

# Portugal eHealth summit



**19 | 22**  
**MARCH`19**

**LISBON**

ALTICE ARENA | Sala Tejo  
PT Meeting Center

24th ISfTeH  
International  
Conference



International S  
Telemedicine &  
NGO in Official Translators will







# Lisbon Tourist Guide| Portugal eHealth Summit 2019

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- 01 | Introduction
- 02 | Lisbon – History & Culture
- 03 | Public areas and museums
- 04 | Places to visit
- 05 | Transports
- 06 | Accommodation
- 07 | Gastronomy and the best of Lisbon nightlife



## 01

# Introduction

Lisbon is the stunning capital city of Portugal and is one of the most charismatic and vibrant cities of Europe. It is a city that effortlessly blends traditional heritage, with striking modernism and progressive thinking. Lisbon offers a rich and varied history, a buzzing nightlife and is blessed with a glorious year-round climate.

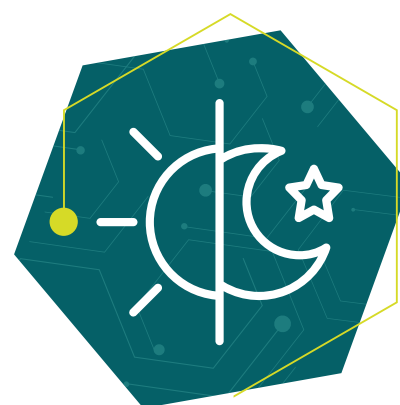
In the short notes below you can find some suggestions, which can help you to get to know the authenticity of Lisbon, including the best places to stay, eat, drink as well as the top attractions to visit and all of the key information that you need to know.



International  
Dialling Code  
**+351**



Emergency  
Services  
**112**



Good morning/  
Good night  
**Bom dia/  
Boa noite**



Hello / Bye  
**Olá / Adeus**



Please /  
Thank you  
**Por favor /  
Obrigado**





02

## Lisbon History & Culture

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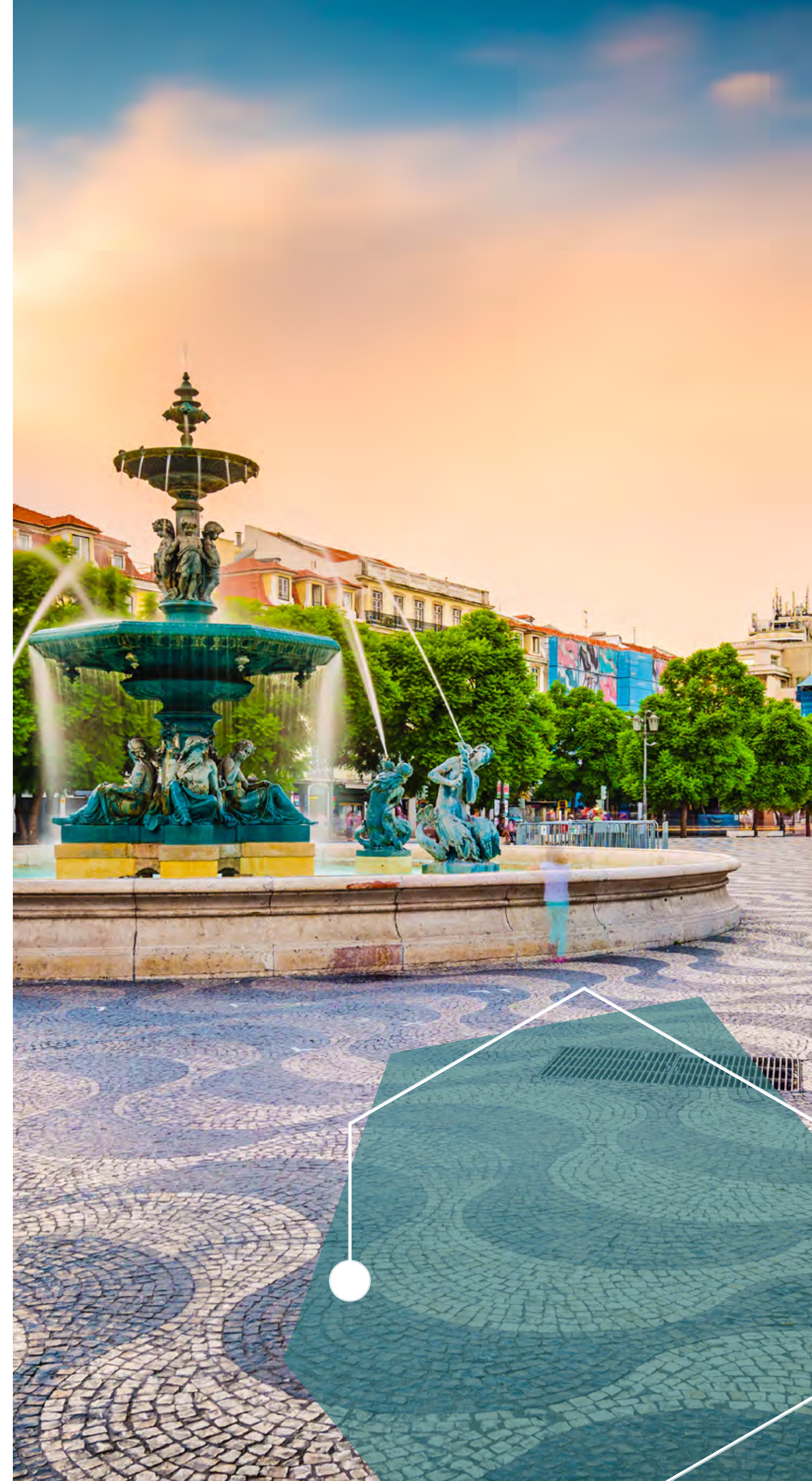
## 02

