

Portugal HIVE Information Sheets

Index:

Information sheet 1a	Arrivals Families	pages 2 – 3
Information sheet 2a	places to stay	pages 4 – 6
Information sheet 2b	Sport and recreation Adults	pages 7 – 12
Information sheet 2c	Sport and recreation Children	pages 13 – 16
Information sheet 2d	Pubs and Restaurants	pages 17 – 18
Information sheet 2e	hair and Beauty	page 19
Information sheet 2f	Financial and Legal	pages 20 – 25
Information sheet 2g	Travel	pages 26 – 29
Information sheet 2h	Pets	pages 30 - 33
Information sheet 2i	Welfare and community Support	pages 34 – 37
Information sheet 2j	Religion	pages 38 - 39
Information sheet 2k	Emergency contacts	pages 40 – 41
Information sheet 2i	Recycling	page 42
Information sheet 2m	DIY and Electrical	page 43
Information sheet 2n	Motoring	pages 44 – 49
Information sheet 2o	Supermarkets and Shopping	pages 50 - 51
Information sheet 3b	Childcare	page 52
Information sheet 3c	Schools and Colleges	pages 53 - 56
Information sheet 3d	Adult Education	pages 57 – 59
Information sheet 4a	Doctors and dentist	page 60
Information sheet 4b	Health and Wellbeing	pages 61 - 62
Information sheet 5a	Service families Accommodation	pages 63 - 64
Information sheet 6a	Employment	page 65

Information Sheet 1a

Arrivals – Families

Last Updated: April 2009

Useful Contacts Numbers

JC LISBON NATO OPERATOR: 21 440 4321
Emergency-immediate medical crisis: 112

Main Gate: 4499	UK Joint Support Unit: 4348/4314
Dr. Matthew Zawasky Tel: 21 486 5946/7	Housing Admin UKSU: 4346
Security Office: 4117/4494	Vet: 21 466 0745

Nearest Facilities	Location	Additional Info
24hr Chemist	Various.	The name of the duty chemist is on the gate post of all chemists when they are shut so you know where to go to. Also, details can be found in the local press.
Banks/Cash points Multibanco	There are many Multibanco banks and Cash points situated all over Portugal. At JC Lisbon there is one next to BFPO.	Cash point and Multibanco transactions.
DIY Shop AKI	Next to CascaiShopping Centre.	Exit in Alcabideche and follow the signs.
Local Shop CascaiShopping	Exit in Alcabideche and follow signs.	Facilities include Cash point, Mobile phone top ups, Lottery, Dry Cleaning and Food Courts.
Petrol Filling Station GALP	A GALP location guide is available from the HIVE or UKSU.	
Post Office/Box BFPO	Lower ground floor of the main TAF Building, facing the flag posts.	
Supermarket Continente	In CascaiShopping Mall.	Exit in Alcabideche and follow the signs.

Takeaways Telepizza Chinese Restaurants Churrasquiera	Local throughout. In almost every town and most neighbourhoods.	
Taxi Radio Taxi	Estoril.	Tel:21465 9500/21466 0101
Waste Disposal	Collected daily from the dumpsters which are situated in or near every residential estate or road.	Large household items can also be left next to the dumpsters for removal.

Information Sheet 2a

Places to Stay

Last Updated: April 2009

Portugal HIVE has a range of information on Hotels, Villas, Pousadas/Paradors and Camping in Portugal and Spain. In addition; it also holds a variety of holiday brochures for worldwide destinations to suit all tastes and budgets.

Useful website addresses:

www.lastminute.com - online reservation of city breaks, flights, hotels, package holidays
www.expedia.co.uk - online reservation booking hotels, car rentals, cruises, activities, and holiday packages.
www.booking.com - ranges from small family hotels, chain hotels, airport hotels, highway hotels, luxury hotels to low budget hotels in all the major cities of the world as well as the popular areas across Europe.
www.opodo.com - worldwide flight and accommodation
www.octopustravel.co.uk - world wide hotels, transfers, apartments, sightseeing and travel guides
www.pousadasofportugal.com - Portugal Pousadas
www.spainparador.com - Spanish Paradors
www.ibishotel.com - online reservations for worldwide locations
www.bestwestern.com - worldwide chain with hotels throughout Europe, Asia, Africa, and the Americas.

Portuguese Guesthouses - The Pousadas of Portugal

These hotels are government owned with the aim of preserving historic buildings by running them as high-class hotels. They also have some modern hotels, built in traditional style, to help with tourism in areas of outstanding beauty.

Luckily the profit motive is absent. They do not compete with the commercial sector and are not to be found in the city centres. There are a few exceptions where they have been asked to restore a historic building. An example of this is the [Pousada dos Loios](#) in Evora on the road from Madrid to Lisbon. Evora is a [World Heritage City](#) and the Pousada, which was originally a convent, is opposite the old Roman Temple of Diana.

Spanish Guesthouses – The Spanish Paradors

The Spanish Paradores are luxury hotels in Castles, Palaces, Fortresses, Convents, Monasteries and other historic buildings. They stretch from Galicia in the North West through Catalunya to Andalusia in the south of Spain, the Canary Islands and to the Spanish cities in North Africa. The Spanish word Parador literally means “inn” or “a place to stop”. There are over ninety Paradors to choose from, with many situated in breathtaking surroundings.

Tourist Information Offices

Cascais

Rua Visconde da Luz 14
Open: 9am-7pm Mon-Fri;
July/Aug
Tel: 214 868 204

Estoril

Arcadas do Parque, 2769-503 Estoril
Open: 9am-7pm Mon-Sat; 9am-8pm
10am-6pm Sun
Tel: 214 663 813 (Opp. Train Station)

Accommodation in Portugal

Hotel Classifications

The countless hotels and similar establishments all over the country offer accommodation with or without meals and other services. They are classified as follows:

HOTELS - There is a wide choice of hotels and they are classified with 1 to 5 stars depending on their location and the quality of their facilities.

HOTÉIS APARTAMENTOS / APARTHOTELS - These are classified from 2 to 5 stars and are the ideal choice for those looking for a little more independence, though without giving up all the amenities of a hotel.

ESTALAGENS / INNS - There are 4- or 5-star inns and they are cosy places reflecting the characteristics of the area in which they are located.

PENSÕES / BOARDING HOUSES - This type of accommodation is a more inexpensive option and is rated as 3rd, 2nd and 1st class or, for the highest category, as an Albergaria or guest house.

MOTELS - These have 2 or 3 stars and offer roadside accommodation in independent units with direct access from the outside and private parking.

POUSADAS - These inns are located in historical buildings or places of great natural beauty. They are divided into four categories: historical, historical/design, nature and charm.

ALDEAMENTOS TURÍSTICOS / TOURIST VILLAGES - These villages have 3, 4 or 5 stars and are located in private grounds with all the necessary services and facilities.

APARTAMENTOS TURÍSTICOS / TOURIST APARTMENTS - These are classified with 2 to 5 stars and are the ideal choice for those who want total independence.

RESIDENCIAL - An accommodation that provides an adequate bedroom en-suite and that often includes a breakfast.

Tourism in the country

Country holidays involve lodging with families and therefore bring visitors into direct contact with the local population and their habits and customs and also with nature itself. Country holiday units are identified with a metal TER sign and, depending on the type of accommodation offered can be classified as:

TURISMO DE HABITAÇÃO (TH) / TOURISM IN A MANOR HOUSE - in mansions, stately homes or residences of acknowledged architectural value.

TURISMO RURAL (TR) / RURAL TOURISM - in country cottages typical of the rural area in which they are located.

AGRO-TURISMO (AG) / AGRICULTURAL TOURISM - in family homes or annexes on a farm, where guests are welcome to do farm work if they wish.

TURISMO DE ALDEIA (TA) / TOURISM IN A VILLAGE - in houses in historical villages,

traditional towns or rural centers in complexes with a minimum of five units that must emulate the architecture and typical characteristics of the region.

CASAS DE CAMPO (CC) / COUNTRY HOUSES - in private homes or guest houses that, thanks to their architecture, design and other features, fit perfectly into the rustic atmosphere of the area.

HOTÉIS RURAIS / RURAL HOTELS - These hotels are located in the country and their architecture and interior design are typical of the region.

Camping Site Classifications

There are camping sites offering direct contact with nature all over the country from north to south. They are considered public, if they are open to all paying campers, or private if access is restricted to members or beneficiaries of the campsite operator. Private sites are marked with the letter "P" and it is always advisable to confirm whether you will be allowed in. Depending on the facilities and services they provide, camping sites are classified with 1 to 4 stars, or merely rural, in which case they may be located on a farm. To spend the night at a campsite, campers will need to show their passport or identity card and sometimes, if required, a camper's card issued by a national organisation or a carnet camping from the F.I.C.C. (Fédération Internationale de Camping et Caravanning). Camping Site Information is also available from the HIVE.

Contact or Welfare Housing/Short Stay Accommodation

Short stay accommodation is available through local Units and selected other organisations. Entitlement to use, priority, prices and types of accommodation vary. This type of accommodation was originally introduced to assist parents (usually living in single accommodation) who had part time or occasional care of their children.

Both the RAF and the Army provide directories of Contact/Welfare Housing administered by their own Service and other agencies/charities.

This information is available as a compilation matrix (organised by GB county) from all HIVEs, or as a download from www.rafcom.co.uk

Single Person's Accommodation Centre for the Ex-Services (SPACES)

Based within the Resettlement Welfare complex at Catterick, SPACES provides an accommodation placement service for single personnel being discharged from all three Services. Run by English Churches Housing Group in partnership with the MOD, SPACES aims to reduce the likelihood of ex-Service personnel becoming homeless or sleeping rough after discharge.

Contact either via JSHAO or by calling:

Tel: 01748 833797 / 835774(civ), 94731 2940 (mil).

Email: spaces@echg.org.uk

Website: www.spaces.org.uk



Information Sheet 2b

Sport & Recreation-Adult

Last Updated: April 2009

Unit Facilities

There is a club available for most sports, such as, football, rugby, volleyball, squash, and running. There is a chance for spouses to take part in many sports events run by the POPTI. A dependant's team is often required for annual competitions, and this provides a great opportunity for spouses to refresh their skills. These include Athletics Day, Aqua Fun Day and the HQ Swimming Gala, all of which are family events.

Swimming Pool

The pool is open from May to September. Many events take place around the pool area. Situated near the pool is the **Dive-Inn**, which serves snack foods and drinks.

Fitness Room

A well-equipped Fitness Room is available for use by spouses but you are requested to leave the lunch period free for use by NATO staff.

Indoor Multi-Purpose Sports Hall & Outdoor Multi-Purpose Courts

The large indoor sports hall can be used for Volleyball, Basketball, Football, Netball and Badminton, as well as various other activities. Within the HQ there is also an outdoor multi-purpose court area marked for the following sports: Volleyball, Basketball, Indoor Hockey and 5-a-side Football. The court also has a Tennis practice wall.

Tennis

Two outdoor courts are situated near to the swimming pool area. Rackets are available for loan from the Sports Department.

Squash

A squash court is situated adjacent to the multi-purpose court. A squash ladder is in play and can be joined at any time and is open to all standards.

Hockey

Hockey is played locally by a civilian organisation, which is only too willing to offer their facilities to NATO personnel.

Spinning

Regular classes take place throughout the week. Check the Sports Bulletin for further details.

Circuit Training

Circuit Training takes place on various days throughout the week. Check the Sports Bulletin for further details.

Running

There are many wonderful running routes in the area. Most of the seafront is designed for this purpose and the Sports Department can give guidance on the different routes.

Adventure Training Activities

Canoeing, Walking, Cycling and even Skiing trips are organised throughout the year by the Sports Department, guided mountain bike trips are organised weekly and on request from departments.

Contact POPTI Jay Gorton on 21 440 4319/4441 or 91 698 6516. A sports and recreation long cast is available from the UK Sports Department.

Library

The JC Lisbon library is open Monday to Friday 1000 – 1200 subject to change during the summer and winter months. The library is small but reasonably stocked, with new titles every month from UK and US sources. The Library also holds a VCR and DVD hire library. The tapes can only be played on 'multi-system' (i.e. must include an NTSC playback facility). VCRs and DVD's also require a multi-region player.

Mess Facilities

There are three mess facilities on the base: Officers' Mess, Senior Rates' Mess and a Junior Rates' Club. The UKJSU can advise you of contact details for the respective Mess Presidents.

