsanto | 4760-285 Vila Nova de Famalicão
phone: **(+351) 707 210 220** (national fixed line call)

Táxis Famalicenses – Táxis Famalicão

Praça Dona Maria II | 4760-111 Vila Nova de Famalicão
phone: **(+351) 911 791 700** (national mobile network call)



CONTACTS

ACADEMIC

CAMPUS

OF FAMILIÇÃO

VALE DO AVE COLLEGE OF HEALTH (ESSVA)

ESSVA STUDENT SECRETARIAT

email: secretaria.essva@cespu.pt

hours: Monday to Friday from 10:00 to 13:00 and from 14:00 to 16:00
(closed on Friday afternoon)

COURSE SECRETARIAT

email: secretariados.essva@cespu.pt

VALE DO AVE COLLEGE OF HEALTH LIBRARY (2ND FLOOR)

hours: Monday to Friday from 9:00 to 19:00

email: biblioteca.va@cespu.pt

FAMILIÇÃO

ACADEMIC

CAMPUS

MAP

**POLITECHNIC UNIVERSITY
OF HEALTH (IPSN-CESPU)**
VALE DO AVE COLLEGE
OF HEALTH (ESSVA)

Rua José António Vidal, 81
4760-409 V. N. Famalição | Portugal

www.cespu.pt
phone: (+351) 252 303 600

PISO 0

CLASSROOMS 001 - 002 - 003
PHYSICAL THERAPY CLINIC
GARAGE

1ST FLOOR

RECEPTION
AUDITORIUM
TICKETING SERVICE
COPY SERVICE
BAR / CANTEENE
STUDENT ASSOCIATION
STUDENTS ROOM

2ND FLOOR

LIBRARY
SCHOOL ADMINISTRATION
PHYSICAL THERAPY GYMS III-IV
CLASSROOMS 201-202 - ACTS
GENERAL SECRETARIAT
COURSE SECRETARIATS

3RD FLOOR

FAMILIÇÃO CLINICAL CENTER
PHYSICAL THERAPY COORDINATORS
PHYSICAL THERAPY GYMS I-II
CLASSROOMS 301 - 302 - 303 - 304 - 305 - 306
OSTEOPATHY GYMS I - II - III
PODOLOGY LABORATORIES

4TH FLOOR

BIOANALYSES AND CONTROL COORDINATORS
NURSING COORDINATORS
GERONTOLOGY COORDINATORS
OSTEOPATHY COORDINATORS
PODOLOGY COORDINATORS
THERMALISM AND WELL-BEING COORDINATORS
IMR COORDINATORS
PHARMACY LAB
PHARMACY CLASSROOM
ROOMS 402 - 403 - 404
NURSING TECHNIQUE CLASSROOMS I - II - III
SIMULATION UNIT

5TH FLOOR

CLINICAL PHYSIOLOGY COORDINATORS
LABS
CLASSROOMS 501 - 502 - 503 - 504

HOW TO GET TO PENAFIEL ACADEMIC CAMPUS

HOW TO GET THERE BY BUS ↓

If you come by bus, you have a VALPI bus "Line 7 - Penafiel/Milhundos" that leaves from **Trindade**, next to the Pólo Universitário metro station. The trip takes about 30 minutes and you can check the timetable here: valpibus.pt (Departure: **Hospital São João**; Destination: **Penafiel**). If you don't have the "Andante" monthly pass, you should ask the driver for a ticket to "Penafiel".

At **Estádio do Dragão** you can also catch VALPI bus "Line 175 - Penafiel/Milhundos". The bus stop is about 150 meters from the exit, in the direction of **Dragão Arena**. The trip takes about 30 minutes and you can check the timetable here: valpibus.pt (Departure: **Estádio do Dragão**; Destination: **Penafiel**). If you don't have the "Andante" monthly pass, you should ask the driver for a ticket to "Penafiel".