# Lisbon History & Culture

Lisbon's history dates back to 300.000 years ago. However, it emerged as a nation state in the early 12th century and ranks as one of the world's longest founded cities. As the legend tells, it is a city founded and named by Ulysses as Ulissipo or Olissopo, which has its origins in the Phoenician words "Allis Ubbo", meaning "enchanted port". It is from there, according to legend, that Lisbon got its name.

In 714, the Moors arrived to the peninsula and resisted against Christian attacks for 400 years. When the Christians finally recaptured the city, it took one more century to repel all the Moors from the peninsula.

The 15th century was the point of departure for the Portuguese Discoveries, an era during which Portugal enjoyed abundant wealth and prosperity through its newly discovered off shore colonies in Atlantic islands, the shores of Africa, the Americas and Asia. Vasco da Gama's famous discovery of the sea route to India marked this century. Lisbon was then world's most prosperous trading centre. Furthermore, many attractions of the city at present such as Mosteiro dos Jerónimos and Torre de Belém, both classified by UNESCO as World Heritage Sites, were built during this period.





## 02

### Lisbon History & Culture

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However, this era didn't take long: the earthquake of 1755 destroyed nearly the entire city. Lisbon was rebuilt by Marquês de Pombal, who thus created the Baixa Pombalina, a commercial area that still attains attraction.

The futuristic architecture of Eastern Lisbon is a complete contrast to the city's old quarters. Most of it was built by innovative architects for Expo 98, the World Fair that took place in Portugal's capital.

Today, Lisbon is one of the most beautiful capitals of Europe while still maintaining the marks of its early glorious history.





## 02

### Music

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Fado is the traditional folk music popular in Lisbon. Melancholy by nature, the music includes instruments like guitars and mandolins with one Fadista singing poetic lyrics related to darker elements of love, death and sadness. The music may, however, occasionally include some humor. The word “fado” possibly comes from the Latin word *fatum*, which means, “destiny”.

In 2011, UNESCO granted Fado World Heritage status, as an urban Lisbon song symbolic of the city and the country.