Golf

A golf Society exists within the HQ ("PINGS"), which is open to all personnel and their dependents and currently has a membership of 75 players. The Society affiliates itself to a local club. Although golf is quite expensive in Portugal, discounted memberships are negotiated and occasionally subsidies are available. When the Society plays as a group at other clubs, discounts are often arranged. Further details can be obtained on the following website:

www.pings.com.pt or email: pingsgolf@hotmail.com

Local Area Facilities

Cascais Marina - A modern, well-equipped marina with mooring for 630 boats and 120 berths for boats in transit. The marina is suitable for boats up to 35 metres in length and 6 metres in depth. Mooring fees are very expensive. For more information **Tel:** 21 482 4800

Horse Riding - There are several schools in the area where horses can be hired and riding lessons are available. Show jumping takes place periodically in the Municipale Arena, Cascais and Quinta da Marinha.

- Centro Hípico da Costa do Estoril - Charneca
Tel: 21 487 20 64

- Centro Hípico da Quinta da Marinha
Tel: 21 486 94 33
- Clube de Campo D. Carlos I - Quinta da Marinha
Tel: 21 487 14 03
- Escola de Equitação Manuel Passolo - Hipódromo Manuel Passolo
Tel: 21 482 2750

Tennis - 'The Estoril Open' is a regular PTA fixture and takes place in March/April each year. The world's best clay court players come to participate in the tournament. The Estoril Tennis Club has 18 courts with excellent facilities including floodlighting for play at night.

Location: Estoril.

Tel: 21 466 2770

Tickets: 21 303 4900

Website: www.estorilopen.net

Motor Sports - The Estoril Race Track is a well-established venue on the Formula 1 circuit. Many car and motorbike racing events are held there.

Location: Estoril Autodrome, Av. Alfredo Cesar Torres, Apartado 49, 2646-901, Alcabideche

Tel: 21 460 9500

Flying - There is a flying school at the Tires aerodrome. Light planes and helicopters can be hired, with or without a pilot.

Tel: 21 445 7300. **Website:** www.aerodromo-cascais.pt

The Aerobatic flights are 200€ per flight or 175€ each if you book two flights at the same time for a 1/2 hour flight. **Tel:** 96 4063 170.

Attractions in the Surrounding Area

Boca do Inferno - The main attraction here is the 'Mouth of Hell', a blowhole 2km west of Cascais, which can be spectacular during stormy weather. Small daily Handicrafts Market.

Admission: Free

Cabo da Roca – (Rock Cape) This sheer cliff, rising 150 metres above the roaring sea, is Europe's westernmost point. The poet Camões defined it as "where the land ends and the sea begins." There is a lighthouse and a tourist desk, where tourists can buy a certificate as proof of their visit

Palácio Nacional de Pena - Pena perches above Sintra on a plateau about 450m (1,476 ft.) above sea level. This enchanting castle is often compared with the one in Disney World. It is embellished with turrets, minarets and onion domes and is the main reason most travellers come to Sintra. **Open:** Oct-May, Tue-Sun, 1000-1730, and Jun-Sept, Tue-Sun, 1000-1900. The last admission is one hour before closing.

Location: Estrada de Pena, Sintra

Admission €5

Tel: 21 910 5340

Castelo dos Mouros - The Castle of the Moors was built sometime between the 8th and 9th centuries in a position 412m (1,351 ft.) above sea level. Situated high on a hill 3km from Sintra's old town, this castle offers spectacular views of Sintra and the surrounding countryside. **Open:** Jan-May 0930-1800 daily, Jun-Sep 0930-2000 daily, Oct-Dec 0930-1800 daily.

Location: From Pena palace, Sintra, (10-min. walk), follow signs to the Castelo, Calçada dos Clérigos

Admission: €3

Tel: 21 923 7300

Sintra Museu de Arte Moderna - This museum is home to the Berardo Collection of 20th century art, which includes paintings by Bacon, Miro, Andy Warhol and Picasso. Tours of the collection, conducted by art critics, can be arranged for groups.

Open: Tuesday - Sunday 1000 - 1800.

Location: Avenida Helodoro Salgado, 2710 Sintra

Admission: €3, students€1.50 (Admission is FREE on Sundays, 1000-1400).

Tel: 21 924 8170

Cable Car- A Bird's Eye View of Lisbon - Lisbon's riverside cable car offers one of the best views over the River Tagus and the former Expo '98 site, now known as the **Parque das Nações** and covering a distance of more than one kilometre. Besides an exhilarating journey, the cable car offers unparalleled views of some of the city's top attractions, including the Lisbon Oceanarium and nearby Vasco da Gama Bridge, one of the longest in the world.

Open: June to September

11:00 - 20:00 (weekdays)

10:00 - 21:00 (weekends and holidays)

October to May

11:00 - 19:00 (weekdays)

10:00 - 20:00 (weekends and holidays)

Admission: Adult Ticket: 15 to 65 years: one-way trip: €3.50, one round-trip: €5.50

Child/Senior Citizen Ticket: Under 5 years free, 5 to 14 years and + 65

Years: one-way trip: €1.80, One round-trip: €3.00.

Tel: 21 895 6143

Santa Justa Elevator - One of the city's best-loved landmarks, also known as the "Elevator of Carmo", originally powered by steam, is 45 meters (147ft) high and remains an interesting example of post-Eiffel iron architecture. The top of the Neo-Gothic tower, reached via a spiral staircase, has a cafe with splendid views of the city, including over Rossio Square, the castle and the river.

Monastery of Jeronimos - A homage to the seafaring men who made Portugal's name, the Monastery of Jeronimos was established in 1496, when the king petitioned to set up a monastery devoted to the protection of Portugal's sailors and explorers. Building work took up the most part of the 16th century. The architecture is an ornate blend of late Gothic and Renaissance. The Naval Museum is also housed in the monastery complex. It also houses the tomb of Portugal's most notable sailor, the explorer Vasco de Gama.

Location: Belem, Lisbon.

Open: Daily 1000-1700 (1830 in summer) Closed Mondays and public holidays.

Torre de Belém (Belém Tower) - One of the city's most famous sights is more impressive on the outside than it is on the inside. This white stone tower, built in the early 16th century to defend the river, was the last thing that the seafaring adventurers saw before setting off on their epic adventures.

Location: Belem,
Tel: 21 362 0034
Fax: 213639145.
Access: Train to Belém station.
Opening hours: Tues-Sun 1000-1700.

IWP - International Women in Portugal - This is a local organisation that provides a number of activities, with great opportunities to meet women outside of the NATO community. All members receive a magazine on a monthly basis. There is a small membership fee.

Contact: IWP Office, Apartado 6 - 2751-901 CASCAIS

Tel: 214 843 083

Website: www.iwponline.org

Email: iwp@clix.pt

Beaches

Cascais The Praia da Ribeira is a picturesque spot and still a traditional fishing harbour. The beaches of *Cascais* have names like the "Pescadores", "Marchioness" and the "Queen", reminding us of the time when it was the "Land of Kings and fishermen". Many years ago Cascais was a favoured destination of royalty.

Carcavelos (Blue Flag) Next to the fortress St. Julian of Barra, this beach is one of the best beaches in the area.

Santo Amaro beach is one of is the biggest beach in the municipality and among the most popular due to its proximity to two railway stations. You'll find various water sports, several bars; a park across the road and to the east of the beach is the S.Joao das Maias Fortress. A seafront walk begins here and ends at Torre beach.

Torre beach is a peaceful sandy shore with S.Juliao da Barra fortress on one side and the Oeiras Oceanic swimming pool on the other. This rather sheltered beach is perfect for families, with a good choice of restaurants and open-air cafes that have balconies overlooking the sea.

S. Pedro and S. João do Estoril beaches are below the cliffs on this stretch of the coast.

Parede beach is a peaceful sandy shore and well known around the world for being rich in iodine, ideal to treat bone problems apparently.

Tamariz beach is next to the magnificent Estoril Casino and its gardens. Nearby there are many beautiful mansions, a variety of restaurants, bars and open air cafes, not to mention the salt water swimming pool next to the pontoon and the fresh water pool at 'La Villa' (pale yellow building).

Guincho is 5 km from Cascais, lying at the foot of the *Sintra* hills and facing the Atlantic. Sand Dunes run along the roadside with various vegetation. It's an ideal location for surfing, owing to the large breakers, but it is now becoming increasingly known for wind surfing.

Praia Grande is considered by ecologists to be the cleanest beach in Portugal and is also justifiably known as a Portuguese capital for water sports such as body boarding. Praia Grande sees the world's best surfers take advantage of the unique waves.

Praia das Macas can be reached from Sintra town, taking the famous tram (during the summer months). Nearby is the Megalithic tomb, known as Tholos and a Moorish fountain.

Beaches of Caparica Costa da Caparica is Europe's largest beach and is only half an hour from Lisbon, on the southern bank of the River Tagus. The backdrop to the beach is the protected landscape of an impressive fossil cliff. To the south of this protected landscape, separated from the beach by a line of dunes, is the Lagoa de Albufeira, a lagoon that provides excellent sailing conditions.

The Beaches of Tróia are white sandy beaches, close to Lisbon, with a number of restaurants along the way. It's well worth taking the short ride across this narrow gateway between the mouth of the Sado estuary and the Atlantic Ocean. You may even be lucky and catch a glimpse of some dolphins.



Information Sheet 2c

Sport & Recreation - Children

Last Updated: April 2009

Unit Activities and Facilities

A range of activities to cater for all ages take place throughout the year. In the past, they have been arranged by members of the community on a voluntary basis. Art & Craft workshops, Scary Sleepovers, Beauty Days, Football Training and Dancing have proved very popular. Willing volunteers are always appreciated to ensure that events can continue in the future.

Parent and Toddler Group

This group meets every Monday in the Gymnasium 1030-1200. There is music, dancing, toys, activities and juice/biscuits at 'half time'. A suggested donation of €1 per family would be appreciated to cover costs. **For further information contact:** Lee Sellar,

Tel: 968 911 851 **Email:** lee_sellar@yahoo.co.uk.

Swimming Pool

The pool is open from May to September. Situated near the pool is the **Dive-Inn**, which serves snack foods and drinks.

Local Attractions

Parque do Marechal Carmona Cascais

This park is situated the other side of the road from Cascais Marina. It has a large play area with a foam turf surface, a duck pond and an open field for sports and picnics. Snacks are available from a small shop.

Ilha Aventura Ball Park and Play Area

This play area is located at Cascais Marina. It is the first place on your left as you drive into the Marina. There is snack bar and the park can accommodate children's parties.

Tel: 214818040

Ten Pin Bowling

Cascais Play Bowling is situated near Aldeia da Juso in Cascais. The complex also has a Soccer school and Paintball.

Tel: 91 73 44437 **Website:** www.playbowling.net

Lisbon Zoo

Lisbon Zoo houses approximately 2000 animals and attracts nearly a million visitors each year. It's very much a zoo that's in development, continually improving its facilities and adding to the range of species on display. The zoo's collection of animals includes reptiles, birds, giraffes, chimpanzees, hippos, tigers, polar bears, both Asian and African elephants, as well as many less familiar creatures.

There are also regular shows featuring dolphins and sea lions, as well as macaw displays and reptile shows.

Location: Praça Marechal Humberto Delgado, Sete-Rios, Lisbon, Portugal. Near Sete Rios station on the Lisboa-Sintra line.

Admission: Children €11.50 Adults €15

Open: 1000-1800

Tel: +351 217 232 910

Website: www.zoo.pt

E-mail: info@zoolisboa.pt

Monsanto Forest Park

Integrated within the 1000 hectares of woodland that make up Monsanto Forest Park, Monsanto Ecological Park is a leafy refuge from the bustle of urban Lisbon.

The park is devoted to promoting awareness of environmental issues and conservation. The Information Centre has a permanent interactive exhibition. There are also temporary exhibitions, covering subjects ranging from forestry policing to sculpture.

Location: Estrada do Barcal, Monte das Perdizes, Parque Florestal de Monsanto, Lisbon, Estremadura 1500, Portugal

Admission: Free

Open: Mar-Sep: Tue-Fri 0930-1700, Sun and bank holidays 1400-1700

Tel: 17 74 3224/5

www.cidadevirtual.pt/p.e.monsanto/ingles/informa.html

E-mail: cml.parq.eco@mail.telepac.pt

Serfina Park Monsanto Lisbon

This is a good place to take children with bikes or scooters. There is a purpose built road track with signals and traffic lights. There is also a park with swings, climbing frames and an inflatable activity area. It has an inside and outside section.

Museu do Brinquedo

This museum features an extensive collection of toys ranging from toy soldiers to Barbie dolls. The toys are part of a collection gathered over more than 50 years by João Arbués Moreira. Located in the old Sintra Firemen Head Quarters, there are thematic videos to watch, a playful multimedia room and a room designed for temporary exhibitions

Location: Rua Visconde de Monserrate, 2710 Sintra

Open: Tue-Sun, 1000-1800 (including holidays).

