



COIMBRA

THE CITY OF STUDENTS

1st Year Woppies Guide

Cohort 2024/2026





Overview



Overview	1
<hr/>	
Welcome	2
<hr/>	
Get to know Coimbra	3
<hr/>	
Tourist Attractions	4
<hr/>	
Restaurants	5
<hr/>	
Bar & Clubs	6
<hr/>	
Markets & Shops	7
<hr/>	
Study Spots	8
<hr/>	
Finding Accommodation	9
<hr/>	
Where to find an accommodation	10
<hr/>	
How to get to Coimbra	11
<hr/>	
Living in Coimbra	12
<hr/>	
Facilities	13
<hr/>	
SASUC	15
<hr/>	
Bureaucratic processes	16
<hr/>	
Contacts	17

WOP-P

Hey there, new WOP-P students!

We're your second-year mentors, and we're thrilled to welcome you to the program! Get ready for an incredible journey filled with learning, growth, and a lot of fun.

What to Expect

Over the next two years, you'll dive deep into the world of Work, Organizational, and Personnel Psychology, all while being supported by an amazing community. We've been in your shoes and are here to help you navigate everything from classes to writing the thesis.

Our Role

Think of us as your go-to guides. Whether you have questions about coursework, need advice on balancing study and life, or just want someone to talk to, we've got your back. We'll be sharing tips, hosting events, and making sure you feel right at home.

Get Involved!

Don't be shy! Jump into discussions, join study groups, and participate in all the exciting activities we have planned. This is your chance to build connections, gain insights, and make the most of your time here. Let's Do This!

Warm regards,

Your Second-Year Mentors





Get to know Coimbra

Welcome to Coimbra – your new home away from home! Get ready to fall in love with this charming city, where history meets modern student life in the most delightful way.

A City Steeped in History

Coimbra is like stepping into a living history book. Founded over two millennia ago, Coimbra has been a central hub in Portugal since Roman times. It's home to the majestic University of Coimbra, established in 1290, making it one of the oldest universities in Europe.

Student Vibes Everywhere

But don't let the old-world charm fool you. Coimbra is buzzing with student energy! With a vibrant nightlife, cozy cafes, and lively bars, you'll always find a place to unwind after a day of studying. The city's many festivals and cultural events will keep you entertained all year round.

Foodie Heaven

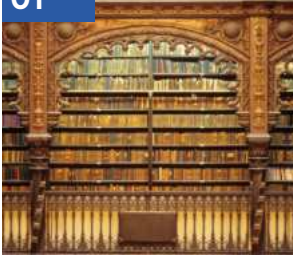
Get ready to treat your taste buds! Coimbra's culinary scene offers everything from traditional Portuguese dishes to international cuisine. Be sure to try the local specialties like “leitão” (roast suckling pig), Chanfana, and the delicious pastries at the historic Café Santa Cruz.

Friendly and Welcoming

Most importantly, Coimbra is a city that embraces students with a warm heart. The locals are known for their hospitality, always ready to help and share a smile. You'll quickly discover a strong sense of community here, where lifelong friendships are forged.

Tourist Attractions

01



Joanina Library

02



Royal Palace of Alcáçova

03



Botanical Garden

04



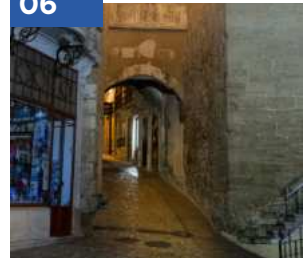
Sé Velha

05



Mondego River and Pedro e Inês Footbridge

06



Almedina Arch and Tower

Restaurants

01



Zé Manel dos Ossos

02



Dona Taska

03



A Cozinha da Maria

04



Solar do Bacalhau

05



Efes Kebab

06



O Croisant

07



Italianino

08



DOPPO Gelateria

09



Il Tartufo

Bar & Clubs

01



NB Club

Biggest club in the city!

02



Kamartelo 2.0

Another good option, with good music and environment.

03



Bar AAC

This is the University's Bar, where you can find cheap drinks and A LOT of students.

04



O Reitor

Good environment, good prices and excellent foods!

05



Cabido Bar

Perfect place to warm up before you go to the clubs. The best shots of the city!

Markets & Shops

01



Continate

Supermarket: For purchases over 50 euros, you can get a free taxi ride home.