To learn all the details, the best is to pay a visit to the Fado Museum in Alfama, one of Lisbon’s historic districts. Housing a vast collection, gathered from hundreds of bequests, you can get acquainted with the history of Fado from the first quarter of the 19th century to modern times.





03

## Public areas and museums

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## Public areas and museums

Museums in Lisbon



National  
Museum of  
Ancient Art



Calouste  
Gulbenkian  
Museum



National  
Coach  
Museum



Centro  
Cultural  
de Belém



National Museum  
of Contemporary  
Art - Museu do  
Chiado



MAAT - Museum  
of Art, Architecture  
and Technology



Orient  
Museum



National Tile  
Museum



Fado  
Museum





04

## Places to visit





## Places to visit – 10 things to do and see

### 01 Castelo de São Jorge (St. George's Castle)

St. George's Castle is perched atop Lisbon's highest hill in Alfama, offering both excellent history and views of the city. The attraction has kept much of the building's relics intact, including canons, which are spread throughout, underground chambers and 18 towers, one of which houses a dark room.



### 02 Take the famous tram 28

Tram 28, which extends from Martim Moniz to Campo Ourique, takes riders on a tourist-friendly route. Not only does it pass through some of the city's most notable neighborhoods including Graça, Baixa and Bairro Alto, but it also travels by popular attractions, such as St. George's Castle and Alfama.



### 03 Elevador de Santa Justa (Santa Justa Elevator)

Have some sweeping views of Lisbon, in particularly St. George's Castle, Rossio Square and Baixa neighborhood. While the exterior is almost entirely wrought iron, inside visitors will find two old-fashioned cabins that take riders up to the nearly 150-foot-tall vantage point.



### 04 Mosteiro dos Jerónimos (Jerónimos Monastery)

The Jerónimos Monastery is a UNESCO World Heritage site located in Lisbon's Belém district. Is one of the great portuguese landmarks, a stunning monument of immense historic and cultural significance.



### 05 Torre de Belém & Padrão dos Descobrimentos (Belém Tower & Monument to the Discoveries)

Belém Tower, what looks to be an idyllic mini castle seamlessly floating on the Tagus riverfront, was originally a fort that served to protect Lisbon's port in the 16th century. Today, the Manueline structure serves as a monument to that heyday and was named a UNESCO World Heritage site. Inside the Monument to the Discoveries, is possible to watch a multimedia presentation of the history of Portugal, as well as climb to the top of the monument to have a greater view of the river.





## Places to visit – 10 things to do and see

### 06 Oceanário de Lisboa (Lisbon Oceanarium)

The Lisbon Oceanarium is one of Europe's finest aquariums, and one of the largest in the world. Built for the Expo 98 World Exposition in an area now known as Parque das Nações, the oceanarium is home to a mind-boggling array of fish and marine animals, including dozens of different species of birds.

### 07 MAAT - Museum of Art, Architecture and Technology

MAAT is Lisbon's new cultural project. It's a museum where these three areas intertwine within a space of debate, discovery, critical thinking and international dialogue. MAAT's ambition is to present national and international exhibitions by contemporary artists, architects and thinkers.

### 08 Praça do Comércio or Terreiro do Paço

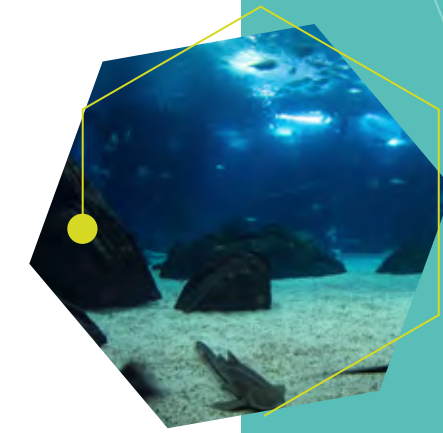
Better known as Terreiro do Paço, since it was once where the "paço", or palace, used to stand before the earthquake in 1755, it is one of the largest squares in Europe. It's lined by classical buildings with yellow façades resting on galleries with arcades and is an excellent example of pombaline style. A baroque triumphal arch forms a backdrop to the statue of King José I.

