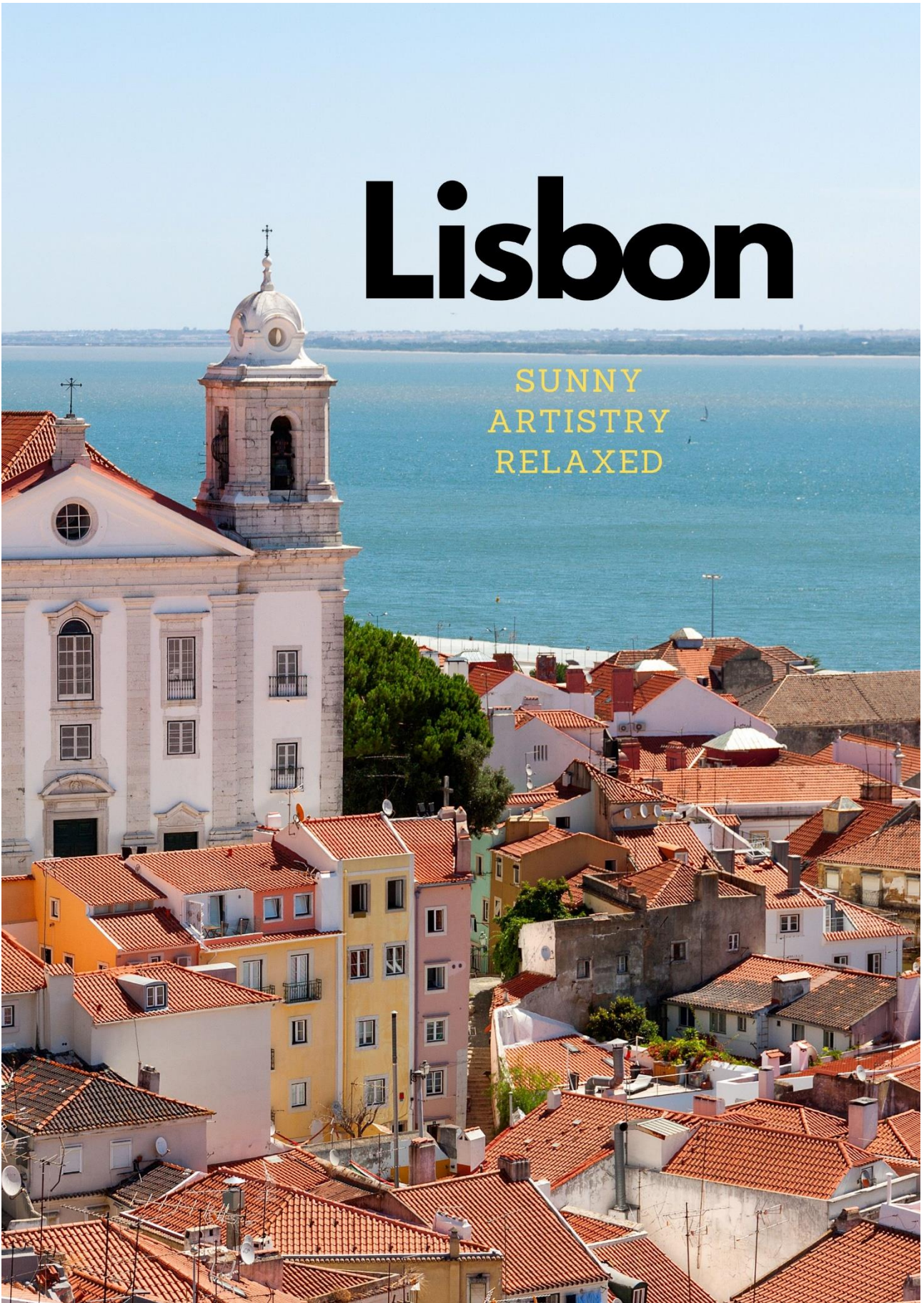


# Lisbon

SUNNY  
ARTISTRY  
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# Table of contents