[Av. Fernão de Magalhães 333.](#)

02



Pingo Doce

Supermarkets: The main locations are in Baixa and Celas.

03



Mercado Municipal

Good place to buy vegetables, fruits and fresh meat. They also have good restaurants.

04



Forum

The biggest shopping in Coimbra. Where you can find the main stores.

05



Bazar Jiang Unipessoal

Cheap store, where you can find ANYTHING. Ideal for buying things for your house.

Study Spots

01



TAGV Café

This academic theatre has a beautiful cafe upstairs in which students go to work everyday. It has wifi and is close to Campus I.

[Praça República, 3000-343 Coimbra, Portugal](#)

02



Psychology faculty

The main building of the psychology faculty offers a library and places with tables where you can study and work in groups.

[R. Colégio Novo, 3000-115 Coimbra, Portugal](#)

03



Biblioteca Geral da UC

The general library of the University of Coimbra. It is very silent and has a lot of places to study individually and in groups.

[Largo Porta Férrea, 3000-447 Coimbra, Portugal](#)

04



O Reitor

A very cozy café and bar that can be a good spot for group works and individual study. It is not the most silent place and at night can have events or loud music. It offers free wifi.

[R. Alexandre Herculano 16b, 3000-019 Coimbra, Portugal](#)

05



WOP-P's Room

In the Psychology Faculty main building there is a room designated for WOP-P students to use. You can ask for the keys in the faculty's secretary office.

[R. Colégio Novo, 3000-115 Coimbra, Portugal](#)

Finding Accommodation



Where to live

Coimbra is well known for its hills and student life. Sometimes, finding the right place to live can be tricky, so here are some pros and cons for the best places you can find accommodation.

01 Celas

Pros: this is a more residential neighbourhood where you can find supermarkets, gyms and other services close. The rent can be cheaper.

Cons: if you choose to live here you will face a lot of hills to go up and down. It is further away from the university campus and depending on where you live, you will have to take buses.

02 Baixa

Pros: the city's downtown is where all shops and main supermarkets are located, it is well connected with the rest of the town.

Cons: the Baixa can be a little noisy at night too. Depending on the location it can be a little bit far from the university campi by foot.

03 Sé Velha

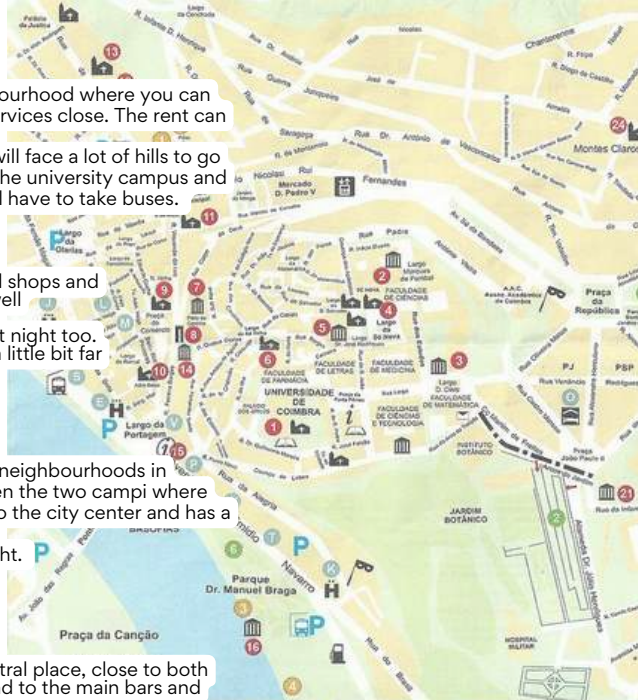
Pros: one of the oldest and prettiest neighbourhoods in Coimbra, it is located exactly between the two campi where Woppies study. It is also very close to the city center and has a lot of bars and restaurants.

Cons: very hilly and very noisy at night.

04 Praça da República

Pros: this town's square is a very central place, close to both campus of the psychology faculty and to the main bars and restaurants.

Cons: this location can be very noisy during the year. Students' culture in Coimbra involve a lot of shouting and singing in the streets around this place at night.



Where to find an accommodation



Spotahome

is an online rental platform that allows tenants to book properties instantly and securely without the need for in-person viewings. It is safe, but has an expensive agency fee.

Website

<https://www.spotahome.com/pt>



Uniplaces

Uniplaces

is an online rental platform that allows tenants to book properties instantly and securely without the need for in-person viewings. It is safe, but has an expensive agency fee.

