

# YOUR WELCOME GUIDE

## 2024/2025



**U. PORTO**

**UNIVERSITY  
OF PORTO**



# Congratulations!

## Now it's real...

## You made it to U.Porto!

**This guide will provide you with useful information about your studies, the services and the extracurricular activities available for you!**

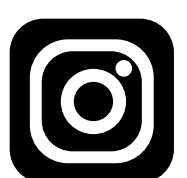
**We hope it will be useful throughout your academic path.**

**Share this good news on your social media with**

**#uporto**



universidadedoporto



uporto







UNIVERSIDADE DO PORTO

U. PORTO

FIGUDA  
EMINENTE  
2022  
PORTO  
O 5 GRANDE  
05 MAI  
23 FEV 23

todo o  
A. Salazar  
Exposição retrospectiva  
da obra de Abel Salazar  
Instituto de Arte - Porto



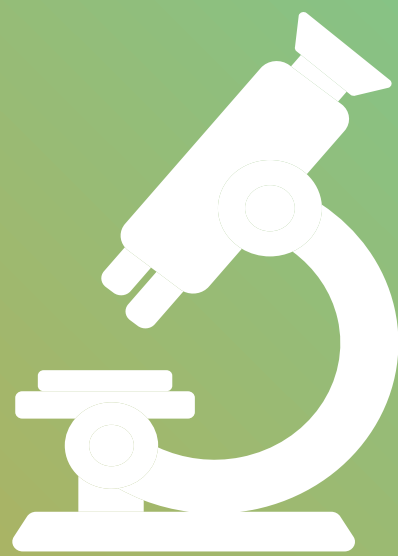
# 1911

the foundation of the  
**University of Porto**



**+ 3.700**

Lecturers and  
researchers



**48**

Research  
units

**+ 35.000**

Enrolled  
students



**+ 6.500**

Foreign  
students and  
researchers

**Top  
ranked**  
of  
international  
rankings



# 3 CAMPUSES

## CAMPUS 1 CENTRO

Faculty  
of Fine Arts

Faculty  
of Law

Faculty  
of Pharmacy

Institute  
of  
Biomedical  
Sciences  
Abel Salazar

## CAMPUS 2 ASPRELA

Faculty  
of Dental  
Medicine

Faculty  
of Economics

Faculty  
of  
Engineering

Faculty  
of Medicine

Faculty  
of Psychology  
and Education  
Science

Faculty  
of Sports

## CAMPUS 3 CAMPO ALEGRE

Faculty  
of  
Architecture

Faculty  
of Arts and  
Humanities

Faculty  
of Nutrition  
and Food  
Science

Faculty  
of Sciences

**14 FACULTIES**



# Getting around

The Faculties of the University of Porto are grouped into three campuses and connected to all main public transports (buses, the underground, trains and trams).

## HOW TO GET TO YOUR FACULTY?



On this **interactive map** you can get an idea of where the University's faculties are located. For detailed information on how to get to your faculty, you can use Google Maps or other online map services, which will show you the shortest and most efficient routes.

## GETTING AROUND TOWN

### Bus

**STCP** buses circulate frequently and stop near all Faculties of the University of Porto.

### Train

**CP** urban trains connect the centre of the city to more peripheral areas. All train stations interface with other main public transports.

### Subway

Porto has an extended and growing subway network that will take you to the main spots. "A large number of our colleges have a **Metro** "on the doorstep".

### Bicycle or Walking

Porto is compact, and it is easy to walk to most places. You can also opt to help the environment and ride a bicycle. You can rent an electric or conventional U-Bike at U.Porto for your daily commuting needs.



[cdup.up.pt/u-bike](http://cdup.up.pt/u-bike)



*All university students have an immediate discount on public transport passes. To claim your discount, you must present proof of enrolment in a graduation/post-graduation institution.*



[www.linhandante.com](http://www.linhandante.com)





It's time to  
**explore**



# Your University Path

Now that you will be studying at the University of Porto, we want to help you learn more about your future academic path. Your course may have a duration of three or five/six years depending on your cycle of studies. Here are the five main things you need to know:

## 1. What is a semester?

A university academic year is divided into two semesters: the first one runs from September to February and the second one from February to July. There are periods of interruption at Christmas, Carnival, Easter and during the non-academic week, in May, according to the previously approved **Academic Calendar**.