Lisbon: introducing the city .....	4
Portugal: quick facts about the country .....	5
The Country's economy .....	6
Culture .....	7
Lifestyle.....	9
LGBTQ+ Rights.....	10
Nature.....	11
Weather .....	13
Best time to visit .....	14
History .....	16
Language .....	17
Best things to do.....	18
Shopping.....	21
City awards .....	22
Working in Lisbon .....	23
What do the expats think?.....	24
An expat overview on Lisbon's lifestyle: Domenica's experience. ....	24
The local people.....	26
Cost of living .....	27
Cost of rent.....	27
Cost of transportation .....	27
Cost of co-working spaces .....	27
Cost of data and internet.....	28
Buying a SIM card .....	28
Accommodation .....	30

How to find an accommodation in Lisbon .....	30
Best neighborhoods to live in Lisbon .....	30
Best Airbnbs in Lisbon .....	31
Best Hostels in Lisbon .....	34
Best Hotels in Lisbon .....	36
Healthcare .....	38
Childcare and education .....	42
The public transport system .....	44
Connection with the airport .....	45
Co-working spaces .....	46
Food in Lisbon .....	47
Nice restaurants in Lisbon .....	49
Best Coffee shops in Lisbon .....	49
Nightlife .....	51
Visa requirements .....	53
The digital nomad visa .....	53
The startup ecosystem .....	54
Sum it up: pros and cons of living in Lisbon .....	55

# Lisbon: introducing the city




Lisbon's skyline.

Explore Lisbon: A Historical City Full of Stories and Warmth. <sup>[1]</sup><sub>SEP</sub> If you're seeking your next European adventure, Lisbon awaits! This historical city welcomes visitors with open arms, boasting 290 days of sunshine and temperatures rarely dropping below 15°C. Whether wandering day or night, visitors feel safe and secure exploring the city. Lisbon's cuisine is centered around the treasured *bacalhau*, with over a thousand ways to cook the beloved salted cod. The city offers accommodations and dining to fit every taste, budget, and need. Experience Lisbon's authenticity, where ancient history and customs blend with cutting-edge technology and cultural entertainment. Lisbon is timeless and hospitable, like an old friend waiting to be discovered. Be sure to ask locals, with lots of gestures and enthusiasm, where to catch the best Fado, a cherished musical tradition. Visit Lisbon today and feel the warmth of this vibrant city's welcome.

# Portugal: quick facts about the country

Portugal is the westernmost point of Europe and lies on the west coast of the Iberian Peninsula.

- OFFICIAL NAME: Portuguese Republic
- FORM OF GOVERNMENT: Republic, parliamentary democracy
- CAPITAL: Lisbon
- POPULATION: 10,355,493
- OFFICIAL LANGUAGES: Portuguese, Mirandese
- MONEY: Euro
- AREA: 35,516 square miles (91,985 square kilometers)
-  Part of the European Union
- ELECTRIC OUTLET: In Portugal the power plug sockets are of **type F**. The standard voltage is 230 V, and the frequency is 50 Hz.
- PHONE PREFIX: +351
- MAIN PHONE OPERATORS: MEO, NOS, Vodafone Portugal, Lycamobile, Nowo.

Portugal is the westernmost point of Europe and lies on the west coast of the Iberian Peninsula. The long Atlantic coastline is popular with visitors and locals alike. Surfers are drawn to the strong surf in the west, and the warm, sandy beaches in the south are a haven for tourists.

Most people live along the coast, with a third of the population living in the large metropolitan areas of Lisbon and Porto.



## The Country's economy

Portugal has a mixed economy that heavily relies on exports, particularly in the areas of textiles, footwear, wine, and cork. The country has been experiencing a gradual economic recovery since the financial crisis of 2008, with a focus on increasing competitiveness and innovation. Tourism has also been a significant contributor to the economy, with Portugal's beaches and historic sites attracting millions of visitors each year. However, Portugal still faces challenges such as a high public debt and an aging population.

