



# PLANETARY HEALTH

DOCTORAL PROGRAMME

Doctoral Programme in Planetary Health Studies

# Student Welcome & Orientation Guide 2026–27

# Welcome Message

Dear Students,

Welcome to the University of Lisbon and to the new **Doctoral Programme in Planetary Health**.

Whether you come from Portugal or abroad, you are now part of a vibrant community united by a shared purpose: advancing the health of people and the planet.

Planetary health asks us to think ambitiously and work together across disciplines, turning knowledge into action for a sustainable future. Here, you will learn, question, and create together with inspiring researchers and peers who share your curiosity and drive.

Lisbon is the perfect place to begin this journey: open, creative, and full of life. Embrace the experience and make it your own.

**Your ideas** matter. **Your work** will make a difference. **Together**, we can build a **healthier and more resilient world**.

Warm regards,

**Prof. Cecília Rodrigues**

Coordinator of Doctoral Programme in Planetary Health Studies

Vice-Rector, University of Lisbon

# About the Doctoral Programme

## INTRODUCTION

### **Planetary Health Challenges**

The Doctoral Programme in Planetary Health at the University of Lisbon addresses urgent and interconnected challenges at the nexus of human, animal and environmental health, alongside social, economic and political systems. Embracing a holistic and transdisciplinary approach, the programme equips PhD students to respond to complex issues that cross ecological, societal, and disciplinary boundaries.

With a strong focus on action and transformation, the programme identifies and tackles real-world problems at local, regional, and global scales—central to the planetary health paradigm. Students are encouraged to design, test, and refine innovative solutions in laboratory or simulation settings, often working collaboratively in interdisciplinary teams.

What distinguishes this programme is its commitment to integrating diverse streams of knowledge in a solution-oriented framework. The curriculum is designed to foster critical and systems thinking, while supporting applied research. Doctoral theses are framed around pressing planetary health challenges—frequently co-developed with a wide range of stakeholders, including public institutions, hospitals, museums, companies, and NGOs—many of whom may also play a role in employing its graduates in the future.

## OBJECTIVES

### **Advancing Solutions for Planetary Health**

The programme aims to create leaders capable of generating actionable evidence and crafting sustainable public policies. Graduates will drive transformative change to confront the multifaceted health challenges facing the planet.

## FOCUS

### **Holistic, Cross-Disciplinary Perspective**

The programme emphasizes a multi-dimensional approach, integrating health sciences with environmental and social disciplines to understand and address planetary health challenges.

## **IMPACT MODEL**

### **Solutions-Oriented and Collaborative**

Focused on problem-solving, the programme supports students in co-creating and testing solutions at local and global scales, fostering innovation through intersectoral collaboration and multi stakeholder engagement.

The programme integrates perspectives and methodologies for the global application of concepts, recognising non-linear connections between systems. Skills are developed for operational decisions based on evidence, promoting informed transformative interventions.

## **TARGET AUDIENCE**

### **Aspiring Global Health Experts**

Ideal for professionals and scholars in health, environmental sciences, and social policy, this programme attracts those driven to contribute solutions to the world's most urgent planetary health issues.