**1<sup>ST</sup> SEMESTER**

**2<sup>ND</sup> SEMESTER**

september..... february..... july

## 2. What subjects will I take?

A “Subject” corresponds to a “Curricular Unit”. Your subjects are all the disciplines that are part of your course. Depending on your course, some will be optional, and some will be mandatory. When you enrol in each new academic year, and if you have optional subjects, you may choose your Curricular Units from a list of available options. U.Porto students, also have access to INOVPEP, an interdisciplinary programme that allows students to attend subjects from transversal areas, or from different faculties (only available from the second year).



### **3. What are academic “credits” and why are they important?**

Academic credits represent the “weight” or the “relevance” of a given curricular unit. It’s known as ECTS (European Credit Transfer and Accumulation System). There is a maximum and a minimum number of credits in which you can enrol per year. In your course, some Curricular Units will be worth more credits than others, and this will influence the final average grade of your study cycle.

### **4. What is my academic schedule?**

Your schedule will depend on your course’s subjects! In some cases, your schedule may differ from that of your classmates (for example, if you choose different optional subjects). We have everything organised so that you can manage your time.

### **5. How will I receive important notices and information?**

All relevant information about your course is available at your Faculty’s website. U.Porto students have a personal page on Sigarra’s software system where, among many other things, they can receive notices from their Faculty or the Dean’s Office, access learning platforms, check their grades and obtain information on tuition fees. U.Porto students also have a personal institutional e-mail, which should be checked frequently.



*Visit your Faculty’s website for more information about your course subjects*



[www.up.pt/faculties](http://www.up.pt/faculties)



# Your Studies

Entering University can be both a challenge and an adventure. From your classes to your new professors and classmates, we know this is a crucial period of your life! Here is some helpful information to enhance your academic experience:

## **Classes**

Depending on your course, you may have theoretical, theoretical-practical and laboratory classes, whether online (in exceptional cases) or in-person. Your professors will be available to support you whenever you need, through various communication media, but mostly through digital platforms. In some cases, you may need to access specific study books or reference works which should be available in your Faculty's library; in other cases, your professors will share the necessary study materials with you.

## **Students' assessment**

There are several assessment methods. The most common are the "distributed assessment" and the "final exams". Distributed assessment includes academic works, projects, reports, lab work, participation in class and tests, among other possibilities. In the case of final exams, there are two assessment periods - the "regular" season and a "supplementary" season - each semester, which take place after the end of classes. You may either take your exam in one of these seasons or try to improve your final grade in the supplementary season. There is also a "special" season, which is an extra period for completing your course or a period aimed at students covered by this scheme.



## FROM U.PORTO TO THE WORLD

Europe? Asia? Or, maybe, the Americas? As a U.Porto student, you will have the chance to participate in international mobility programmes with a short or long duration. To apply to these programmes (e.g. the well-known Erasmus+), contact the International Relations Services of your Faculty.

START PLANNING  
YOUR MOBILITY



## EUGLOH: A EUROPEAN SUPER CAMPUS

U.Porto is part of the EUGLOH alliance - European University for Global Health, an European “super campus” which allows you to get in touch with students, professors and researchers from 9 universities of 8 different countries. As a member of EUGLOH, you can also take part in mobility projects - in-person, virtual or blended, short or long term - research and training programmes.



[www.international.up.pt](http://www.international.up.pt)



[www.eugloh.eu](http://www.eugloh.eu)





### **1. A “Mentoring Programme” to help you feel at home**

What if you could have an U.Porto student helping you through your first days at University? Sounds good, right!? The Mentoring Programme covers your entire integration process and allows you to take part on get-togethers, shared experiences, study support, cultural activities around the city, among others. To join the Mentoring Programme, you may apply as a “mentee” and, who knows, as a “mentor”, so that, later on, you can also welcome new students. For more information, visit ***up.pt/mentoriaup***

### **2. The Student Ombudsman**

If during your path in the University of Porto, you experience situations of conflict or wish to make a question or expose a problem that is affecting your experience, you can count on the support of the Student Ombudsman.