Website: www.museu-do-brinquedo.pt

Email: m-brinquedo@museu-do-brinquedo.pt

Tel: 21 910 6010 / 21 924 2171

Marionette Museum

The former 18th century Bernardas Convent houses a lovely collection of over 1,000 puppets, including some dating from the 17th and 18th centuries - knights, princesses, devils, among other characters. Most are from Portugal, while others came from Italy, New Zealand, Indonesia, India, and China. The museum explains the history of the art form and there are frequent puppet shows, making this an ideal attraction for families. Location: Rua da Esperança, 146, Lapa. Take Tram 25.

Open: 1000-1300, 1400-1800 (Closed Mondays)

Parque das Nações – Expo 98

The **Parque das Nações** is located at a crossroads of major traffic arteries, including the CRIL Lisbon Inner Ring Road, the Alternate N10 National Highway, the Vasco da Gama Bridge, the North/South Axis. To get to the Expo 98 area by train, travel to Casa do Sodre station in Lisbon and then take the metro to the Oriente Station.

Lisbon Oceanarium

15,000 animals and plants representing over 450 different species inhabit Europe's largest Oceanarium, which offers visitors a unique and enchanting experience. The Oceanarium has 30 tanks that hold around 7 million litres of seawater and provides an amazing view below the sea level of the Atlantic, Antarctic, Pacific and Indian oceans. You'll see the Pacific's Kelp forest, inhabited by fascinating marine otters and watch penguins as they dive into the Antarctic's icy waters. The giant central aquarium is populated by larger animals such as sharks, rays and barracudas.

Open: Summer 1000-2000 (last entrance 1900) Winter 1000-1800 (last entrance 1800).

Admission: Adult (13 to 64 yrs old) €11,
Child (up to 3 yrs old) Free, (4 to 12 years) €5.50,
Senior Citizen (over 65 yrs old) €6.

Special prices for pre-booked groups. **Tel:** 218917002/6

E-mail: info@oceanario.pt

Website: www.oceanario.pt/

Music Playground

Location: Passeio das Tágides, next to Garcia de Orta Gardens

Admission: Free

This part of the park has a variety of interactive musical instruments for children to experiment with.

Interactive Science Museum

The Interactive Science Museum has educational exhibits with cutting-edge technology and multimedia. There are interactive displays and simulations, explaining the use of technology in everyday life. Many of the world's major scientific institutes contribute to thematic exhibitions, making this a rewarding experience for both adults and children.

There is also a cyber café with free but limited 30-minute access.

Location: Alameda dos Oceanos, Lote 2.10.01, [Parque das Nações](#)

Metro - Oriente Station

Open: 1000-1800 (Tues.-Fri.), 1100-1900 (Sat.-Sun.) (Closed Mondays) **Admission:** Adults (over 18) €7, Children (over 7) €4, Children (aged 3 – 6) €3, Children up to 2 Free, Senior Citizens (over 65) €4

FAMILY TICKET (1 or 2 adults with children up to 17) €15

Website: www.pavconhecimento.pt

Cinemas - Warner Lusomundo

CascaShopping Centre (Ground Floor)

Access: Ten minutes from Cascais by car

Ticket Office Open: Monday to Saturday 1230, Sunday 1030.

Tel: 21 460 0500

Email: warner.lusomundo@cascaishopping.pt

Amoreiras Shopping Centre

Location: Av. Duarte Pacheco, Lisbon

Ticket Office Open: 1200

Tel: 21 383 1275

Vasco da Gama Shopping Centre (2nd Floor)

Location: Av. Berlim, Av. Infante D. Henrique, Lisbon, Portugal.

Access: Oriente Metro station - Red Line.

Tel: 21 892 2285 (for Ticket Office opening times and prices)

Email: warner.lusomundo@centrovascodagama.pt

Beloura Shopping Centre (Ground Floor)

Location: Situated between Sintra and Cascais. **Tel:** 219247640

VIP screening €15 per person (42-seat VIP Lounge, electronic leg rests, VIP only bar/popcorn etc).

Colombo Shopping Centre (2nd Floor)

Access by car: 2^a Circular, Eixo Norte-Sul, IC19, CRIL, Av. Pontinha, Av. Lusíada. **Access**

by Metro: Blue Line / Colégio Militar Station

Ticket Office Open: 1200-0030

Tel: 21 711 3200 /14 /22

Email: lusomundo@colombo.pt

Colombo Shopping Fun Center

This is an indoor miniature funfair situated on the 2nd floor of the shopping centre. There are several merry-go-round rides and a mini rollercoaster. Purchase a card and charge it with money as this removes the problem of needing the correct change.

www.colombo.pt



Information Sheet 2d Pubs & Restaurants

Last Updated: April 2009

FOOD in Portugal is varied and served in generous portions. All tastes and pockets are catered for, from small back-street tascas (cafés) to luxury restaurants. Most waiters do speak English so do not be afraid to ask about the dishes on offer. Cascais, Estoril, Lisbon and Docas (marina area near Lisbon) have plenty of pubs and bars to choose from. Listed below are just a few restaurants and bars in the surrounding areas that you may wish to try.

Docas - Once a set of warehouses, just below the 25th April Bridge, the Doca de Santo Amaro or 'Docas' as it is known, is Lisbon's 'in' place to be. Bars and restaurants fill the area offering a wide range of food including paella, hamburgers, salads, fish and feijoada (Brazilian pork and bean stew). Live music including, rap, techno and blues is provided in some of these venues. Some bars are open until the early hours of the morning. Lunch or dine with lovely views of the river and Bridge.

Estoril Casino - You can have dinner and see the show or just see the show. For details and prices call the Casino. The Du Arte Garden is a bar and has live music performances beginning at 2330. The Casino Art Gallery holds exhibitions throughout the year. (5 EUR entry 1500 - 0100)

The Estoril Mandarin Restaurant

This restaurant is located inside the Casino on the ground floor.

Closed: Tuesday. **Location:** Parque Estoril, Praca Jose Teodoro dos Santos

Tel: 214 667 270

Latitude 38°

Located in the Marina de Cascais, Latitude 38 has a bright, welcoming atmosphere and an extensive menu. Dishes include duck, steak and ribs. Open Tues-Sat 1200-2300 and Sun 1200-2130. Happy hour is 1630-1730 every day. **Tel:** 917 631 211

Jonas Bar Restaurant

Situated at the edge of the water on the Tamariz beach, this is a nice bar with good music and a relaxed atmosphere. Open winter: 0800 -2000, summer: 0800 - 0200.

Location: Paredao Estoril Tamariz, 2765 Estoril

Tel: 21 467 6946

Escotila Bar is located on Cascais promenade near the train station. The service is very friendly and children are well catered for. English meals are available as daily specials.

The Palm Tree Pub/Restaurant is situated in the main square of Cascais. Open 1000 - 0200. **Location:** Largo de Camões, 46, "Cascais Square", Cascais

Tel: 21 483 0807 / Fax: 21 482 3279

E-mail: palmtree@oninet.pt,

Website: www.palmtreepubrest.com

Salamandra Bar-Café

Open daily midday to 0200, Internet Access, Sport TV, Pool Table, Sea View.

Location: Praia da Duquesa, Cascais

Tel: 21 482 0287

Website: www.barsalamandra.com.pt

Bar do Guincho

Drive past Guincho beach and it is signposted on the left. Open every day, right on the beach at Guincho. This is a great venue for a drink and a snack.

Tel: 21 487 1683

Vicios Restaurant and Terrace, Cafe & Bar

Mediterranean food served with views over Cascais bay.

Location: Travessa da Alfarrobeira, 2-4 Floors, Cascais

Tel: 21 484 7590

Baluarte Bar

Opposite Praia do Peixe in Cascais. Opens 1630 - 0400

Location: Avenide Don Carlos I, No.6 (Marginal), Cascais

Tel: 21 486 5157

Coconuts

There's a stage for live entertainment, dance floor and bar area. Open 2300-0400/0600.

Every Monday, single women enter free.

Location: Avenide Real Humberto II de Italia, Cascais

Tel: 21 483 0173

O'Luain's

Just off the pedestrian street in the town's centre, O'Luain's is open from Tuesday to Sunday, from noon until 2am, with live music on Fridays and Saturdays.

Tel: 214861627 **Email:** oluains_irishpub@yahoo.ie

Beefeater Sports Bar

Two large screens showing live sports, (Sky Sports, BBC, ITV, Premiership Plus, Setanta, Sport TV). **Open:** 1000 - 0200

Location: Rua Visconde da Luz 1a, 2750-415, Cascais

Tel: 21 484 0696 **Email:** beefeater_sportsbar@hotmail.com



Information Sheet 2e Hair & Beauty

Last Updated: April 2009

JC Lisbon Hairdresser

David Alan
Situated next to the BFPO
Tel: 21440 5670

Professional hairdressing in your own home
Tel: 963 700 929 / 309 960 310
Email: davidwilkie@netcabo.pt

Hair Lobby

Marina de Cascais
Loja 5
2750 Cascais
Tel: 916 971 032

Studio One

English speaking hairdressers and beautician.
Rua Egas Moniz, lote 174-B, Sao Joao do Estoril.
Tel: 21467 2075

Toni & Guy

Edifício Baía Center, Rua Regimento 19 de Infantaria, Loja 4 – E
2750 – 474 Cascais
Tel: 21 484 5075
(20% discount Tuesday, Wednesday and Thursday with NATO ID card)

ZiL Hair

Rua Das Margaridas. No 9, Centro Comerical Birre, Loja 19, Birre, Cascais
Tel: 214 872 050

W2 International Hairdressing

Rua das Mimosas 191, Birre, Cascais
Contact David on 96 568 6672 or 21 487 0206

Information Sheet 2f

Financial & Legal



Last Updated: April 2009

The New Armed Forces Pension Scheme - On 6th April 2005, three new schemes were introduced - the Armed Forces Pension Scheme 2005 (AFPS 05), the Reserve Forces Pension Scheme (RFPS), and the Armed Forces Compensation Scheme **Website:** www.nff.org.uk/pensions_rn.htm

Pensions Calculator - The calculator has been designed to produce forecasts using years and days. Pension codes and pay rates will be updated annually. By following a series of questions which relate to the pension scheme you belong to and using drop-down menus, the calculator will give you a forecast of benefits relevant to the scheme you specified. The forecast does not include transfers in from another pension scheme or the value of any added years contracts you may have.

www.mod.uk/DefenceInternet/AboutDefence/WhatWeDo/Personnel/Pensions/ArmedForcesPensions/PensionsCalc/

The MOD website that deals with all veteran issues such as pensions and rights is: www.veteransagency.mod.uk

If you have any general questions on pension policy, you can e-mail the following:

SPPol Pensions-NewAFPSPol-Office (using the MOD Intranet).

SPPolPensions-NewAFPSPol-Office@mod.uk (using the internet).

The following legal services details are available to view via the Royal Navy Website: www.rncom.mod.uk

Forces Law firms all have lawyers with experience of dealing with the particular legal needs of service personnel. The Forces Law network offers comprehensive legal services throughout the world. They serve the Forces personnel in every legal aspect of Forces life. Tel: (00 44) (0) 845 601 1260 (24-Hour Help line)

Email: enquiries@forceslaw.com **Website:** www.forceslaw.com

Free Tri-Service legal advice for Serving People and their Families - Legal Advice Clinics provide "first aid" advice on legal matters and are available to all members of the regular and reserve forces and their families. Your advisor will be the Legal Advice Officer (LAO), a role that is carried out by civilian solicitors, who are often members of the National Forces Law network. Whoever may be appointed to assist you at the Clinic, rest assured, they will try to deal with all legal matters and queries that concern you. A consultation with the LAO does not create a Solicitor /

Client relationship, and if the LAO does not feel they have the requisite knowledge on a particular subject, alternative arrangements will be made for you.

In matrimonial cases it is not usual for the same LAO to see both spouses, be they Service or civilian. The Legal Advice Officer will, however, arrange for a different practice to assist each spouse. With the consent of both spouses, the LAO may consider giving both spouses general procedural advice, in a joint interview, before advising both to seek individual advice as to their respective position. You can make contact with the NPFS Legal Advice Clinics by calling: **Tel:** 01752 555308 **Mil:** 9375 65308.

HMS Drake - Fenner Block. (Mon, Wed, Thu, 1030-1200)

Tel: 02392 724280 **Mil:** 9380 24280

HMS Nelson - Swiftsure Block

Tel: 00 44 1436 672798

HMNB Clyde - NPFS Base Office (Wed 13:00 to 16:00) by appointment

Tel: 01436 672798

The Royal British Legion is the UK's leading charity providing financial, social and emotional support to millions who have served and are currently serving in the Armed Forces, and their dependants. **Website:** www.britishlegion.org.uk

National Debtline is a free and confidential independent service, funded by the Department of Trade and Industry and the credit industry.