### 09 Listen to Fado

Lisbon's traditional music genre, characterized by the slow and melancholic rhythm. Fado was born around the 19th century and recently added to UNESCO's list of World's Intangible Cultural Heritage, in 2011. Fado Houses are usually restaurants where you can savor Portuguese food and wine, while listening to the "fadistas" (fado singers). Alfama, Mouraria or Madragoa are some of the most characteristic neighborhoods to listen to Fado.

### 10 Eat the one and only Pastel de Nata

The original ones are made in Pastéis de Belém factory, in Belém district. However, those of Manteigaria pastry shop are also recommended. Together with a "bica", a Portuguese espresso, is the favorite snack for Lisboners.





## Other Cities

### Sintra (Distance: 30 km from Lisbon)

Sintra is a fascinating destination, offering a variety of historic monuments, beautiful natural scenery and endless amounts of portuguese charm. A veritable heaven on earth, the small city's rolling hills are clad with vibrant vegetation and fairy tale-like villas separated by cobblestone streets.

What's more, the entire city is designated as a UNESCO World Heritage site.

Places to see: Palácio da Pena (Pena Palace); Quinta da Regaleira; Palácio Nacional de Sintra (The National Palace of Sintra); Palácio de Monserrate (Monserate Palace); Palácio Real de Queluz (The National Palace of Queluz); Castelo dos Mouros (The Moorish Castle).



### Cascais (Distance: 35 km from Lisbon)

Once a fishing village, Cascais became a popular respite for the rich and royal in the 1900s. Cascais has a charming centre and is situated close to some of the finest beaches of the Lisbon region. Contained within Cascais is a range of interesting tourist attractions, including fascinating museums, historic mansions and pretty parks, along with all the facilities expected for a bustling resort town.

Places to see: Baía de Cascais (Cascais Bay); Cascais old city center; Praia do Tamariz (Tamariz Beach); Boca do Inferno (Hell's Mouth); Praia do Guincho (Guincho Beach) and Casino Estoril.





< Sintra - 10 kms  
< Cascais - 15 kms

Portugal  
eHealth  
summit

- 01 | Palace of Pena
- 02 | Luz Stadium
- 03 | Lisbon airport
- 04 | Lisbon Orient Station
- 05 | Vasco da Gama Bridge
- 06 | **Sala Tejo** | Altice Arena
- 07 | Marquês de Pombal
- 08 | Bullring Campo Pequeno
- 09 | Oceanarium
- 10 | Baixa Chiado
- 11 | São Jorge Castle
- 12 | Santa Apolonia Train Station
- 13 | Bay of Cascais
- 14 | Jeronimos Monastery
- 15 | Monument to the Discoveries
- 16 | Baixa Chiado
- 17 | Terreiro do Paço
- 18 | Centro Cultural de Belém
- 19 | Belém Tower
- 20 | 25th of April Bridge
- 21 | Cais do Sodre
- 22 | Cristo Rei



Places to visit



05

## Transports - How to get there





## Venue

Altice Arena | Sala Tejo e PT Meeting Point

Site: [arena.altice.pt](https://arena.altice.pt)

Address: Rossio dos Olivais,  
Lote 2.13.01A, 1990-231 Lisboa

## Route

Airport



Altice Arena



## Underground

Red line

Station: Aeroporto (three stops from Airport) | Oriente







# Rede de transportes de Lisboa Network diagram



## Metropolitano de Lisboa

- Aeroporto  
Airport
- Autocarro suburbano  
Suburban bus
- Barco  
Boat
- Comboio  
Railways
- Espaço cliente  
Customer care
- Espaço Informação  
Welcome Centre
- Metro  
Underground
- Mobilidade reduzida  
Step free
- Perdidos e achados  
Lost property
- Polícia  
Police
- Interface  
Interchange
- Percorso pedonal  
Pedestrian path
- Estação encerrada  
Station closed



