

PRE-ARRIVAL GUIDE FOR INTERNATIONAL STUDENTS

Welcome to **Santa Maria Health School (SMHS)**!

We are delighted to have you join us for your mobility period and look forward to supporting you throughout your academic and cultural experience in Porto! What follows is a quick guide, designed to provide you with practical information and helpful tips to make your stay comfortable, enjoyable, and well-prepared. From campus life to local services, this guide will help you settle in smoothly and start your journey at SMHS with confidence!

DOCUMENTS & FORMALITIES

As an incoming Erasmus student at SMHS, there are a few important documents you should have with you before your arrival. These documents are essential for your registration, academic enrolment, access to services, and everyday life in Porto. The checklist that follows includes all the key items, with quick explanations of how to obtain or prepare them, to help you start your mobility smoothly and without surprises.

- **Valid National ID or Passport** - to live in Portugal all students must have a travel document;
- **Visa** (*if applicable*) – students from non-EEA countries must apply for a Study Visa, unless they have already a residence permit issued by another EEA country;
- **Certificate of Attendance (CoA)** - formal document confirming your participation in an Erasmus+ mobility period, signed by the host university on your arrival and departure dates;
- **European Health Card** - a free card that gives you access to medically necessary, state-provided healthcare during a temporary stay, under the same conditions and at the same cost as residents insured in that country;
- **Insurance** – usually provided by your home institution, to aid you in any difficulties you may encounter during your trip.

UNIFORMS: CLOTHING & FOOTWEAR

Depending on the course you are undertaking and the type of internship you will be doing, you will need a specific uniform. It is important to bring the appropriate clothing and footwear, as this is required for practical sessions and clinical placements to ensure safety, hygiene, and compliance with professional standards. If you do not already own the required uniform, you can contact the SMHS Students Association, which can help you obtain one.

Nursing	Physiotherapy	Occupational Therapy
White uniform (shirt and pants) Crocs (Blue, closed, waterproof, and slip-resistant) 	Polo shirt (white, with Physiotherapy symbol) Tracksuit trousers (dark blue) 	Polo shirt (white, with Occupational Therapy symbol) Tracksuit trousers Sneakers 

(images retrieved from www.proftfardas.com)

ARRIVING AT SMHS

Address: Travessa de Antero de Quental 173/175, 4049-024 Porto

<https://share.google/s346DDbSeYFHaebR6>



By metro:

Line D (Yellow) – Exit at Faria Guimarães or Marquês

By bus:

Faria Guimarães (FG1 or FG2) - 203 | 206 | 302 | 303 | 402 | 703

Antero de Quental (AQL2) - 203 | 302 | 402

Hospital Santa Maria (HSM or HSM4) - 304 | 600 | 703 | 4M | 11M

Marquês (MPL4 or MPL9) - 603 | 701 | 702 | 703 | 805 | 806 | 5M



HOUSING

SMHS now offers dedicated **accommodation for international students**, located approximately 500 meters from the campus and close to metro stations, bus stops, supermarkets, and other essential services, making everyday life more convenient.

All rooms are *en suite* (with a private bathroom), and equipped with a desk, kettle, and coffee machine. A shared kitchen is available on the ground floor. Monthly rates range from **€600 to €700**, depending on room size. The monthly rent **includes all utilities** (internet, water, electricity, and gas) as well as weekly room cleaning, helping you avoid unexpected extra costs. Students are expected to take good care of the room and shared facilities.

To request a **pre-reservation**, please contact erasmus@santamariasauade.pt,
indicating your exact arrival and departure dates.

In addition to this option, SMHS also has partnerships with external accommodation platforms. For example, with **Spotahome**, you can enjoy a 30% discount using the promotional code **ESSSM30**. And with **Student Room Flat (SRF)** you are offered a 23% discount using the promotional code **ESSSM23**.

LIFE ON CAMPUS

INTERNET ACCESS AT SMHS

SMHS provides **Wi-Fi access throughout the campus**, available for all students. Whether you're in classrooms, study areas, or common spaces, you can stay connected anytime for your academic work, research, or personal use.

Wi-Fi Password: #AquiSomosFelizes#

STUDENT SUPPORT OFFICE

The Student Support Office (GAAPe) at Santa Maria Health School provides guidance to help students adapt to academic life, succeed in their studies, and prepare for their transition into the professional world. It also offers psychological support to all members of the academic community.

Office hours: Monday to Friday, 9:00-12:00 and 14:00-16:00.

Contact: gaap@santamariasau.de.pt

LIBRARY

Our library offers a wide collection of health-related books, journals, theses, and other academic resources used across the SMHS programs. You can explore the full online catalogue on the School's official website.

Opening hours: Monday to Friday, 09:00–18:00 (during the academic year).

Contact: biblioteca@santamariasau.de.pt

MEAL AREAS

SMHS offers two fully equipped meal areas to ensure students always have a place to eat. On **Floor 0**, you'll find microwaves and vending machines with sandwiches, meals, drinks, snacks, and coffee. On **Floor -1**, there are additional microwaves, vending machines, and a shared student refrigerator. Through a partnership with Santa Maria Hospital, students can also access the hospital's cafeteria and snack bars, enjoying affordable meals with varied options (open from Monday to Friday, 08:00–12:00 and 14:30–21:00). Several cafés and restaurants near SMHS also offer student discounts. You just need to show your student card at participating locations, which you can identify through this image.