## **DURATION**

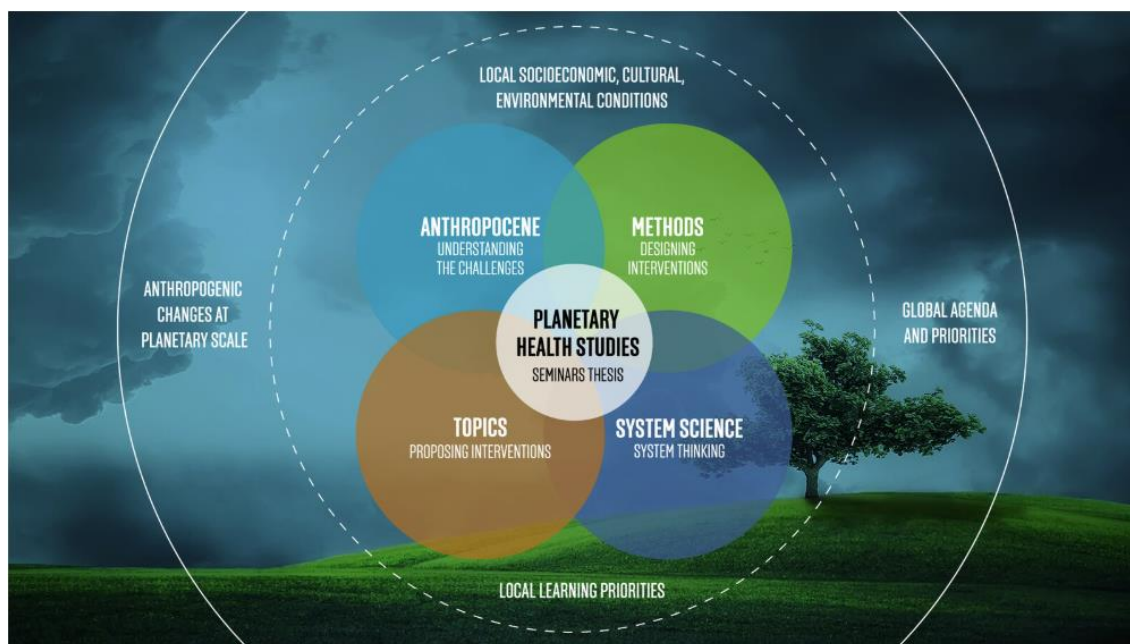
### **ECTS**

The total duration of the Doctoral Programme in Planetary Health at the University of Lisbon is four years (240 ECTS).

## STUDY PLAN AND SPECIALIZATIONS

### Flexible and Specialized Curriculum

Students engage in courses, seminars and internships, and select from six specializations—**Climate Change and Health, Global Health, Health in Extreme Environment, Policies and Governance in Planetary Health, Tropical Health, and Urban Health**,—to tailor their expertise.



### 1st YEAR 2nd YEAR 3rd YEAR 4th YEAR

CURRICULAR UNIT	COORDINATION	DURATION	ECTS
<b>Anthropocene and Planetary Health</b> September	Aida Tavares, Cristina Branquinho, Miguel Prudêncio	Modular	6
<b>Research Methods in Planetary Health</b> October	Mónica Oliveira, Susana Vinga, Sofia Bento	Modular	6
<b>System Science in Planetary Health</b> November	Margarida Amaral, Mário Ramirez, Ricardo Dias	Modular	6
<b>Topics in Planetary Health</b> December	Cristina Máguas, Filomena Carnide, Helena Cortez-Pinto	Modular	6
<b>Elective Courses * Free Option Transversal Competences</b>		Modular/Semestral	6
<b>Thesis &amp; Internships</b>		Plurianual	30

\* Choose from at least 6 ECTS from the [List of Elective Courses](#) by taking either one subject worth 6 or more ECTS, or two subjects that add up to at least 6 ECTS.

In the **first semester**, students complete four **core courses** that cover the health, environmental, socio-economic, and political dimensions of Planetary Health. Through case studies, these courses cultivate a critical perspective and expose students to diverse local or global contexts.

Two **optional courses** offer other relevant topics and transversal skills to align with individual interests. By the end of the first year, students define their doctoral specialization, setting their own academic path.

**Seminars and internships** throughout the four years of the Programme foster both academic and professional growth, encouraging collaborative learning, constructive feedback, network building, and exposure to new ideas.

1st YEAR **2nd YEAR** 3rd YEAR 4th YEAR

CURRICULAR UNIT	COORDINATION	DURATION	ECTS
Seminars I	Cecília Rodrigues, Teresa Melo	Modular	3
Thesis & Internships		Plurianual	57

1st YEAR 2nd YEAR **3rd YEAR** 4th YEAR

CURRICULAR UNIT	COORDINATION	DURATION	ECTS
Seminars II	Cecília Rodrigues, Teresa Melo	Modular	3
Thesis & Internships		Plurianual	57

1st YEAR 2nd YEAR 3rd YEAR **4th YEAR**

CURRICULAR UNIT	COORDINATION	DURATION	ECTS
Seminars III	Cecília Rodrigues, Teresa Melo	Modular	3
Thesis & Internships		Plurianual	57

## Specializations

### Climate Change and Health

This specialty focuses on the study of the impact of climate change on planetary health, investigating its effects on living conditions, the spread of disease and global well-being, with the aim of developing mitigation and adaptation strategies. It focuses on climatic events and their effects on human physical and mental health, environmental pollutants and other forms of environmental degradation, deforestation and modification of natural terrestrial and marine ecosystems, habitat loss and fragmentation, biodiversity loss and species extinction, the risks posed by current food production systems, farming practices, fisheries and aquaculture, and their impact on global health.

