



Survival Guide

First of all, EBEC Portugal Team would like to congratulate you for winning the local round of EBEC. If you manage to win the national round - EBEC Portugal - you will be competing against the top engineering students of Europe!

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BEST

The Board of European Students of Technology, also known as BEST, is a constantly growing, non profit and non political organization. Since its formation, in 1989, BEST provides communication, cooperation and traveling possibilities for students of technology all over Europe.

In 2019, celebrating 30 years of existence, we count with 96 Local BEST Groups in 33 countries. More than 3300 members help create events that can reach 1.3 million students in Europe. All our events and projects provide a complementary educational system that adds value to the standard educational system provided by universities. BEST tends to increase the educational involvement of the students, raising the awareness on issues related to education and promoting this educational discussion and intervention across Europe.

BEST works as a connection between students, universities and companies. It also provides career support for students , widening their options and presenting them with opportunities and different career paths. Doing so, companies acknowledge the ambitions of their future employees and are able to achieve them together.

Our mission is to develop students. Having this in our minds, we organize every year, for 11 years now, EBEC.



EBEC

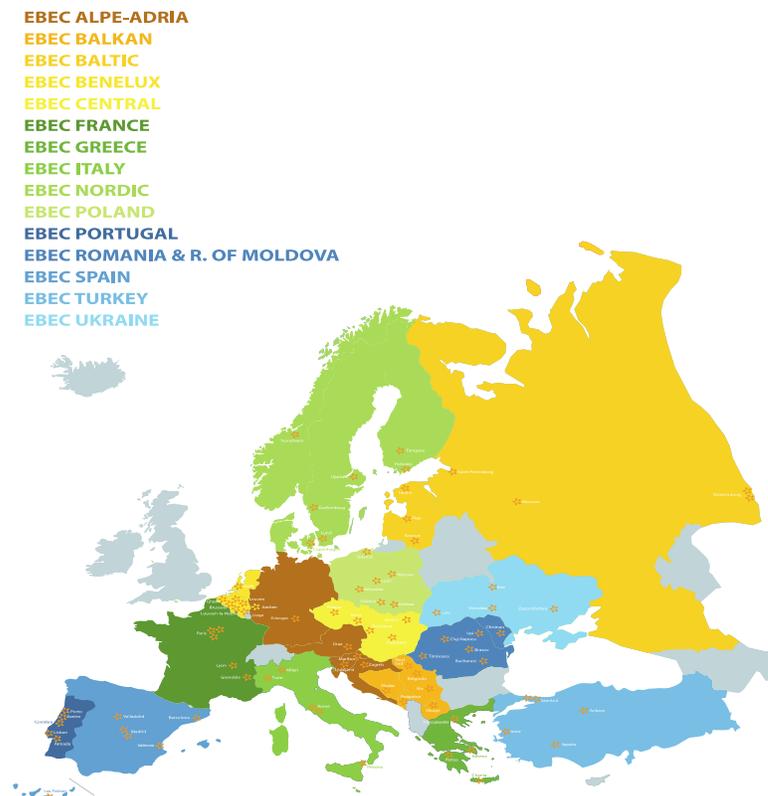
As you know EBEC stands for European BEST Engineering Competition. For several years, BEST has organized a lot of Local Engineering Competition (LECs) but only in 2009 EBEC has grown as a project.

EBEC is organized as shown in the picture:



If you are reading this, you are one of the winners of one of the 85 local rounds of EBEC, happening all over Europe. Now, you find yourselves in the middle of the pyramid. EBEC Portugal is one of the 15 National or Regional Rounds of EBEC.

You are only one step away to reach EBEC Final, happening from August, in Turin, Italy. The winners of the National/Regional Rounds will compete with top engineers and **you** can have the possibility of winning the largest engineering competition in Europe!

