

Survival Guide EUROMED 2025

# **EUROMED**

## Conference

*Exploring New Horizons in Business and  
Management*

# **PORTO 2025**

## Survival Guide



*September 10th-12th, 2025*

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## Welcome to Porto!

**We are thrilled to welcome you to the beautiful city of Porto for the 18th Euromed Academy of Business Conference, taking place this September at the Faculty of Economics, University of Porto.**

Porto is a city that charms at every corner — a place where history, culture, and innovation meet. With its colourful riverside façades, iconic bridges, and world-renowned port wine, Porto offers a unique blend of authenticity and vibrancy that makes it one of Europe's most captivating destinations.

As you stroll through the cobbled streets of the historic centre — a UNESCO World Heritage Site — you'll discover baroque churches, lively cafés, and breathtaking viewpoints over the Douro River. Whether you're enjoying a *francesinha* in a traditional tavern, sipping wine in a centuries-old cellar, or simply watching the sunset from the Ribeira, Porto has a way of making you feel at home.

And if you're looking to unwind by the sea, you're in luck — Porto is just minutes away from the Atlantic coast, where you'll find a string of beautiful public beaches, easily accessible by metro, bus, or bike. In early September, the weather is still warm enough to enjoy a swim or a relaxing afternoon by the ocean.

This guide is designed to help you navigate both the conference and the city with ease. Inside, you'll find practical information about the venue, transportation, dining, safety, and of course, the exciting social and cultural activities we've prepared for you — including a gala dinner, walking tours, and excursions through the Douro Valley.

**We hope your time in Porto will be as enriching professionally as it is personally. Welcome — and enjoy every moment!**

## How to Get to Porto

Whether you're arriving by air, rail, road, or bus, Porto is well connected and easy to reach. Here's how you can get to the city:

### By Plane

Porto is served by Francisco Sá Carneiro Airport (OPO), located about 11 km from the city center. The airport offers direct flights to and from many European cities and major international hubs.

- Airport website: [www.aeroportoporto.pt](http://www.aeroportoporto.pt)
- From the airport, you can reach the city center by:
- Metro (Line E – Purple): Approx. 30 minutes to Trindade station.
- Taxi or ride-sharing (Uber, Bolt): Approx. 20–30 minutes.
- Bus (STCP lines 601, 602, 604): Frequent service to various parts of the city.

### By Train

Porto is accessible by train from several Portuguese cities, including Lisbon, Coimbra, Braga, and Guimarães.

- Main station: Campanhã (with connections to São Bento station in the city center)
- Train schedules and tickets: [www.cp.pt/passageiros/en](http://www.cp.pt/passageiros/en)

### By Bus

Several international and national bus companies operate routes to Porto.

- Main terminal: Campo 24 de Agosto
- International routes: FLIXBUS, ALSA, Rede Expressos
- Booking and schedules:
  - [www.flixbus.com](http://www.flixbus.com)
  - [www.rede-expressos.pt](http://www.rede-expressos.pt)

### By Car

Porto is well connected by highways:

- From Lisbon: A1 motorway (approx. 3 hours)
- From Spain: A3 (from Galicia) or A4 (from Castilla y León)

Parking: Public parking is available throughout the city, but spaces in the city center may be limited. Consider using park-and-ride options or hotel parking.

## Conference venue

The conference is hosted at the School of Economics and Management of the University of Porto – FEP.

### Welcome to FEP – School of Economics and Management, University of Porto

FEP is one of the 14 faculties of the prestigious University of Porto (U.Porto), one of the top-ranked universities in Portugal and Southern Europe. While deeply integrated into the academic and research ecosystem of U.Porto, FEP maintains a strong identity of its own, recognized for its excellence in economics, management, and related fields.

Founded in 1953, FEP has a long-standing tradition of academic rigor, innovation, and international openness. It offers a wide range of undergraduate, master's, and doctoral programs, many of which are taught in English and attract students from all over the world.

### The Building

FEP is located in the Asprela University Campus, in the northern part of Porto. Its main building is a modernist structure designed by architect Carlos Loureiro, inaugurated in 1974. The building is known for its distinctive brutalist architecture, with spacious lecture halls, a large library, study areas, and panoramic views of the city from the upper floors.