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### Global Health

Global Health focuses on the analysis of health patterns and determinants, investigating epidemiological patterns and socio-economic and environmental factors that help to understand the interconnections between diseases, populations and health systems on a global scale. It is therefore part of the One Health concept, which recognizes that human and animal health are closely linked and interdependent with environmental health. The focus will be on the Human-Animal-Environment interdependence, in the multidirectional analysis of causes, effects and consequences on global health. It emphasizes the epidemiological risks in the bidirectional transmission of disease between Human-Animal and the role of natural systems as a factor in the propagation of vectors and the maintenance of reservoirs of infectious agents, or of the environment as a predisposing element to Human and Animal disease, also considering the risks to food safety.

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### Health in Extreme Environment

This specialty focuses on the study of extreme environments, such as polar regions (Arctic and Antarctic), deserts, high altitudes, and areas subject to extreme climatic conditions. It seeks to understand how human communities, flora, fauna and ecosystems in these environments adapt, respond and interact with unique challenges, such as extreme temperatures, resource scarcity and extreme adverse conditions. It also seeks to identify emerging risks to global health, namely through exposure to new potentially pathogenic agents. The aim is to understand health in these extreme conditions and develop strategies for sustainable adaptation. The strengthening of ULisboa's training offer in

extreme environments is in line with its institutional mission, as demonstrated by the creation of the College of Polar Sciences and Extreme Environments.

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### **Policies and Governance in Planetary Health**

Governance is a critical point in the integration of social, economic and environmental policies, but also in the creation, synthesis and application of interdisciplinary knowledge that contributes to strengthening planetary health. Thus, this specialty focuses on the multi-level analysis of the political and governance dimensions of planetary health, investigating how international, national and local policies contribute to or mitigate global health challenges, in light of geopolitical and geo-economic dynamics. This analysis covers topics such as sustainable development policies, environmental regulations and the role of governance structures, technology and innovation in addressing environmental and global health issues.

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### **Tropical Health**

The tropics are home to 40% of the world's population, including more than half of those under the age of 15. The tropics are also areas rich in biodiversity, home to around 80% of the planet's terrestrial species, which are vital for regulating the energy, carbon and water balance and, ultimately, the climate on a global scale. The tropics (oceans and rainforests) also provide natural resources of great environmental, economic, cultural and symbolic value, as well as unique health promotion challenges that impact on a global scale. This specialty seeks to highlight the challenges and needs of tropical regions, emphasizing their centrality to major issues related to Global Health and sustainable development. The reinforcement of the training offer in tropical regions is aligned with ULisboa mission, through the creation of the Tropical College.

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### **Urban Health**

A large part of the population lives in cities. They are the engines of economic activity and are responsible for around three quarters of global greenhouse gas emissions. Estimates indicate that, by 2050, around 70% of the population will live in urban environments. Therefore, this specialty focuses on urban systems, analysing the interaction between global risks, sustainable urban development, environmental health and the resilience of cities, seeking to understand how factors such as urban planning, mobility, housing, water and air quality, natural resources or social inequalities impact

the sustainability and adaptive capacity of urban areas, with a view to developing strategies to promote more sustainable and resilient cities, but also fairer and less unequal ones. A large part of the population lives in cities. They are the engines of economic activity and are responsible for around three quarters of global greenhouse gas emissions. Estimates indicate that, by 2050, around 70% of the population will live in urban environments. Therefore, this specialty focuses on urban systems, analyzing the interaction between global risks, sustainable urban development, environmental health and the resilience of cities, seeking to understand how factors such as urban planning, mobility, housing, water and air quality, natural resources or social inequalities impact the sustainability and adaptive capacity of urban areas, with a view to developing strategies to promote more sustainable and resilient cities, but also fairer and less unequal ones.

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For further information visit the webpage of the Doctoral Programme in [Planetary Health Studies](#).

## ACADEMIC JOURNEY AND RESEARCH

### Learning-Research Nexus

The Doctoral Programme in Planetary Health aims to encourage students to pursue **advanced scientific training** in fields of expertise necessary for global health, applying **problem-solving methods** to develop innovative and appropriated solutions to address global health challenges.