Please contact **220 408 025/26** or ***provedor.estudante@reit.up.pt***

You can also use the Complaint portal ***www.up.pt/denuncias***

### **3. Supporting the inclusion of all students**

The NAI (Inclusion Support Group) promotes equality in the different aspects of academic life, especially concerning students with special educational needs. This team is ready to help any student access information, by producing accessible information (e.g. converting text to digital Braille or voice text) and providing a team of Portuguese sign language interpreters. For more information, contact ***nai@reit.up.pt***

### **4. Your students’ association**

Each Faculty has a ***students’ association*** whose mission is to represent and protect your interests. Contact your students’ association to keep track of recreational activities organised by the association, or access projects related to your course or even study support materials.





# Have you just joined U.Porto? Mentoring will help you!

Sign up for the U.Porto's Mentoring Programme and you'll have the support of student mentors to guide you through your first year at the University.



[www.up.pt/mentoriaup](http://www.up.pt/mentoriaup)



# Study Spaces

From libraries, to modern study rooms, cafés and cutting-edge laboratories, at the U.Porto campuses you will find a wide range of spaces and structures where you can catch up on your studies.



## LIBRARIES



All U.Porto's Faculties have a free-access library. Here, you will have access to many bibliographic resources, such as books, articles, scientific journals and publications that are relevant for your course. Some libraries have an Archive or a Special Collections Room, whos you can access upon previous request. As a student of the University of Porto, you can access the libraries of all Faculties. Some libraries have extended opening hours and are open on Saturdays. Regularly check the information concerning the library's opening hours, usage rules, capacity and book loan conditions on the relevant Faculty website.

## STUDY AND WORK ROOMS



Some U.Porto's Faculties will have study rooms, laboratories, studios and other types of spaces available for you to work on practical assignments or group projects, especially during the assessment periods.



## E-LEARNING CAFÉS

Looking for a more relaxed place to study? Do you need to use a computer? The Asprela and the Botanical E-Learning Cafés are available for you in the Asprela and Campo Alegre campuses, respectively. The U.Porto **E-Learning Cafés** are open every day with extended opening hours. And don't forget to enjoy their outdoor spaces to get inspired!



### **1. Access the Virtual Higher Education Library**

Through this catalog, you can have access to a thousand of scientific journals, books and reference works from 30 institutions. This catalog is available online from anywhere.

### **2. Simply log in with your student's credentials to access international journals and publications**

As a U.Porto student, you have free access to a vast list of reference publications. Examples of available sources are the Cambridge University Press, the Sage or the Oxford University Press. Simply log in with your student credentials!







It's time to  
**feel at  
home**



# Where to eat

The three campuses of the University of Porto have canteens, snack bars or restaurants where you can lunch, have a snack or dine, at affordable prices.

You can choose between fish, meat, vegetarian or vegan dishes. All complete meals cost €2.95, and you need your student card to access the canteens.

Dinner is only served in the canteens near the Faculty of Arts and the Faculty of Economics.

**8 canteens**  
**4 snack bars**  
**1 restaurant**  
**1 grill**



[www.up.pt/where-to-eat](http://www.up.pt/where-to-eat)



# Scholarships and Funding

At U.Porto, we believe that equal opportunities and the promotion of academic merit are the first step towards the success of our students. With this in mind, we offer you a wide range of scholarships and financial benefits to ensure that your dreams come true!

## STUDY SCHOLARSHIPS

If you are enrolled in a Bachelor's, Master's or Integrated Master's programme at U.Porto (students with the International Student Status are excluded), you can apply for a study scholarship offered by the Social Services of the University of Porto (SASUP) and funded by the Portuguese government. These scholarships consist of a monthly cash payment intended to contribute to costs related to attending the course.