# Culture

Portugal has a rich and diverse culture that is known for its stunning architecture, delicious cuisine, vibrant music, and dance traditions.

One of the most iconic aspects of Portuguese culture is its architecture. The country is home to numerous historic landmarks, including the Belém Tower and the Jerónimos Monastery in Lisbon, and the Castle of the Moors and the Pena Palace in Sintra. These structures showcase a variety of styles, from Gothic and Baroque to Renaissance and Art Nouveau, and are a testament to Portugal's rich history and cultural heritage.

Another aspect of Portuguese culture that is known around the world is its cuisine. Portugal is famous for its seafood dishes, such as grilled sardines and octopus stew, as well as its pastries, including the egg tart known as pastel de nata. The country also produces a variety of delicious wines, including port and vinho verde, which are enjoyed by locals and visitors alike.

Portugal is also known for its music and dance traditions, which are deeply rooted in the country's history and culture. Fado, a genre of music that originated in Lisbon in the 19th century, is characterized by its melancholic lyrics and soulful melodies. The dance tradition of the corridinho, which is popular in the Algarve region, is a lively and energetic dance that is often accompanied by accordion music.

While Portugal's culture is rich and diverse, there are also some cultural practices that may seem strange or unfamiliar to foreigners. For example, it is common for Portuguese people to kiss each other on both cheeks when greeting one another, even if they are meeting for the first time. Additionally, the country's meal times are often later than in other parts of Europe, with lunch typically being served between 1pm and 3pm and dinner not starting until 8pm or later.

Portuguese cities have managed to maintain their historic charm, with many old buildings still standing. Lisbon has remained relatively unchanged since the late 18th century. Moreover, Portugal boasts a well-preserved natural environment with no serious pollution. You will also find one of the most beloved art forms, known as *azulejos*, which involves the intricate art of tile painting and glazing that dates back to the Moors. This technique was widely adopted across the country, and is still practiced by skilled artisans today.

Religion plays a significant role in Portuguese culture, as eight out of ten Portuguese citizens are Roman Catholic. Festivals and celebrations dedicated to saints are highly anticipated events. Despite the country's modernization, thanks to financial support from richer European nations, most people in Portugal still struggle with poverty in comparison to other countries.

In conclusion, Portugal's culture is a fascinating mix of historic landmarks, delicious cuisine, and vibrant music and dance traditions. While there are some cultural practices that may seem strange to foreigners, these only add to the country's unique and fascinating character.

# Lifestyle

## The Portuguese lifestyle

Portuguese people tend to have a laid-back lifestyle. Punctuality and time in Portugal may differ from your home country. It is not seen as impolite to arrive later than scheduled, and get-togethers may be scheduled vaguely, such as 'in the afternoon', rather than by a specific time. However, if someone is running more than 30 minutes late for an event or meeting, it is respectful to contact your host to let them know. Try to be observant and learn to understand their daily pace of life.

Time is generally kept via the 24-hour clock, so keep this in mind when scheduling meetings or appointments.

# LGBTQ+ Rights

Portugal is one of the top worldwide destinations for LGBT travelers, along with Canada and Sweden.

Furthermore, thanks to its recent changes in its law regarding the protection for trans and intersex people, Portugal has moved to number one, it used to be 27th before in the Spartacus gay travel guide.

Finally, as an LGBT member, you might still run into some discrimination or homophobia in some rural areas in Portugal.

Below you'll find a list of some of the most popular neighborhoods with LGBT expats in Lisbon:

## **Principe Real**

If you ask any Lisbonian, "Where should an LGBT member visit?" they will undoubtedly answer "Principe Real." The Pride march started in Principe Real, and to this day, it is known as Lisbon's prominent LGBT neighborhood.

## **Bairro Alto**

Bairro Alto is a very young neighborhood at heart, known for its number of bars and clubs, including numerous gay bars.

