



# ERASMUS STUDENT GUIDE 2008-2009

Welcome to ISLA.

This guide is made to give you information about staying and studying in Vila Nova de Gaia.

Please read the ERASMUS Guide carefully and if you have any questions please don't hesitate in contacting us.

We wish you all the best and hope that you will enjoy your stay.

*ERASMUS Staff*

**Opening Hours:**

Monday: 09.30 to 16.00

Tuesday: 09.30 to 13.00

Wednesday: 09.30 to 13.00

Thursday: 09.30 to 16.00

Friday: 09.30 to 13.00

ISLA Gaia – GRI (Institutional Relations office)

Rua Cabo Borges, 55

4430-032 Vila Nova de Gaia

Portugal

Tel.: +351 22 243 1048

+351 93 475 4110

Fax: +351 22 377 2985

E-mail: [susanne.graaf@unisla.pt](mailto:susanne.graaf@unisla.pt)

<http://gaia.unisla.pt>

## **1. General Information about Vila Nova de Gaia**

Vila Nova de Gaia, or simply Gaia, is in the Porto district, south of the city of Porto on the other side of the river Douro. The city has a population of 178,255. Gaia together with Porto and other 12 municipalities make up the commonly designated Porto Metropolitan Area.

Gaia has a coastline of nearly twenty Kilometres and beautiful parks to stroll around such as the biological park and Quinta Santo Inacio.

The climate is humid during and temperatures may go from 9° Celcius in winter to 27° in summer.

Gaia is well known for its "lodges" (locally known as "caves") where the world famous Port wine is stored and aged. The lodges have become a major tourist attraction.

## **2. The University**

Welcome to ISLA Gaia.

ISLA was founded in 1962 in Lisbon by Gonçalves Rodrigues and the Gaia extension opened in 1989. The ISLA Universe contains nowadays a total of 4 poles which are Santarem, Leiria, Bragança and Gaia.

ISLA Gaia is a building that contains 3 floors in which you can find 16 classrooms fully equipped with audiovisual resources, 6 informatics laboratories, 1 communication and multimedia laboratory, 1 auditory, library, bar, student's lounge, students association's lounge and many offices which provide services and help when needed.

All floors are reachable by elevator and stairs.

## **3. Programmes for ERASMUS Students**

The European Commission has developed the European Credit Transfer System (ECTS) to help students make the most of their studies abroad. Basically, this system is a way of measuring and comparing learning achievements and transferring them from one institution to another. Likewise, it helps higher education institutions to enhance their co-operation with other institutions by improving access to information on foreign curricula and providing common procedures for academic recognition.

ECTS credits are a value allocated to modules to describe the student workload required to complete them. They reflect the quantity of work each course requires in relation to the total quantity of work required to complete a full year of academic study at the institution, that is, lectures, practical work, seminars, private work – in the laboratory, library or at home – and examinations or other assessment activities.

ECTS credits are allocated to courses and are awarded to students who successfully complete those courses by passing examinations or other

assessments. They are also allocated to practical placements and to thesis preparation when these academic activities form a part of the regular study programme both at home and at host institutions. The overall objective is to offer ECTS students flexible study programmes with the aim of allowing them to make the most of their studies at the host university and plan their own study programme.

ISLA has already introduced the ECTS into all its courses. With this system 60 credits represent one year of study (in terms of workload); normally 30 credits are awarded each semester.

Grading system:

The grading system used in Portugal is based on specific attainment levels, rather than on a numerical scale.

