

Conference Guide

Conference Venue

Conference Location: HF Fénix Lisboa

HF Fénix Lisboa

The HF Fénix Lisboa is one of the most emblematic hotels of the Portuguese capital and one that shows you, from your window, the rhythm and the romance of one of the most cosmopolitan and beautiful areas of the city, Praça Marquês de Pombal.



Address: Praça Marquês de Pombal 8, 1269-133 Lisbon, Portugal

Tel: +351 213 716 677

Fax: +351 213 860 131

Email: hffenixlisboa@hfhotels.com

URL: <https://www.hfhotels.com/hotels-en/hf-fenix-lisboa-en>

History of Lisbon

Lisbon's history dates back to 300,000 years ago. However, it emerged as a nation state in the early 12th century and ranks as one of the world's longest founded cities. As the legend tells, it is a city founded and named by Ulysses as Ulissipo or Olissopo, which has its origins in the Phoenician words "Allis Ubbo", meaning "enchanted port". It is from there, according to legend, that Lisbon got its name. Early history of Lisbon was a battlefield for Phoenicians, Greeks and Carthaginians, however it was Romans who started their two-century reign in Lisbon in 205 BC. During Romans period, Lisbon became one of the most significant cities in Iberian Peninsula and renamed Felicitas Julia. In 714, the Moors arrived to peninsula and resisted against Christian attacks for 400 years. When the Christians finally recaptured the city, it took one more century to repel all the Moors from the peninsula.



The 15th century was the point of departure for the Portuguese Discoveries, an era during which Portugal enjoyed abundant wealth and prosperity through its newly discovered off shore colonies in Atlantic islands, the shores of Africa, the Americas and Asia. Vasco da Gama's famous discovery of the sea route to India marked this century. Lisbon was then world's most prosperous trading centre. Furthermore, many attractions of the city at present such as Mosteiro dos Jerónimos and Torre de Belém, both classified by UNESCO as World Heritage Sites, were built during this period. However, this era didn't take long: the earthquake of 1755 destroyed nearly entire city. The city was rebuilt by the Marquês de Pombal, who thus created the Baixa Pombalina, a commercial area that still attains attraction. In the 19th and 20th centuries, the city spread progressively to the North and areas such as the Avenidas Novas (New Avenues) were added. Today, Lisbon is one of the most beautiful capitals of Europe while still maintaining the marks of its early glorious history.

Source: http://www.lisbon-guide.info/about/history_lisbon

How to get to Lisbon

By Air:

Lisbon airport also known as **Lisbon Portela Airport (IATA: LIS)** is the main international gateway to Portugal. Being one of the largest airports in Southern Europe, Lisbon Airport has two main runways and continues to expand. Situated around 6km north of the centre, the ultramodern Aeroporto de Lisboa operates direct flights to major international hubs including London, New York and Berlin. The national Portuguese airline TAP Portugal connects Lisbon to a large number of European cities, as well as to the United States.

Visa:

A valid passport (or identity card for European Community nationals) is required. Visas are not necessary for citizens of EU countries, the U.S.A., Canada and the majority of countries. Please contact your local Portuguese Embassy, minister of foreign affairs or your Travel Agency for further information.

Lisbon Portela Airport (LIS)

Address: Alameda das Comunidades Portuguesas, 1700-111 Lisbon,
Portugal

Tel.: +351 21 841 3500

Open hours: Daily: 24 hours

URL: <https://www.aeroportoisboa.pt/en/lis/home>

By Train

It is just as easy to reach the centre of the city. National and international trains arrive every day at Santa Apolónia station, which is very close to all the traditional neighbourhoods and Terreiro do Paço. But if you would like to add a unique architectural experience to your arrival, get off at Gare do Oriente, whose Calatrava-designed lines impress even those who see it every day.

By Sea

Those arriving by sea have one of the best views of Lisbon – from the river – and can moor in 3 different places, all near the centre. If you come by cruise ship, you can dock at Alcântara, Rocha Conde de Óbidos or Santa Apolónia. If you arrive by yacht, there are several marinas as you sail up the river.

