



LisPro

LISBON MASTERCLASS ON PROSTATE CANCER

Hotel Olissippo Oriente, Lisbon

June 19 – 20 | **2020**

About Lisbon

Lisbon is the capital of Portugal and lies on the north bank of the Tagus Estuary, on the European Atlantic coast. It is the westernmost city in continental Europe. Greater Lisbon has an area of approximately 1,000 km². The city lies more or less in the centre of the country, approximately 300 km from the Algarve in the south and 400 km from the northern border with Spain. Lisbon offers a wide variety of options to the visitor, including beaches, countryside, mountains and areas of historical interest only a few kilometers away from the city centre.

Climate

Due to the influence of the Atlantic Ocean, Lisbon has a pleasant climate throughout the year. The agreeable temperatures in the summer months are an open invitation for a walk by the river, or to spend an afternoon in one of the many street cafés to be found all over the city.

	Maximum	Minimum
Lisbon weather in June	24°C / 74°F	18°C / 65°F

For the latest weather click on www.meteo.pt

Safety

Lisbon is considered a very safe city but you should take normal, sensible precautions to avoid mugging, bag snatching and pick pocketing. You should be extra vigilant at airports and railway stations. Do not leave valuables unattended. Most shops and all major taxi companies accept credit and debit cards, so there is no need to carry a lot of cash.



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Currency and Banking

The local currency is the Euro (€). All major credit cards are accepted widely, but not everywhere. If in doubt, ask in advance. Cash-on-card services are available from selected American Express, Diners Club, MasterCard or VisaCard addresses. These cards are also accepted by all GWK currency exchange outlets and Change Express Offices.

Electricity

Voltage: 220volts with 2 pins wall sockets at a frequency of 50 Hertz. All sockets follow European standards. To use American-type plugs, a 220-volt transformer should be used together with an adapter plug.

Emergency Phone Numbers

For Police and Ambulance emergency dial 112.

Health Requirements

With the exception of vaccination certificates for persons coming from areas where yellow fever is endemic, at the present there are no special health requirements.

Language

Portuguese is Latin in origin and the third most widely spoken European language in the world. It is the mother tongue of about 200 million people. Portuguese is the official language in several countries: Angola, Cape Verde, Guinea-Bissau, Mozambique, São Tomé e Príncipe in Africa, and Brazil in South America.

Population

Population 10.5 million



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VAT - Sales Tax

Value added tax (VAT) is included in prices quoted. For non E.U. residents, tax free shopping schemes are available in many shops, which give substantial savings to visitors.

Smoking

The Portuguese law, in accordance with Regulations in force in the majority of European Countries and the USA, does not allow smoking in any public transportation or in any closed public areas. (Some restaurants, bars and discotheques can designate 30 percent of their space for smokers if they are larger than 100 square meters). Non-compliance with this ban can lead to prosecution and a fine of up to 1.000,00 Euros.

Tipping

Tipping is optional, but adding 10% to the amount is regular practice in taxis, restaurants and bars.

Getting to Lisbon

Lisbon is easy to get to. It is a short flight away from most European cities, and is just as easily accessible by road, railway or sea.

By Air

Lisbon International Airport, 7 km from the city centre, has daily flights to and from the major cities in Europe and the world. Lisbon Airport has two terminals: **Terminal 1** is for international and domestic flights and **Terminal 2** for low cost flights only. For further information please visit the official website of Lisbon International Airport : <http://www.ana.pt>



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By Road

Arriving in Lisbon by road is a pleasant experience, as the visitor can enjoy the beautiful countryside along the way. The city has good road accesses and the most frequently used routes are: the A1 motorway, the 25th April Bridge and Vasco da Gama Bridge.

By Rail

Scores of national and international trains arrive in Lisbon every day. In addition to Santa Apolónia terminal station, the city has the Gare do Oriente, adjacent to the Parque das Nações. Both stations have direct bus or underground connections to the city centre.

High-speed Alfa trains depart for Oporto every day until 20h55. The Sud-Expresso to Paris departs daily at 18h00, while the Lusitania train to Madrid departs at 22h00 every day.

Getting around Lisbon

By Subway

One of the quickest ways to travel in Lisboa is by subway “Metro” operating from 06:00 a.m. – 01:00 a.m. It covers almost the whole city and next to most hotels you will find a metro station.

Fare per trip: 1,34€ It is necessary to previously buy an electronic card (0.50€ - “Viva Card”) which is sold automatically in any ticket booth. We suggest a daily ticket that can be used on subway & carris buses and trams - € 6,40 per day.

For further information please check www.metrolisboa.pt



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By Bus / Tram

Carris has the exclusive rights as the above ground mass public transport operator in Lisbon. An extensive network of 90 bus routes covers the entire city and outskirts. Inside Lisbon you may also use a traditional public transportation: the tram. The tram network is made up of 5 routes, 3 funiculars (Glória, Bica and Lavra) and 1 lift (Santa Justa). We suggest a daily ticket that can be used on subway&carris buses and trams - € 6,40 per day. For further information please check www.carris.pt

By Taxi

Taxis in Lisbon are beige or black and green. Usually have the word TAXI on top and offer very reasonable prices to get around. They have an illuminated taxi sign at the top.

The fare on the taxi meter should read 2,50€ (daytime pick-up). Outside the city limits, city fares are charged per kilometer (km=0,42) and are entitled to charge for the return fare 1,60€ is charged for the transportation of luggage or animals. The usual amount to tip is 10% of the fare.

An additional 20% is charged for services on Saturdays, Sundays and holidays and for nighttime service from 9pm to 6am.



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Other information

Working Hours

Buses: Every day 6.30 a.m. - 12 p.m./10 a.m

Banks: Mon-Fri. 8.30 a.m. - 3 p.m.

Shopping Centres: Every day 10 a.m. - 12 p.m.

Shops: Mon -Fri. 9 a.m. - 1 p.m. and 3 p.m. - 7 p.m. Sat. 9 a.m. - 7 p.m.

Embassies: Mon. - Fri. 9 a.m. - 3 p.m.

Post Offices: Mon. - Fri. 8.30 a.m. - 6.30 p.m.

Pharmacies: Mon. - Fri. 9 a.m. - 1 p.m. and 3 p.m. - 7 p.m. also: 24 hour (night) service

Meal times: Lunch: 12 a.m. - 2 p.m.

Dinner: 8 p.m. - 10 p.m

Underground: Every day 6.30 a.m. - 1 a.m.

Time Zones

(GMT/UTC GMT/UTC +1 in Summer)

Austrália Canberra +10h

Brazil Brasília -3h

France Paris +1h

Germany Berlin +1h

Holland Amsterdam +1h

Italy Rome +1h

Japan Tokyo +9h

Norway Oslo +1h

South Africa Cape Town +2h

Spain Madrid +1h

Sweden Stockholm +1h

UK London =

USA Chicago -6h

USA Los Angeles -8h

USA New York -5h

USA Washington -5h



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Venue

The venue of the Meeting is Olissippo Oriente Hotel a modern 4-star located in Lisbon's Parque das Nações, just 300 m from the Vasco da Gama Shopping Centre and at a 4-minute walk from the Oriente Station transport hub, which has connections with the city's historic centre.

