

# ***PORTUGAL***



- It is in south-west Europe on Pyrenean peninsula.
- On right there is Spain and around there is Atlantic ocean
- Area: 92 391 km<sup>2</sup>
- Population: 10 849 000
- Language: Portuguese
- Capital: Lisbon
- Form of government: Republic
- Currency: Euro

- Flag:



- Symbol:



# Means of transport

Portugal has got 10 500 inhabitants, that's nearly the same number as Czech republic. The total area of this country is similar to the Czech one as well. Thanks to its position at the Pyrenean peninsula it neighbors just with Spain on the eastern side and its western and southern part is surrounded by the Atlantic ocean. Because of this position people in Portugal can use nearly all the possible means of transport - you can travel by train, by bus, by car, by boat or by plane. There is also a subway in big cities such as Lisbon and Port. Adventures people can use also hitchhiking which is very popular in Portugal.

Portuguese trains are very comfortable and a bit cheaper in comparison with the Czech ones. It's very suitable to use them for travelling on the longer distances. The tickets can be bought at the vending machines where you just push the button with the name of the arrival station.

Long-distance buses are very similar to our ones, but the problem is that there are lots of bus companies in Portugal and so it's very complicated to find the right bus station.

Especially at the southern part of the country you can also use the services of car rental - you can rent a car and travel of your own - it will cost you about 40 EUR per day.

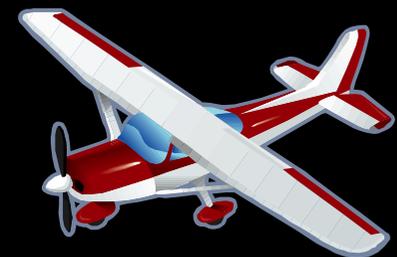


# Length of journey

Portugal is a far away country - the distance between Czech Republic and Portugal is about 2000 kilometers in a beeline ( it means about 2800 kilometers when you travel by the road) Because of the length of journey the most reasonable mean of transport from our country seems to be travel by plane. There are four international airports in various parts of Portugal:

- Lisbon (LIS)
- Porto (OPO)
- Faro (FAO)
- Funchal (FNC) at Madeira

There are just two airlines which fly to Portugal directly from Czech Republic - TAP Portugal and SkyEurope.



# Approximate costs (from your country)

## 1) By plane:

SkyEurope (Prague - Lisbon)..... 3 500 Czech Crowns (including fees)  
TAP Portugal (Prague - Lisbon) ..... 5 000 Czech Crowns (including fees)

## 2) By car:

distance Prague - Lisbon approximately 2 800 kilometres (time for journey 27 hours)  
costs ..... 345 EUR (it is about 10 660 Czech Crowns)  
(toll 75 EUR, petrol 260 EUR, road tax 10 EUR)

## 3) by train:

Prague - Frankfurth - Paris - Madrid - Lisbon  
cost for the ticket..... 281 EUR (it is about 7 870 Czech Crowns)

## 4) by bus:

Travel Agency goes just to Spain, not to Portugal, the ticket to e.g. Barcelona will cost you about 3 500 Czech Crowns, then you must add expenses for the ticket to Lisbon ..... it will make at least 2 000 Czech crowns  
total cost ..... 5 500 Czech Crowns

To travel by plane is the cheapest way how to get from Czech Republic to Portugal and it's the quickest and the most comfortable way as well.

# PORTUGUESE FOOD



- Portuguese food is very various. The most important dish n Portugal is dinner. The Portuguese people often eat dinner quite late, about 20:00pm.

- Tradical ingredient:
- Famous Portuguese vine
- Fresh fruit and vegetables
- Olive oil
- Cheese (eg. Serra da Estrela)



- Meat

- The most popular meat in Portuguese is lamb, calf or pork meat. But the national meat is codfish called “**bacalahau**”. Very popular is shells and other sea fruits.

- Soups

- Very famous is tomato soup **gaspacho**, potato and cabbage soup **caldo verde** or **sopa de marisco** – soup from shells.

- Desserts

- In Portuguese desserts and coffee are very sweet. Famous dessert pastel de nata is from cream and cinnamon.