## **Arroios**

In 2019, "Timeout" magazine announced Arroios as one of the "coolest neighborhoods" in the world. It's mostly trendy with young LGBT members due to its queer-friendly cultural centers such as Casa Independente and Anjos 70.

## **LGBT Marriage in Portugal**

The Portuguese state first recognized unions for gay couples in 1999 and legalized marriage for same-sex couples in 2010.

Portugal grants LGBT couples in Portugal the same rights as heterosexual couples regarding marriage laws, visas, inheritance, adoption, and IVF.

# Nature

Portugal boasts a diverse range of natural landscapes, from the rugged coastline of the Algarve to the lush forests of the north. The country is home to many unique species of flora and fauna, including the Iberian lynx and the cork oak tree. Visitors can explore the stunning cliffs of the Rota Vicentina hiking trail or relax on the sandy beaches of the Costa de Prata. The Douro Valley, famous for its wine production, offers breathtaking views of terraced vineyards and the winding Douro River. Portugal's natural beauty is a must-see for any nature lover.

The Changing Face of Portugal's Natural Landscape<sup>[L]</sup><sub>SEP</sub> Portugal was once almost entirely covered in forests, but now only a quarter of the country remains forested. While some native species, such as the cork tree, are still prevalent, many plants are foreign species introduced by humans. Farming and hunting have also reduced the numbers of wild animals in the country. Today, common animals include boars, wild goats, fallow deer, foxes, and Iberian hares. Unfortunately, the Iberian lynx is the world's most endangered cat species. Portugal and Spain are now collaborating to create open spaces for the few remaining lynxes to roam freely. Portugal's coastline is a rich habitat for crabs, clams, and oysters, and Portuguese fishermen often catch tuna, bonito, and sardines. Additionally, many migratory birds stop in Portugal during their journeys to and from central Europe, Africa, and beyond.

Portugal boasts some of the most beautiful beaches in Europe. The Algarve region, located in the south, is particularly famous for its long stretches of golden sand and crystal-clear waters. Praia da Rocha, Praia do Vau, and Meia Praia are some of the most popular beaches in the area. The Costa Vicentina, in the west coast, offers wilder and less crowded beaches, such as Praia do Amado and Praia da Arrifana. Other noteworthy beaches in Portugal include Praia de Carcavelos and Praia da Comporta. With over 800 km of coastline, Portugal has beaches to suit every taste and preference.



Camilo Beach, Lagos, Portugal.