For more information about FEP and its facilities, please visit the following link:

<https://www.up.pt/fep/en/>

## How to Get to FEP from Airport

### By Metro

The most practical and economical way:

1. At the airport, take the Metro do Porto Line E (Purple) towards Estádio do Dragão.
2. Exit at Trindade station.
3. Transfer to Line D (Yellow) towards Hospital de São João.
4. Exit at Pólo Universitário station (about a 5-minute walk to FEP) or IPO station (about a 15-minute walk).

For more information, visit: <https://en.metrodoporto.pt/pages/396>

### **By Bus**

The STCP (Sociedade de Transportes Colectivos do Porto) serves FEP with several lines:

- 204: Hospital de S. João – Foz
- 300: Circular Hospital S. João – Aliados
- 301: Circular Hospital S. João – Sá da Bandeira
- 803: Boavista – Rio Tinto

The nearest stops to FEP are FEP1 and FEP2.

For more information, visit: <https://www.stcp.pt/en/travel/>

### **By Car**

If you are driving from the airport:

1. Follow the A41 and then the A3 towards Porto.
2. Exit onto EN12 (Estrada da Circunvalação) towards Hospital de São João.
3. Follow the signs for Paranhos or Hospital de S. João.
















FEP has two entrances:

- Main Building: Rua Dr. Roberto Frias

Parking is available with authorization.

For more information, visit: <https://www.fep.up.pt>

## How to get to FEP from hotels

Hotel	Address	How to reach the Conference venue
Hotel da Música Discount - 10% BAR <a href="https://www.hoteldamusica.com/">https://www.hoteldamusica.com/</a>	Mercado do Bom Sucesso, Largo Ferreira Lapa, 21 a 183 Porto 4150-323	 53 min  17 min  35 min  19 min
Starr In Porto Discount - 10% BAR <a href="#">Hotel - Star inn Hotels</a>	R. Senhora do Porto, 930	 38 min  9 min  34 min  13 min
Hotel Tryp Porto Centro Discount - 10% BAR <a href="#">Home - Tryp Porto Centro</a>	Rua da Alegria 685 689, 4000-046 Porto	 30 min  9 min  20 min  8 min
Hotel Tryp Porto Expo Discount - 10% BAR <a href="#">Home - Tryp Porto Expo</a>	Rotunda da Exponor, Leça da Palmeira, 4450-801 Matosinhos	 24 min  75 min  50 min



### Internet Access

**Any participant with direct access to Eduroam will automatically connect to the internet.**

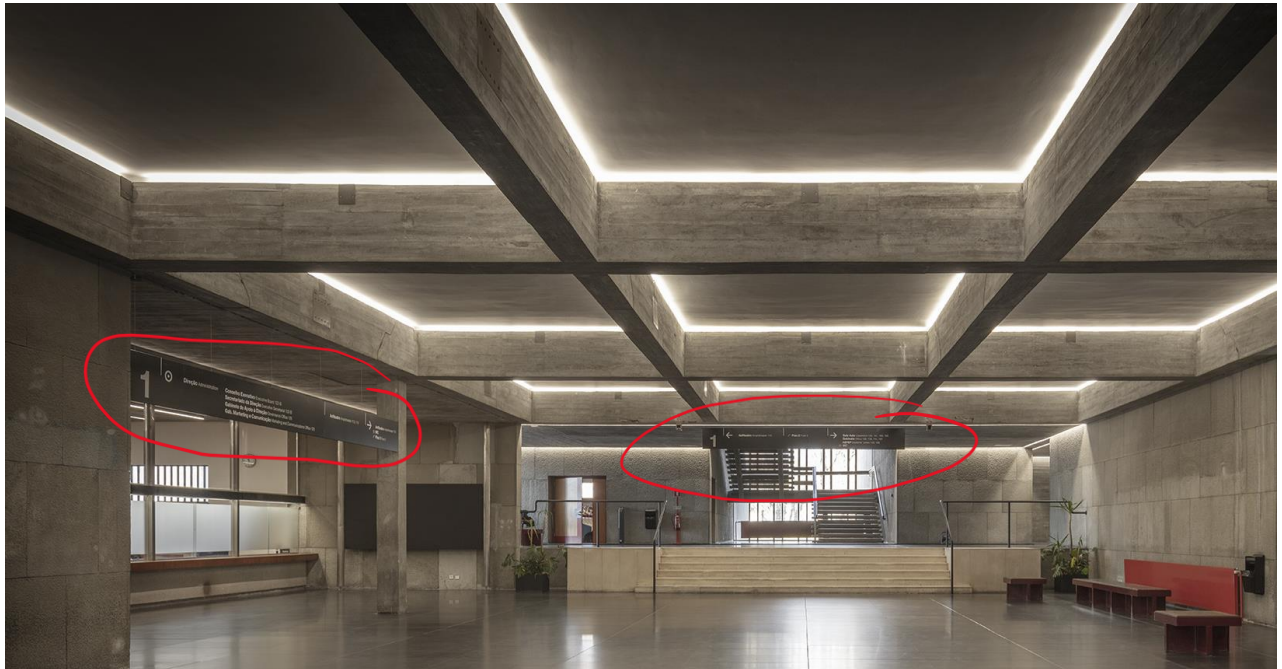
Each participant will request and receive the credential independently, which they can do by clicking on [this link](#). The participant will be asked to provide their first name, last name, and a valid email address, to which we will send the event credential information assigned to them.