By Car

The best ways to enter Lisbon are via the A1 and A2, which both have national and international connections along their course. The landscape is beautiful and mobility around the region compensates the long hours of driving. After all, there is more to Lisbon than just city.

How to get from the Airport to the Hotel

By Public Transportation:

By Metro

The Lisbon Airport has a Metro (subway) station with a direct line to the city centre. The 'Aeroporto – Saldanha' line takes you to downtown Lisbon in about 20 minutes. The Metro network will allow you to move around the city at ease. It is a quick and inexpensive way to get around, plus you'll get to see Lisbon's subway stations – each with its own theme and décor. You must purchase the '7 Colinas' / 'Viva Viagem' electronic travel card, which you can then top up with balance for your journeys and can be used both for the Metro and for Carris (bus network):

7 Colinas / Viva Viagem electronic card: €0.50

Single Fare Price: €1.45

24H Network Pass: €6.30

For more information: <https://www.metrolisboa.pt/>

By Bus

Several bus lines stop at the airport arrivals terminal, taking you to different parts of the city. However, please note that the maximum baggage size allowed in these buses is 50x40x20cm. If your baggage exceeds this size, you must take the airport's specific buses (Aerobus and Airport Shuttle).

Fare (on-board): €1.80

You must purchase the '7 Colinas' / 'Viva Viagem' electronic travel card, which you can then top up with balance for your journeys, which can be used both for the Metro and for Carris (bus network):

7 Colinas / Viva Viagem electronic card: €0.50

Single Fare Price: €1.45

24H Network Pass: €6.30

For more information: <http://www.carris.pt/>

By Shuttle

The main difference between the two shuttle options is that, while the AeroBus follows a specific route, the Airport Shuttle will take passengers where they need to go.

By Aerobus

With frequent departures from the airport, this bus provides a link between the main city points, the Sete Rios bus terminal, the Entrecampos railway terminal, Cais do Sodré, Areeiro-Martim Moniz and the two terminals at the Lisbon Airport (1 and 2). It stops near the city's main hotels and digital panels at each stop provide information updated every minute. With a completely renewed image and fleet for greater comfort on the journey, the new buses now have a set of new features: free Wi-Fi, USB chargers, luggage compartment, access for reduced mobility and a team available to provide information.

One-way ticket: 24H AEROBUS PASS

Adults: €3.60, Children (ages 4 to 10): €2.00

Return Ticket: 2 X 24H AEROBUS PASS

Adults: €5.40, Children (ages 4 to 10): €3.00

The 24h AEROBUS PASS can be purchased on board, online, at [aerobus.pt](https://www.aerobus.pt), or at the Turismo de Lisboa counters, in arrivals. The ticket is valid for 24 hours of unlimited journeys in the Aerobus network.

For more information: <https://www.aerobus.pt>

By Train

10 minutes away by Metro and a bit longer by bus, you can get to Gare do Oriente, the main train station in Lisbon, where you can take trains to all parts of the country. You can also get there by taxi, if you find that more convenient.

Buses: Nos. 208, 705 and 744

Metro Station: Oriente

For more information: <https://www.cp.pt/passageiros/en/>

By Taxi

You can always find a taxi at the airport, normally queueing outside the departures and arrivals terminals. As the city centre is very close by, taxis are a rather affordable transportation option, even with the luggage and/or pet fees that may be charged separately by the driver. Depending on traffic, the journey to the city centre is quick, costing between 10 and 15 euros, including luggage fees. If you choose this mean of transportation, make sure the meter is turned on at the beginning of the journey and always ask for a receipt/invoice.



PLACES TO VISIT

Parque Eduardo VII

In the northern part of the Avenida da Liberdade, right next to the Praça Marquês de Pombal, you can find the largest park in the centre of Lisbon. Its name was given in tribute to the King of England, Edward VII, who visited Lisbon in 1903 to consolidate the alliance between the two countries. Here you can also find Estufa Fria, which features plants and flowers from the five continents. Lakes, fountains, and statues decorate this space.