## MERIT SCHOLARSHIPS

Merit scholarships are awarded every year to students enrolled in Bachelor's, Master's and Integrated Master's programmes who display exceptional academic achievement. U.Porto also awards "Incentive Prizes" to the best first-year students of each Faculty.

## OTHER SUPPORT

Aside from study scholarships, SASUP also has a Social Support Fund, aimed at students who temporarily find themselves in a difficult economic situation. You may also have your studies financed by study and research scholarships offered by external institutions, government entities, or partner institutions of the University of Porto.



[WWW.UP.PT/SCHOLARSHIPS](http://WWW.UP.PT/SCHOLARSHIPS)



# Accommodation

As a U.Porto student, you can apply for one of the 9 halls of residence (+ two studios) managed by the Social Services of the University of Porto (SASUP).

Located close to the faculties, these spaces are primarily intended for students who are beneficiaries of study scholarships and/or those who need accommodation due to their socio-economic conditions and the distance from their household.

Private halls of residence for university students have become increasingly popular in recent years, offering additional services such as weekly cleaning.

In Porto and the surrounding area, you'll also find a wide range of houses for rent, which you can share with other students.

[WWW.UP.PT/ACCOMODATION](http://WWW.UP.PT/ACCOMODATION)

APPLICATIONS  
[WWW.SAS.UP.PT](http://WWW.SAS.UP.PT)





# Health

Your health and well-being are an essential part of your university life. U.Porto has several **health** services available for you.

## **MEDICAL APPOINTMENTS** (ONLINE OR IN-PERSON)

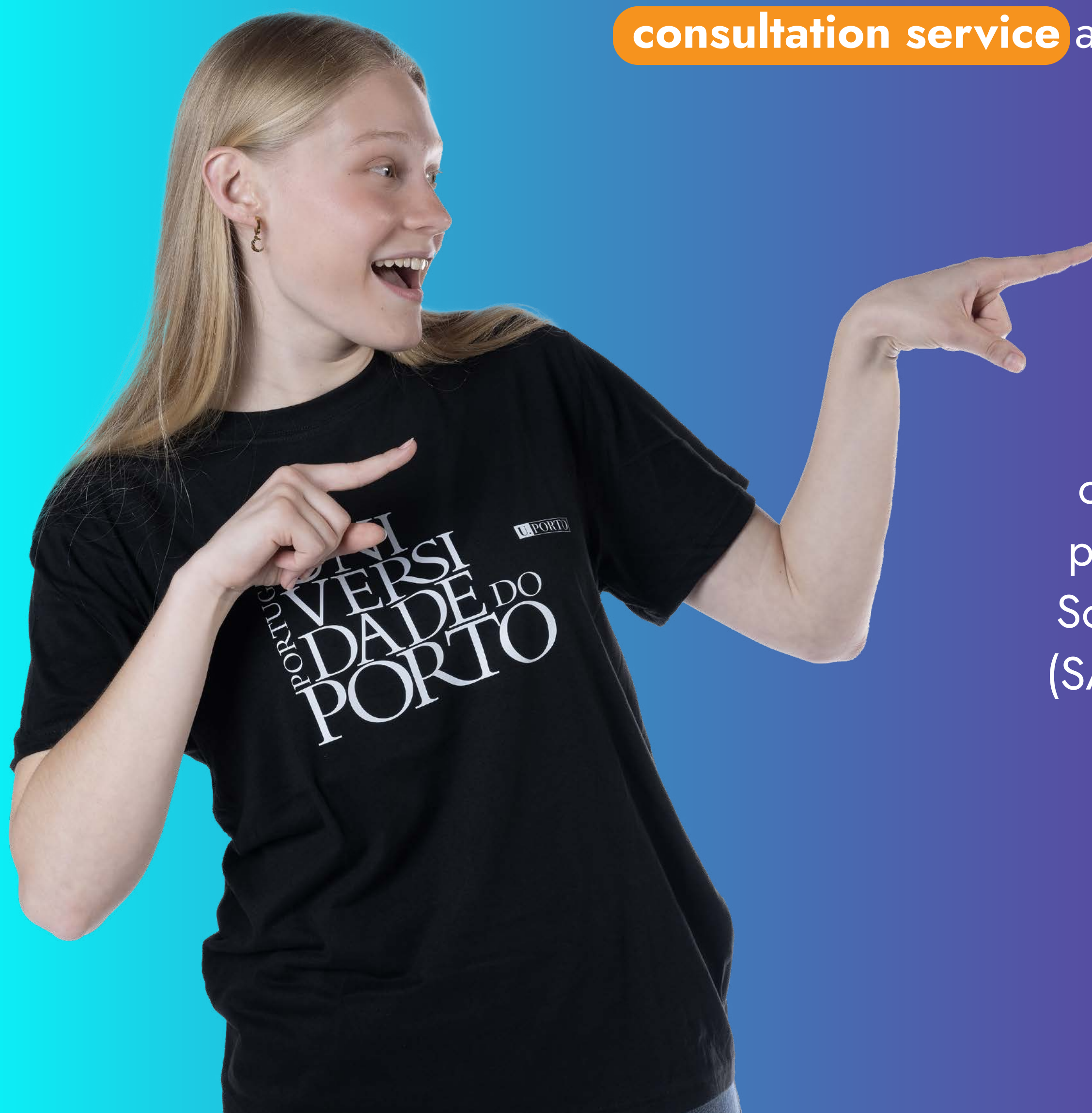
- > General Medicine;
- > Gynaecology/Obstetrics;
- > Psychiatry;
- > Psychology;
- > Dental Medicine;
- > Nutrition;
- > Sexual Health: clinical Sexology, gender and sexualities;
- ... Other specialities