Alternatively, the participant can access the form for credential requests by scanning the QR code with their smartphone:



### Finding a room at FEP

The conference program indicates the rooms where each session will take place within FEP. Signage is available throughout the building to help you find your way.



### Pre-conference registration

**Location:** at the main entrance of the FEP – School of Economics and Management of the University of Porto

**Time:** Wednesday the 10<sup>th</sup> of September 2025, between 14.00 and 18.00.

### Registration

The reception desk is located at the main entrance of the FEP – School of Economics and Management of The University of Porto.

**Time:** Thursday and Friday the 11<sup>th</sup> and 12<sup>th</sup> of September 2025, between 08.30 and 17.30.

### Lunch break & Coffee break

**Location:** FEP – School of Economics and Management of the University of Porto

**Time:** End of the morning session (lunch). Midst of the morning session, midst of the afternoon session (coffee break).

### Tap Water

In Portugal, tap water is safe to drink everywhere — by law, it must meet strict quality standards. So there's no need to buy bottled water unless you prefer it.

We encourage you to bring a reusable water bottle and refill it throughout the day. You'll find taps and fountains at the conference venue and around the city. Staying hydrated is especially important if you're walking or cycling around Porto in the September sun!

## Gala dinner

Location: “Quinta do Vieira”, [Quinta do Vieira](#), R. da Igreja de Paranhos 379, 4200-330 Porto  
[10 walking distance from FEP]

**Time:** Thursday the 12th of September 2025, between 20:00 and 23:00.

**Dress code:** Formal



## Cultural Moment

During the conference, you'll enjoy a performance by Atituna, the all-female academic tuna from the Faculty of Psychology and Education Sciences of the University of Porto.

A tuna académica is a traditional Portuguese student music group known for lively serenades, colorful academic outfits, and folk-inspired music played on guitars, mandolins, tambourines, and violins.

Founded in 2006, Atituna brings music, friendship, and academic spirit to every performance, sharing joy and tradition across Portugal.



Watch a performance (154) ATITUNA - Porto Amado (original) - YouTube

## Excursions

### Option 1 – Saturday Morning Visits (6 Bridges + Caves visit)

This visit offers a unique opportunity to explore Porto from a different perspective. Starting at the Cais de Gaia, participants will embark on a cruise along the Douro River, passing under six iconic bridges that showcase the city's architectural beauty. The journey continues with a guided tour of the renowned Ferreira & Sandeman caves, where the rich history of port wine production is unveiled, accompanied by a wine tasting session. This visit combines scenic views and cultural insights, making it a perfect morning activity.

- **09:45** – Meeting point: Cais de Gaia (location details will be provided later)
- **10:15** – Porto Six Bridges Panoramic Cruise on the Douro River
- **11:30** – Ferreira & Sandeman caves – guided tour with wine tasting
- **Fee:** €35
- **Participants:** minimum 20 persons, maximum 25 people



### Option 2 – Saturday - Full Day Trip to Douro Region – UNESCO Heritage (includes a professional tourism guide)

This full-day trip provides an immersive experience in the Douro Valley, a region celebrated for its stunning landscapes and historical significance. Departing from the Porto City Hall, the tour includes a visit to Quinta do Seixo, where participants will receive a warm welcome and



enjoy an informative tour. The visit includes wine tasting and snacks featuring Sandeman Apitiv Reserve White Porto and Sandeman 10 Year Old Tawny Porto. The day continues with lunch at Douro Bites, located at the Pinhão railway station, followed by a return journey to Porto. This comprehensive tour, guided by a professional, offers a deep dive into one of Portugal's most esteemed wine regions, recognized as a UNESCO World Heritage site.