Website

<https://www.uniplaces.com/pt>



Idealista

this online rental platform is not as easy to use or safe as Uniplaces and Spotahome. In Idealista you will talk directly to the landlords, so be aware: scams and other problems can happen.

Website

<https://www.idealista.pt/>



Aluguel em Coimbra 5 ** ⓘ
Grupo · Membros: 336

Grupos (Facebook e Whatsapp)

Similarly to Idealista, this option can offer good prizes, but it is not the safer option. You can find groups in facebook by searching for example "Arrendamento em Coimbra". Below are links with suggestions for wpp and fb.

Whatsapp

<https://chat.whatsapp.com/GV7QpZpUyI7YmXumEjFEC>

Facebook

<https://www.facebook.com/groups/644494185690367>

How to get to Coimbra



Tip: you can always use Google Maps to get directions that are usually very accurate.



From Lisbon

01 From Lisbon's Airport

Once you arrive there, you can take a metro (right outside the airport), a transfer or a car (taxi, Uber and Bolt) to Oriente Station.

02 From Oriente

Once you get to Oriente Station, you can either take a train or a bus to Coimbra.

03 Bus Options

There are two main bus companies where you can look for tickets: [Rede Expressos](#) or [Flixbus](#). We advise you to buy it online from the companies' websites or with [Omio](#). It is possible to buy in person but it can be tricky to find the right place.

04 Train Options

To search and buy train tickets you can also use [Omio](#) or [Comboios de Portugal](#) website. It is also possible to buy in person in the Oriente Station.

From Porto

01 From Porto's Airport

There are options of buses going directly from the airport to Coimbra (check [Omio](#) and [Flixbus](#)). But you can also take a metro, car or transfer to Campanhã Station.

02 From Campanhã

Once you get to Campanhã Station, you can either take a train or a bus to Coimbra.

03 Bus Options

There are two main bus companies where you can look for tickets: [Rede Expressos](#) or [Flixbus](#). We advise you to buy it online from the companies' websites or with [Omio](#). It is possible to buy in person but it can be tricky to find the right place.

04 Train Options

To search and buy train tickets you can also use [Omio](#) or [Comboios de Portugal](#) website. It is also possible to buy in person in the Campanhã Station.

Living in Coimbra



01 WEATHER

Early warmth in September quickly gives way to milder days. Expect frequent rain, especially from October onward. Pack layers, waterproof gear, and sturdy shoes for exploring the city's historic streets. As winter approaches, bring warm clothing like jackets, scarves, and boots. Coimbra's winter is mild but can be chilly, so be prepared for varying temperatures.



02 WALKING AROUND

Coimbra's charm includes its hilly terrain that adds to the city's picturesque views. Be prepared to navigate these hills and stairs by bringing comfortable sneakers or sturdy shoes.



03 OVERALL EXPENSES

- Rent: 280 to 500€ for shared accommodation.
- Supermarket: Around 200 € for groceries.
- Restaurants: Budget about 150€ for dining out.
- Gym: Approximately 40€ for fitness facilities.
- Transport: About 20€ for public transportation.
- Laundry: Around 20€ for laundry services.

Total monthly expenses sum up to approximately 710 to 930 €, depending on your lifestyle and accommodation choice.

Living in Coimbra



04 TRANSPORT

There are 3 main ways of transport in Coimbra apart from walking: bus, taxis/app cars and scooters. The bus company where you can buy a card is the SMTUC (<https://www.smtuc.pt/>). The best option for app car or taxi is Bolt. For scooters, there are app options like Bolt and Link.



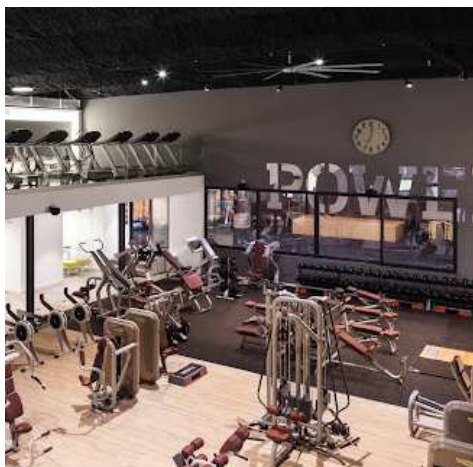
05 HEALTH CARE



There is one main public hospital in Coimbra: Centro Hospitalar e Universitário de Coimbra (CHUC Coimbra), with two main poles:

1. Praceta Professor Mota Pinto, 3004-561 Coimbra, Portugal: this one is more destined to high level emergencies and previous scheduled consults;
2. Quinta dos Vales, São Martinho do Bispo 108, 3041-801 Coimbra, Portugal: for more mild urgencies.