Avenida da Liberdade

Considered nowadays the 35th most expensive avenue and the 10th poshest of the world, Avenida da Liberdade is located in the heart of Lisbon. It connects Praça dos Restauradores and Praça Marquês de Pombal, where you can find the HF Fénix Lisboa and HF Fénix Garden hotels. In this avenue, it is possible to shop in stores of famous brands, like Prada, Carolina Herrera, Gucci, Louis Vuitton, among other. It was built between 1879 and 1886, similarly to the Parisian avenues. That is the reason way, many times, it is considered a Portuguese version of Champs-Élysées. Avenida da Liberdade is today a fundamental point for those who visit Lisbon, namely due to the architecture of its buildings and the famous stands with terraces and gastronomic specialties.

Praça Marquês de Pombal

Located in the known Avenida da Liberdade and Parque Eduardo VII, you must visit Praça Marquês de Pombal, where the HF Fénix Lisboa hotel is. In its centre is the magnificent monument in honour of Marquês de Pombal, the man responsible for the reconstruction of the city after the 1755's earthquake. In this monument, you can see Marquês de Pombal in the top, with his hand resting on a lion (a symbol of power), looking at its masterpiece: Lisbon's downtown (Baixa).



Mosteiro dos Jerónimos

The Monastery of Jerónimos is considered the jewel of the Manueline style in the Portuguese historical heritage. Classified as World Heritage by UNESCO in 1983, it was built by order of King Manuel I in the beginning of the 16th century and its construction lasted for about one century. Also known as "Mosteiro de Santa Maria de Belém", this monument is symbolically associated with the most important moments of the national memory the Portuguese Discoveries. You can visit it from October to April, from 10.00 am to 5.30 pm, and from May to September, from 10.00 am to 6.30 pm.

Castelo de São Jorge

Located in the highest hill of the historical centre, the Castle of S. Jorge offers you the best views over the city of Lisbon and the Tagus estuary. Built by the Muslims in the middle of the 11th century, it was the last point of defence for those who lived in the Muslim citadel of yore. It was conquered by King Afonso Henriques in 1147, who named it "Castelo de São Jorge" to honour the patron saint of the knights and the Crusades. The castle was partially destroyed in the 1755's earthquake, being rehabilitated in the middle of the 20th century and taking on the form we know today. You can visit it from November to February, from 9.00 am to 6.00 pm, and from March to October, from 9.00 am to 9.00 pm.

Torre de Belém

The tower of Belém is one of the most famous and charismatic monuments of Lisbon. Designed by Francisco de Arruda by order of King Manuel I, it was built between 1514 and 1519 in the right bank of the Tagus river, where once was the beach of Belém. Also known as "Torre de São Vicente", its major purpose was to defend the shoal of the Tagus. This monument presents Islamic and Oriental influences, which characterise the Manueline style and mark the end of the medieval tradition of donjons, being one of the first artillery ramparts built in Portugal. You can visit the tower of Belém from October to April, from 10.00 am to 5.30 pm, and from May to September, from 10.00 am to 6.30 pm.



Geological Museum

Built over 150 years ago, its 18th-century character and exhibition structure have remained unchanged over the decades and is thus considered the “museum of museums”. Besides its very rich geological and archaeological exhibits, which recount the research and discoveries made in Portugal over the years, the museum itself is a journey into the past. The permanent exhibition consists of four rooms: palaeontology and stratigraphy; the palaeontology of vertebrates; pre-historical archaeology; and mineralogy. Enter modern Bairro Alto and end up examining the composition of Earth millions of years ago.