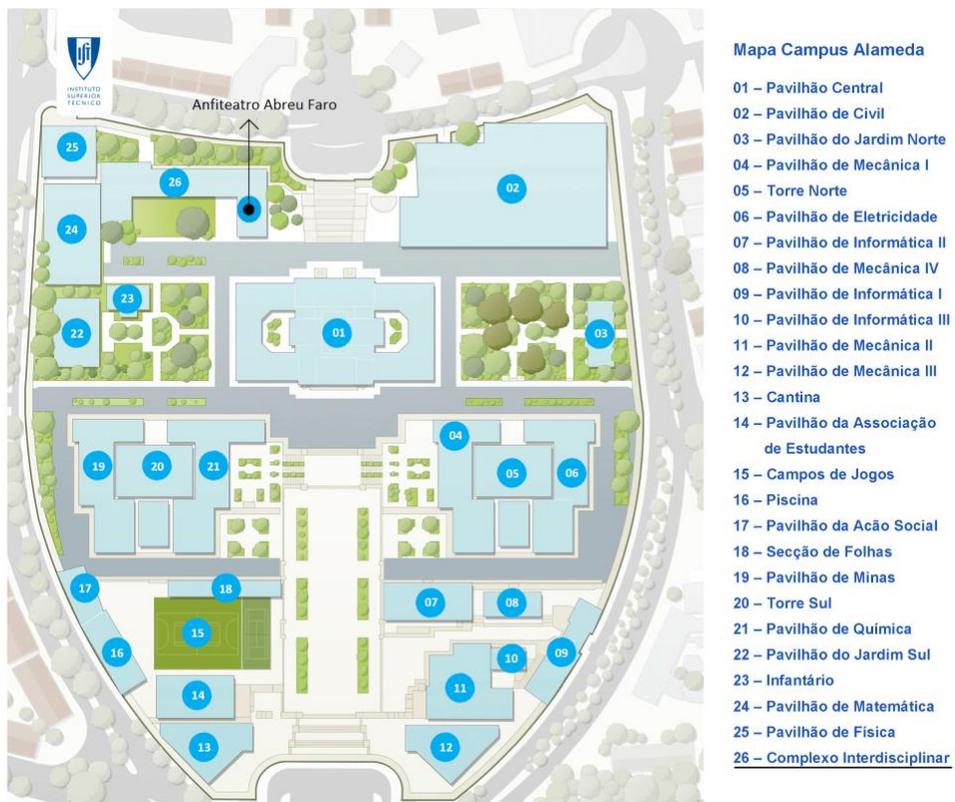


Instituto Superior Técnico

IST (Instituto Superior Técnico) was founded in 1911 through the division of Instituto Industrial e Comercial de Lisboa. It's first director was Alfredo Bensaude that was also responsible for the creation of the first courses in the areas: Mining, Civil, Mechanical, Electrotechnical and Chemical-Industrial.

In 1927 IST became part of Universidade Técnica de Lisboa and Alameda Campus construction starts.

This year EBEC Portugal will in Alameda Campus of Instituto Superior Técnico. The competition will have different moments and all be in Pavilhão de Civil except the Opening and Closing Cerimony that will be in Anfiteatro Abreu Faro.



How to get to Lisbon

Coming from Almada

Bus: You can take t161 from [FCT-UNL](#) and arrive at [Praça do Arreiro](#).

Boat: You can take a boat from [Cacilhas](#) and arrive at [Cais do Sodré](#).

Train: You can take Fertagus from [Pragal](#) and arrive to [Roma-Arreiro](#) or [Entrecampos](#).

Coming from Aveiro

Bus: You can take Rede Expressos from [this location](#) and arrive at [Sete Rios](#).

Train: You can take an IC train from [Aveiro](#) and arrive at [Sete Rios](#), [Entrecampos](#) or [Roma-Arreiro](#).

Coming from Coimbra

Bus: You can take Rede Expressos from [this location](#) and arrive at [Sete Rios](#).

Train: You can take an IC train from [Coimbra](#) and arrive at [Sete Rios](#), [Entrecampos](#) or [Roma-Arreiro](#).

Coming from Porto

Bus: You can take Rede Expressos from [Porto](#) and arrive at [Sete Rios](#).

Train: You can take an IC train from [Porto Campanhã](#) and arrive at [Sete Rios](#), [Entrecampos](#) or [Roma-Arreiro](#).

Discounts

By train: We suggest applied this discount: <https://www.cp.pt/passageiros/pt/descontos-vantagens/descontos/jovem>
<https://www.cp.pt/passageiros/pt/descontos-vantagens/descontos/compra-antecipada>

By Bus: We suggest ask for the Bilhete Jovem, a special ticket that give you 20% of discount of round trip:

<https://www.cartaojovem.pt/Vantagens/Parceiro/12294>

In the next table, you can find the maximum travel refund you can get. Check the info about how to get your refunds at the last page.

Maximum refund per person

Almada	7,5 €
Aveiro	28,5 €
Coimbra	25,5 €
Porto	33,7 €

After arriving to Lisbon

Are you already in Lisbon ?

You can see the map of the Lisbon metro connections in the figure below or in [link](#).



The meeting point on the 26th will be in [Pousada da Juventude](#). If you arrived to:

- Sete Rios, you can take the bus 746 or the metro until Parque station;
- Roma-Arreiro, you can take bus 720 or the metro until Picoas, or Parque station;
- Entrecampos, you can take bus 736, 744 or 783 or metro until Picoas station.

