

# INSTITUTO POLITÉCNICO DE SETÚBAL

## ESCOLA SUPERIOR DE EDUCAÇÃO

### USEFUL INFORMATION FOR ERASMUS STUDENTS 2005/2006

#### Hello and welcome to the College of Education in Setúbal, Portugal

This is a document with some useful information about the college where you will be staying during your Erasmus placement.



College of Education

We strongly advise all students to bring an European Card of Illness Insurance (former E-111) which gives a permission to pay for your medical care as if you were in your own country. If you do not bring it and have a medical problem here you will have to pay the full price for services, which could be very expensive. We also advise you to take out a Personal Accident Insurance as well.

You can consult our website (<http://www.esse.ips.pt/esse/>). At the moment, we only have a Portuguese version.

The spring-summer semester will start on **February 20th** and will end on June 16th. For those who are coming for a 3 month period the classes will end on **May 19th**.

# ARRIVAL INFORMATION

## In Lisbon

When leaving the airport (<http://www.ana-aeroportos.pt/ANAIngles/Lisboa/HomePage.htm>), please take the bus to “Estação do Oriente”. The Bus Company is “Carris” (<http://www.carris.pt/en/index.php>). You can buy the ticket on the bus.



Estação do Oriente

“Estação do Oriente” is a bus and train station. Once you are there, please take the bus to Setúbal at “Cais C, Paragem 21”. You can buy the ticket on the bus. The Bus Company is “TST” (<http://www.tsuldotejo.pt/>). This journey takes about 45 minutes, depending on traffic.

## In Setúbal

When arriving at Setúbal only leave the bus at the last stop which is at the central bus station. This station is located in the city center.

Once you arrive there, please take the bus to “Campus IPS” or to “Faralhão-Morgada”. You can buy the ticket in the station. The Bus Company is “TST” too. This journey takes about 15 minutes. You can also get a taxi from the taxi rank which is opposite the bus station.



Campus IPS

# ACCOMMODATION INFORMATION

## IPS STUDENTS HALL OF RESIDENCE

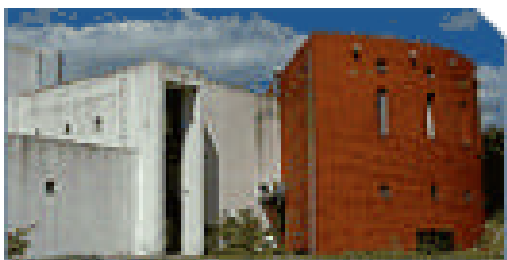
You can stay at our Students Hall of Residence. This is located about 10 minutes walk from the campus. However, it is quite far from the city center. You will have to catch the bus mentioned in the Arrival Information.



IPS Students Residence

You can consult the website (<http://www.ips.pt/sas/alojamento.html>). There is only a Portuguese version.

The Hall of Residence has single and double rooms. The price is 100 euros per month. However, the Erasmus students have to **pay for the whole stay on the day they arrive**. For those who come for a 3 month period and are going to stay at the Hall of Residence, please arrive on **February 17th**. You have to pay half of February plus March, April and May which comes to **350 euros**. You have to do the check in at the campus in the SAS building between 9h30 and 12h in the morning or between 14h30 and 16h30 in the afternoon.



SAS building

The Hall of Residence has a Social Room with two TVs, two videos and one ping-pong table. It also has study rooms and one computer room that will soon have internet connection. You have to make a reservation at the reception every time you need to use the computer. There also is a bar with food and drink machines, a TV and some games.

You have laundry there. Bedclothes and towels will be supplied and they will be changed on Thursdays and Fridays. There are also kitchens equipped with stove, oven, freezer, microwaves, washing machine, iron and ironing board.

It has a 24 hour security. There are telephone boxes and a tennis court.

# FACILITIES

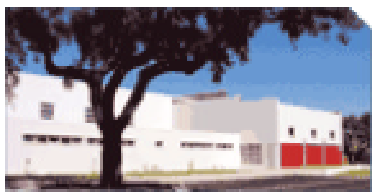
## At the College

- Library
- Multimedia centre
- Computers with internet access
- Canteen (serves snacks and lunch)
- Photocopying machines (you need to have a card)
- Stationer's

There is a dining hall at the College of Technology, the building next to ours, which serves lunches and dinners.

