

Erasmus Students Guide @ ITQB NOVA

Academic year 2026/2027

Welcome to ITQB NOVA!

Welcome to the Instituto de Tecnologia Química e Biológica António Xavier (ITQB NOVA), a research institute of Universidade NOVA de Lisboa. We are delighted that you have chosen ITQB NOVA for your Erasmus mobility and look forward to welcoming you to our campus in Oeiras, Portugal.

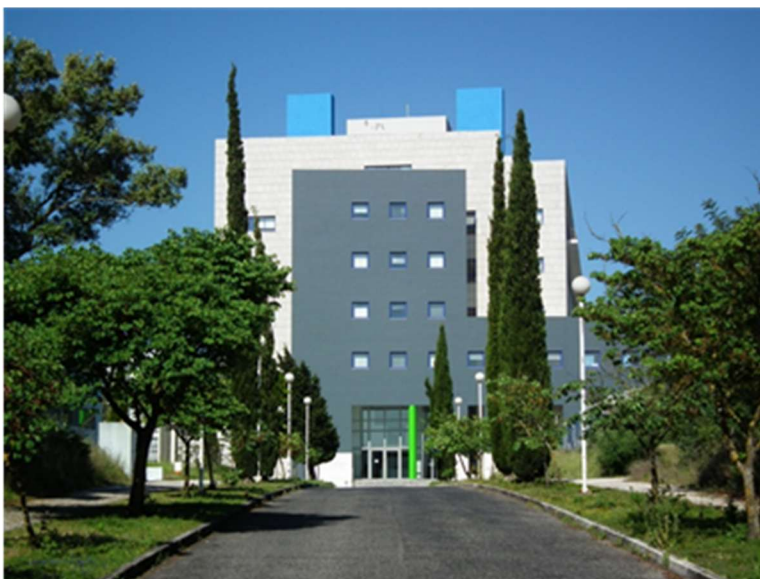
As a visiting research student or trainee, you will join an international and interdisciplinary scientific community dedicated to excellence in the Life Sciences, Chemistry, and Associated Technologies for the benefit of Health and the Environment. During your stay, you will have the opportunity to work alongside researchers and students from around the world, develop new skills, and contribute to a dynamic research environment.

This Welcome Guide provides practical information to help you prepare for your arrival and settle into life at ITQB NOVA. Inside, you will find useful guidance on administrative procedures, campus facilities, accommodation, transportation, and everyday life in Portugal.

We hope your time at ITQB NOVA will be scientifically rewarding, personally enriching, and an opportunity to build international connections for life. We wish you a successful and enriching mobility experience!

Erasmus Office @ ITQB NOVA

Oeiras, 1st September 2026



1. Contacts:

ITQB NOVA

-  <https://www.itqb.unl.pt>
-  ITQB NOVA Welcome Document: <https://www.itqb.unl.pt/about-us/welcome-doc-2026.pdf>

Erasmus+ Office:

-  <https://www.itqb.unl.pt/education/erasmus-itqb/>
-  itqb.erasmus@itqb.unl.pt

Contacts:

Júlia Costa, Erasmus Coordinator @ ITQB NOVA, Floor 4, Telephone: +351214469466

Cristina Amaral, Erasmus Officer @ ITQB NOVA, Floor 2, Telephone: +351214469227

Internationalization Office:

-  <https://www.itqb.unl.pt/support-services/InternationalisationOffice/>
-  international@itqb.unl.pt

Contact:

Maria João Tavares, International Affairs Officer @ ITQB NOVA, Floor 3

Telephone: +351214469311

2. Before You Travel: Checklist

- [] Valid passport / EU national ID card
- [] Visa and/or residence permit (non-EU students) - apply via the Portuguese consulate well in advance
- [] Acceptance Letter from ITQB NOVA (if required) and signed Learning Agreement
- [] European Health Insurance Card (EHIC) for EU/EEA/Swiss students, or private health insurance (non-EU) or any other health agreement your country has with Portugal (CDAM, Certificado de Direito à Assistência Médica with Brasil).
- [] Travel insurance covering the full mobility period (optional)
- [] Confirmed accommodation
- [] Bank card valid for international payments + some euros in cash
- [] Power adapter - Portugal uses Type F sockets, 230 V / 50 Hz

3. How to Reach ITQB NOVA



Address: Av. da República, Campus da Estação Agronómica Nacional (EAN), 2780-157 Oeiras, Portugal

Coordinates: 38.696 N, -9.322 W

ITQB NOVA is located ~15 km west of Lisbon, inside the EAN campus. Main entrance on Avenida da República, in Nova Oeiras.