- **09:00** – Meeting point: City Hall
- **11:00** – Arrival and visit - Quinta do Seixo [[Come to Visit Quinta do Seixo - Port Wine | Sandeman](#)]
- **12:00** – Tasting and snacks at Quinta do Seixo (Sandeman Apitiv Reserve White Porto and Sandeman 10 Year Old Tawny Porto)
- **13:30** – Lunch at Douro Bites - Pinhão railway station (Menu available)
- **15:00** – Departure to Porto
- **Fee:** €95
- **Participants:** minimum 20 persons, maximum 24 persons





## Practical informations

### ***Banks & credit cards***

In the city centre there are several banks open from 08:30 am to 15:30 pm. There are also many ATMs operating 24/7. In Portugal, all main credit cards are accepted.

### ***Crime and personal safety***

Portugal is consistently ranked as one of the safest countries in the world. According to the 2024 Global Peace Index, Portugal is the 7th most peaceful country globally and the 5th most peaceful in Europe.

The city of Porto, especially its central areas, is generally very safe. Nevertheless, we recommend using common sense: keep an eye on your belongings in crowded places, avoid carrying large amounts of cash, and refrain from wearing flashy jewelry.

### ***Currency***

The Portuguese currency is the Euro (€).

### ***Electricity***

In Portugal, the standard **voltage is 230 V** and the **frequency is 50 Hz**.

The most common plug types are:

- **Type C:** The standard two-pin Europlug
- **Type F:** Also known as “Schuko,” used widely across Europe.



## ***Language***

The official language is Portugal. Porto is a very popular tourist destination, so most of the restaurants and shops' staff speak English.

## ***Location and weather***

Early September in Porto offers some of the most **delightful days of the year**. The city basks in the **golden glow of late summer**, with **warm, sunlit afternoons** and **mild, breezy evenings** that invite long walks along the Douro River or relaxed conversations on outdoor terraces.

- **Daytime temperatures** hover around **24°C (75°F)**, perfect for exploring the city without the intensity of midsummer heat.
- **Evenings** are comfortably cool, around **17°C (63°F)** — ideal for enjoying a glass of wine as the sun sets over the rooftops.
- **Rain is rare**, but a light shower may occasionally pass through, adding freshness to the air.
- The **Atlantic breeze** brings a gentle rhythm to the city, making even the warmest moments feel pleasant.

This is a time when Porto feels especially **welcoming and poetic**, with the city's charm reflected in its soft light, calm pace, and the promise of a beautiful day ahead.

## ***Beaches/Surf***

Most beaches are supervised by lifeguards during the official bathing season, which runs through mid-September. Lifeguards are typically on duty from 9:00 AM to 7:00 PM, ensuring a safe environment for swimmers.

All beaches are free and open to the public, and many have Blue Flag certification, guaranteeing high standards of water quality and safety. A refreshing dip in the Atlantic might be the perfect way to end a day of inspiring conference sessions.

## ***Opening hours***

Shops: Monday – Saturday 09:00 am – 07:00 pm; Sunday closed.

Touristic Shops - 09:00 am – 09:00 pm [usually]

Supermarkets: Monday - Sunday 08:00 am/10:00 pm.

Shopping Malls: 10:00 am/10:00pm

### ***Rent a car***

Many car rental companies offer rental services. Please look at <https://www.rentalcars.com>

### ***Rent a bike***

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

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

[topbiketoursportugal.com](http://topbiketoursportugal.com)

- Book in advance, especially in September, as demand can be high.
- Most rental shops include helmets, locks, and basic assistance in the rental price.
- Porto is known for its hilly terrain, so an electric bike can be a great option for a more comfortable ride.
- There are dedicated bike paths along the Douro River, perfect for scenic rides to Foz or Matosinhos.
- Always lock your bike when unattended, even in busy areas.
- Wear comfortable clothing and sun protection, especially during the day.