The **learning-research nexus** and **educational technologies** will be used to enhance higher education and **capacity building** to develop and maintain networks, to facilitate **communication** and **knowledge-sharing** and to enhance **project work**, which prepares students for returning to their work-places, to the real world, professional and academic challenges.

The **co-learning methodology** will be one of the methodological assets of this programme, aiming at bringing together in the classroom both the **knowledge and experience** of the lecturers and of the participants, who will be called to apply the learnings in case studies and use project-based approaches.

Further **active teaching methodologies** will be employed to enhance critical thinking, problem-solving skills, teamwork and adaptability.

The methods of teaching will include dynamic sessions with strong participation of the students, brainstorming, creative laboratories, workshops and world cafe exercises. The **participants will be involved in the learning process** from the start by also identifying

their own learning objectives and following up their progress by using self-assessment tools to complement the formal academic evaluation process.

Conferences, webinars, online discussions, and summer schools will be organized to facilitate international knowledge exchange and transfer, and **to strengthen capacities at the individual and institutional level.**

The Planetary Health programme trusts **digital technologies** to strengthen educational and research capacities complemented by courses in **entrepreneurship, problem-solving and creative skills**. It recognizes that the digital technologies are fundamental and need to be used to build a new future through global health, economic growth, job creation, reduction of inequality and greater sustainability, in order to achieve the **2030 Agenda for Sustainable Development** and meet the **Sustainable Development Goals**.

**Information Communication Technologies** (ICT) including open-source media and the WEB will play a key role in the activity of the Planetary Health programme with regards to eLearning/distance education, strategic networking and cooperation.

# Studying at University of Lisbon

## UNIVERSITY OF LISBON

### Educational and Research Excellence

The University of Lisbon (ULisboa) is the largest and most prestigious university in Portugal, and ranks among Europe's leading institutions of higher education.

Playing a key role in shaping Lisbon as a major European capital of culture and science, ULisboa welcomes over 9,000 international students each year—representing around 17.8% of its student body and coming from more than 100 countries. These students are drawn not only by the university's commitment to academic excellence, but also by the city's open-minded culture, pleasant climate, and renowned hospitality.

Situated in the heart of Lisbon, ULisboa offers a wide and diverse range of academic programs, and is dedicated to providing its vibrant community with a uniquely enriching educational experience.

ULisboa is a leading centre of research and innovation in Portugal and Europe, where multidisciplinary academic inquiry tackles major societal challenges and generates impactful knowledge. Its 70+ research units and collaborative laboratories represent 25% of the national research and innovation ecosystem and advance cutting-edge science across disciplines, supported by strategic industry and international partnerships.

ULisboa's strong innovation ecosystem supports technology transfer, entrepreneurship and spin-off creation, contributing to economic growth and global competitiveness, and alumni-founded startups have attracted substantial venture capital and produced several national unicorns—demonstrating how research excellence fuels societal and economic value.

## CAMPUS & FACILITIES

### Faculties, Institutes and Research Centres

The Rectorate of ULisboa is located in the heart of Lisbon while its [10 Campus](#) are spread across several key quarters of the city. The [19 Faculties and Institutes](#) are closely integrated into Lisbon's urban life, allowing students to engage not only in academic pursuits but also in the cultural and social life of the capital.

The ULisboa library system comprises 59 [Libraries](#) and Documentation Centres, distributed across the different campus and with almost 200,000 registered readers. The libraries are equipped with 3,350 reading stations and 500 computer workstations, all available to the academic community and the general public. These include dedicated

stations for students with special educational needs, [Universia terminals](#) with full wireless internet access.

To meet the diverse needs of its users—including students, faculty, researchers, and administrative staff—ULisboa’s libraries are specialized in various thematic domains. They offer a wide range of services such as in-person book consultations, access to periodicals, monographs, electronic and cartographic documents, book loans, database access, and user training. This comprehensive infrastructure ensures that ULisboa's libraries remain essential hubs for learning, research, and academic support.

The ULisboa also provides students with access to leading **international academic databases**, including [ScienceDirect](#), [Scopus](#), [Web of Science](#), and [b-on](#) (Online Knowledge Library), among many others. These platforms offer full-text articles, journals, e-books, and other scholarly resources across a wide range of disciplines—ensuring that the students and researchers have the tools they need to engage in high-level academic work. The **ULisboa Research Portal** is an online platform that showcases the University of Lisbon’s researchers, projects, and scientific outputs, enhancing the visibility of its research and collaborations.