HOW TO GET THERE BY TRAIN ↓

If you come by train, you should take the train that goes to Marco de Canaveses, (check the timetables here: cp.pt (Departure: **Porto - São Bento/ Porto - Campanhã**; Destination: **Penafiel**) and get off at **Penafiel station**. Penafiel train station is about a 40 minute walk from our campus.

CITY OF PENAFIEL

Located about 35 kms from Porto, the city is surrounded by the municipalities of Lousada and Amarante, to the north, Marco de Canaveses to the east, Castelo de Paiva to the south and Gondomar and Paredes to the west, with several quick accesses to these cities.

The city of Penafiel has several amenities to meet the needs of its residents, namely: pharmacies, health center, restaurants, post office, banks, supermarkets, among others. Both in the city and in the surrounding areas, there are various accommodation options (to rent or buy), depending on the needs of the student. You can take a walk around campus and look for posted ads, or you can do a search on OLX, Custo Justo or Percasa.

CONTACTS OF INTEREST

SERVICES

Penafiel Park Hotel & Spa

Rua Província de Pontevedra | 4560-232 Penafiel
phone: **(+351) 255 710 100** (national fixed line call)

National Republican Guard (GNR) - Penafiel Post

Largo Conde de Torres Novas | 4560-627 Penafiel
phone: **(+351) 255 710 940** (national fixed line call)

Volunteer Fire Brigade of Penafiel

Largo Bombeiros Voluntários, 2 a 6 | 4560-909 Penafiel
phone: **(+351) 255 212 122** (national fixed line call)

Hospital Center of Tâmega e Sousa – Penafiel

Avenida Hospital Padre Américo, 210 | 4564-007 Gilhufe Penafiel
phone: **(+351) 255 714 000** (national fixed line call)

Health Center of Penafiel

Rua Marquês de Pombal | 4560-682 Penafiel
phone: **(+351) 255 718 530** (national fixed line call)

Farmácia Oliveira – Penafiel (Pharmacy)

Rua da Misericórdia, 22/28 | 4560-484 Penafiel
phone: **(+351) 255 212 425** (national fixed line call)

Farmácia Confiança (Pharmacy)

Avenida Sacadura Cabral, 63 | 4560-480 Penafiel
phone: **(+351) 255 213 131** (national fixed line call)

Farmácia da Misericórdia (Pharmacy)

Avenida José Júlio, 113 Fração A
phone: **(+351) 255 136 615** (national fixed line call)

TRANSPORTES

VALPI

Avenida Pedro Guedes | 4560-166 Penafiel
phone: **(+351) 255 718 000** (national fixed line call)

Comboios de Portugal (National Rail Service)

Rua Estação Caminhos de Ferro | 4560-283 Penafiel
phone: **(+351) 707 210 220** (national fixed line call)

Táxi Penafiel

Praça Municipal de Penafiel | 4560-481 Penafiel
phone: **(+351) 910 962 008** (national mobile network call)

CONTACTS

PENAFIEL

ACADEMIC

CAMPUS

NURSING COLLEGE OF TÂMEGA AND SOUSA (ESEnFTS)

ESEnFTS STUDENT SECRETARIAT

email: secretariageral.esenfts@cespu.pt

hours: Monday to Friday from 10:00 to 12:00 and from 14:30 to 16:30
(closed on Friday afternoon)

COURSE SECRETARIAT

email: secretariadocursos.esenfts@cespu.pt

LIBRARY OF THE NURSING COLLEGE OF TÂMEGA E SOUSA

email: biblioteca.pnf@cespu.pt

hours: Monday to Friday from 9:00 to 13:00 and from 14:00 to 18:00

POLITECHNIC UNIVERSITY
OF HEALTH (IPSN-CESPU)
NURSING COLLEGE
OF TÂMEGA AND SOUSA (ESEnFTS)