Website: www.nationaldebtline.co.uk/ or **Tel:** 0808 8084000.

Consumer Credit Counselling Service is a charity, is free and a confidential independent service. **Tel:** 0800 138 1111, Monday-Friday, 0800-2000 (recommended by Royal Sailors Rest). **Website:** www.cccs.co.uk

The online CAB service provides independent advice on your rights. The service offers practical, reliable and up-to-date information on a wide range of topics, including benefits, housing, employment and debt, consumer and legal issues. **Website:** www.adviceguide.org.uk

Financial Health Check - This information applies to England, Wales, Scotland and Northern Ireland. Find out if your finances are in a healthy state and get some tips for a healthier financial lifestyle, by doing an on-line financial health check. The Financial Services Authority (FSA), a watchdog for the financial services industry, has produced the health check. To do the health check, go to the FSA's

Website: www.moneymadeclear.fsa.gov.uk/healthcheck

Credit Checks - There are three major Credit Reference Agencies in the UK: Callcredit, Equifax and Experian. They will all provide you with a copy of the information they hold and all have dedicated advisors who will help you understand the information or sort out and concerns you may have about it. They can also help to correct any inaccurate information showing on your credit report.

The Community Legal Service outlines common types of debt and what the law says that you, and the creditor, must each do when the creditor wants to get the money you owe, in a series of leaflets that can be accessed on line.

Tel: 00 44 (0) 845 345 4345, **Website:** www.clsdirect.org.uk

Making a Will

There are two ways a Service Person makes a will: -

- Via a civilian solicitor or expert 'will' advisor (cost approx. £80+). This is the recommended option for making a will, particularly if your estate is substantial and /or you have dependants. You can also access free legal advice from Forces Law **Tel:** (00 44) (0) 845 601 1260 (24-Hour Help line), **Email:** enquiries@forceslaw.com **Website:** www.forceslaw.com
- Standard Service Will - This is a simple format available from your Unit Personnel Office. Collect MOD Form 10 and on completion return it to the UPO. The form will be sent and held at Centurion. In the event that a serving person dies all the paperwork relating to that persons pay, pensions and, if completed, the Standard Service Will is put together for administration and action.

Personnel are reminded of the need to ensure not only that they make a will, and that it is kept up to date, but also that they clearly identify the beneficiaries of all their assets, including insurance policies.

Family Breakdown - Unfortunately not all things may last forever, and separation and divorce is part of the reality of life. Should you and your partner split, you will need to know where you stand financially. This is particularly important if you are not earning and / or have residency of children. The following websites will provide you with some useful information.

Website: www.jobcentrepplus.gov.uk

Website: www.dwp.gov.uk

What about Insurances?

Insurance, whether it is for your possessions, to provide for unexpected death, or for a long-term investment, can be a sound proposition. However, it is important that you take out the right policy for you. Listed below are organisations, which can either give you advice on the suitability of your policy or are MOD approved providers. Listed below are some of the organisations that may be able to assist you.

Affinitas - Affinitas is expressly dedicated to give everyone who is serving or has served in the Armed Forces a fairer deal on a whole range of essential products. They have now acquired The Armed Forces Financial Advisory Services (AFFAS) to offer a broad range of products that take into account the special circumstances and values of life in the Services and beyond. This company also offers a 'call back' service, which you can request on line.

Tel: 0870 160 7858 or 0044 (0) 1206 393 777

Fax: 01993 700502

Email: affinitas@heathlambert.com

Website: www.affinitas.com

Address: Affinitas, 60 Faiths Lane, Norwich, Norfolk, NR1 1JT

PAX - Personal Accident and Optional Life Insurance for members of HM Regular Armed Forces and their families. Kit & Home Contents and Buildings Insurance are also available.

Tel: 0800 212 480 (from the UK only), or (00 44) 20 8662 8126 (from overseas)

Email: paxinsurance@ars.aon.co.uk, **Website:** www.paxinsurance.co.uk

Address: The Manager, PAX Customer Service Centre, 98 George Street, Croydon, CR9 1BU

intasure - Expatriates in Portugal Property Insurance. Comprehensive Buildings and Contents Cover, Golf Insurance, UK Residents Travel Insurance and Holiday Homes Abroad Insurance. All policy documents are in English. Underwritten by Norwich Union.

Tel: (00 351) 21 466 9533

Website: www.intasure-pt.com

The MOD's Third Party Accident Scheme (TOPAS)

ToPaS is a FREE MoD Legal and Personal Injury compensation scheme available to all MOD Civil Servants and Service Personnel who have been injured by a negligent third party whilst on duty.

Website: www.topas.org.uk

The Family Accident Scheme (FAS) - FAS is a FREE Personal Injury compensation scheme available to all MoD personnel including friends, family and dependents who have been injured in an accident by someone else whilst Off Duty.

Website: www.familyaccidents.com

Utilities and Bills in Portugal

Utility bills (water, electricity, telephone and piped gas) will usually be in the name of the owner of the house. Although this can cause some confusion and annoyance to occupants, please remember that if you had to go to each utility company, start a new contract in your name and pay the connection fee yourself, it might be a bit more of a nuisance than just paying a bill in your landlord's name.

Bills can be paid in cash or with a cheque either at the Post Office, the relevant utility office or via the Multibanco machines at any bank displaying the Multibanco sign, which is the most common, simple and convenient method.

Personnel should retain a copy of their last Electricity/Gas/Water bill before submitting the original to the administration office for reimbursement. The details provided on the bill, such as the customer number, will enable the Housing staff to deal with queries regarding utilities more expediently.

Multibanco System (ATM machine) - only if within the limited date of payment. Instructions of using the Multibanco system to pay bills can be obtained from Denise Oliveira in the Housing Office.



Post Office (CTT - Correios) - only within the limited date of payment.

Direct to the Utility Company - **after** limited date of payment.

Identifying your utility bills:



ELECTRICITY - Says EDP on the envelope. This bill comes every two months.



WATER - Identified as SMAS (Serviços Municipalizados de Águas), blue logo. This bill also comes every two months.



GAS - Every area has a different receipt with a different logo but the most common is Digal Gas. This bill comes monthly.



TELEPHONE - This bill is also monthly.



NOTE: Other bills such as SAPO (Broadband) and TV CABO (various packages) will also be charged monthly.

If you choose to pay your bills via Multibanco, you will need to select the options *pagamentos* followed by *pagamentos de services* and then key in all the relevant details (as they appear at the bottom of the bill) on to the form which will appear on the screen. These will generally be an identity number or *entidade*, a reference number or *referência* and the amount you need to pay or *montante*. You must keep the Multibanco receipt as proof of payment.

If you do not pay your bill before the due date, you will have to go to the relevant office to pay the amount, usually with an additional charge for late payment. You cannot pay at the Post Office or Multibanco after the expiry date for these payments, as indicated on the bill.

Internet

If you sign up to an Internet package with SAPO ensure that you pay by direct debit and have E billing. This could prevent you from incurring very expensive Internet bills.

Banking & Money in Portugal

Normal banking hours are Monday to Friday 8.30am - 3pm. There are numerous ATMs (Multibancos) in nearly all towns and cities. All major credit cards are accepted.

Instructions and guidance of obtaining a NIB number (required when opening a bank account) will be provided upon arrival at JC Lisbon. You may need a copy of your birth certificate and marriage license (if applicable).

Hidden Bank charges - Many of us use the Millennium BCP Bank here in Portugal. Whether you decide to open an account with this bank of any other, you should check with individual banks, the hidden charges that some may impose, without forewarning. All services at MB (payments, transfers, deposits, withdrawals etc) are free. Limit to transfer/make payments per day on the Internet or at MB machine is €2500.

Defence Discounts Directory 2008

The Defence Discounts directory now has its own dedicated website at www.forcesdiscounts-mod.co.uk. This site is the only official MOD discounts website.

VAT Exemption Certificate

All personnel are reminded that the UKJSU can provide a VAT exemption certificate for the purchase of tax-free goods from the UK.

These pages are only a general guide. Whilst every effort is made to ensure that the information is correct, it is advisable to contact the relevant companies and departments for up to date information and advice.

Information Sheet 2g Travel

Last Updated: April 2009

Bus

[Scotturb](http://www.scotturb.com), successor to Stagecoach Portugal, operates its buses around Cascais, Estoril and Sintra areas. The company also runs a bus service with Rodoviária de Lisboa (Expresso 498) between Cascais, Estoril, Lisbon Airport and the former Expo 98 site (now termed the Parque das Nações). The destination is shown on the front window and it is most unlikely that the bus driver will speak English. Books of cheap bus tickets (Modulos) are available for use in the Cascais, Guincho, Estoril, S.Joao, Parede, Carcavelos and Oeiras areas. A *modulo* is valid for one zone and must be punched by inserting it in a machine located at the entrance of the bus. Scotturb uses the Stagecoach livery of white, with orange, red and blue bands.

Visit www.scotturb.com

Rail

The Linha de Cascais, the train line that runs along the coast from Cascais to Lisbon, provides an extremely convenient and relatively inexpensive way to get around the local area. The journey between Cascais and Lisbon takes 30-45 minutes, depending on which train you catch. You can purchase your ticket, either one-way or round trip (de ida e volta) in advance from the ticket machine or desk. Trains are marked in the front window of the first car and the rear window of the last car, by a letter on a coloured signboard to help you identify the train you want.

Check out www.cp.pt and download a timetable.

Local Call Centre: 808 208 208

International Call Centre:(+351) 213 185 990

Timetables are not available at Tourist Information Offices.

Markings	Colour	Interpretation
C	White	Goes from Cascais to Cais do Sodre (all stops)
C	Yellow	Goes from Cascais to Oeiras (all stops), then from Oeiras to Alcantara non-stop, then on to Cais do Sodre non-stop.
C	Blue	Goes from Cascais to Sao Pedro (all stops), then from Sao Pedro non-stop to Oeiras, then to Cais do Sodre with stops only at Alges and Alcantara.
SP	Orange	Begins at Sao Pedro, running to Oeiras (all stops), then goes on to Cais do Sodre, stopping only at Alges and Alcantara.
O	Green	Begins at Oeiras and goes on to Cais do Sodre (all stops).

Santa Apolónia Station in Lisbon is both the main international and national station of Lisbon, with daily International trains to Paris (via Hendaye) and Madrid, as well as for national services to Oporto and Coimbra. It lies about 1km east of the city Centre.

Metro services operate from 0600 to 0100. There are various access routes to the Metro citywide, including Cais do Sodre station.

Single ticket 1 Zone € 0.75, Single ticket 2 Zones € 1.05, Return ticket 1 Zone €1.40, 2 Zones €1.95

(Please refer to the website for up to date fares: www.metrolisboa.pt)

Air

There are regular flights to and from Lisbon Airport and the UK. Faro airport in the south also has flights to the UK. For more information on all the airports in Portugal and the flight schedules check out: www.ana-aeroportos.pt

Taxis

These are usually plentiful and very good value for money. Lisbon taxis are generally cheap and certainly plentiful. All new vehicles are caramel coloured. Older taxis are painted black with a turquoise/green roof and a number of taxis in this livery are still operating. If luggage is carried, an extra charge will be incurred A 10% tip is normally appropriate. When you set off, make sure the meter is running. If you phone for a taxi an extra call out charge is added. The standard of driving may vary but this cheap service is very attractive if you enjoy some of the social activities. Please don't drink and drive!

Radio Taxis Costa do Sol, Estoril, Tel: 21 465 9500 / 21 466 0101

Leonardo Freire Taxis, Tel: 21 468 0200

Eduardo M.S.Lourenco (English Speaking and takes bookings) Tel: 964 752 642

SATU (monorail)

This has been in use since 7th June 2004. At this 1st phase the system assures the connection between Navegantes station, at Paço de Arcos, and the Forum station, at Poets Park. In the middle you find the Tapada station at Tapada do Mocho. The trip only takes 4 minutes. This provides an opportunity to travel by the newest public conveyance that runs along a monorail. It's open from 8am to 12pm. Only 0.65€ (if you purchase 20 trips circular ticket) or 1€ - one-way ticket, 1.50€ - return ticket and 2.50€ for a daily ticket. (These prices are subject to change)

Trams

All service trams are operated by [Carris](#), (Companhia Carris de Ferro de Lisboa). In the past, most of the trams were covered in all over advertising but by 2005, an increasing numbers of the 'remodelados' trams had been restored to the traditional yellow and white livery. The 'remodelados' were originally introduced in July 1995 but are actually all older standard cars from the 1930s. Tram stops are rectangular, the older ones being white and carrying the word 'Paragem' ('Stop'), whilst the newer ones are yellow and bear the route number. Sometimes this is prefixed by the letter E, (e.g. E15 = 'Eléctrico', i.e. tram, 15).