Several ULisboa Schools host [specialized bookstores](#) offering a wide range of teaching manuals, scientific publications, and technical books across various fields of study. These resources support both students and faculty in their academic and research activities.

This geographic presence across the city deeply connects ULisboa to the community it serves. The campus environment promotes collaboration, innovation, and community, supported by green spaces (e.g. [Botanical Gardens](#)), museums (e.g. [MUHNAC](#)) and cultural venues (e.g. [Pavilion of Portugal](#)) that enhance both learning and social engagement.

### Teaching and Studying Facilities

All the **core courses** of the Doctoral Programme in Planetary Health will be taught at **TTC@ULisboa** (Technology Transfer and Knowledge Enhancement Centre) at the:

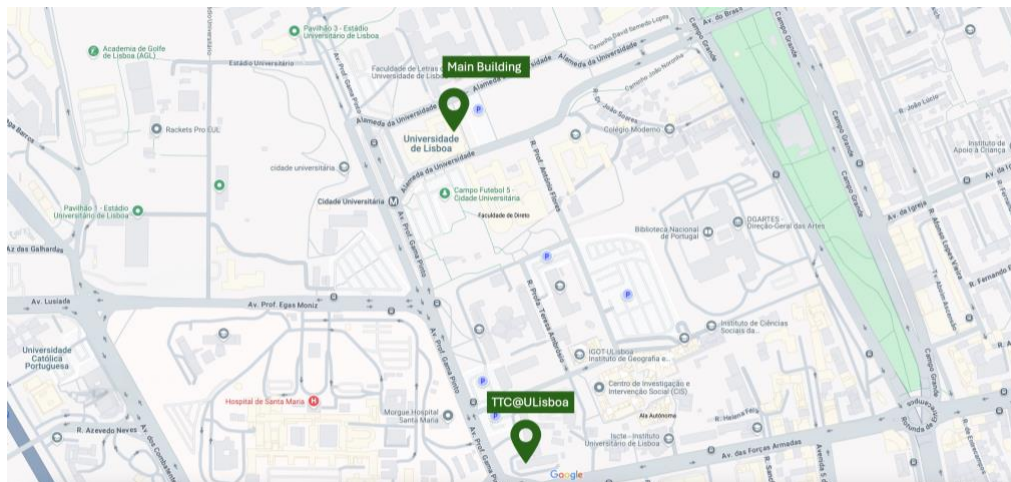
- **Cidade Universitária Campus** (Alameda da Universidade, 1649-004 Lisboa)  
**Units:** Rectorate, Faculty of Sciences, Faculty of Law, Faculty of Pharmacy, School of Arts and Humanities, Faculty of Medicine, Faculty of Dental Medicine, Faculty of Psychology, Institute of Social Sciences, Institute of Education, Institute of Geography and Spatial.

Here you will also find **Student Support Services**, **University Stadium of Lisbon** and **Caleidoscópico** which is open 24h a day, every day, with a Study Hall, 175 seats, an Exhibit Area of 140m<sup>2</sup> and a Conference Room that seats 72, as well as Eduroam Wi-fi connections and printing facilities.

**How to get here:**

**Carris:** 731, 735, 732, 738, 768

**Metro:** Cidade Universitária (Yellow line)



For the **Elective Courses** you may have to visit other campus of the ULisboa including:

- **Alameda Campus** (Avenida Rovisco Pais, 1. 1049-001 Lisboa)  
**Unit:** IST ULisboa  
**How to get here:**  
**Carris:** 712, 714, 727, 732, 738, 751, 756, 760, 724, 720, 742  
**Metro:** Alameda or Saldanha (Red line)

Here you will also find **Student Support Services, Sports Facilities** and **Técnico Innovation Centre** which is a multi-purpose space for ULisboa students to study, open 24h a day, every day, providing also laboratories, workshops, a FabLab (for rapid prototyping), a lounge area, a cafeteria, and a coworking space, as well as Eduroam Wi-fi connections.

