



BASIC INFORMATION

CAPITAL: LISBON

LANGUAGE: PORTUGUESE

COIN: EURO (€)

POPULATION: 10 MILLION

CLIMATE: MEDITERRANEAN - HOT SUMMERS,
MILD WINTERS

LITTLE HISTORY

FOUNDED: 1143 – ONE OF THE OLDEST COUNTRIES IN EUROPE

AGE OF DISCOVERY: 15TH AND 16TH CENTURIES –
NAVIGATORS LIKE VASCO DA GAMA TOOK PORTUGAL
TO THE WORLD

DEMOCRACY: SINCE 1974 (CARNATION
REVOLUTION)



CULTURE AND TRADITIONS

FADO: EMOTIONAL MUSIC THAT SINGS THE
PORTUGUESE SOUL (UNESCO)

COLORFUL TILES: ART ON THE FACADES AND
STORIES ON THE WALLS

TYPICAL FESTIVALS: SUCH AS THE POPULAR
SAINTS IN JUNE

HOSPITALITY: THE PORTUGUESE LOVE TO
WELCOME AND SHARE

PORTUGUESE GASTRONOMY

PORTUGUESE CUISINE IS ONE OF THE RICHEST IN EUROPE, WITH FLAVOURS THAT VARY FROM REGION TO REGION, ALWAYS BASED ON FRESH INGREDIENTS AND ANCIENT TRADITIONS.

- **SYMBOL DISH:** COD - IT IS SAID THAT THERE ARE 365 WAYS TO PREPARE IT
- **FISH AND SEAFOOD:** GRILLED SARDINES, OCTOPUS AND **AMEIJOAS À BULHÃO PATO**
- **MEAT:** SUCKLING PIG FROM BAIRRADA, **COZIDO À PORTUGUESA, FEIJOADA**
- **DESSERTS:** PASTÉIS DE NATA, ARROZ DOCE, QUEIJADAS, PÃO DE LÓ, OVOS MOLES
- **PORT WINE:** FORTIFIED, AGED IN THE DOURO CELLARS
- **VINHO VERDE (WINE):** REFRESHING AND LIGHT, TYPICAL OF THE NORTH
- **DOURO DOC (WINE):** ONE OF THE MOST PRESTIGIOUS WINES IN THE COUNTRY
- **OTHER WINES:** ALENTEJO, DÃO, BAIRRADA, MADEIRA



WHAT MAKES PORTUGAL SPECIAL?

- **AUTHENTICITY:** LIVING CULTURE, PRESERVED TRADITIONS
- **GASTRONOMY:** UNIQUE AND REGIONAL FLAVORS
- **PEOPLE:** WARM, WELCOMING AND PROUD OF THEIR IDENTITY
- **DIVERSITY IN ONE COUNTRY:** BEACHES, MOUNTAINS, HISTORIC CITIES, WILD NATURE
- **SAFETY AND QUALITY OF LIFE:** ONE OF THE SAFEST COUNTRIES IN THE WORLD
- **ACCESSIBILITY:** GOOD VALUE FOR MONEY FOR TOURISM



PORTO – THE HEART OF THE NORTH

THE SECOND LARGEST CITY IN THE AND CAPITAL OF THE NORTH, PORTO CHARMS WITH ITS AUTHENTICITY, IMPOSING ARCHITECTURE AND REMARKABLE GASTRONOMY.

HISTORICAL AND CULTURAL HIGHLIGHTS

HISTORIC CENTRE CLASSIFIED AS A WORLD HERITAGE CITY BY **UNESCO**

TOWER OF CLÉRIGOS, SÉ CATEDRAL, CHURCH OF SÃO FRANCISCO

SÃO BENTO STATION (TILES)

LIVRARIA LELLO – ONE OF THE MOST BEAUTIFUL IN THE WORLD

CASA DA MÚSICA – AN EXAMPLE OF CULTURAL MODERNITY

ATMOSPHERE: A MIX OF TRADITION AND URBAN MODERNITY. THE PEOPLE ARE KNOWN FOR THEIR DIRECT AND GENEROUS CHARACTER.

LOCAL CUISINE

FRANCESINHA: A SANDWICH WITH SPICY SAUCE, STUFFED WITH MEAT AND CHEESE

TRIPAS À MODA DO PORTO: LINKED TO THE HISTORY OF NAVIGATORS

PORT WINE CELLARS: LOCATED IN VILA NOVA DE GAIA, WITH VISITS AND TASTINGS

NATURE AND LANDSCAPES

BOAT TRIPES ON THE DOURO RIVER

VIEWPOINTS WITH INCREDIBLE VIEWS

CLOSE TO THE DOURO WINE REGION - IDEAL FOR WINE TOURISM