Cable Car

The international exhibition, Expo 98, brought a new means of transport to Lisbon, the aerial cable car. The cable car runs over the edge of the River Tagus (Rio Tejo) between the south and north ends of the Expo site, which can be reached by [Metro](#) to the [Oriente station](#).

Car Hire

Iberent

Avenida Marginal, 6734 A
São João do Estoril
2765 – 247 – Estoril
Tel: 21 468 21 66/21 468 30 49
Fax: 21 467 52 89
E-mail: estoril@iberent.pt
Tel: 21 799 53 90

Iberent offers good prices and a discount to NATO personnel. It is situated between São João and Estoril near the Chinese Restaurant.

AVIS

Avenida Marginal, 7034
Estação de Caminhos de Ferro do Estoril
2765 – 247 – Estoril
Tel: 21 466 85 69
Website: www.avis.com.pt

Situated in front of Estoril train station on the Marginal. Check out the website for special offers available in Portugal. It's also worth checking the 'Partners Offers' page for further discounts. www.avis.co.uk

Auto Europe

Estoril City Office
Estacao Cp Tamariz
Open: Mondays-Sundays 0900 -1300, 1500 -19:00

Horse Drawn Carriages - For an elegant outing in the Old Portuguese style, hire a "charrette" in the centre of Cascais by the Visconde da Luz Gardens (summer months).

Tourist Information Offices

Cascais

Rua Visconde da Luz 14
Open: 9am-7pm Mon-Fri;
July/Aug
Tel: 214 822 327

Estoril

Arcadas do Parque, 2769-503 Estoril
Open: 9am-7pm Mon-Sat; 9am-8pm
10am-6pm Sun
Tel: 214 687 630 (Opp. Train Station)

Biometric Passports

With the new UK biometric passport, the photograph is scanned into a computer and many photographs are being rejected. The photograph must meet new European standards (2 pages of detailed instructions can be found via the British Embassy Lisbon website). The back of the photograph should be blank (no watermarks or advertising) and this is very difficult to find in Portugal at this time. For more information visit the Passport Agency website at <http://www.ips.gov.uk>.

With this in mind, the British Embassy have said that, at the moment, photographs with faint advertising on the back are being accepted, providing they are accepted by the scanner without a problem, and subject to the actual picture meeting the required criteria.

UK personnel have obtained suitable photographs from Fotosport Kodak Express in CascaiShopping. The staff are particularly helpful and will take the time to use a ruler to ensure that all measurement criteria are met.

Personnel are reminded that applications for new UK biometric passports should be submitted well in advance of any planned journey to allow time for re-submission in the case of the original passport photograph being rejected.



Information Sheet 2h

Pets

Last Updated: April 2009

Note: Family pets may be brought to Portugal as long as your landlord/landlady is agreeable to this. It is strongly advised that you contact the UK Joint Support Office on Tel: (00 351) 21 440 5634/4314 as soon as possible, should you wish to bring pets with you to Portugal.

Please contact your local vet to ensure you are receiving up to date information on the passport for pet's scheme.

The Pet Travel Scheme (PETS) is the system that allows people in the UK to take their pets to other European Union (EU) countries, and return with them to the UK. They can also, having taken their pets to certain non-EU countries, bring them back to the UK without the need for quarantine. The rules are to keep the UK free from [rabies](#) and certain other diseases.

The **Defra** website www.defra.gov.uk contains information that you may find helpful to prepare your pet(s) under the rules of the Scheme. The site also provides a list of approved EU routes and transport companies and contacts. Routes may change as well as new ones being added. Some routes are seasonal or irregular, so check availability and all your other proposed travel arrangements with the transport company, before booking your journey. Check the costs, requirements and procedures. Companies may have their own additional conditions of travel.

Pet Travel Scheme Helpline

- Tel: 00 44 (0) 870 241 1710,
Fax: 00 44 (0) 1245 458749
Monday to Friday, 0830 – 1700 UK time.
Website: www.defra.gov.uk/animalh/quarantine/index.htm

Email: pets.helpline@defra.gsi.gov.uk (please enclose your postal address and day time telephone number)

Returning to the UK with pets

A useful website is: www.dogsaway.co.uk

It is useful to take the tick and worm treatment from the vets in Portugal (make sure from the vets that the products are acceptable for animal passport purposes) as these are very expensive in France.

Veterinary Surgeons

- ***Clínica Veterinária de S. João do Estoril***
Rua da Galiza, 120
Tel: 21 466 0745

- **Alexandra Neves**
Medica Veterinaria
Av. De Nice, No 76A (Portão)
Estoril
Tel: 21 465 8117
Email: irracional@ip.pt

- **Animalândia**
Rua Alfredo de Sousa, 2-A, 2780 Oeiras
Tel.: 21 441 4301/Fax: 21 440 6820

- **Clínica Veterinária Stº Amaro de Oeiras**
R. Dr. José Joaquim de Almeida 11, 2780-337 Oeiras
Tel: 21 443 0975

- **Clínica Veterinária Dr. Alfredo Fachada (English Speaking)**
Largo Chafariz 499 B, Alapraia, 2765-013 S. João do Estoril
Tel: 21 468 1642
Emergency Out of Hours: 932 497 794

Kennels & Catteries

- **Quinta Monte dos Vendavais (Pet Hotel)**
Monte Vendavais, Tires
Domingos Da Rana
Tel: 21 444 0853
Mobile: 91 811 6020
Website: www.montedosvendavais.com (translates to English version)

- **Canil da Quinta das Patinhas**
Quinta das Patinhas, Cobre, (nr Alvide)
2750-573
Cascais
Tel: 21 486 1792
English spoken by staff.

Equestrian Centres/Stables

- **Federação Equestre Portuguesa** (Portuguese Equestrian Federation),
Avenida Manuel Maia 26, 1000-201 Lisboa
Tel: 21 847 8774
www.fep.pt

- **Centro Hipico da Costa do Estoril**
Charneca, Cascais
Michelle Marques
Tel: 21 487 2064 / 91 762 0529
Tues-Sun, 1000 – 13--, 1400 – 1900 (closed Monday)
English speaking and all levels of rider can be accommodated.

Pet Shops

- **A Loja dos Bichos**
CC Palmeiras, Lj. 45
2780 Oeiras
Tel.: 21 457 9140

- **Armando Sousa Pinto**
Rua dos Mareantes, 167
2750 Cascais
Tel: 21 486 7090

- **Maria Antónia Gonçaves**
Rua Sacadura Cabral, 216- A Lj1
Galiza
2765 Estoril
Tel: 21 467 0957

Rescue Organisations in Portugal

Sociedade Protectora dos Animaes de Lisboa - <http://www.sp-animais.pt/pt>

Liga Portuguesa dos Direitos do Animal (Nat.) - <http://www.lpda.pt>

Listing of Portuguese Animal Associations - <http://animais.jcle.pt/Associacoes>

Dog training

- **Caninus – Centro de Instrução Canina**
R. Pato Real, 89 – 1ºD, Torre,
2750 Cascais
Tel: 214836738

- **Clube de Educação Canina do Estoril**
R. João Luis Ricardo, 65 – Lj C,
2775-211 Parede
Tel: 214561740 / 214 561740

- **Treinadog – Treino de Animais de Estimação Unipessoal Lda.**
R. Escola Viv. Dinah e Christine, Alvide,
2750 Alcabideche
Tel: 214862162



Information Sheet 2i

Welfare & Community Support

Last Updated: April 2009

Unit Agencies

Rev Michael Bullock visits JC Lisbon each week on a Monday afternoon and is available for a drop-in visit or by appointment in the HIVE from 1400 -1730. Alternatively he can be contacted on 21 469 2303 / 21 468 3570 or 93 210 1805

A Health Visitor makes period visits to JC Lisbon and can offer telephone consultancy and home visit appointments. If you have any questions relating to child health, you should contact the SSAFA FA Health Visitor at the BFC (SE) on 0039 081 721 2336.

Social Worker and Welfare Officer

Naval Personnel and Family Services (NPFS) provide a visiting service to the Tri-Service Community in the Lisbon area. The aim is to provide a service that as much as possible mirror those provided by specialist welfare authorities in the UK.

The Senior Social Worker can be contacted via NPFS Eastern & Overseas, Swiftsure Block, HMS Nelson Portsmouth, Hants PO1 3HH

Tel: 00 44 2392 722712 or 00 44 2392 725083

Email: dperssocialworker@a.dii.mod.uk

Any persons seeking general welfare advice or social assistance should contact the Welfare Officer, Lt Cdr Chilman in the first instance. **Tel:** 21440 4345

SHARKWATCH

Personnel are reminded that when groups of off-duty personnel are visiting places of entertainment, the SHARKWATCH system should be employed to protect against the threat of terrorist activity. SHARKWATCH is a defensive counter terrorist measure undertaken by groups of off-duty Service personnel and involves the selection of one or more group members to act as eyes and ears for the remainder.

In addition proprietors of premises used regularly by Service personnel should be involved, together with the local civilian and Service Police and security staff, in making suitable security arrangements. Further information on the SHARKWATCH system can be obtained by contacting the UKJSU.

Official service organisation web sites

www.raf.mod.uk

www.royal-navy.mod.uk

www.army.mod.uk

Service Related Agencies

SSAFA (The Soldiers, Sailors, Airmen and Families Association) - The national military charity, helping the serving and the ex-Service men, women and their families in need.

Confidential Support Tel: (Call back to anywhere) 00 44 1980 630854

Website: www.ssafa.org.uk

Royal Air Force

www.raf-families-federation.org.uk (website launch due Nov 2007) The RAF Families Federation has been set up to provide an independent voice for RAF families on issues of concern to them.

www.rafcom.co.uk - Useful links and information for all Forces families not only members of RAF families.

Royal Navy

www.nff.org.uk - Naval Families Federation Website. Anybody with a family member serving in the Royal Navy or the Royal Marines is eligible to belong to the NFF.

Supporting the Naval service and working alongside the NFF at Castaway House are four Naval charities.

- RNBT (Royal Naval Benevolent Trust) www.rnbt.org.uk
- WRNSBT (WRNS Benevolent Trust) www.wrnsbt.org.uk
- The RN and RM Children's Fund) www.rnrmchildrensfund.org.uk
- RSR (Dame Agnes Weston's Royal Sailors' Rests) www.rsr.org.uk

NPFS (Naval Personnel and Family Service) - The purpose of NPFS is to support the Royal Navy, its personnel and their families in peacetime and war by helping prevent or reduce the effects of personal difficulties especially those, which arise as a result of Service life.

NPFS (East and Overseas)

Swiftsure Block
HMS Nelson
Portsmouth
Hants PO1 3HH

Tel: 00 44 2392 722712

Tel: 00 44 2392 725083

Open: Monday -Thursday, 0800-1630,
Friday 0800-1600

SAFAB (Sailors and Families Advice Bureau)

Location: Plymouth (HMS Drake)

Tel: 00 44 1752 569696

Army

www.aff.org.uk - **Army Families Federation Website.** AFF is a registered charity that acts as a unique two-way communications link between the British Army and its families.

www.sfff.mod.uk - New Service Families Task Force site, updating you on all the issues and concerns raised with AFF and the other Service Families Associations.

www.army.mod.uk/soldierwelfare/index.htm - Useful information for Soldiers and dependants.

www.armynet.mod.uk - ArmyNet is a restricted access website designed exclusively for soldiers and their families and is a one-stop shop for Army information, including such things as background and welfare information on operations such as Op Telic. This site is accessible to soldiers and their families from any Internet-enabled PC worldwide.

Other Agencies

www.britishlegion.org.uk - The Royal British Legion is the UK's leading charity providing financial, social and emotional support to millions who have served and are currently serving in the Armed Forces, and their dependants.

www.samaritans.org - Samaritans is available 24 hours a day, to provide confidential emotional support for people who are experiencing feelings of distress or despair. Samaritans can be emailed on either jo@samaritans.org or anonymously to Samaritans@anon.twwells.com

www.alcoholics-anonymous.org.uk - Alcoholics Anonymous

Tel: 00 44 (0) 845 769 7555

JSHAO (The Joint Service Housing Advice Office) was set up to provide Service personnel and their families with information and advice on the increasingly complex range of housing options. The role of the JSHAO is to provide a focal point for housing information and advice to all Service personnel and their families, in particular those about to return to civilian life, and to ex-service personnel who are still in Service Families' Accommodation.