- **Ajuda Campus Polo** (Campus Universitário da Ajuda. 1349-055 Lisboa)  
**Units:** Faculty of Architecture, Faculty of Veterinary Medicine, School of Agriculture, Institute of Social and Political Sciences  
**How to get here:**  
**Carris:** 723, 729, 742, 760
- **Chiado Campus** (Largo da Academia Nacional de Belas Artes. 1249-058 Lisboa)  
**Units:** Faculty of Fine Arts  
**How to get here:**  
**Tram:** 28  
**Metro:** Baixa-Chiado (Green and Blue Lines)/ Cais do Sodré (Green Line)
- **Quelhas Campus** (Rua do Quelhas, 6. 1200-781 Lisboa)  
**Units:** ISEG - Lisbon School of Economics & Management  
**How to get here:**



request a residence card from the [Immigration and Borders Service \(AIMA\)](#). All EU citizens are entitled to this card, which is valid for one year and can be extended annually.

All students that are non-EU citizens must obtain a study visa from the [Portuguese Embassy/Consulate](#) located in their home country 3 months prior to traveling to Portugal. In order to have a student visa granted, an acceptance letter from the ULisboa School of choice is necessary. The study visa is only valid for the expected duration of the study period, and/or up to one year.

## GET INSURANCE

**Students from EU countries** should obtain the European Health Insurance Card in their country of origin prior to traveling to Portugal. The European Health Insurance Card gives access to the [Portuguese National Health Service](#).

**Students who are not European Union citizens** must obtain a valid private health insurance, as a copy of the insurance policy will be demanded in order to enrol at an ULisboa School. Non-EU citizens, coming from a country with whom Portugal has a celebrated international convention on health and social security, must carry the documents which will allow them to access the Portuguese public health system (e.g. the PB4 Form, for Brazil).

## FIND ACCOMODATION

In Lisbon, you can rent rooms, shared apartments or private apartments, directly from the owners. Rental conditions vary from owner to owner and, as such, make sure to ask all the pertinent questions (contract duration, internet access, amenities and services included). Within the first days of your arrival, while you search for a more permanent solution, we advise that you stay at one of the various Hostels in Lisbon, which are highly rated.

## RESEARCH IN LISBON

[Research in Lisbon](#) is a website for all researchers who choose Lisbon to live and develop their scientific projects. Here you can find not only content related to the research ecosystem (R&D centers, grants and prizes, scientific employment) but also meaningful information about everyday life (bureaucracy management, education, accommodation, cost of life and culture).

Lisbon greets you and wishes you a happy meeting with Science.

## COST OF LIVING IN LISBON

- In Lisbon you may spend...
  - Meals: 325€/ month
  - Renting a Room: 400 to 550€/month (Expenses such as power and water supply may not be included)
  - Renting a Studio or an Apartment: 700 to 900€/month
  - Pass for Public Transportation (bus, trains and metro): 40€/month
  - Tickets for Museums/Monuments: 2 to 15€

Cinema Ticket: 7€

Tickets for Theatre, Concerts, Opera or Ballet: 20 to 75€

Nacional Minimum Wage: 920€

## **PUBLIC TRANSPORTATION**

In Lisbon, there are several public transport services you can use to get around. From traditional buses and trams to the metro and trains, ferries to the other side of the river, bicycles and scooters. Know more about the [city transportation in Lisbon](#).

## **TOURISM**

To get to know a little bit more about the best places to visit, the monuments, the history, the food and the culture of the city of Lisbon visiting the [Visit Lisbon website](#).

## FIRST WEEKS AT ULISBOA

You must make it to the Rectory at ULisboa and look for the Academic Office to register and get all the practical information about your stay in Lisbon (student card, class schedules, welcome kit, access to cafeterias and libraries, etc.)

At ULisboa you will be covered by a **Student Insurance** for accidents related to school activities, within the school premises and on your way home from school and vice-versa.

At ULisboa, the **Social Services Unit** provides several support services to our students, namely scholarships, meals, accommodation, child support, etc.

All users of the academic community of the various schools of the University of Lisbon have access to a **ULisboa User Account**. Its use allows access to a range of services, including: the university wireless network (eduroam), secure access to the University's private network resources, social action and sports services portal, collaborative distance learning tools, Google services for education, Office 365, among others.

## ADMINISTRATIVE ESSENTIALS

Look for a **Loja do Cidadão** (Citizen Information Office). This is your gate into Portugal. This is where you, as a citizen, will find several useful services.

