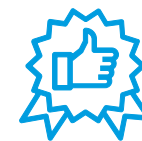




TÉCNICO
LISBOA

Boa Prática do Técnico
Comunicação | 2020



Survival Guide

Núcleo de Apoio ao Estudante
Área de Comunicação, Imagem e Marketing



Survival Guide

Boa Prática 2020 | Comunicação



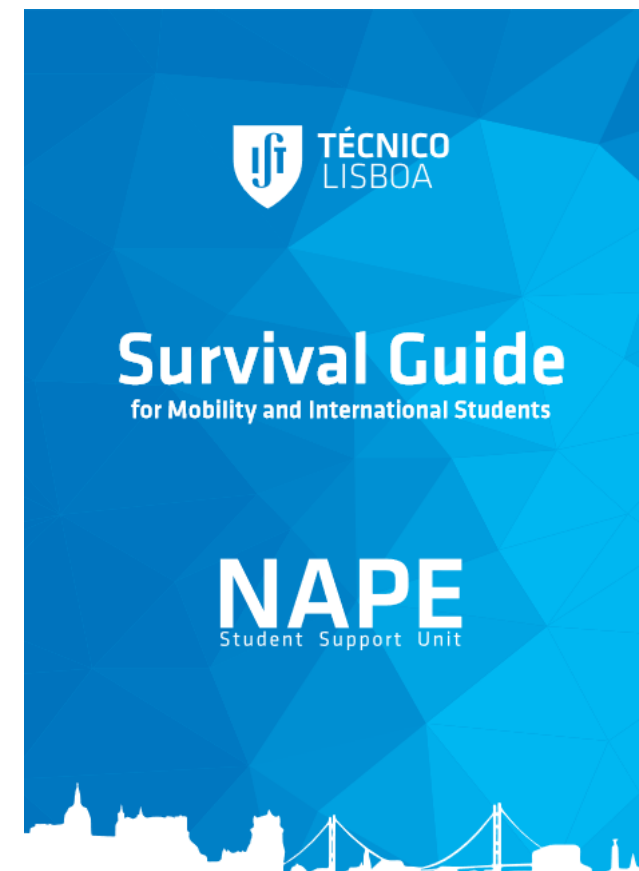
Objetivo

Reduzir o choque cultural na mudança para a realidade portuguesa e facilitar a adaptação ao ambiente académico do Técnico.

Apoiar antecipadamente a estadia, fornecendo informações atualizadas.

Público Alvo

Alunos Internacionais e de Mobilidade





Survival Guide

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Procedimento

Documento atualizado semestralmente tendo em conta feedback dos alunos;

Enviado previamente à chegada dos novos alunos ao nosso país, via e-mail;

Disponibilizado no site do NAPE:

nape.tecnico.ulisboa.pt





O Survival Guide

Documento digital que contém informações sobre:

- A preparação da estadia em Portugal;
- Como se deslocar na Área Metropolitana de Lisboa;
- O Técnico, os seus apoios e a sua vida académica;
- Atividades culturais e como os alunos se podem envolver.

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COVID-19

Devido à situação pandémica atual, foi adicionada uma introdução sobre a COVID-19 em Portugal;

Estas informações são cruciais para os alunos devido às diferenças nas medidas entre países;

Encaminhamento para o site do Técnico:

tecnico.ulisboa.pt/en/coronavirus-disease-covid-19/

Introduction | COVID-19

As you know, due to the pandemic situation we are currently living, we are forced to take certain precautions and cancel some of the activities we were used to do before.

In both regards, Portugal is no exception, and even though your home country probably has measures concerning COVID-19, they may not be quite the same as in here. For this reason, we compiled in this chapter some information about the regulations in Portugal and in all Técnico's campi. Since we want you to have the best experience in our country, given the current limitations, we gathered a set of outdoor places you may want to visit/go for a walk in Lisbon.

Rules

As of August of 2020, the following rules apply in all of continental Portugal territory:

- It is forbidden to consume alcoholic beverages on the street;
- It is mandatory to use a face mask (or protection visor) in all commercial buildings, restaurants and bars (except when consuming) and all indoor spaces. All of these may have their own regulations and a bottle of alcohol-based hand sanitizer for you to use before entering;
- Commercial buildings have to close at 8PM and grocery stores at 10PM;
- Gatherings are limited to 10 people;
- It is forbidden to sell alcoholic beverages after 8PM.

In all of Técnico's *campi* there are the following entering requirements:

- Temperature screening before entering, which, in Alameda, is in the north gate;
- The use of face mask is mandatory everywhere;
- Respect the maximum occupancy rates established for indoor spaces;
- Gatherings of more than 10 people are prohibited;
- Be aware of opening hours for the different activities

You can (and should) read the official Técnico webpage concerning COVID-19, at <https://tecnico.ulisboa.pt/en/coronavirus-disease-covid-19/>.





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