By Plane:

Lisbon International Airport (LIS – Humberto Delgado) is about a 45-minute drive away.

- 🚖 **Taxi:** Approx. €30–40.
- 🚇 **Metro + Train** (cheaper): take the Metro (red line, then green line) to Cais do Sodré, then catch the Cascais line train to Oeiras station (~25 min).
- 🚗 **Uber / Bolt** also operate from the airport.

By Train (from Lisbon):

The Cascais suburban line (operated by CP) runs frequently between Cais do Sodré (Lisbon) and Oeiras - journey time under 25 minutes. Timetables and prices: <https://www.cp.pt>

From **Oeiras train station** to ITQB NOVA:

- 🚶 ~18-minute walk uphill through Nova Oeiras
- 🚌 Local Carris Metropolitana bus (exit stop Avenida da República - Estação Agronómica)
- 🚖 Taxi (~5 min)

By Car:

- From Lisbon: A5 (Autoestrada de Cascais), exit at Oeiras/Carcavelos, follow signs to Nova Oeiras.
- From the North: A1 → CREL (A9) → A5 to Oeiras.
- Via the seaside Av. Marginal: turn right at Oeiras (near the McDonald's), cross under the train bridge, and follow up to Av. da República. Main gate of the EAN is on the right.

More details: https://www.itqb.unl.pt/contacts/itqb_location

Public Transport Card

Get a rechargeable **navegante** card (~€0.50 to issue) at any train, metro, or Carris Metropolitana ticket office. A **navegante metropolitano** monthly pass (€40, or free under 23 and over 65 residents) covers all trains, buses, metro, ferries, and trams in the Lisbon Metropolitan Area.

4. Procedures Upon Arrival



First days:

1. Check in at your accommodation.
2. Email the Erasmus Office (itqb.erasmus@itqb.unl.pt) to confirm your arrival.
3. Meet your **academic coordinator / host researcher**.
4. Go to the Erasmus Office to fill in the form for ITQB NOVA admission to be covered by the host insurance (mandatory). Bring your Certificate of Arrival signed by your host supervisor to be stamped, a copy of your Learning Agreement duly signed by all the parts, and a copy of your ID Card/Passport.
5. At the Erasmus Office fill in the form for ITQB NOVA admission to be covered by the host insurance.
6. Read the Safety Instruction Manual and sign the corresponding acknowledgment form.
7. Ask your supervisor for help to request access credentials for institutional email, Wi-Fi, and intranet at the Information Technology Service.

Within the first 30 days:

8. **Non-EU students:** register at **AIMA (Agência para a Integração, Migrações e Asilo)** if you need to validate your residence permit.
9. Get a Portuguese **SIM card** — main operators: MEO, NOS, Vodafone, if needed.

5. Institutional Guidelines



- Language of instruction: ITQB NOVA's PhD programmes and most MSc activities are taught in English.
- Periodic onboarding sessions are offered for students to familiarize themselves with ITQB NOVA and available resources.
- Grading: Portuguese scale 0–20; pass mark is 10. ECTS is used.
- Check academic calendar at ITQB NOVA Academic Office (itqb.academics@itqb.unl.pt).
- Code of conduct, academic integrity, and lab safety rules are mandatory - instructions including Health and Safety Manual from the intranet <https://www.itqb.unl.pt/about-us/organization/health-and-safety>
- Library and intranet access: via your institutional credentials.
- Language courses: Portuguese as a Foreign Language courses are offered through at ITQB NOVA and at NOVA FCSH.
- Check initiatives and activities organized by the Internationalisation Office @ITQB NOVA.

6. Campus Map



ITQB NOVA shares the EAN (Estação Agronómica Nacional) campus (see map at <https://www.itqb.unl.pt/contacts/contacts>) with:

- iBET (Instituto de Biologia Experimental e Tecnológica)
- INIAV (Instituto Nacional de Investigação Agrária e Veterinária)



Key locations inside ITQB NOVA:

Floor 1: Workshops/ Stores department

Floor 2: Main entrance / Reception / Academic Services & Erasmus+ Office / Cafeteria / Auditorium / Lecture room/ Accounting Department / Funding Office / Directive Board Offices

Floor 3: Communication office / Internationalization Office / Research and Teaching labs / Lecture rooms

Floor 4: IT department / Research labs

Floors 5 to 7: Research labs

Floor 8: Meeting rooms



7. Housing

Please contact the Erasmus Office (itqb.erasmus@itqb.unl.pt) or the Internationalization Office (international@itqb.unl.pt) for help. Note that we provide guidance and recommendations, but you are responsible for arranging your own accommodation. You should plan well in advance.