## Underground



## Transports – Other information

### Carris/Metro

- Ticket - €1,50

#### **1 day ticket (24h)**

- Carris/Metro - €6,40
- Carris/Metro/Transtejo (Cacilhas) - €9,50
- Carris/Metro/CP - €10,55

**Zapping | Metro journey** - €1,33

### Carris/Bus

- Bus on-board fare - €2,00
- Tram on-board fare - €3,00
- Lift on-board fare - € 3,80 (2 trips)
- On-board Fare Santa Justa Lift (2 trips) - €5,30

### Taxi

- [App MyTaxi](#)



- [Taxify](#)



- [Uber](#)



- [Cabify](#)



- [Táxis Lisboa](#)



**Contacts:** +351 218 119 000 | +351 969 531 660  
+351 919 781 000 | +351 938 119 002

### Tours

- [Yellow Bus Tours](#)
- [Tuk-Tuk](#)
- [Segways, Buggies and Bicycle](#)
- [Giras – Bikes of Lisbon](#)
- [Hippotrip](#)
- [Lisbon Walker](#)





06

## Accommodation – Where to stay





## Accommodation – Where to stay

Below you can find some recommendations for your convenience

### 4 Star Hotels



Olisippo  
Oriente



Tivoli Oriente



TRYP Lisboa  
Oriente



VIP Executive  
Art's

### 3 Star Hotels



Holiday Inn  
Express Lisbon  
Airport



Ibis Lisboa  
Parque das  
Nações



Star Inn Lisbon  
Airport





07

## Gastronomy and the best of Lisbon nightlife





## 07

### Gastronomy and the best of Lisbon nightlife

Lisbon has a great variety of food options that include everything from local Portuguese family run restaurants, giant seafood restaurants, to many ethnic restaurants that serve food from Portuguese colonies. Pataniscas (cod pastries), peixinhos da horta (fried cookies of green beans, not of fish) are typically Lisbon specialties and in the sweet pastries, the renowned Belém custard pies are worth a try. Fish dishes are also popular. You can try the traditional codfish, grilled sardines, grilled dourade, among other specialties.

In seafood, the specialties are mussels, cockle, lobsters and langoustines amongst others. The variety and flavour of the shellfishes that are served in Lisbon is quite impressive. Meat is cooked in various ways: the more delicious and most common steaks are “à Marrare”, “à Café”, “à Cortador” and in the clay fry pan with an egg on top. Soups are usually made with vegetables and some times includes fish, shellfish or sausages. From october and during the entire winter-season, there are plenty of baked chestnut street vendors.





## Restaurants

Restaurants are recognized for their illustrious history and memories, exceptional views of the city, historic or old district location, and gastronomic quality. Almost all of them are traditional portuguese cuisine restaurants, an unforgettable experience during your visit.

### Recommendations



Alma



A Casa do  
Bacalhau



A Floresta do  
Salitre



Adega da Tia  
Matilde



Adega das  
Gravatas



Casa da  
Comida



Café Lisboa



Cervejaria  
Trindade



D'Bacalhau



Gambrinus



## Restaurants



Laurentina



O Magano



O Poleiro



O Pitéu da  
Graça



O Zé da  
Mouraria



Pap'Açorda



Solar dos  
Duques



Solar dos  
Presuntos



Tasca da  
Esquina



Varanda de  
Lisboa



## Some of the best bars in Lisbon

### Through the night

Lisbon offers all types of bars for a unique night out. Visit the city's concept bars that are scattered across some of the coolest neighborhoods. Whether you're in the mood for art, sky, color, and other ambiance, this list has something for practically everyone.



By The Wine



Chapitô



Ferroviário



Foxtrot



Lost In



O Bom, o «Mau e o Vilão



Pavilhão Chinês



Park



Pensão Amor



Sky Bar Oriente



The Garden Rooftop



Topo Martim Moniz



## Through the night

Through the night



Casa  
Independente



Lux Fragil



Ministerium



Mome



Radio Hotel



Rive Rouge





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SERVIÇO NACIONAL  
DE SAÚDE



**SPMS**  
EPE  
Serviços Partilhados do  
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