Address: R. da Academia das Ciências 19, 1200-003 - Lisboa

Tel: +351 213463915

E-mail: museugeol@ineti.pt

URL: <http://www.lneg.pt/MuseuGeologico/>

Museu Coleção Berardo

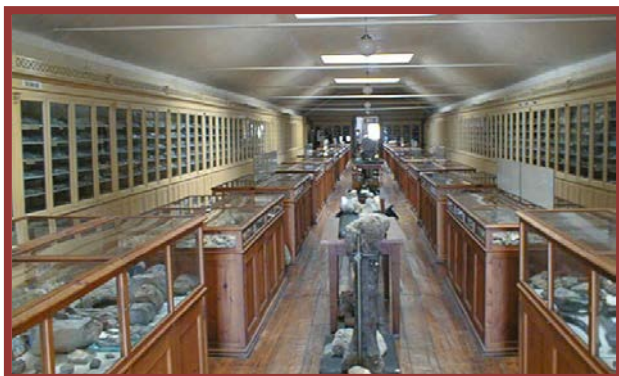
Museu Coleção Berardo is the main museum of modern and contemporary art in Portugal and houses the collection assembled by José Berardo over two decades. Here, visitors may enjoy works by both contemporary and twentieth-century artists from a range of cultural backgrounds who work in different media and have contributed to the history of art. The museum gives an insight of the main paths of artistic practices, either in the permanent exhibition of the Berardo Collection or through temporary exhibitions. Names such as Pablo Picasso, Salvador Dalí, Marcel Duchamp, Piet Mondrian, Joan Miró, Max Ernst, Vieira da Silva, Francis Bacon, Andy Warhol, Donald Judd, Bruce Nauman, and Cindy Sherman, among others, are presented in context with the art movements that they helped define. The works are arranged in chronological order, which allows the viewer to travel through time and gain a thorough knowledge of each situation. A varied programme covering educational activities, conferences and guided tours is available to everyone visiting the museum. Since the opening, on 25 June 2007, Museu Coleção Berardo has become the most visited museum in Portugal. The museum can be visited daily between 10 a.m. and 7 p.m.

Address: Praça do Império, Belém, 1449-003 - Lisboa

Tel: +351 213612878

E-mail: museuberardo@museuberardo.pt

URL: <http://en.museuberardo.pt/>



BEACHES

Guincho Beach, Cascais

On the 4th place of the Tripadvisor's list (Travellers Choice Awards 2015) for the best beaches in Portugal and famous for surfing, windsurfing or kitesurfing, this beach may be less pleasant for regular bathers. With a view to Serra de Sintra, this is a quiet beach, even during summer months.

Poça Beach, Estoril

With own parking and a train station 15 minutes away, this beach can be an option for those looking for calm waters and little wind. For bathers, the beach is relatively rocky in the west side. The terraces in this area are very pleasant.



Adraga Beach, Sintra

Part of the Sintra-Cascais natural park, this beach is one of the most beautiful and quiet in the area of Sintra, hidden between rocks and cliffs. In 2014, The Guardian elected it as the best beach in Portugal.

Tamariz Beach, Estoril

Perfect for those looking to have fun in their visit to the beach. It is near the Estoril Casino and several bars, restaurants and nightclubs. It is easily accessible by public transports and, for bathers, the waters are calmer than in most beaches in this area.



EXPERIENCES

Tram 28

Its route is between Praça Martim Moniz (tourist attraction you must visit) and Campo de Ourique (a district located in the heart of the city) and goes through the most interesting places in Lisbon. More recently, this tram was considered by the Rough Guide to the World as one of the 1000 world experiences you must do. Stay in one of our hotels, go down Avenida da Liberdade and catch the tram in one of its stops (Martim Moniz).

For more details: <http://www.carris.pt/en/home/>

Houses of Fado

It is a Portuguese music style, eternalised by Amália Rodrigues, mainly in what concerns the international recognition of this genre. It is sung by a person accompanied by two guitars (a classic and a Portuguese guitar). In 2011, fado was considered as Oral and Intangible Heritage of Humanity by UNESCO. It is said that fado is the expression of the Portuguese soul. There are several houses in Lisbon, generally located in the oldest parts of the city, where you can listen to this music genre.

Lisbon Festivities

It is the major expression of culture and tradition in Lisbon, and it paints the city with colour, art, fun and the smell of grilled sardines during June. This involves the popular marches, the St. Anthony's weddings and the festivities all over the most historical districts of the city. On the night from the 12th to the 13th of June, St. Anthony, the patron saint of the Lisbon Festivities, is celebrated. The dance parties, with pop music and traditional food (where you can't miss the grilled sardines) can be found throughout the most historical districts in the city.