Rua Direita, nº 5
4560-485 Penafiel | Portugal

www.cespu.pt
phone: (+351) 255 102 813

PENAFIEL ACADEMIC CAMPUS MAP

GROUND FLOOR
STUDENT SECRETARIAT
AUDITORIUM
LIBRARY

**UNDERGROUND
FLOOR**
CLASSROOMS
CANTEEN / BAR
STUDY ROOM

1ST FLOOR
CLASSROOMS
TEACHER OFFICES
NOBLE HALL

2ND FLOOR
LABORATORY
NURSING TECHNIQUE
CLASSROOMS



LIVING IN PORTUGAL

Arriving in a new country to live and study is always a challenge, so here is some information that you may find useful.

FORMALITIES OF LIVING AND STUDYING IN PORTUGAL

CERTIFICATE OF RESIDENCE

- **Citizen of the European Union:** You do not need a student visa to study in Portugal, however, since your stay will exceed 90 days (3 months), you must apply for an "EU Citizen Registration Certificate - CRCUE", from the competent government body in the area of the Institution (Câmara Municipal or Junta de Freguesia). For this application, you must bring your valid ID card or passport, as well as a valid European Health Card. They will deliver your Registration Certificate within 4 months.
- **Non-European citizen:** 3 months before your trip to Portugal, you must apply for a student visa in your home country. For your visa to be approved you will need to submit a Letter of Admission from CESPU. The visa lasts for the duration of the study cycle, the course in which you are placed, or for 1 year.

TAX IDENTIFICATION NUMBER (NIF)

- **Citizens of the European Union:** In order to be assigned a NIF (Tax Identification Number; which, in addition to being a number used by the taxpayer to declare his/her income each year, is also required to open a bank account, buy or rent a house, subscribe to a television, telephone or internet service and sign an employment contract), you must go to the service counters of the Autoridade Tributária or Loja do Cidadão. The process of being issued a NIF is simple, fast and free of charge.

You will only need two things: your passport or ID card and proof of address from your home country (this could be a utility bill, water bill or internet bill, for example). Since you are going to reside in Portugal longer than three months, you will have to request the European Union Citizen Registration Certificate, as explained above, and after having this Certificate you must present it at a service counter of the Autoridade Tributária or Loja do Cidadão.

• **Non-European citizen:** In order to be assigned a NIF (Tax Identification Number; which, in addition to being a number used by the taxpayer to declare his/her income each year, is also required to open a bank account, buy or rent a house, subscribe to a television, telephone or internet service and sign an employment contract), you must go to the service counters of the Autoridade Tributária or Loja do Cidadão. The process of being issued a NIF is simple, fast and free of charge. In order to be assigned a NIF, you will need an entry stamp in Portugal, a valid passport with a visa, proof of address from your country of origin, a fiscal representative and a document proving that the fiscal representative has agreed to perform the function. The fiscal representative is the link between the Tax Authority and the non-EU citizen. Therefore, it has to be someone with permanent residence in Portugal, even if they are not Portuguese. The fiscal representative must present: his/her Citizen Card or Permanent Residence Card; his/her NIF and confirm their address in Portugal. Your NIF is assigned at the time of application, and the address will be linked to that of your tax representative.

HOW TO OPEN A BANK ACCOUNT

This process is the same for European Union citizens and non-citizens; before opening an account at the bank of your choice, you will have to submit documentation to give the banking institution more information about you, namely: Personal Identification Document (if you are a citizen of the European Union, you can present your passport or Citizen Card, as long as the document is valid); Tax Identification Number (NIF) of your country of residence and that of Portugal (if you only have the provisional NIF, that is fine) and respective proof; proof of your address (lease contract with proof that it is registered with Finanças, an electricity, water or gas bill).

DRIVING A VEHICLE WITH FOREIGN REGISTRATION

Counting the total period of stay of a car with foreign registration in Portugal, which can be a consecutive or non-consecutive period, it cannot be in Portugal more than 180 days (6 months) of each year (12 months).