STUDENTS' ASSOCIATION

The Santa Maria Health School Students' Association is the main link between students and academic life, offering support throughout their studies and helping them make the most of their experience in Porto. The association organizes sports teams for the Porto Academic Championships, social events, workshops, and various activities, and is always open to welcoming new students. It is a dynamic, supportive community committed to representing students and enriching their journey at SMHS.

Contact: associacao.estudantes@santamariasaude.pt | **Instagram:** @ae.esssm

TUNA DA ESCOLA SUPERIOR DE SAÚDE DE SANTA MARIA

The Tuna of Santa Maria Health School is one of the institution's most iconic student groups, blending tradition, music, and academic spirit since 2002. Known for its vibrant energy and unforgettable performances, the Tuna has played on stages across Portugal and Europe, while also organizing popular events such as the "Gente Moça" festival.

Contact: tuna@santamariasaude.pt

PIKATUNA – TUNA FEMININA DA SANTA MARIA HEALTH SCHOOL

Founded in 2004, PikaTuna is the school's female tuna, celebrated for its lively spirit, musical talent, and strong sense of sisterhood. With multiple awards from festivals nationwide, the group brings together tradition, friendship, and contagious energy. Over the years, it has organized its

own events, including the “Capas D’Ouro” festival, and left a meaningful mark on the School’s academic culture. Their performances reflect passion, unity, and the unmistakable soul of PikaTuna, always singing and enchanting with heart.

Contact: pikatuna@hotmail.com

i PRACTICAL INFORMATION

CLIMATE

Porto has a mild, Atlantic climate, with cooler, rainier months in autumn and winter, and warmer, sunnier months in spring and summer.

Autumn - Winter (September - January): Temperatures usually range between 10°C and 18°C. September still feels a bit like summer, but from October onwards it gets cooler, with frequent rain and cloudy days. Nights in December and January can be quite chilly, so bring warm clothes.

Spring - Summer (February - July): From February the weather gradually improves, with more sunshine and temperatures between 15°C and 28°C. May onwards is usually warm and dry, perfect for exploring the city. July is typically the hottest month, and rain is rare.

COST OF LIVING

Porto is generally considered an affordable city for students when compared to many other European destinations. Daily expenses such as food, transport, and leisure activities are reasonably priced, allowing students to maintain a comfortable lifestyle on a student budget. Below you can find average prices for common items and services to help you plan your expenses during your stay.

Food & Drinks			Groceries		
	Average Price (€)	Typical Price Range (€)		Average Price (€)	Typical Price Range (€)
Meal at an inexpensive restaurant	10.00	8.00 – 15.00	Milk (1 L)	0.97	0.80 – 1.50
Combo meal (fast food)	8.00	7.15 – 9.00	Chicken fillets (1 kg)	6.32	3.00 – 7.50
Cappuccino (regular)	1.82	0.80 – 3.00	White rice (1 kg)	1.39	1.00 – 2.00
Domestic beer (0.5 L bottle)	1.07	0.79 – 1.77	Fresh white bread (500 g)	1.36	0.79 – 2.00
Bottled water (1.5 L)	0.61	0.26 – 1.50	Potatoes (1 kg)	1.45	0.90 – 2.30
			Apples (1 kg)	1.88	0.79 – 2.50
Transport			Leisure		
	Average Price (€)	Typical Price Range (€)		Average Price (€)	Typical Price Range (€)
One-way local transport ticket	1.55	1.30 – 2.00	Cinema ticket	8.00	7.00 – 12.00
Monthly public transport pass	40.00	35.00 – 40.00			

EMERGENCY CONTACTS

112 – Emergency Services: In Portugal, 112 is the number to call in any serious emergency. It's free, works from any phone, and connects you to medical assistance, firefighters, or the police. Operators typically speak both Portuguese and English.

Saúde 24 – Non-Emergency Medical Hotline (808 24 24 24): If you're feeling unwell but it's not an emergency, you should call Saúde 24 before going to a hospital. Nurses on the line will assess your symptoms, give medical advice, and guide you to the most appropriate healthcare service, if needed. This triage helps ensure you are directed to the right place, that healthcare professionals are already aware of your condition, and that you receive quicker and more efficient care, while also avoiding unnecessary hospital visits and long waiting times in emergency departments.

TELECOMMUNICATIONS

As an international student in Porto, it may be useful to have a local phone number for easier communication, online services, and emergencies. You have a few options:

Prepaid SIM Cards (Short-Term Use): You can buy a prepaid SIM card at airports, mobile operator stores, or supermarkets. The main operators in Portugal are MEO, NOS, and Vodafone. Prepaid cards are easy to activate, usually don't require a long-term contract, and include a set amount of data, calls, and texts. You will need to show your passport or ID to purchase the SIM.

Mobile Data Plans: If you need internet on the go, all operators offer prepaid data packages that can be used for a few days or weeks. Top-ups are easy and can be done online, in stores, or at kiosks.

ERASMUS STUDENT NETWORK PORTO

ESN Porto (www.esnporto.org) is a vibrant, non-profit student association that supports international students coming to Porto. With a strong "Students Helping Students" spirit, they organize cultural events, trips, parties, and regular meetups to help newcomers feel at home. They also provide practical help, including accommodation advice and guidance for integrating with local life, and connect students with each other through buddies and volunteering opportunities.



SOCIAL MEDIA

Instagram | [@santamariahealthschool](https://www.instagram.com/santamariahealthschool)

Facebook | [Santa Maria Health School](https://www.facebook.com/SantaMariaHealthSchool)

YouTube | [Santa Maria Health School](https://www.youtube.com/SantaMariaHealthSchool)

LinkedIn | [Santa Maria Health School](https://www.linkedin.com/SantaMariaHealthSchool)