- NOVA Residences

ITQB NOVA students may apply for rooms in Universidade NOVA residences (managed by SASNOVA - Serviços de Ação Social da NOVA). Places are limited; apply early through the Erasmus+ Office (itqb.erasmus@itqb.unl.pt).

- Residence in Algés (two train stations away)

Contact: conferenciagracas@gmail.com
Avenida da República, 111, Algés.

- Private residences nearby:

<https://www.nidoliving.com/pt-pt/portugal/lisboa/carcavelos/classic-studio>
<https://www.milestone.net/pt-pt/location/milestone-carcavelos-lombos/>

Other options:

- Inatel – Centro de Férias de Oeiras

- Private Housing

Useful platforms:

- network Rede1/4 from NOVA University Lisbon (<https://www.redeumquarto.pt/>)
- Uniplaces(<https://www.uniplaces.com>)
- HousingAnywhere (<https://housinganywhere.com>)
- Erasmusu (<https://erasmusu.com>)
- Idealista.pt (<https://www.idealista.pt>)
- Imovirtual.com (<https://www.imovirtual.com>)

Indicative monthly rent in Oeiras or nearby:

- Single room in shared flat: €400-600
- Studio: €700-950
- 1-bedroom apartment: €900-1,300

⚠ Scam warning: never pay before signing a contract and verifying the property in person or via a live video call.

8. Insurance

- EU/EEA/Swiss students: bring your **EHIC**.
- Non-EU students: private health insurance covering the entire mobility is mandatory (English version required).
- School insurance: ITQB NOVA automatically provides accident insurance covering all enrolled students on and off campus, plus the regular commute between residence and university.

9. Food and Restaurants Around Campus



On campus:

- ITQB NOVA Cafeteria - coffee, snacks, daily meals.

Nearby (Nova Oeiras / Oeiras centre):

- There are numerous cafes and restaurants in the neighborhood of ITQB NOVA, including, traditional Portuguese cuisine, Italian, oriental, in all price ranges.
- Local market (Mercado Municipal de Oeiras in the old town of Oeiras)
- Along the seafront promenade, you can find great restaurants with a wide range of prices.

Groceries:

- Supermarkets nearby: Pingo Doce, Continente.
- Oeiras Parque shopping centre: a short bus ride or 20-min walk - supermarket, food court, shops, cinema, pharmacy.
- Palmeiras Shopping center: a short 10-min walk - supermarket, food court, shops.

10. Sports



Sports clubs nearby:

CETO - Clube Escola de Ténis de Oeiras

Solinca Classic Sassoeiros (<https://www.solinca.pt/solinca-ginasios/sassoeiros/>)

Ginásio Solinca Classic Oeiras (<https://www.solinca.pt/solinca-ginasios/ginasio-solinca-oeiras/>)

You also have the chance to learn and practice surfing at some of our amazing nearby beaches, like Carcavelos and Guincho.

11. Practical Tips for Living in Oeiras

- Currency: Euro (€). Card payments widely accepted; MB WAY is the popular mobile payment app.
- Climate: Mediterranean - mild winters (8–16 °C), warm sunny summers (20–32 °C). Pack a light jacket year-round (Atlantic breeze).
- Tipping: not obligatory; rounding up or 5–10 % in restaurants is appreciated.
- Useful apps: CP (trains), Carris Metropolitana, Moovit, Bolt / Uber, MB WAY
- Oeiras highlights: Marquês de Pombal Palace and gardens, Forte de São Julião, Praia de Santo Amaro, the seafront promenade (“paredão”) all the way to Cascais - perfect for running or cycling.