## IPS Sports Club

IPS Sports Club is a gym in the campus. You can consult its site ([http://www.ips.pt/clube\\_desportivo/index.html](http://www.ips.pt/clube_desportivo/index.html)). It only has information in Portuguese.



IPS Sports Club

You can choose between team games (such as basketball), fitness activities, dance, taekwondo and yoga. The enrollment fee is about 25 euros (which includes enrollment and course fee).

## Additional information

Portugal is known for its warm weather. However, in the spring the nights are cold. Please, bring warm clothes.

Please consult our ETCS guide with information about the College and the region: [http://www.e.se.ips.pt/e.se/alunos/ECTS/ECTS\\_Guide\\_ESE-Information.pdf](http://www.e.se.ips.pt/e.se/alunos/ECTS/ECTS_Guide_ESE-Information.pdf)

This site has information in English.

# PORTUGUESE LANGUAGE AND CULTURE COURSE

This course aims to give you the basics of Portuguese language and also to introduce you to some of our culture. It is a 60 hour course and it will give you 10 ECTS. It is divided into 2 blocks:

1) Portuguese Language and Culture	30 hours	5 ECTS
2) Arts, Drama and Music	30 hours	5 ECTS

## Portuguese Language and Culture

The students will study language and cultural themes. The course will focus on history, geography, politics, literature, philosophy, art, sports, religion and social communication. You will increase your knowledge of Portugal through a study of different aspects of the country and through texts about Portugal, its people and their achievements.

### Aims

To improve communication skills in Portuguese language.

To promote knowledge of the Portuguese language connected with Portuguese culture.

### Syllabus

Introduction to the history of Portuguese language.

Classes of words (nouns, adjectives, pronouns, verbs, invariable words).

Special features of the classes of words:

- gender and number of nouns, adjectives and pronouns;
- verb conjugation.

Type of phrases.

Syntactical features.

Semantic Issues.

Synthesis of Portuguese history, geography and culture (various aspects).

### Methodology

The students will deliver and produce texts. There will be a theoretical and a practical part. There will be an emphasis on reading and text comprehension, group work, presentations on a theme and short exercises.

## **Assessment**

Production of oral and written texts. The students' progress in the language and communication skills as well as their cultural knowledge will also be evaluated.

## **Bibliography**

Boletim Cultural (VI Série, n.º 3), Novembro de 1984, Lisboa: Fundação Calouste Gulbenkian, Serviço de Bibliotecas Itinerantes e Fixas.

CUNHA, Celso, LINDLEY CINTRA, Luís (1998), *Breve Gramática do Português Contemporâneo*, 11.ª ed., Lisboa: Edições Sá da Costa.

*Dicionário de Verbos* (1994), Porto: Porto Editora, col. Dicionários Académicos.

FIGUEIREDO LOPES, C. (1993), *História Elementar de Portugal*, Porto: Porto Editora.

GIL, José, (2005), *Portugal, hoje: o medo de existir*, 3.ª ed., Lisboa: Relógio D'Água Editores, Col. Argumentos.

## **Internet Resources**

<http://www.portugal.gov.pt>

<http://www.parlamento.pt>

# ERASMUS OFFICE

When you arrive at the College please ask the security guard, who will be at the entrance hall, where the Erasmus Office is located.



College entrance hall

## Contacts

### Address:

Erasmus Mobility  
Escola Superior de Educação  
Campus IPS  
Rua do Vale de Chaves  
Estefanilha  
2914-504 Setúbal  
Portugal

### Phone number:

(+ 351) 265 710 846

### Fax:

(+ 351) 265 710 810

### E-mail:

[erasmus@ese.ips.pt](mailto:erasmus@ese.ips.pt)

Erasmus coordinator: Prof. Luciano Pereira

Erasmus assistant: Ana Catarina Neves

## Erasmus office opening hours

Monday	09h30 – 12h00	14h30 – 17h00
Tuesday		14h30 – 17h00
Wednesday	09h30 – 12h00	