**APPOINTMENTS > [WWW.SAS.UP.PT](http://WWW.SAS.UP.PT)**

## **Live the University with a smile!**

Your oral health is a priority for us. That's why, as a U.Porto student, you have access to a quality dental **consultation service** at affordable prices.

For better dietary counselling, you can also use the Nutrition consultation provided by our Social Services (SASUP).





# We'll look after you!

University life can bring great challenges. With this in mind, U.Porto offers you a comprehensive psychological support service, provided by qualified professionals.

Through your faculty and the U.Porto Social Action Services, you can access individual psychological consultations, in different languages, by telephone, video-call, live-chat or e-mail.

Psychological support is completely free and is available to help you manage anxiety, social and family difficulties, organise your studies, etc.



<b>FAUP</b>	<a href="mailto:psica.campoalegre@fc.up.pt">psica.campoalegre@fc.up.pt</a>
<b>FBAUP</b>	<a href="mailto:apoiopsicologico@fba.up.pt">apoiopsicologico@fba.up.pt</a>
<b>FCUP</b>	<a href="mailto:apoio.estudante@fc.up.pt">apoio.estudante@fc.up.pt</a> / <a href="mailto:psica.campoalegre@fc.up.pt">psica.campoalegre@fc.up.pt</a>
<b>FCNAUP</b>	<a href="mailto:psica.campoalegre@fc.up.pt">psica.campoalegre@fc.up.pt</a> .
<b>FADEUP</b>	<a href="mailto:gae@fade.up.pt">gae@fade.up.pt</a>
<b>FDUP</b>	<a href="mailto:geea@direito.up.pt">geea@direito.up.pt</a>
<b>FEP</b>	<a href="mailto:sdcc@fep.up.pt">sdcc@fep.up.pt</a>
<b>FEUP</b>	<a href="mailto:goi@fe.up.pt">goi@fe.up.pt</a> / <a href="mailto:psigoi@fe.up.pt">psigoi@fe.up.pt</a>
<b>FFUP</b>	<a href="mailto:george@ff.up.pt">george@ff.up.pt</a> / <a href="mailto:apoio.psicologico@ff.up.pt">apoio.psicologico@ff.up.pt</a>
<b>FLUP</b>	<a href="mailto:psica.campoalegre@fc.up.pt">psica.campoalegre@fc.up.pt</a>
<b>FMUP</b>	<a href="mailto:gempico@med.up.pt">gempico@med.up.pt</a>
<b>FMDUP</b>	<a href="mailto:atendimento@sas.up.pt">atendimento@sas.up.pt</a>
<b>FPCEUP</b>	<a href="mailto:consultapsi_estudantes@fpce.up.pt">consultapsi_estudantes@fpce.up.pt</a>
<b>ICBAS</b>	<a href="mailto:gae@icbas.up.pt">gae@icbas.up.pt</a>





# IT Services

There are many IT services at your disposal at the University of Porto, and you will be informed about all the resources and tools available to you throughout your academic path.