ECTS Grading Scale
Excellent
Very Good
Good
Satisfactory
Sufficient
Fail

#### 4. Degree Courses

These are the courses taught at ISLA Gaia:

- Tourism
- Communication
- Human Resources Management
- Psychology
- Business Management
- Computing and multimedia systems
- Hygiene and safety at work

#### 5. Academic calendar

Calendário Escolar 2008 | 2009 - ISLA

1º S	Q	Q	S	S	D	S	T	Q	Q	S	S	D	S	T	Q	Q	S	S	D	S	T	Q	Q	S	S	D	S	T	Q						
Out	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
Nov				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Dez					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Jan		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
Fev					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28			
Mar				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
2º S	Q	Q	S	S	D	S	T	Q	Q	S	S	D	S	T	Q	Q	S	S	D	S	T	Q	Q	S	S	D	S	T	Q						
Mar					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Abr		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				
Mai			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
Jun				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Jul	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				

1<sup>st</sup> semester is from the 1<sup>st</sup> of October to the 3<sup>rd</sup> of March. Christmas holidays will be from the 23<sup>rd</sup> of December to the 2<sup>nd</sup> of January. Tests and exams of the 1<sup>st</sup> semester will be from 21<sup>st</sup> of January till the 3<sup>rd</sup> of March.

2<sup>nd</sup> semester starts the 4<sup>th</sup> of March until the 31<sup>st</sup> of July. Easter holidays will be from 8<sup>th</sup> to the 14<sup>th</sup> of April. Tests and exams will start from the 22<sup>nd</sup> of June till the 31<sup>st</sup> of July.

## **6. Accommodation**

ISLA has a folder and online information about rooms and apartments for rent. Here you can find all the information about prices and location of the apartments.

There is also the option of youth hostels in the area which are cheap and very comfortable. For more information visit the site:

<http://www.pousadasjuventude.pt/edicoes1/pousadas/artigos.asp?rev=2&artini=169&art=172>

We will do everything to help you find a good place.

## **7. Travel expenses**

To cover all eventualities students are advised to travel with about €25 in cash. A taxi from the airport into town costs about €15 and a meal about €9.

Students who would like to take the bus into town from the airport the cost is about €0.75 and the subway is about the same price as the bus.

In front of the ISLA we have a bus stop with busses from all over Gaia and some from Porto and also a subway station.

## **8. Banking**

It is not a good idea to keep large amounts of cash on one's person or at home. Therefore students are advised to use their bankcard or open a bank account on arrival. Most foreign cards can be used in the teller machines and for payment in shops. Visa is also accepted in most places.

If you would like to open a bank account, banks are open from Monday to Friday from 08.30 to 15.00.

## **9. Miscellaneous costs**

Cinema	€ 5.00
Lunch at university canteen	€3.80
Coffee	€0.50
Refreshments in bar	€1.50
Refreshments in supermarket	€0.80

## **10. Insurance**

European students only need the European Insurance Card. Students may also take out an additional insurance to cover liability and personal belongings during their stay in Portugal. ISLA will not be held responsible for the loss of personal belongings.

## **11. Vaccinations and Prescription medicines**

No special vaccinations are required or recommended before travelling to Portugal. Students following a course of treatment should bring enough prescription drugs with them to last their stay.

## **12. Shopping Hours**

Normal opening hours for shops: 9.30 – 12.30 and 14.00 – 19.00  
Shopping centres are open from 10.00-23.00 every day including Sunday.

## **13. Pharmacy**

Most pharmacies are open from 09.00 to 20.00. Some open in the weekends or are open 24 hours a day. When in doubt, consult the local newspaper or the pharmacy nearest to you.

## **14. Culture**

There are always many cultural activities available in Gaia and Porto. For more information consult [www.cm-gaia.pt](http://www.cm-gaia.pt) or [www.cm-porto.pt](http://www.cm-porto.pt)

## **15. Useful numbers**

Emergency number: 112  
Fire brigade (bombeiros): 223 778 000  
Police: 227 810 631  
Hospital Gaia: 227 865 100  
Airport: 229 432 400  
Taxis: 227 864 000  
Tourist Office:  
Vila Nova de Gaia - Santa Marinha  
Avenida Diogo Leite , Vila N Gaia  
4400-111 VILA NOVA DE GAIA  
Tel: 223 751 902