12. Emergency Numbers

General Emergency (EU): 112

National Health Helpline (SNS 24): 808 24 24 24

PSP – Public Security Police (Oeiras): 219022410

Fire department (Oeiras): 214 409600

Anti-poison line (CIAV): 800 250 250

APAV (victim support): 116 006

Portuguese Immigration (AIMA): 217 115 000

ITQB NOVA switchboard: +351 214 469 100

13. Health Services Nearby

Centro de Saúde de Oeiras (USF Conde de Oeiras), Public health centre, Largo Conde Oeiras, Oeiras (<https://bicsp.min-saude.pt/pt/biufs/3/832/30036/3112671/Pages/default.aspx>)

Hospital São Francisco Xavier (CHLO), Public hospital, 24h ER (closest to Oeiras), Estrada do Forte do Alto, Lisbon (<https://www.chlo.min-saude.pt/index.php/contactos>)

Hospital da Luz Oeiras, Private hospital, Oeiras (<https://www.hospitaldaluz.pt/oeiras/pt/>)

Clínica CUF S. Domingos de Rana, Private Clinics (<https://www.cuf.pt/hospitais-e-clinicas/clinica-cuf-s-domingos-rana>)

Clínica CUF NOVA SBE; Private Clinics, Carcavelos (<https://www.cuf.pt/hospitais-e-clinicas/clinica-cuf-nova-sbe-carcavelos>)

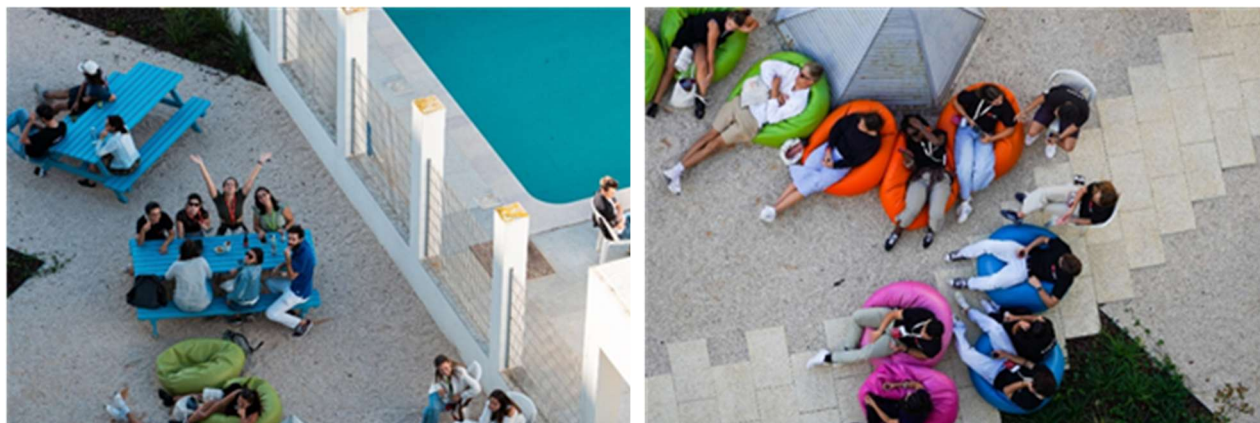
CUF Tejo / CUF, Private hospital, Lisboa (<https://www.cuf.pt/hospitais-e-clinicas/hospital-cuf-tejo>)

Farmácias (pharmacies): Several in Nova Oeiras; rotating 24 h service; (<https://www.farmaciasdeservico.net/localidade/lisboa/oeiras/expediente>)

How to see a doctor:

- With EHIC: at the Centro de Saúde de Oeiras (bring passport + EHIC).
- At any private clinic; keep receipts for reimbursement from your insurance.
- For non-urgent advice: call SNS 24 (808 24 24 24) - available in English.

14. Erasmus Student Network and Social Life



- ESN Lisboa (covers the NOVA university) organises trips, parties, and cultural events - get your ESNcard for Europe-wide discounts (<https://esnlisboa.org>).
- NOVA Doctoral School activities (<https://www.unl.pt/en/ensino/escola-doutoral/>) and the ITQB NOVA seminar series are great opportunities to meet researchers from across the institute.

15. Useful Links

- ITQB NOVA: (<https://www.itqb.unl.pt>)
- Official Welcome Document (PDF): (<https://www.itqb.unl.pt/about-us/welcome-doc-2026.pdf>)
- Universidade NOVA de Lisboa: (<https://www.unl.pt>)
- SASNOVA (social services / housing): (<https://www.sas.unl.pt>)
- Erasmus+ Programme: (<https://erasmus-plus.ec.europa.eu>)
- CP trains: (<https://www.cp.pt>)
- Carris Metropolitana: (<https://www.carrismetropolitana.pt>)
- Municipality of Oeiras (tourism): (<https://www.oeiras.pt>)
- AIMA (residence permits): (<https://aima.gov.pt>)