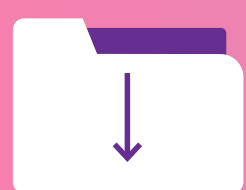
## STAY CONNECTED

When you enrol in the University of Porto, you are given a personal username and password that give you access to many resources.



### Wi-Fi – EDUROAM

Use your student's credentials to access the Wi-Fi "eduroam" network, an internet connection available in more than 100 countries.



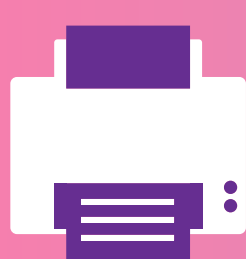
### Free Tools

Download relevant software like "Google for Education" or "Microsoft Office 365" for free.



### U.Porto Card

Your Student's Card is essential in various contexts, such as accessing printing services, buildings and parking areas, or borrowing books from the library.



### Printing services

You can use the printing, scanning or copying machines spread out throughout the Faculties on a "self-service" basis.



### Helpdesk

Our team is ready to help you solve computer problems.

www

[www.up.pt/it](http://www.up.pt/it)



# Are you an international student?

**Bem-vindo/a! Welcome! Bienvenido/a!  
Willkommen! Benvenuto/a! Bienvenue!  
Witamy! Hoşgeldiniz! 欢迎! Ласкаво просимо!...**

Whether you've just arrived in Portugal or you're still preparing your trip, we know that these first days of your journey can be challenging. That's why we want to be by your side throughout the whole process of adaptation to the University, City and Country that are now yours too.  
**Follow our checklist:**

- Apply for a residence visa
- Opening a bank account
- Setting up medical insurance
- Getting to Porto
- Finding accommodation
- Learning Portuguese
- Taking part in welcoming and integration activities



## DID YOU KNOW THAT?...

At U.Porto we have an international students association specially for you! Find out more about the activities of

**InterUP**

U.Porto also provides several support services, both centrally and locally (at your faculty), which respond immediately to your needs

 [international@reit.up.pt](mailto:international@reit.up.pt)



# Take part in the University's administration

**At U.Porto, your opinion counts!** And that's why we encourage you to play an active role in the administration of the University by participating in the elections of student representatives on the governing bodies of the University and Faculties or by taking on this role yourself.

The governing bodies with student representation include the General Council (responsible, for example, for electing the Rector, setting the tuition fees or approving the institution's general guidelines) and, at the faculty level, the Council of Representatives and the Pedagogical Council.



## DID YOU KNOW?...

Student representatives on the U.Porto General Council are elected every two years, through an electoral process open to the entire student community.

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

Governing Bodies of the University of Porto





It's time to  
**grow**



# Sports and Well-Being

The University of Porto challenges you to keep fit through a wide range of sporting activities. Choose what you like best, but stay active!

## TRAINING OR CLASSES?

Cardio, combat, weight training, pilates, zumba...

Are you full of energy? At the gyms of the U.Porto Sports Centre (CDUP-UP) you have unlimited access - at special prices - to weight training rooms, aquatic activities and group classes.



## PUT ON YOUR U.PORTO SHIRT...

and show what you've got in the national and international university championships in different sports. From handball to badminton, football, basketball, rowing, bodyboarding, tennis, taekwondo and much more... You can take part in the teams run by CDUP-UP or those organised by your students' association.

## WANT TO GIVE IT A TRY?

In your welcome kit you'll find a wristband that gives you free access to the CDUP-UP gyms for seven days. You can try out the group classes, train with the instructors, and much more!