Address: Joint Service Housing Advice Office, HQ Land, Erskine Barracks, Wilton, Salisbury, Wiltshire, SP2 0AG. **Tel:** (00 44) 1722 436575 or

Email: jshao@hqland.army.mod.uk

Electronic "Bluey" - The E-Bluey system allows family and friends to log on to the British Forces Post Office (BFPO) web site and type a text message of up to four pages to Service personnel on operations. The number of ships participating in the scheme is increasing but is limited compared to those that can access the NAVYLINK e-mail system. Check the BFPO drop down menu to make sure the ship you are interested in is included in the scheme. Many Army and RAF units now have this system permanently in place when deployed. The BFPO website e-bluey section has full instructions. E-Blueys are stored and then e-mailed to the deployed Forces Post Office in theatre, printed and enveloped before being passed into the local Forces Mail system. This means that they arrive in letterform sealed in an envelope and are totally private as the text is printed automatically. There is no charge.

Website: www.rn.com.mod.uk/communication/

For more information: www.rn.com.mod.uk/helpdesk/index.cfm (RNcom Help Desk)



Information Sheet 2j Religion

Last Updated: April 2009

Unit Chaplaincy Staff

Rev Michael Bullock visits JC Lisbon each week on a Monday afternoon and is available on a drop-in visit or by appointment in the HIVE from 1330 - 1700. Alternatively he can be contacted on Tel: 214 692 303, 214 68 3570 or 93 2101805

Church Services

An English speaking Roman Catholic Priest can be reached on Tel: 21 467 3771. Rev Michael Bullock will be happy to provide you with details of your nearest English speaking church service, for your denomination and some of the possibilities are listed below.

Church of England and Church of Scotland

- **St George's Church, Lisbon**, Sunday Service 1130
Tel: 21 469 2303
- **St Paul's Church, Estoril**, Sunday Service 0930
Tel: 21 469 2303
- **St Andrew's Church of Scotland (Presbyterian), Lisbon**, Sunday Service 1100.
Children very welcome.
Tel: 21 483 7885 or email: cofsxlx@netcabo.pt

Catholic

- **Church of Corpo Santo, Lisbon**, Largo do Corpo Santo, near Cais do Sodré station in Lisbon. English-language Mass Sunday 1100 am.
- **St. Mary's Parish Centre**, Rua do Murtal 368, São Pedro do Estoril. English-language Mass every Sunday and Holy day at 10.15 a.m. Tel: 21 467 3771.
- **Igreja dos Navegantes Cascais**, Rua dos Navegantes Cascais. English-language Mass every Saturday at 6.30 p.m. Sundays and Holy days at 12.00 noon.
SACRAMENT OF RECONCILIATION – CONFESSION Confessions are heard before and after Sunday Masses.

Jewish

- **Lisbon Synagogue**, Email: celesboa@telepac.pt, Tel: 21 385 8604

Other Christian Denominations

- **Riverside International Church, Carcavelos**
Sunday Service 0900 in Portuguese
1100 in English.
Tel: 21 483 6590
- **International Baptist Church of Lisbon, Lisbon**
Sunday Service 1130
Tel: 21 353 5362
- **The International Christian Church - an International Evangelical Fellowship, Cascais.** Sunday Service 1030
Tel: 21 486 1856.
- **Ocean Christian Community, Monte Estoril.** Service Sunday 1030
- **First Church of Christ Scientist, Lisbon.** Service Sunday 1100
- **Logos Christian Fellowship, Lisbon.** Service Sunday 1630

British Embassy

The telephone number for the British Embassy in Lisbon is **21 392 40 00**. When the Embassy is closed, a Duty Officer is available at home to help British and certain Commonwealth Nationals in the event of death, serious illness, accident or arrest.

The International Military Police (IMP)

The International Military Police (IMP) is able to offer assistance to all staff members and dependants in overcoming language barriers encountered with the Portuguese Police (PSP/GNR). This assistance can be either over the telephone or IMP can attend (dependant on the location/time/manpower available).

Contact telephone numbers for the IMP are:

24 hrs

919537468 (mobile telephone number for duty IMP personnel)

214404499 (Main Gate Security Post)

Working hours only (0830 hrs – 1700 hrs)

214404414 / 214404418

Other Useful Numbers

POLICE/AMBULANCE/FIRE 112

Public Service Police (Responsible for built up areas)

Cascais	213421634	Estoril	214681394
Parede	214575978	Oeiras	214410935
Lisbon	213421634	Sintra	219230761

Information Sheet 2I

Recycling

Last Updated: April 2009

Large black dumpsters (or in some locations they are still the dark green), are located in, or at the end of most roads or residential estates. These are for disposing of everyday household rubbish and are usually emptied on a daily basis.

In addition to these, you will be find large recycling dumpsters. These will be colour coded or black. Each of which will be clearly marked for different types of rubbish i.e. paper, plastics and glass etc.

Smaller bins are now being placed around recreation areas and beaches, again colour/label coded to assist you. Please use these bins or take your rubbish home with you.



Information Sheet 2m DIY & Electrical

Last Updated: April 2009

A company appointed by the landlord or their agent should carry out maintenance or repair work on properties.

To put this process in motion, complete a 'Works Request Form', held by the Housing Office and return it to the Housing Officer.

Basic electrical and DIY equipment, such as extension cables and light bulbs can be purchased from large supermarkets such as **Jumbo** (opposite **Cascais Villa** in Cascais) and **CascaisShopping** (exit in Alcabideche and follow the signs).

AKI is a specialist DIY store (next to **CascaisShopping** and well signposted).



Information Sheet 2n

Motoring

Last Updated: April 09

A reliable car is an important asset whilst serving in Portugal, particularly if you want to see something of the country. Portuguese roads are similar to those in the UK with varying standards of surface. The standard of driving is generally worse than that in the UK with many common courtesies observed in the UK being ignored. Car prices are higher in Portugal than in the UK for both new and second hand cars. Whilst you will undoubtedly find it cheaper to bring a car from the UK with you, bringing a brand new car at the beginning of your tour may not be wise. It is preferable to bring an older car that you could try and sell when you leave to go home, should you so wish.

Alternatively, you can purchase a vehicle (free from Portuguese tax) from within the local NATO community. There are normally a few second hand left and right hand drive cars available; most have seen some good service and although the small market means they are slightly more expensive than you might expect it does save the cost and hassle bringing a car out from the UK.

Car Shipping (To/From UK)

If you intend to ship your car(s) to Portugal, it is recommended that you make appropriate enquiries as early as possible. The UKJSU does not get involved in importing or exporting cars therefore if you require any further information you may wish to make your own enquiries with the following company, which has been used by many UK personnel. Vehicles are shipped from Southampton to Setubal in Portugal. When shipping the vehicle, it's advisable to remove all CD, tapes, tools etc as these items have been known to mysteriously disappear whilst in transit on the ferry.

United European Car Carriers (Portugal): Tel: 0047 2100 9888 (Based in Oslo)
Email: cs.oslo@uecc.com

UECC (Portugal) Gestao de Recursos Humanos Lda.
Rua Trabalhadores do Mar, 16-2o B
2900-650 Setubal
Portugal

Website: www.uecc.com

United European Car Carriers (Grimsby):
Unit 1, Drawing Court, Gilbey Road
Grimsby
North East Lincolnshire
DN31 2TN

Tel: 00 44 (1472) 35 56 99
Fax: 00 44 (1472) 35 07 03

Driving to Portugal

You will need to comply with Spanish and Portuguese legislation (and French if coming via the tunnel).

Don't forget headlamp converters, warning triangle (two for Spain), first aid kit (include plastic/rubber gloves), spare bulbs for lights, fluorescent jacket, driving licence, personal ID, motor insurance certificate, vehicle registration or equivalent and vehicle log book or equivalent (compulsory documents to be kept in the car).

Also advisable: water (especially in summer for both the radiator and travellers), good maps, a spare litre of engine oil, a torch, phrase book, a mobile phone with sufficient credit, a list of emergency contact telephone numbers and adequate foreign currency for motorway tolls.

Ensure you have a Green Card or other form of confirmation of insurance cover for overseas. It is advisable that you contact your insurance company to ensure you have suitable cover during the interim period of leaving the UK, to arranging suitable alternative insurance in Portugal.

Driving in Portugal

- Vehicles drive on the right.
- Unless otherwise indicated, vehicles coming from the right have priority in squares and intersections.
- At junctions with roundabouts, vehicles already on the roundabout have right of way.
- Road signs comply with international rules.

Car safety in Portugal

- Seat belts are obligatory.
- Children under the age of 12 are not allowed to travel on the front seat of a vehicle unless they use a safety seat. Children in rear seats must always be restrained by a safety seat or by a seat belt.
- Portuguese authorities impose strict penalties for driving when your blood alcohol level is over 0.05%. Penalties for conviction are strict and can involve imprisonment.
- It is against the law to use your cell phone whilst driving and if caught, you will be heavily fined.
- Make the necessary arrangements so that you are covered to drive the car in Europe. Remember to keep the relevant insurance documents in the car. Compulsory documents to be kept in the car are: Driving Licence, Personal ID, Motor insurance certificate, Vehicle Registration or equivalent and Vehicle Log Book or equivalent.
- These items must legally be carried in the car: warning triangle, first aid kit and fluorescent jacket.

For further information, go to the General Road Traffic Directorate site at www.dgv.pt

Car Insurance - No Claims Certificate

When contacting your insurance provider, it's worth checking if they will honour your current 'no claims' discount upon your return to the UK. Most will agree to 'hold' your 'no claims' discount for a period of two and a half years, providing you return to the insurance company upon your return to the UK. They may request the return of your original 'no claims' certificate for their records. It's advisable to keep a copy for your own records and for arranging your insurance policy in Portugal. This could prove cost effective upon your return to the UK.

Car Insurance - Portugal

There are a number of opportunities to gain competitive insurance in Portugal either via the internet or using a local broker. 'Fidelidade' Insurers of Cascais offer a NATO discount on car insurance and speak English. When arranging your insurance, remember to bring proof of your 'no claims' entitlement as this has a significant effect on the premium you will be charged. The office is situated opposite 'Vicios Bar'. For more information, contact Horacio Beirao on Tel: 21 484 0400.

Car Repairs

Manuel Antunes (Manny) - Motor Mechanic Technician

Location: Rua Fonte Nuno, Lote 2, Alvide – 2750 Cascais

Tel: 214 844 116

Maintenance service and light repairs of European, Japanese and American models.

Private Vehicle Inspection

Portuguese law requires that all registered vehicles that are four years and older, be inspected annually. Please ensure that all tyres on the car are the same make or at least tyres of the same make on each axle, as you will fail your Private Vehicle Inspection in Portugal if this is not the case.

Motorway Tolls in Portugal

Please note, when driving on Portuguese Motorways, tolls are payable. Be sure to take a ticket at an appropriately marked toll when joining the motorway and submit the ticket for payment at a manned toll at the end of the motorway.

Do not pass through the booths marked with a white V-like logo on a green background, as these are part of the 'Via Verde Portugal' scheme, where a tagged car passing through the sensors clocks toll payments automatically.

On your arrival, the Security Office at JHQ Lisbon will provide relevant tax and security information.

Via Verde Vehicle Status

If you believe that your vehicle has not been categorised correctly by Via Verde or you have a Category 2 (MPV) vehicle that is used as your primary family transport and you are being

charged the higher toll fee, the following steps may enable you to change the status of your vehicle:

- a. Take your Class 2 vehicle to a Category B Inspection Centre (INSPEAUTO at Praceta Cavaleiros 3, Portela, Carnaxide, Oeiras in the nearest centre) and request a Via Verde Inspection. The inspection will take approximately 20 minutes and will cost €89.67 (including €25 for a MOT).
- b. If your vehicle conforms to the Class 1 requirements you will be given a form titled "Certificado de Aprovacao em Inspeccao Tecnica Extraordinaria". This form should be taken to a Via Verde office where they will amend your Via Verde status accordingly.

General hints and tips

- ✓ Avoid leaving any valuables in your vehicle but if you have to, ensure they are secured in the glove box, or boot. Do not attempt to conceal them after parking as many areas have experienced thieves loitering and watching the area. **Never leave anything in view that may tempt an opportune thief.**
- ✓ Carry a list of emergency telephone numbers in the vehicle, along with a list of useful phrases in Portuguese and a single-use disposable camera for use in the unfortunate event of a road accident.
- ✓ Be very cautious whilst driving at roundabouts and junctions and even if you have the right of way, be wary of other motorists, many of whom do not adhere to the rules of the road.
- ✓ It's advisable to lock car doors whilst driving in built up areas to prevent anyone being able to enter your car and steal items, particularly in stationary traffic and traffic lights.
- ✓ Try and park your car in well-lit and secure areas, as well as setting any patterns by parking in the same place at the same time.
- ✓ When possible, try to avoid leaving any NATO literature inside or attached to the vehicle.
- ✓ Never pick up hitchhikers.
- ✓ Carry a bottle of water and spare fuses and light bulbs.
- ✓ Try to drive defensively. One of the common causes of accidents in Portugal is driving at excessive speed above the speed limits.