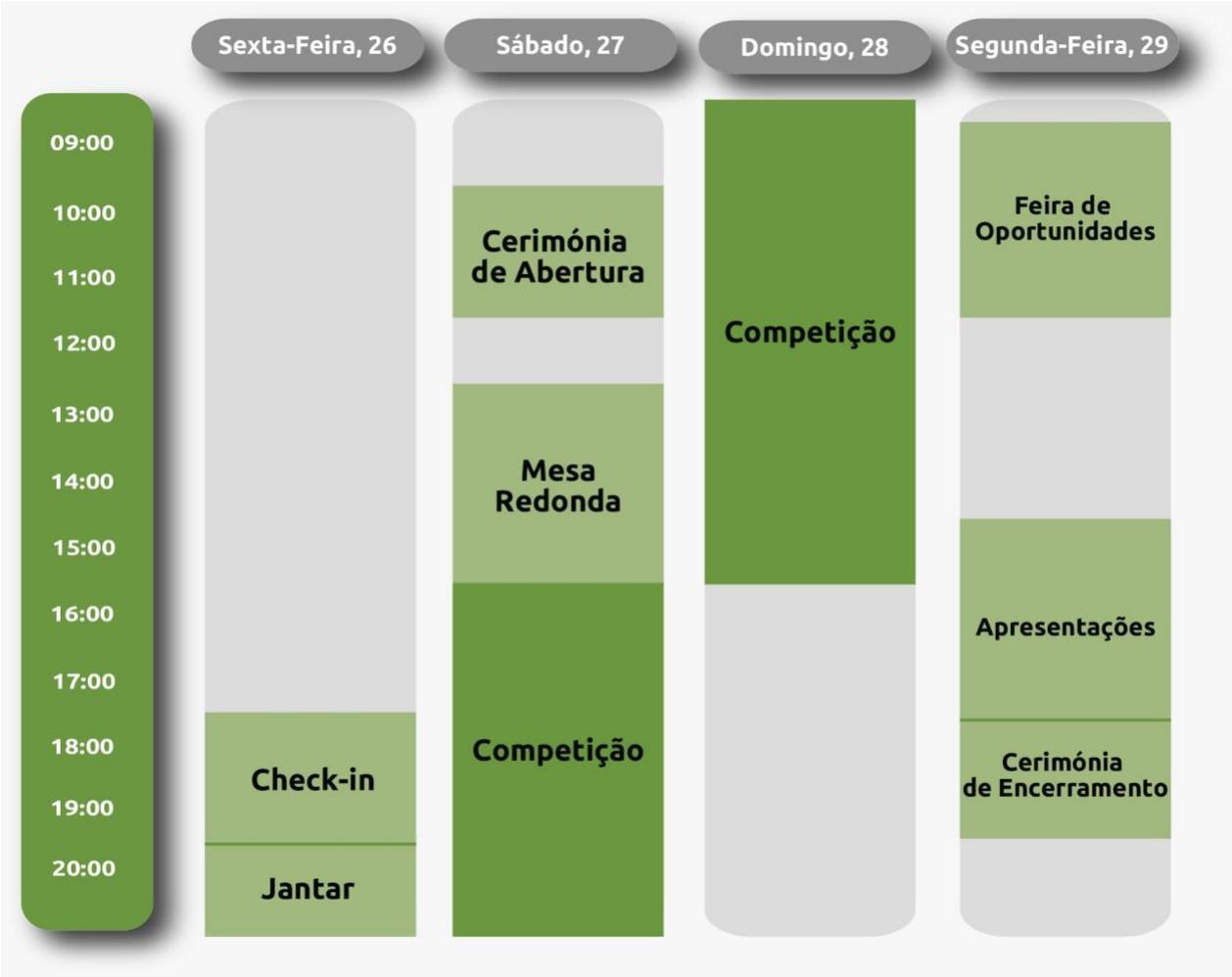
Things you should bring with you

There are some simple things we ask you to bring (besides your natural awesomeness):

- You should, of course, bring your **ID card**.
- You'll also need your **Student Identification Card**.
- If you need to take **Medicine**, you must bring it with you.
- **Hygiene essentials** - toothbrush, towel, etc.
- **Sleeping bag**
- **Semi-formal clothes** for the opening ceremony and the closing ceremony.
- **Comfortable clothes** for the competition.
- **Personal computer** and/or any device that you think you might need for the task. You will have internet access during the competition. (Only the participants from Case Study are allowed to use computers and phones during the competition)
- Your **travel tickets invoices** to be refund, after the event. So this can work out perfectly you have to use this information:

Name: Grupo Local BEST Lisboa
NIF: 510 955 789

Schedule



The schedule may suffer some changes, but everyone will be notified by mail.

Contacts

If you need some extra information you can use any of the following contacts:

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