# FAMOUS PEOPLE

- **Sara Carvalho** (\*June 16, 1970) is a Portuguese composer of Portuguese contemporary classical music.
- She received her first musical training at the age of three and started composing in 1984. In 1995 she graduated with a First Class Degree in Composition, Music and Teaching from the University of Aveiro under João Pedro Oliveira. In 1996 she was awarded an MA in Music from York University in the United Kingdom. Between 1996 and 1999 she was awarded a scholarship from the Portuguese National scheme PRAXIS XXI / JNICT to do a DPhil in Composition and also at York, studying with Nicola LeFanu. She has also studied with Emmanuel Nunes, Betsy Jolas, Kurt Schwertsik, Brian Ferneyhough, Michael Finnissy and Jonathan Harvey.
- Sara is Artistic Director and she works in the Department of Art and Communication of Aveiro University where she teaches Composition, Analysis and Orchestration.



- **Miguel Torga** - Adolfo Correia da Rocha was one of the greatest Portuguese writers of the 20th century. He wrote poetry, short stories, theater and a 16 volume diary.



- **Raul Proença** (May 10, 1884 – May 20, 1941) was a Portuguese writer, journalist, and intellectual. He was a founder of the magazine Seara Nova. In 1927, Proença was exiled to Paris. Proença returned to Portugal in 1932. He was hospitalized for mental illness, but died of typhoid fever in Porto.



- **Garcia de Orta** (1501 or 1502 ) was a Renaissance Sephardi Jewish physician and naturalist. He was a pioneer of tropical medicine.
- **Maria de Medeiros Esteves Vitorino de Almeida** was born August 19, 1965, better known simply as **Maria de Medeiros** is a Portuguese actress and director who has been involved in both European and American film productions. She is the daughter of musician and composer António Vitorino de Almeida. She was born in Lisbon, Portugal.
- **Nuno Lopes** was born in May 1978. He is a Portuguese actor. Awarded, in 2006, with the Best Actor Globo de Ouro for his performance in *Alice*, he also took the Best Actor prize at the *Festival de Cinema Luso-Brasileiro* and the Shooting Star award at the Berlin International Film Festival

- **Cristiano Ronaldo dos Santos Aveiro** was born on 5 February 1985. He is a Portuguese footballer who plays as a winger for English Premier League club Manchester United and as captain for the Portuguese national team. In June 2009, Manchester United accepted an £80 million bid for Ronaldo from Real Madrid, which would make Ronaldo the most expensive player in football history.
- **José Pedro Alves Salazar** (born October 18, 1978 in Montijo) is a Portuguese footballer who currently plays for CF Os Belenenses in the Portuguese first division.
- Zé Pedro started playing professional football for his hometown club, then moved to FC Barreirense for five seasons. He split duties in 2002–03 between Boavista FC and AD Ovarense.
- In 2006-07, Pedro netted eight league goals for a Belenenses fifth final place in the league (with UEFA Cup qualification), with the team was also runner-up in the Cup.



# Tourist attractions in Portugal

## Lisbon

- **Lisbon** is the capital and largest city of Portugal. It is also the seat of the district of Lisbon and capital of the Lisbon region.
- Lisbon was under Roman rule from 205 BC, when it was already a 1000 year old town. Julius Caesar made it a municipium called *Felicitas Julia*, adding to the name *Olissipo*. Ruled by a series of Germanic tribes from the 5th century, it was captured by Moors in the 8th century.



## Guimarães

- **Guimarães** is a city and municipality in northwestern Portugal in the province of Minho and in the district of Braga. The city is often referred to as the "birthplace of the Portuguese nationality" and also was the birthplace of Afonso I of Portugal, the first Portuguese king.



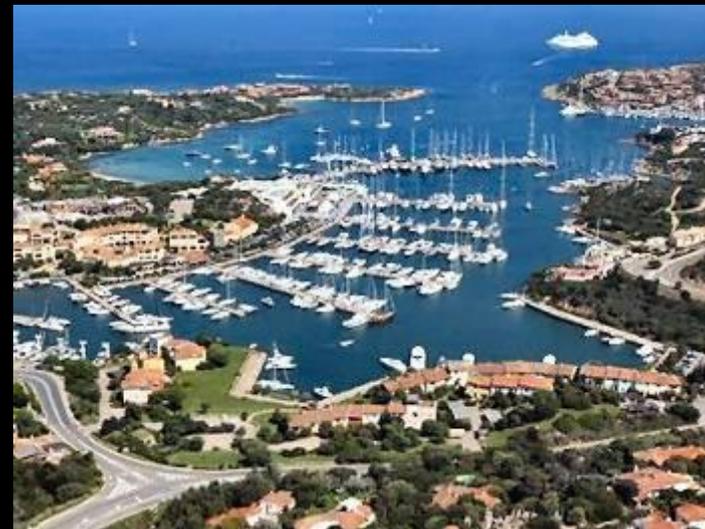
## Évora

- **Évora** is a city and a municipality in Portugal. It has a history dating back more than two millennia. It may have been the kingdom of Astolpas and may be named after ivory workers. It was known as Eborá by the Lusitanians, who made the town their regional capital. The Romans conquered the town in 57 B.C. and expanded it into a walled town.