These are the present maximum speed limits allowed. However, traffic signs may impose an even lower limit.

	Urban Areas	Motorways	Ways for vehicles and motorcycles	Highways
Motorcycles:				
Cylinder over 50c ³ without side vehicle	50	120	100	90
Passenger vehicle and mixed vehicle:				
Without trailer	50	120	100	90
With trailer	50	100	80	70
Coaches:				
Without trailer	50	100	90	80
With trailer	50	90	90	70
Transportation lorries:				
Without trailer or with semi-trailer	50	90	80	80
With trailer	40	80	70	70

VAT- Free Car Purchase

Under HM Customs and Excise Regulations, you can buy a new car in the UK free of VAT under the 'New Means of Transport (NMT) Scheme', introduced in 1995. Notice No.728 concerning this scheme should be obtained from local Customs and Excise Offices and further essential details are also available in the UKJSU (and you are urged in the strongest possible terms to discuss this issue with the Support Unit before finalising your plans). It is VITAL you are sure of the detailed rules before you commit yourself to a purchase.

The NMT concession on Permanent Transfer of Residence (PTOR) applies in most cases, only to the head of the family, who can import one tax-free vehicle that has been in use for less than six months in the UK, provided they have a valid BFG Form 414. Any queries regarding this rule should be addressed to:

C&I BFLO (G), BFPO 40
 Tel: (Civil) 00 49 (0) 2161 472 2530 / 2537 / 2564
 Fax: (Civil) 00 49 (0) 2161 472 2544

Some manufacturers, including foreign firms, give NATO discount, so it is worth enquiring. It is also worth noting that ancillary equipment such as radios, are free of VAT if ordered in the UK at the same time as the car.

Families should be aware that unit transport is not provided from local hiring's into the NATO base. It is therefore an advantage if both the Service person and their spouse drive.

These pages are only a general guide and are not a full and authoritative statement of the law. Whilst every effort is made to ensure that the information is correct, changes in the law may make the information become gradually less accurate, so, it is advisable to contact the relevant companies, departments and websites for up to date information and advice.

Information Sheet 2o

Supermarkets & Shopping

Last Updated: April 2009

Shopping Centres

- CascaShopping** **Alcabideche**, Estrada Nacional Nº 9, 2645-543. Exit in Alcabideche and follow the signs.
- Palmeiras Shopping** **Carcavelos**, close to the Marginal. The centre has restaurants, cinemas and shops.
- Riviera Shopping** **Carcavelos**, next to the Riviera Hotel.
- Colombo** **Lisbon**, Av. Colegio Militar. Access by metro station: Blue Line / Estação Colégio Militar –Luz. Access by car: 2ª Circular, Eixo Norte-Sul, IC19, CRIL, Av. Pontinha, Av. Lusíada. One of the largest malls in Europe, this shopping and leisure complex also houses dozens of restaurants, a bowling alley, health club, multiplex cinema, funfair with rides including a roller coaster, and a go-cart track. www.colombo.pt
- Centro Vasco da Gama** **Lisbon**, Parque das Nações. Access by Metro station: Blue Line/Oriente. Popular shopping centre decorated with an ocean theme. There is a 10-screen cinema and various fast-food outlets with outdoor seating and views. www.centrovascodagama.pt
- El Corte Inglés** **Lisbon**, Av. Antonio Augusto Aguiar, 31. Access by Metro station: Blue Line/São Sebastião. A Spanish department store spreading over nine floors, it includes a supermarket, a gourmet shop, cafes, restaurants, a 14-screen cinema, brand name fashion, sports goods, household goods, electronics, CDs, books, etc. www.elcorteingles.pt
- Amoreiras** **Lisbon**, Av. Eng. Duarte Pacheco. This is a spacious shopping centre in the heart of Lisbon.

Supermarkets

Jumbo Depicted by a green and red elephant. The supermarket is situated opposite **Cascais** train station.

Continente This supermarket is located on the ground floor of CascaiShopping and at Oeiras Parque Shopping centre, Oeiras

Please note: a 50 cent coin is required to release a supermarket trolley

Butchers & Greengrocers

You will find a butcher and greengrocer store in most residential areas. In general they will provide quality meat/fruit & vegetables at cheaper prices than supermarkets.

Markets

Carcavelos Every Thursday 0830-1400. Mainly clothes (including some designer 'seconds')

Cascais (Centre) Wednesdays (including flea market: clothes, linens, ceramics, household goods, shoes etc.) and Saturdays (mainly food). Great fish market on both days. Open approximately 0830-1400. There is also an indoor section (food only), which is open 0600 -1400 daily.

Cascais 1st and 3rd Sundays of the month. Predominantly clothes, vegetables and food stalls. The market is located at Praça dos Touros.

English/Imported Groceries

The G.B Store Offers a range of UK brand name products including Avenida
Gago Coutinho frozen goods.
Lote 4
Sao Joao do Estoril
Tel: 21 466 2453



Information Sheet 3b

Childcare

Last Updated: April 2009

Mums & Tots Group

NATO Gymnasium
Every Monday 1030

Day Care Centres

Fantasia e Letras, Nursery & Pre-school

R. dos Canteiros 229-A, Tires 2785-611
S. Domingos de Rana
Tel/Fax: 21 445 6500

Open from 0730 - 1900 for children age 12 months to 5 years. Activities include story telling, arts and crafts, music, dance and fun and games.

International Children's Play Corner

60, Rua Santo Izidro,
Areia, Cascais
Tel: 91 214 50 18 / 91 842 06 22

Welcomes children aged between 1 and 5 years old. Offers a varied curriculum of art, craft, gym, swimming and computers. Children can attend mornings or full days. After school care is also available.

Sassoeiros Montessori School

Rua Alexandre Herculano, Lote 14
Sassoeiros, 2775-755, Carcavelos
Tel: 21 456 4783 Fax: 21 458 2753

Information Sheet 3c Schools & Colleges

Last Updated: April 2009

Local Education Contacts

If you are considering placing your children in a local School, it is absolutely essential that you contact the Education Officer in the UK Joint Support Unit (UKJSU) at the earliest opportunity. All enquiries should be directed to Flt Lt John Holt, UK Joint Support Unit, JHQ Lisbon, BFPO 6, Tel: (00 351) 21 440 5635, Email: jholt@jhlb.nato.int

For children of school age, two main options exist regarding their formal education: either to use one of the local English speaking schools that follow a British curriculum or to place your children in a boarding school in the UK. There are no MOD Service Children's Education (SCE) Schools in Portugal, although there are three private schools that are endorsed by SCE for use, at MOD expense, two of which work to the British curriculum. Brochures of the schools available can be sent to you and any further information and advice that you may require.

Pre-School and Nurseries (Early Years)

Name and Address and Head Teacher	Contact details	Hours	Religious Denomination
Robert Taylor (Head Teacher) (IPS) The International Preparatory School Rua do Boror 12 2775-557 Carcavelos, Portugal	Tel: (00 351) 214 570 149 Fax: (00 351) 214 573 501 Email: info@ipsschool.org Website: www.ipsschool.org	0900 - 1515	NA
International Children's Play Corner 60, Rua Santo Izidro Areia, Cascais	Tel: (00 351) 912 145 018	0800- 1700	NA
Fantasia e Letras Rua dos Canteiros 229-A Tires 2785 Sao Domingos de Rana	Tel: 214 456 500	0730- 1900	NA
Montessori School Rua Alexandre Herculano, Lote 14 Sassoeiros, 2775-755, Carcavelos	Miss Teresa Neves Tel: (00 351) 21 456 4783 Mobile: (00 351) 93 666 8474 2-5 year olds admitted. All nationalities welcome.	0830 - 1630	NA
Kids Place nursery,	214688025	0730-	NA

Name and Address and Head Teacher	Contact details	Hours	Religious Denomination
Rua Do Pinhal 209, Bairro da Martinha, Estoril	Rita (owner/manager) Tel:(00351) 914203196	1830	

Primary Schools

Name and Address and Head Teacher	Contact details	Hours	Religious Denomination
(IPS) The International Preparatory School Rua do Boror 12 2775-557 Carcavelos, Portugal	Tel: (00 351) 214 570 149 Fax: (00 351) 214 573 501 Email: info@ipsschool.org Website: www.ipsschool.org	0900 - 1515	NA
Mr David Smith, (Headmaster) St. Julian's School, Quinta Nova, 2776-601 Carcavelos, Portugal	Tel: (00 351) 21 458 5300 Fax: (00 351) 21 458 5313 Email: headmaster@stjulians.com Or mail@stjulians.com Website: www.stjulians.com English curriculum. Up to International Baccalaureate. For 3-16 yr olds	0830 - 1500 1530 upper years	NA
Mrs Maria do Rosario Empis (Principle), St Dominic's International School Outeiro da Polima, Rua Maria Brown, São Domingos da Rana,, 2785-518, Portugal	Tel: (00 351) 21 444 0434 Tel: (00 351) 21 448 0550 Fax:(00 351) 21 444 3072 Email: school@dominics-int.org Website: www.dominics-int.org English curriculum. Up to International Baccalaureate. For 3-18-yr olds	0840 - 1600 Years 1-6	Catholic.
Ms. Deborah da Silva, (School Principal). St George's School (Primary) Av. Do Lidador, 32 Sao João do Estoril 2765 Estoril	Tel: (00 351) 21 466 1774 Email: stgeorgeschool@clix.pt Sibling institution of St Johns School 6-10yr olds National Curriculum for England		Catholic

Secondary Schools & Colleges

Name and Address and Head Teacher	Contact details	Hours	Religious Denomination
Mr David Smith (Headmaster) St. Julian's School Quinta Nova 2776-601 Carcavelos Portugal	Tel: (00 351) 21 458 5300 Fax: (00 351) 21 458 5313 Email: headmaster@stjulians.com Website: www.stjulians.com	0830 - 1535	NA
St Dominic's International School (see details above)	Tel: (00 351) 21 444 0434 Tel: (00 351) 21 448 0550 Fax: (00 351) 21 444 3072 Email: school@dominics-int.org Website: www.dominics-int.org		

If you require further information on Schools, bus details, specialist or private education, please contact the Education Officer in the UK Joint Support Office Tel: (00 351) 21 440 5635.

Useful website addresses for schooling in the UK

Website Address	Summary of Information
Education in England	
www.preschooldirectory.co.uk	Information on nursery school education
www.pre-school.org.uk	Pre-school learning alliance
www.bbc.co.uk	BBC Pre-school Service
www.schoolsnet.com	Detailed information on all State and independent schools
www.dfes.gov.uk	Government site covering all aspects of schooling
www.ofsted.gov.uk	OFSTED school inspection reports
www.qca.org.uk	National schools curriculum information
Education in Scotland	
www.parentzonescotland.gov.uk	Information for Scottish education
www.hmie.gov.uk	HMIE inspection reports
Education in Wales	
www.learning.wales.gov.uk	Information on Welsh education
www.estyn.gov.uk	Estyn inspection reports
Education in Northern Ireland	
www.deni.gov.uk	Information on Education for NI
Miscellaneous	
www.tes.co.uk	Keep up to date with the latest education issues
www.standards.dfes.gov.uk	What's new in education?
www.theeducationwebsite.co.uk	The education website (for parents)
www.sceschools.com/new/	Children's Education Advisory Service provide practical advice on many educational issues including the appeals process.
www.sfff.mod.uk	Works on your behalf to resolve issues that affect service families.

This information has been provided courtesy of the following websites and schools.

www.dominics-int.org

www.stjulians.com

www.ipsschool.org

www.portugalvirtual.pt

www.stjohns-school.com (includes sibling school St Georges)



Information Sheet 3d Adult Education

Last Updated: April 2009

Language Schools

Language lessons are available for all UK serving personnel and their spouses up to the value of €300. There are a number of language schools in the local area (see details below) and on arrival you can choose which language school you would prefer to attend. For more information please contact the Education Officer, Flt Lt John Holt on (00 351) 21 440 5635 for further details.

Please note that if the course is not completed, the student will be liable for the full €300 cost of the course.

Margarida's School – Escola de Linguas do Estoril

Portuguese for Foreigners

Location: Av.Portugal, 44c Estoril

Tel: 21 468 1571

Mobile: 96358 9797

Email: margardidaschool@netcabo.pt

Website: www.margaridaschool.com

English Language Centre

Location: Cascais

There are several different courses available at ELC. You can have individual Portuguese lessons with a teacher, either at ELC in Cascais's historic centre or in your own home. Alternatively you can study in small groups.

Website: www.elc-cascais.com

Tel: Caroline Darling on 91 6060 170

CLA – Centro de Linguas de Alvide

Location: Alvide-Cascais

Private lessons or group lessons available.