DINNING IN LISBON

Getting the feel of a city involves a mixture of observation and experience that only comes when we allow ourselves to be drawn into its daily life and discover its smells, sounds and hidden corners. The city offers exciting culinary experiences. Lisboa has countless places where one can enjoy gastronomic delicacies, ranging from the Portuguese traditional cuisine to the more contemporary and exotic ethnic cuisines. Drinking a bica (expresso coffee) or savouring our pastéis de nata (custard tarts) in one of the traditional cafés or pastelarias (pastry shops) or drinking a gínginha (morello cherry liqueur) in a typical specialist tavern, are part of the attractions which make a prolonged visit to the city worthwhile.

Duetos da Sé

In the historical and typical neighborhood of Alfama, the Duetos da Sé opened in April 2012. Near of the Lisbon Cathedral, it is a gastronomic, cultural and artistic space. Portuguese cuisine is accompanied by a varied program that includes concerts, exhibitions, book presentations and other events. This space, located in the heart of Lisbon - Alfama, proves to be innovative, intimate, dynamic, multifunctional and where gastronomy is allied to the arts. In addition to the gourmet side, there intersect other arts such as musical "tasting".

Address: Travessa do Almargem, 1 - B/C, 1100-019 - Alfama - Lisboa

Tel: +351 218850041

E-mail: geral@duetosdase.com

URL: <https://www.duetosdase.com/site/?gtlang=en>

Brasserie de L'Entrecôte

Brasserie de L'Entrecôte is one of a kind in Portugal. This concept was inspired by the famous Café de Paris in Geneva bringing good taste and looseness together with a touch of Bohemia engaging you in conversations and complicity. The five Brasserie de L'Entrecôte restaurants in the country - four in the Lisbon area and one in Oporto - provide you with a reserved and warm environment that is ideal for all different meals, such as a business lunch, friends' gathering or a romantic dinner. However, the Menu never changes.

Address: Rua do Alecrim 117-121, 1200-016 - Lisboa

Tel: +351 213473616

E-mail: be.chiado@brasserieentrecote.pt

URL: www.brasserieentrecote.pt



Páteo Alfacinha - Restaurantes

Two seasonal restaurantes, "A Horta" and "A Merceria", where one can find typical portuguese food, served in na unique and welcoming space. In the "Horta", open from June to October, one can find a casual space, where one can taste the typical grilled sardine or enjoy typical portuguese dishes like the loin "pica-pau". It is the ideal space to group dinners, birthdays or even romantic dinners, since the restaurante is located on a small balcony with na amazing view to the Tagus river, which is enlightned by night with the 25th April Bridge lights. The "Merceria" has an unique concept, where, one can adquire the products used to create the dishes. A welcoming space, where the portuguese gastronomy prevails with delicious dishes, perfect for the lovers of the portuguese food. The "Merceria" works from October to June.

Address: Rua do Guarda Jóias, 44, 2300-294 - Ajuda - Lisboa

Tel: + 351 213642171

E-mail: restaurante@pateoalfacinha.com

URL: <http://www.pateoalfacinha.com/>

Pizzaria Lisboa

In Chiado, Pizzaria Lisboa provides every day fine Mediterranean flavours, a wide range of pizzas, fine salads, pasta dishes, risottos and irresistible desserts. From Monday to Sunday, Pizzaria Lisboa provides fine Mediterranean flavours in a very relaxed, family atmosphere. “My passion for cooking is enormous and there is nothing that thrills me more than thinking of a new concept, devising a menu, searching for better ingredients, perfecting recipes and creating the ideal scenario in which to serve food.

Address: Rua dos Duques de Bragança, 5H, 1200-162 Lisboa

Tel: +351 211554945

E-mail: reservas@joseavillez.pt

URL: <https://www.pizzarialisboa.pt/en/>



Sources:

<http://www.lisbon-airport.com/transportation.html>
<http://www.cm-lisboa.pt/en>
http://www.lisbon-guide.info/about/history_lisbon
<https://www.hfhotels.com/hotels-en/hf-fenix-lisboa-en>
<https://www.viator.com/>
<http://www.golisbon.com/food/food.html>
http://en.wikipedia.org/wiki/Portuguese_cuisine