### ***Smoking***

- Since **January 1, 2008**, Portugal has enforced a **nationwide smoking ban** in **enclosed public spaces**, including:
  - Restaurants
  - Bars and cafés
  - Hotels
  - Workplaces

- Shops
- Public transport
- **Smoking areas** are only allowed in **designated, physically separated, and properly ventilated spaces**, and only if the establishment has been licensed to maintain them. These are becoming increasingly rare.
- Smoking is now **prohibited near entrances and exits** of public buildings such as **schools, hospitals, universities, and restaurants**.
  - **Covered terraces** of cafés and restaurants are also included in the ban.
  - **Vending machines** for tobacco will be banned in most public venues by **2025**

### ***Taxes***

In Portugal, all services and goods are usually subject to 23% VAT. In restaurants, VAT is 10%. Usually prices already included VAT.

### ***Telephones***

Portugal's country code is 0051. For international calls, dial 00 + national code + area code + personal number.

### ***Time***

Portugal is in the Western European Time Zone (WET, UTC+0), and observes daylight saving time (Western European Summer Time – WEST, UTC+1) from late March to late October. During the conference in September, local time will be UTC+1 (the same as London).

### ***Tipping***

In all restaurants, bars, taxis etc... the service is included in the price. Tips are happily accepted but you don't need to pay anything more than the amount assessed.

### ***Emergencies***

In case of sanitary emergencies or dangerous situations, the Single European Emergency number is 112.

If you experience health problems while in Portugal, you can call the **Saúde 24 (Health Line 24)** at **808 24 24 24**

- This line is available **24/7**.
- It provides **clinical advice** and can direct you to the appropriate health service.
- **Support in English is available**, although you may need to request it explicitly.

SOME USEFUL ADVICE TO MAKE YOUR STAY IN OUR CITY  
EVEN MORE ATTRACTIVE:

VOUS TROUVEREZ CI-DESSOUS QUELQUES CONSEILS UTILES  
QUI RENDRONT VOTRE SEJOUR EN VILLE ENCORE PLUS  
AGREABLE:

1. Don't leave your wallet or other valuable objects in sight inside your car. Remember: nothing in, nothing out!  
Ne laissez pas votre portefeuille ou tout autre objet de valeur à portée de vue dans votre voiture. Rappelez-vous: S'il n'y a rien à l'intérieur, rien ne pourra en sortir.
2. Avoid arguments. If provoked, try to ignore it. If necessary, call the police.  
Evitez toute discussion. En cas de provocation, essayez d'ignorer et téléphonez à la police si nécessaire.
3. Carry your wallet or purse and your personal belongings close to your body and in front of you. Beware of pickpockets.  
Ayez votre portefeuille et vos objets personnels sur vous et devant vous. Faites attention aux pickpockets.
4. Keep your belongings in sight and take them always with you after any visit (camera, phone, personal computer, bag, etc.)  
Gardez toujours un œil sur vos objets et emmenez-les toujours avec vous si vous visitez un endroit (appareil photo, portable, ordinateur portable, sac à main, etc.)

5. Use ATMs preferably during the day. Always pay attention to people around you.  
De préférence, servez-vous des DAB le jour. Faites toujours attention aux personnes qui vous entourent.
6. Check if doors and windows in your room are duly locked.  
Vérifiez si les portes et fenêtres de votre chambre sont fermées.
7. Unless you need it, don't carry large amounts of money, but keep enough money for a phone call, a bus ticket or a taxi ride, to be able to return to the place where you're staying.  
N'ayez pas sur vous de grandes sommes d'argent à moins que vous n'en ayez réellement besoin. Tenez toujours un peu d'argent pour téléphoner, acheter un ticket de bus ou payer le taxi de retour jusqu'à votre logement.
8. Make sure you get enough information on the evacuation procedures of the place where you're staying.  
Informez-vous sur les procédures d'évacuation sur le site de votre logement.

9. Keep a copy of your documents where you're staying, in case you lose them.  
Gardez une copie de vos documents dans votre chambre, au cas où vous les perdriez.
10. Use the same precautions you should use anywhere in the world. Look confident, in case of incident contact the nearest police station which will refer you to the Tourism Police Station.  
Adoptez les mêmes précautions où que vous alliez. Soyez confiant. En cas d'incident, contactez le poste de police le plus proche afin que l'on vous conduise au Département de la Police de Tourisme.



#### Useful contacts Contacts utiles

»» 112  
For emergency situations  
En cas d'urgence

»» +351 222 092 006  
e-mail: prtetur@psp.pt

For other situations contact the  
Tourism Police Station  
Pour toute autre situation, contactez  
le Département de la Police de Tourisme.