### GET A RESIDENCE PERMIT

Necessary documents: Temporary resident request form (available on the [AIMA](#) website), Study VISA, Passport copy, Proof of livelihood conditions, Proof of residence in Portugal, Request for a criminal record check by the Agência para a Integração, Migrações e Asilo (AIMA), Proof of enrollment at ULisboa, Health insurance policy statement or the PB4 document (for Brazilian citizens)

**Note:** Requests for temporary residence permits must be made within 90 days of arriving in Portugal. Failing to do so will make you an illegal visitor and you will have to pay a fine. Learn more: [aima.gov.pt](http://aima.gov.pt)

### GET A VAT IDENTIFICATION NUMBER (NIF)

In order to be identified by tax authorities you will need a VAT number (NIF in Portugal). This number will also allow you to open a bank account and pay for goods and services (internet, phone, etc.) The NIF request is free of cost and immediate. All you have to do is go to the Finance Service at the Loja do Cidadão (Citizen Information Office).

### OPEN A BANK ACCOUNT

You can go to any Bank in order to open an account. For your convenience, you can choose the Bank located in or near your School. To carry-out your everyday charges, an ATM card will be given to you.

Required documents: Passport, NIF (VAT identification number), Proof of Residence and Proof of enrolment at ULisboa.

## **REGISTER AT A HEALTH CENTRE**

To ensure you benefit from permanent medical assistance, you must register at the Health Centre closest to your residence. Required documents are proof of Residence Permit and identification document. After registering, you will have a beneficiary number and will be able to access the [National Health Service \(SNS\)](#). If you come from an EU country, the European Economic Area or from Switzerland, you must present your European Health Insurance Card. If not, you must present proof of your health insurance. For each situation, a legally regulated amount will be charged.

## **STUDENT LIFE AND WELLBEING**

### **STUDENT UNIONS**

Each School at ULisboa has a [student association](#) with several units, from sports to culture. There are also organizations for international students, such as the Erasmus Student Network (ESN), which can guide you through the process of integration in university and in the city as well as help you find accommodation in Lisbon.

### **CULTURE**

Life is not all about studying. ULisboa has choirs and orchestras, traditional student bands, theater groups, and a diverse programme of surprising events like Cinema, Theatre, Dance, Concerts, but also Conferences, Seminars, Book Releases, Exhibits, Fairs, Festivals. Visit [ULisboa's Culture full Calendar](#).

### **SPORTS & HEALTH**

The [University Stadium of Lisbon \(EULisboa\)](#), as a service, promotes sports, health and well-being activities. It has two structures, one at the Cidade Universitária Campus and the other at the Ajuda Campus. The ULisboa community benefits from special rates at the EULisboa, but it is open to the public in general.

The [Mental Health and Well-being at ULisboa](#) project arose from the University of Lisbon's desire to offer a more effective response to mental health and well-being issues within the academic community, in a broad and comprehensive manner.

### **MEDICAL CENTER**

The mission of the University of Lisbon Medical Center located on the University City Campus is to provide healthcare and psychological support, with the main objective of ensuring the well-being of the academic community.

Phone: +351 210 493 472/473

Email : [cm.cidadeuniversitaria@estadio.ulisboa.pt](mailto:cm.cidadeuniversitaria@estadio.ulisboa.pt)

## EVERYDAY PRACTICAL TIPS

Once in Lisbon you cannot miss attending a Fado Evening downtown. Food is amazing, so we suggest you to get a taste of Lisbon's most typical foods: *pataniscas de bacalhau* (codfish cakes), *peixinhos da horta* (green bean tempura) and *sardinhas assadas* (barbecued sardines) on bread, and the famous and traditional *Pastel de Nata* (custard tartlet) for desert. If you're in the city in June you must attend the Santo António's celebratory night out on the town (June 13<sup>th</sup>).

**Navegante** is a rechargeable electronic card with passes and zapping, for frequent use of transport in the Lisbon region. It is a personalised card to be used by everybody who visits the city.

Do not forget that 112 is the **European Emergency Number**, which is commonly used not only for health emergencies, but also for other situations such as fires, assaults or robberies.

## CONTACTS

### PROGRAMME FOCAL POINTS AT ULISBOA



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### PROGRAMME SECRETARIAT

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For further information please contact: **Inês Pires** – Email: [planetaryhealth@ulisboa.pt](mailto:planetaryhealth@ulisboa.pt) (Programme office, visa/SEF offices at ULisboa, health services, embassies, and online portals like Fénix and [estudanteinternacional.ulisboa.pt](http://estudanteinternacional.ulisboa.pt)).