[cdup.up.pt](http://cdup.up.pt)



# sports for all

**+30**

fitness  
categories

**+40**

competition  
categories



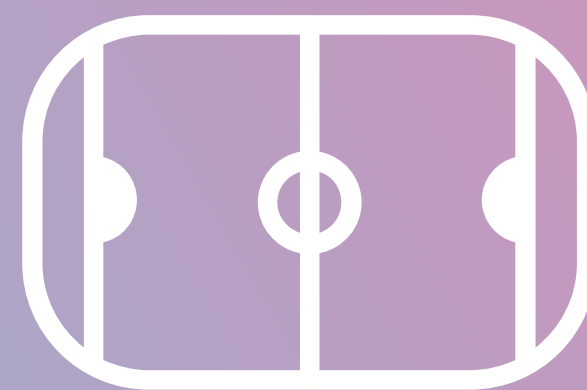
**Fitness rooms**



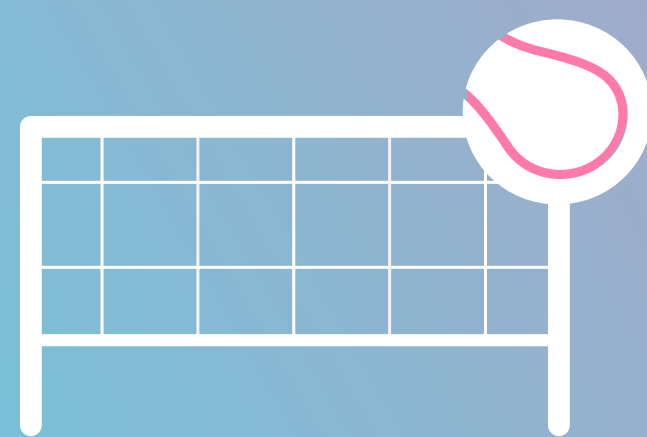
**Gyms**



**Sports Hall**



**Stadium**



**Tennis Court**



**DesportoU.Porto**



**desportou.porto**



**Desporto U.Porto**



**UPorto\_Sports**



# Associations, Groups and Volunteering

Academic life is the perfect time to be involved in rewarding parallel projects. From music to theatre, volunteering work or associativism, U.Porto gives you the chance to express your talent and spirit of initiative in a wide variety of ways.

- > join cultural and artistic groups, such as theatre groups, dance groups, choirs or academic music and Fado groups.
- > join activist associations in the environmental and sustainability area.
- > participate in gender equality and human rights intervention projects.
- > join debating societies, more or less linked to politics.
- > join volunteering programmes to support older people, children, animals, and many other programmes created by or associated with the U.Porto



## 1. BE PROACTIVE!

Participating in extracurricular activities will allow you to meet people from other Faculties. These activities help you develop essential skills for your future, such as team-work, time and priority management skills, among many others.

## 2. YOUR DEDICATION IS ACKNOWLEDGED

Your participation in volunteering programmes is acknowledged in a Diploma Supplement, issued when you complete your course. This supplement acknowledges that you had an important role in the work developed in the relevant project(s).



Reach your students' association or contact us at [voluntariado.up@reit.up.pt](mailto:voluntariado.up@reit.up.pt)



# Culture at your hands

As a student at U.Porto, you can enjoy our museums and cultural spaces, as well as a regular programme of exhibitions, conferences, concerts and other events that will enrich your academic experience.

## ART AND CULTURE IN THE UNIVERSITY'S HALLWAYS

The “Casa Comum”, located in the Rectory building, hosts a regular programme of free cultural events open to the entire community. There you have the opportunity to get to know the work of artists from the most diverse areas, but also to show your own talents!



## PLACES YOU MUST VISIT...



The Natural History and Science Museum of the University of



Porto U.Porto's Botanical Garden



The Hall of Biodiversity – in the Ciência Viva Centre



[www.up.pt/casacomum](http://www.up.pt/casacomum)



CulturaUPorto



casacomumuporto



culturauporto



# Discovering Porto

... means encountering all the surprises that one of the oldest and most beautiful cities in Europe can offer you. Let yourself get “lost” in the “best destination in the world”!