You should also contact your insurance company to find out if the insurance you have is also valid in Portugal so that you can take advantage of all the coverage you have contracted.

You will also need a permit (guia de circulação) for the vehicle to drive on the road issued by the Tax and Customs Authority (Autoridade Tributária e Aduaneira). To get this permit, you have to:

- Fill out the template on Vehicle Tax Claims – ISV (Mod_1460_1; this form) from the Tax and Customs Authority, (request 2 and 2.1, Article 34);
- Attach the school registration declaration;
- Deliver the documents to a branch of the Tax and Customs Authority (Alfândega de Braga for students in Vila Nova de Famalicão; Alfândega Freixo for students in Gandra and Penafiel).

PORTUGUESE COURSES

The first contact with the Portuguese language can be a bit daunting, since Portuguese is a difficult language to master and is also considered one of the most difficult languages to learn in the world. But don't be discouraged, there are several courses (with teaching modalities adapted to your needs) available and the average time foreign language speakers take to learn Portuguese is approximately 24 weeks, for a total of about 600 to 750 hours of lessons.

- Schools with face-to-face teaching in Porto: Alliance Française; Cambridge School; InLíngua; University of Porto
- Schools with distance learning: Lusa Language School; Portuguese Connection School; My Language Exchange.

HEALTH

In order to access the National Health Service - SNS (public service provided by the Portuguese State, ensuring access to health services for most of the Portuguese population, offering primary and specialized health care), you need to have a user number (número de utente).

• **Citizens of the European Union; European Economic Area and Switzerland:** before you travel to Portugal, you must apply for the S1 document in your country of residence. This document allows you to benefit from healthcare in Portugal, even if you are covered by your country's healthcare system. You must submit this document to the District Social Security Center (CDSS) in your area of residence in Portugal. Once the copy of the document has been returned to you, you will have to go to the health center that they indicate to you to ask for the user number so that you can access the SNS. In order to be assigned a user number, you must present your valid EU Citizen Registration Certificate or Residence Card; Valid identification document; Proof of address (if it is not in the EU CRC document); NIF; Social Security Number (NISS) (optional).

You can also apply for a European Health Insurance Card (EHIC) from the social security office in your home country. This card only ensures your access to public healthcare (health centers, hospitals) and does not cover private healthcare.

- **Brazilians:** if you are a legal resident in Portugal and over 18, you can apply for the Equal Rights and Duties Statute to access the SNS.
- **Non-European citizen:** if you have a residence permit in Portugal issued by the Foreigners and Borders Service (SEF), you must present this document at the health center in your area of residence in order to register with the SNS (please note that your registration, and consequent obtaining of the SNS user number, does not require the presentation of proof that you are registered with the Portuguese Social Security).

USEFUL EMAILS LIST / CESPU

Ticketing Service: ingresso@cespu.pt

Social Action Service: sas@cespu.pt

Psychological Support Service: sap@cespu.pt

Erasmus service: erasmus@cespu.pt

Department of Information Systems: helpdesk@cespu.pt

CESPU Help Portal

User Support / Computer Services

ajuda.cespu.pt

OTHER CONTACTS

European Emergency Number

112 (free call)

Linha SNS 24 (Health line)

phone: **808 24 24 24** (national fixed line call)

Poison Information Center Line

phone: **800 250 250** (national fixed line call)

Domestic Violence Victims Information Service Line

phone: **800 202 148** (national fixed line call)





GANDRA UNIVERSITARY CAMPUS

Av. Central de Gandra, 1317
4585-116 Gandra – Paredes
t. (+351) 224 157 100
dir.iucs@cespu.pt
dir.eststs@cespu.pt

FAMALICÃO ACADEMIC CAMPUS

Rua José António Vidal, 81
4760-409 V. N. Famalicão
Portugal
t. (+351) 252 303 600
dir.essva@cespu.pt

PENAFIEL ACADEMIC CAMPUS

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