Tel: 21 486 40 94

Mob: 96 921 2226

Email: centrolinguasalvide@gmail.com

Website: www.centrolinguasalvide.com

Portuguese Classes

Cristina Vasconcelos, Portuguese Language and Cultural Instructor
Private lessons, small group lessons or intensive courses are available.

Tel: 21 457 69 02

Mob: 91716 47 52

Email: mcristina.vascpncelos@gmail.com

Cosmopeople – Portuguese for Foreigners

Location: Oeiras

Carla Grilo, Language Coordinator

Tel: 91 943 71 92 or 21 446 71 28

Website: www.cosmopeople.com

Email: cosmopeople@netcabo.pt

The Learning Lounge - Institute for Language and Cultural Integration

The Learning Lounge welcomes both adults and children. Other activities such as Sight-Seeing tours, museum visits and Portuguese cooking lessons are also offered. A free baby-sitting service during lessons is available on Tuesday and Thursdays, 1000-1300 and can be extended on demand.

Location: Rua das Codornizes, 238, Quinta da Bicuda, 2750-685 Cascais

Tel: 00 351 21 483 4618

Email: the.learning.lounge@gmail.com

Distance Learning

Open and Distance Learning Quality Council (ODLQC) sets standards for distance learning and home study courses. Providers of these courses can register with the ODLQC, if they meet the ODLQC standards. The ODLQC regularly monitors providers of these courses to make sure they are providing a good service. They can give you a list and details of the colleges that they have assessed.

ODL QC

16 Park Crescent

London W1B 1AH

Tel: 020 7612 7090

Fax: 020 7612 7092

Email: info@odlqc.org.uk

Website: www.odlqc.org.uk

Learn Direct is a National Helpline that provides advice on all types of Educational Courses and the funding that is available.

Tel: 0800 100 900 for further details.

Website: www.learndirect.co.uk

The Open University (OU) is the United Kingdom's only university dedicated to distance learning. For most courses there are no previous qualifications required to study, you have to be aged 18 when your course starts but there is no upper age limit. There a number of students currently studying at JC Lisbon and exams can be arranged through the Education Officer.

Tel: 01908 653231 **Website:** www.open.ac.uk

Enhanced Learning Credits - The Government is offering a grant to all Service Personnel who serve for over 4 years. This has eligibility criteria similar to the Standard Learning Credit Scheme and is intended for "higher" level learning. To be eligible for the grant Serving Personnel must have signed up to the scheme before 1st April 2004. For more information contact the UKJSU.

All personnel are advised to check with the ELC administration service on 0044 1386 842745 that they are members of the scheme.

Learning Credits - As a Service Person you are entitled to a grant up to £175 per year towards your individual development. This can be for a wide range of academic courses and vocational training, including car and motorcycle lessons. You will need to register with your base education centre prior to starting your course to check for eligibility and entitlement.



Information Sheet 4a

Doctors & Dentists

Last Updated: April 2009

Doctors

There is no longer a Service operated medical centre at JC Lisbon. A Private Healthcare Policy (PHCP) has been put into place to ensure personnel and their families have access to a high standard of local healthcare similar to that provided under the NHS in the UK. If you need to see a doctor you simply contact the appropriate clinic directly to arrange an appointment. Most of the clinics listed in the Medical and Dental treatment handbook have bilingual receptionists. The cost of the visit and subsequent referrals is covered by the PHCP Company. This new healthcare scheme is overseen and administered by UKSU Naples Medical Centre.

Other Services

Midwifery services: Midwifery care is run from the British Forces Clinic Southern Europe BFC (SE). The Midwife visits Lisbon around three times a year, dependent on case load. In addition to these visits maternity care locally is undertaken by a Portuguese Obstetrician. A Health Visitor also makes periodic visits to JC Lisbon and offers telephone consultations within working hours. She may also arrange to meet you at her next scheduled visit.

Medical Emergencies

For immediate response from the public emergency services – FIRE (“BOMBEIROS”), POLICE (“POLICIA”) or AMBULANCE (“URGENCIAS”) – dial 112 (Portugal’s equivalent to the UK 999 service). Alternatively, you can ring the JC Lisbon switchboard, 21 440 4321 and ask the operator to relay any emergency message and thus avoid any language difficulties. For urgent medical cases, outside of normal working hours you should call CIS Clinic directly on 21 4865 946/7. This 24 hour number will put you in touch with the Doctor on call. For all medical appointments you may be required to complete an “EXPACARE” claim form that will be provided to you by the GP.

Dentist

Dental care: is provided in consultation with the Defence Dental Service (DDS) via local civilian providers (CIS Clinic). All UK Personnel and their families requiring the service of a dentist will need to arrange an appointment and complete the appropriate paperwork. Should

you have any queries, or require any further information regarding this matter, please do not hesitate to contact the UKSU.



Information Sheet 4b Health & Wellbeing

Last Updated: April 2009

The provision of medical healthcare is delivered through a Private Healthcare provider (PCHP) contractor called Expacare. Prior to joining JC Lisbon the UKJSU will register yourself and your dependants with the PCHP. On arrival you will be issued with a PHCP card and a Medical and Dental handbook. The handbook contains a comprehensive list of local healthcare providers and details of how to access doctors and dentists.

Chemists

Monday-Friday: 0900-1300 & 1500-1900, Saturdays 0900-1300.

You will normally find one or two chemists open in your local area according to a pre-arranged timetable that can be found displayed outside all chemists.

Opticians

Routine eye tests are advised annually if you wear spectacles. Service personnel can seek full reimbursement for eye tests via JPA/UKJSU for charges relating to eyesight tests. For spectacles certain categories, principally school children, are entitled to a refund in part or in total. Full details of the scheme are available in the NHS Booklet HC11 available online at: www.dh.gov.uk/en/Policyandguidance/medicinespharmacyandindustry/Prescriptions/NHScosets/index.htm

'Fluoride –Less' Portugal

Reports on the local water supply show that only trace amounts of fluoride are present in the drinking water. Recommendations from the American Dental Association are that fluoride strengthens teeth and prevents tooth decay. Although fluoride in toothpaste is adequate for most adults, children should receive supplements to promote strong teeth.

It is most important to remember that free dental cover is available only to Service personnel. Dependants will be charged by DDS (Defence Dental Services) in accordance with current UK NHS Fee structures. Guests are not eligible for such treatment.

Information on Milk and Water

Tap **water** is drinkable but you may want to buy bottled water for the first few months and then decide for yourself. You may wish to consider returning to use bottled water during the height of the summer when water can be scarce and the quality cannot be guaranteed. Bottled water is available in natural (sem gas) and sparkling forms (com gas).

Milk is sold fresh pasteurised on a daily basis. There are three types of milk: Gordo - whole milk, Meio gordo - half fat or semi skimmed and Magro - skimmed.

Baby Milk

The shops in Portugal do not stock British brands of baby milk. However, Aptamil 1 and 2 can be bought in most stores. If you prefer to use a familiar brand it is advisable to bring a supply with you and arrange to have more posted out as required. Boots the chemist also deliver to BFPO addresses and can offer a wide range of baby products.

Weather

In Lisbon the winters tend to be damp and cool, but frosts are rare at sea level. The summers can be very hot (July-August) and sunny, with spring and summer delightfully warm and mainly dry.

<u>Month</u>	<u>Hours of Sun</u>	<u>Average Temp</u>
January	5	11.4
February	6	12.4
March	6.5	13.8
April	8.5	15.7
May	10	17.3
June	10	19.2
July	11	21.0
August	10	22.8
September	8.5	20.8
October	7.5	17.5
November	5.5	14.5
December	5	12.8



Information Sheet 5a

Service Families

Accommodation

Last Updated: April 2009

Within this Information Sheet, the elements of Service Families Accommodation covered, are only those of general interest to Service families, along with the details necessary to establish local and regional contact with the DEOps-Housing (Defence Estates Operations – Housing). The full Tri-Service Accommodation Regulations (TSARs – JSP 464) can be viewed locally at the Deops Housing Office or Unit admin office. The DEOps-Housing website can be accessed over the Internet at www.mod.uk

A SFA application form can be downloaded from the above mentioned site or via the Defence Intranet (MOD Form 1132).

Allocations Procedures - Portugal

Hiring's in Portugal range between the areas of Oeiras and Cascais within a maximum distance from the HQ of about 15 miles. The Lisbon/Cascais coastline is a fairly built up area where the majority of the population live in apartments, which are generally of a much higher quality than apartments in the UK. Open spaces, parks and recreational spaces are scarce but, where they do exist, are generally very well landscaped and maintained.

Despite the much higher availability of apartments in this region, we also endeavour to accommodate people in houses too but personnel joining JC Lisbon have to be aware that provision of a house rather than an apartment cannot be guaranteed. Houses tend to be quite spacious and have only limited gardens; small gardens and patio areas are more common. The interiors of all properties tend to be bigger and there are more bathrooms than the average house in the UK. Apartments are of a good modern finish with built in kitchens (including white goods), albeit tumble dryers are not common; and bedrooms normally have built in wardrobes.

Hiring's are also taken on in Closed Condominiums (i.e. small housing estates of apartments or townhouses sharing recreational spaces, pools and tennis courts), which generally enhance the facilities available to occupants; however, condominiums do impose significant restrictions on the keeping of pets. The UKJSU's obligation is to house people and, while we will do our best to also accommodate pets where requested, we cannot guarantee we will be able to do so. Anyone wishing to bring pets to Portugal is advised to research this carefully and consult the UKJSU and others for advice. In general terms, while the UKJSU will not ordinarily refuse permission to bring pets, nonetheless personnel do so entirely at their own risk.

Property searches for new joiners will be initiated by the UKJSU's Housing Officer about 2 months before arrival in the country. The UKJSU and Defence Estates adhere to JSP 464 (Tri-Service Accommodation Regulations) wherever possible, however personnel posted to any overseas posting need to understand that those regulations cannot be adhered to literally to the letter when reliant on local hiring's. Furthermore, personnel should be aware that living in Portugal is not the same as living in the UK.

The British Community is spread over a large area and most properties are subjected to some adverse environmental factors, including construction development and barking dogs (typically widespread characteristics of Portuguese life!), however, these factors are reflected in the 4-tier grading process conducted for each property. European-wide MOD housing policy is such that we do not offer a choice of accommodation on joining. Rest assured, though, that we work extremely closely with and are answerable directly to Defence Estates to ensure that all personnel are allocated a property to which they are entitled.

Despite best efforts to ensure properties are ready for occupation on arrival, occasionally an appropriate property is simply not available on the market, making it necessary for personnel to go into Temporary Accommodation; however the length of stay in temporary accommodation should not exceed one month.

Relocation Guide to Moving

The Service Families Task Force (SFTF) provides comprehensive guidelines to assist with the Forces relocation process. These guidelines can be accessed via www.sfft.mod.uk

- JSP 464, Tri-Service Accommodation Regulations Part 1 (GB) Part 2 (Northern Ireland and Overseas).

If you are being posted to JC Lisbon and wish to enquire about the allocation and availability of local SFA, please contact:

Maria Costa or Idina Silva in the UK Joint Support Unit (JC Lisbon)
Tel: (00 351) 21 440 4346/ 21440 8640

Note: If you are considering placing your children in a local School, it is absolutely essential that you contact the UK Education Officer in the UK Joint Support Unit, JHQ Lisbon, on Tel: (00 351) 21 440 4348, at the earliest opportunity.

Repairs and Maintenance

All repairs and maintenance issues should be reported to the UKJSU Housing Office on Tel: 21 440 8640.

Pre Move-Out Visits

Pre-move out visits are available on request. However, a list of pre-move out procedures will be issued to you by the UKJSU Housing Office when you are due to move.



Information Sheet 6a Employment

Last Updated: April 2009

Employment on Station/Unit

There are a limited number of employment opportunities within JC Lisbon. These are usually within the Library, Iber Duty Free Store, The Dive Inn Café by the swimming pool, Pool Attendant duties (summer only) and the HIVE. It is advisable that you contact each of these locations directly to ascertain if and when any vacancies are likely to arise.

HIVE Vacancies

Details of vacancies within the HIVE Organisation are available in all HIVEs. Contact your local HIVE Information Officer.

Local Schools

On occasions, St Julian's, IPS or St Dominic's have either voluntary or part time vacancies. Enquiries should be directed to the individual schools. The schools contact details are available via links from the UKJSU website:
www2.army.mod.uk/resg/uksu_lisbon/ukjsulisbon.htm

Curriculum Vitae

Most employers now require the job-hunter to provide an up to date Curriculum Vitae. There are many web-sites, which will design your CV for a fee. Most of these also offer free help and advice.

These pages are only a general guide and are not a full and authoritative statement of the law. Whilst every effort to ensure that the information is correct, changes in the law may

make the information become gradually less accurate, so, it is advisable to contact the relevant companies, departments for up to date information and advice.