## Porto

- The city is located in the estuary of the Douro river in northern Portugal. Historic references to the city go back to the 4th century and to Roman times, although Celtic and Proto-Celtic remnants of ancient Citadels were found in the heart of where Porto now lies. In the Roman period the city developed its importance as a commercial port.



## Monastery of Alcobaça

- The Alcobaça Monastery is a mediaeval monastery located in the town of Alcobaça, in central Portugal. The Alcobaça Monastery is one of the first foundations of the Order of Cistercians in Portugal. It was founded in 1153 as a gift to Bernard of Clairvaux, shortly before his death, from the first Portuguese King, Afonso Henriques, to commemorate his victory over the Moors at Santarém in March 1147.



## Monastery of Batalha

- Batalha Monastery is a Dominican monastery in the Portuguese town of Batalha, in the District of Leiria, Portugal. It is one of the best and original examples of Late Gothic architecture in Portugal, intermingled with the Manueline style. It amazes the onlooker with its profusion of gables, spires, pinnacles and buttresses. It has become a symbol of national pride.



## Prehistoric Rock-Art Sites in the Côa Valley

- The Côa Valley Paleolithic Art site is one of the largest known open air sites of Paleolithic art.
- In the late 1980s, the engravings were discovered in Vila Nova de Foz Côa, in northeastern Portugal. The site is situated in the valley of the Côa river, and comprises thousands of engraved drawings of horses, bovines and other animals, human and abstract figures, dated from 22,000 to 10,000 years BCE. Since 1995 a team of archaeologists have been studying and cataloging this pre-historical complex and a park was created to receive visitors.



## Pico Island

- The «Landscape of the Pico Island Vineyard Culture» occupies 154,4 ha of the second largest island in Azores archipelago. It consists of a remarkable pattern of spaced-out, long linear walls running inland from, and parallel to, the rocky shore. The walls were built to protect the thousands of small, contiguous, rectangular, plots from wind and salt seawater.



## Sintra

- **Sintra** is both a town and a municipality in Portugal, located in the *Grande Lisboa* subregion and the Lisbon Region. The town is a UNESCO World Heritage Site on account of its 19th century Romantic architecture.
- Attractions include the fabulous Pena Palace and the Castelo dos Mouros with a breath-taking view of the Sintra-Cascais Natural Park, and the summer residence of the kings of Portugal Palácio Nacional de Sintra, in the town itself. The Sintra Mountain Range, one of the largest parks in the Lisbon area, (*Serra de Sintra*) is also a major tourist attraction.



## Tomar

- The castle of the Knights Templar of Tomar was built by Gualdim Pais, provincial Master of the Order of the Temple, around 1160. Later in that century, the castle was chosen as the headquarters of the order in Portugal. The castle of Tomar was part of the defence system created by the Templars to secure the border of the young Christian Kingdom against the Moors, which at the time (mid-12th century) corresponded approximately to the Tagus river.



## Angra do Heroísmo

- Angra, or Angra do Heroísmo is a city of some 21.300 people and municipality in Terceira Island in the Portuguese autonomous region of the Azores. Angra do Heroísmo was once the capital of the Azores until it was replaced in 1832 by Ponta Delgada. However, the city still retains its status as the cultural capital of the Azores, so rich in architectural and cultural heritage that it was classified as a world heritage site by UNESCO in 1983.



## Laurisilva of Madeira

- **Laurisilva** or **laurissilva** ("laurel forest") is an endemic type of humid subtropical laurel forest found on several of the Macaronesian islands of the North Atlantic, namely Madeira Islands, the Azores and the Canary Islands, a precious relic of the Pliocene subtropical forests.
- The forests are made up of laurel-leaved evergreen hardwood trees, reaching up to 40 meters in height. Many of the species are endemic to the islands, and harbor a rich biota of understory plants, invertebrates, and birds and bats.



# THE END



Nikol

Tereza

Very

Adéla

Simona