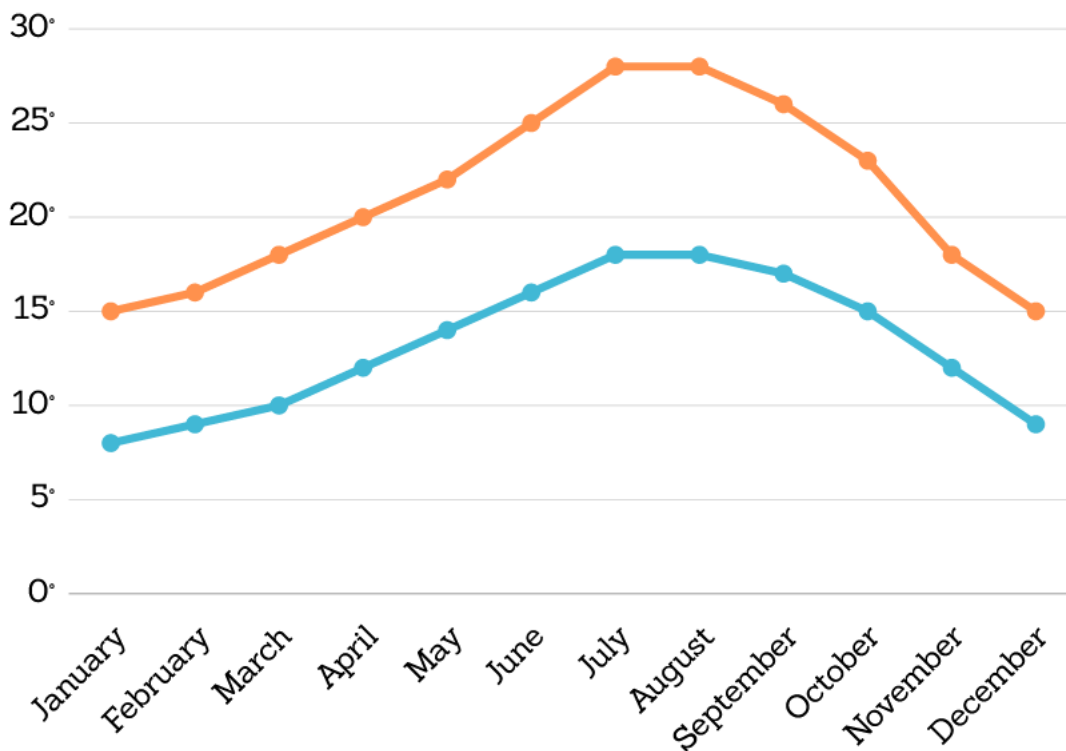
# Weather

In Lisbon, the summers are warm, dry, and mostly clear and the winters are cold, wet, windy, and partly cloudy.

## [Average Temperature in Lisbon](#)

The warm season lasts for 3.1 months, from June 19 to September 22, with an average daily high temperature above 25,5°C. The hottest month of the year in Lisbon is August, with an average high of 28°C and low of 18°C.

The cool season lasts for 3.6 months, from November 20 to March 6, with an average daily high temperature below 17°C. The coldest month of the year in Lisbon is January, with an average low of 8°C and high of 15°C.



Average temperature chart

# Best time to visit

There's no such thing as a bad time to visit Lisbon – it's all about what you want to do when you're there.

## When to Visit Lisbon: A City for All Seasons

Boasting stunning weather and nearly 300 days of sunshine per year, Lisbon is a destination you can visit any time you want. Summer brings in the crowds, who come for the high temperatures and exciting events. However, spring and fall offer a more subdued magic, while winter has its own unique charm.

However, you might want to plan your trip to Lisbon according to your needs and interest, here are some tips about the best times to visit Lisbon:

- Shoulder season is the best time for exploring the city on foot (Easter to May and September to October) Lisbon is a great destination to visit year-round, but the spring and fall seasons offer something special. In the spring, the city blossoms with vibrant trees, longer days, and occasional rainfall that keeps the parks lush and green. The weather is perfect for exploring the city on foot, and Easter brings in crowds of tourists from neighboring countries. The fall season, on the other hand, offers a unique magic. Visitors can still enjoy summery weather in September, and there are various film festivals to choose from throughout September and October. Fall is also back-to-school season, so expect busier weekdays on public transit during the daily commute. As October ends, tourist crowds slow down, prices decrease, and the city becomes peaceful with the onset of winter.
- High season is the best time for festivals and outdoor events (June to September) Lisbon's Summer Events: Pros and Cons. The summer months in Lisbon are jam-packed with thrilling events, from music festivals to the lively *arraiais* (improvised outdoor parties at tavern-style restaurants with live music). These impromptu outdoor parties, with live music and traditional food, honor St. Anthony and fill the streets in June. While it's an exciting time to mingle with the locals, it can also bring high-priced hotels and restaurants with fierce competition for tables and accommodation. With schools closed in summer, many residents leave the city to vacation on the beaches of The *Algarve*. As a result, some traditional restaurants, cafes, and shops close their doors for at least half of August. However, Lisbon's landmarks and museums remain open

with extended hours. Keep in mind that high temperatures in July and August can make walking up Lisbon's hills a tiring task.

- Low Season is the best time for budget travel (December to Easter) *Lisboetas* Prepare for the Busy Holiday Season While Tourists Enjoy the Low Season: while the winter months may be a quiet time for travelers, it's the opposite for locals in Lisbon who are busy planning for the upcoming holiday season. The low season offers a welcome respite from the summer crowds, with many holiday-themed events, street markets, and festive menus at local restaurants. Moreover, accommodation prices are at their most affordable, and top tourist spots are less crowded than usual.