In general, there are long lines and waiting time in these hospitals. You can try to contact your health insurance to get more details.



Extracurricular Facilities

- **Phive Celas Fitness Club:** Excelent gym!
- **Casa do Cinema de Coimbra:** Movie Theater with student's discount.
- **ESN:** Welcome all international students with discounts, parties and travels.



Support Facilities

- **Loja do Cidadão:** State Government Office to resolve bureaucracy.
- **CTT:** Mail post.
- **União das Freguesias:** To provide proof of residence.
- **Student Hub:** Website with everything related to the university.
- **Vodafone/Yorn:** Telecommunications company with good prices.
- **AAC:** Students' academic association with stationary and photocopy shop, bar, club, etc.

SASUC

SASUC is the social services institution for UC students. It offers canteens, laundry, accommodation and other services.

Check in: <https://www.uc.pt/sasuc/>



01

CANTEENS

At university cafeterias, you can enjoy affordable lunches and dinners conveniently located near the campus.

R. Oliveira Matos, Coimbra



02

LAUNDRY

SASUC offers the most affordable laundry services in the city. Located conveniently for students, these facilities provide cost-effective solutions for washing and drying clothes.

Universidade de Coimbra, R. Oliveira Matos s/n, 3000-305 Coimbra, Portugal

Sasuc go is the app/website where you can create an account and use these benefits.

Make sure you log in with your university email. Everything works through the website, including adding money to your account.

Bureaucratic processes

Now let's talk about the really important things!

Bank Account

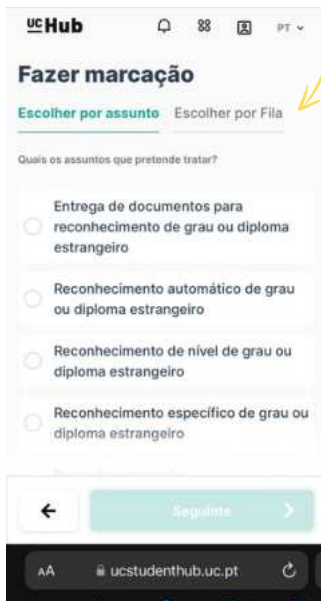
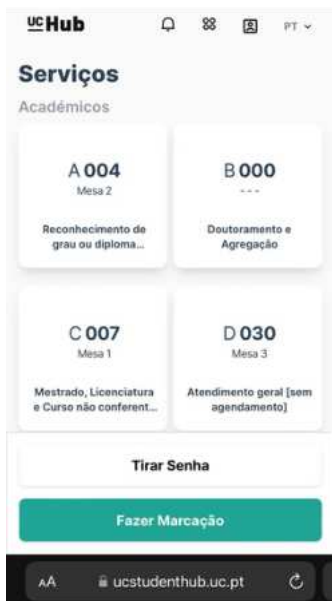
In order to receive your scholarship, you will have to open an **European bank account**.

- 01 To open a bank account, you will need to have a **NIF** (fiscal identification).
- 02 You need to make an appointment. To do that, call this phone number: +351 217 206 707.
- 03 Your appointment will be on Casa do Cidadão.
- 04 After you have your NIF, you will be able to open the bank account. Some bank suggestions are: Revolut, Bradesco and N26.

AIMA - For non european students



You need to book an appointment with AIMA, so that you can ask for your residence permit. You need to do this as soon as possible! Follow the steps below:



Contacts



Alice Oliveira

Técnica Superior
Gabinete de Apoio à Direção

Email

aliveira@fpce.uc.pt
+351 239 851454



Leonor Pais

Coimbra's Programm Coordinator

Email

leonorpais13@gmail.com
+351 919 276 549



Maria Clara da Costa Ribeiro

WOP-P Mentor

Email

claracosrib@gmail.com
+55 83 99627 1667



Sofia Theodorovicz Badotti

WOP-P Mentor

Email

sofia.badotti@hotmail.com
+351 91 391 98 96