The “Invicta” city has one of the richest artistic, cultural and historical heritages in Portugal, populated by churches, monuments and museums. Classified as a UNESCO World Heritage Site since 1996, Porto’s Historic Centre is the ideal starting point for a journey that mixes the past and the contemporary.

But Porto can also be discovered in each garden or narrow street; on a walk along the Douro or over lunch in Ribeira; watching the sunset in Foz or enjoying the endless nights in the Downtown; and always in dialogue with its inhabitants.



Follow our **tips** to experience Porto



# Enjoy your **new city** **and home!**

The U.Porto Card grants you exclusive and free access to dozens of museums and other cultural spaces in Porto and several other portuguese municipalities. You can also have a 50% discount on shows and exhibition tickets.

Check the museums, galleries, and other places available [here](#)







It's time to  
**create**



# Show your talents!

**Building your career can be one of the biggest challenges of your life! That's why U.Porto offers you a wide range of career services that will help you to develop your skills, maximise your talents and explore new opportunities, in close collaboration with potential employers, associations and job centres.**



## FOLLOW OUR TIPS:

- **Seek out national and international career opportunities** through the [emprego.up.pt](http://emprego.up.pt) platform and your university's career services.
- **Gain experience in the labour market** with short and long-term traineeship opportunities, according to your availability and training area.
- **Work on your networking** and meet prospective recruiters thanks to our privileged contacts and by taking part in relevant mentoring programmes, job fairs, workshops and webinars.
- **Develop your skills** and your personal marketing, to better identify your interests and start building career action plans that will help you make more informed choices.
- **Receive tailored guidance** by specialists in career counselling, tips for creating an effective resume, job interview advice and references to seek and find job opportunities.

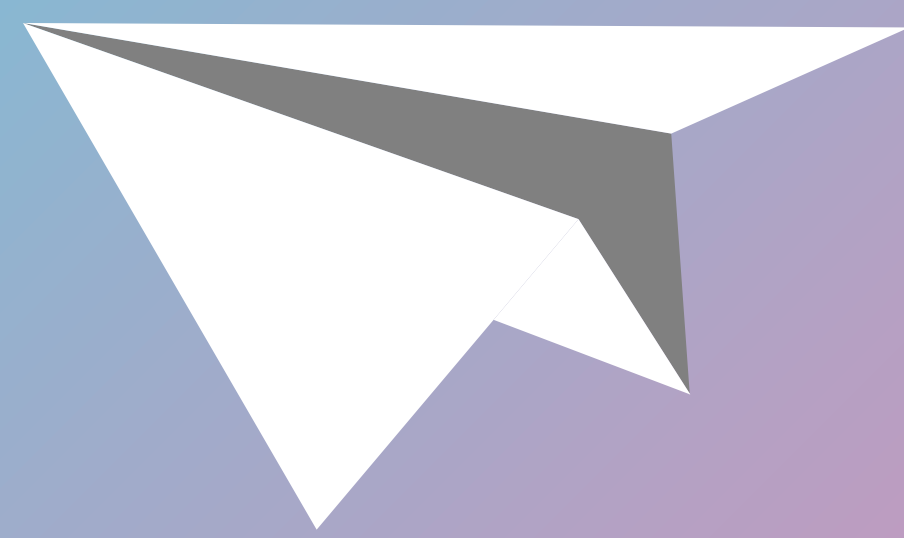


[www.up.pt/careers](http://www.up.pt/careers)



[showcase/uportocareer](https://www.linkedin.com/showcase/uportocareer)





# Create your own company!

**UPTEC – The Science and Technology Park of the University of Porto is a space where hundreds of start-ups and spin-offs created by U.Porto students are born. Creating your own company, based on innovative and actionable business ideas, may be the way towards your future!**



[www.uptec.up.pt](http://www.uptec.up.pt)



uptec



uptec\_porto





# Follow us



universidadedoporto

[www.noticias.up.pt](http://www.noticias.up.pt)



uporto

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



**U. PORTO**