# History

## Lisbon: From Exploration Hub to Modern Metropolis

Lisbon, the capital city of Portugal, has a long and fascinating history. It is believed to have been founded by the Phoenicians in the 12th century BC and was later ruled by the Greeks, Romans, and Moors.

During the Middle Ages, Lisbon became an important port city for trade between Europe and Africa. It also played a significant role in the Age of Discovery in the 15th and 16th centuries, when Portuguese explorers like Vasco da Gama and Ferdinand Magellan set sail from Lisbon in search of new trade routes to Asia and the Americas.

In 1755, Lisbon was struck by a devastating earthquake that destroyed much of the city. The Marquês de Pombal, a statesman and reformer, oversaw the city's reconstruction and implemented new building codes and safety regulations that helped prevent future disasters.

During World War II, Lisbon served as a hub for espionage and diplomacy, with many spies and diplomats using the city as a base of operations. Today, Lisbon is a vibrant and cosmopolitan city with a rich cultural heritage, beautiful architecture, and a thriving arts and music scene. Visitors can explore the city's many historic landmarks, such as the Belém Tower and the Jerónimos Monastery, as well as its lively neighborhoods, delicious cuisine, and stunning coastline.

It has since evolved into a bustling modern metropolis, complete with multicolored houses, elegant parks, and gardens. In 1994, Lisbon was designated a European City of Culture, followed by hosting the World's Fair in 1998. The fair served as a catalyst for the city's largest renovation project since the earthquake, including the construction of the Vasco da Gama Bridge, the longest bridge in Europe at the time, as well as improvements to transportation infrastructure. Additionally, the fair led to the development of an oceanarium, marinas, hotels, commercial complexes, and entertainment venues along the Tagus River.

# Language

Portuguese (*português* or, in full, *língua portuguesa*) is a western [Romance language](#) of the [Indo-European language family](#), originating in the [Iberian Peninsula](#) of [Europe](#). Being a Romance language, Portuguese is relatively easy for English-speakers to learn.

- How many people speak Portuguese worldwide? The sixth top spoken language in the world, over 215 million people speak Portuguese natively or as a second language.
- Why is Portuguese easy to learn? As a Romance language, Portuguese is similar to Spanish and has Latin roots. Many Portuguese words also have pronunciation, intonation, and nasal vowels that are similar to English.

Difficulties to watch out for when learning Portuguese: if you are more familiar with Spanish words (even if you don't speak it) you might find yourself accidentally pronouncing Portuguese words with a Spanish accent. This is a common mistake for Portuguese beginner

# Best things to do

In the last decade, Lisbon has quickly become one of the most popular tourist destinations in Europe. The city's charm is undeniable with its cobbled alleys, soft color palette, UNESCO-listed heritage sites, and white-domed cathedrals. It's no wonder why so many people have been drawn to it, enticed by its beauty and warm weather. While some neighborhoods may be transforming with the emergence of hipster cafes, Lisbon still offers plenty of quintessential experiences. Here's a suggestion of the the best things to do in Portugal's capital city.

1. Visit Belém and its Unesco-listed monastery Belém's architectural masterpiece, the Mosteiro dos Jerónimos, is a must-see attraction in Lisbon. This 1495 monastery, which is a UNESCO World Heritage Site, features stunning honey-stone Manueline cloisters that are perfect for photography. Another UNESCO-listed sight in Belém, the Torre de Belém, is located on the riverfront. This fortress, reminiscent of a chess piece, is a symbol of the Age of Discovery and offers breathtaking views over the Tagus River from its tower top. After a day of sightseeing, unwind with cocktails and enjoy the pomegranate-pink sunsets by the river.
2. Take in the breathtaking views of Lisbon from its stunning *miradouros*. Lisbon's seven hills offer plenty of *miradouros* (viewpoints) for breathtaking views of the city and Tagus River. São Pedro de Alcântara and Miradouro da Graça are popular spots, while TOPO, a terrace bar in the fast-gentrifying Martim Moniz Square, offers panoramic views similar to the Elevador Santa Justa. The golden hour at sunset is the best time to enjoy this experience.
3. Taste fresh seafood dishes Lisbon is a Haven for Seafood Lovers. Whether you're seeking a humble hole-in-the-wall food stand or a fine dining experience, Lisbon offers exceptional seafood at any price point. Cervejaria Ramiro, established in the 1950s, is a must-visit classic that serves up lobster, shellfish, giant tiger shrimp, prawns, and more to a vibrant crowd. It's common to see a line form before the restaurant even opens. For a smaller yet equally tantalizing seafood selection, head to Água Pela Barba in the Chiado neighborhood, where you can enjoy the same delicious seafood in a more intimate setting.
4. Ride the historic tram 28E When one thinks of Lisbon, the image of the city's iconic vintage electric trams immediately comes to mind. These delightful yellow-and-white *elétricos* have been a part of Lisbon's transportation system

since 1901 (when they were horse-pulled!). Of the five lines, none are more sought after than tram 28E, which crosses the city center from Campo de Ourique in the west to Martim Moniz in the east. Along the way, the tram passes by many of Lisbon's famous landmarks, stunning viewpoints, and cultural neighborhoods – making it an ideal way to experience the heart of the city.

5. Don't miss a live fado performance *Saudade*, a Portuguese word that means longing, nostalgia, or wistful yearning, is considered a defining quality of the Portuguese national character, and is at the heart of Portugal's national music, Fado. Fado is a soulful musical style that originated among sailors and dock workers in Lisbon in the early 19th century. Lisbon offers many restaurants known for their live Fado shows, particularly in the Alfama neighborhood where the style got its start. The Mesa de Frades and the Museu do Fado are among the top venues in the Alfama, attracting such fans as Madonna.
6. Cycle to the coast Lisbon has a relaxed, beachy atmosphere with palm trees and easy access to nearby beaches. Renting a bike in Belém and taking a short ferry ride to Trafaria provides access to a low-key fishing village and the start of the 24km-long Caparica Coast. The North Atlantic waters are cold year-round.
7. Tour the city's best art museums Two museums in Lisbon offer diverse collections of art. The Museu Nacional de Arte Antiga showcases Portuguese and European art as well as artifacts from formerly colonized regions. Visitors can enjoy a view of the Tagus from the museum's manicured garden. The Museu Calouste Gulbenkian presents a wide range of art history, from ancient Egypt to the present day, through an eclectic collection amassed by the financier Calouste Gulbenkian.
8. [Feira da Ladra](#) Literally translates to 'Thief Fair' and is the oldest market in [Lisbon](#). It sells a mishmash of all sorts of things – from vintage evening gowns, to hand painted tiles. Even if you don't have a budget to buy anything, the market is a fascinating place to walk around and take a few photos!
9. [Jardim do Principe Real](#) It has been a favourite spot in Lisbon for locals to hang out for centuries. Old men like to come to the garden to play cards, families take their kids to the playground, and couples sit in the shade of the stunning cypress tree, which is more than 100 years old. What's more, there's a Biological Products Market every Saturday with deliciously fresh fruit and vegetables for sale.

10. [Jardim da Estrela](#) Popular with families, it's a splendid garden with two playgrounds, a bandstand and a terrace café where locals enjoy spending warm and sunny afternoons.

11. [Martim Moniz](#) Square Named after a noble knight, this square is full of life and is one of the most multicultural areas in Lisbon. There are Chinese grocery stores, Indian eateries and Turkish kebab shops on this block. On weekends there are often a DJs spinning tunes in the square and local kids playing football.



# Shopping

When it comes to shopping Lisbon is famous for its many markets, it was where everybody would go to buy fresh fruit, vegetables, fish or meat; nowadays most of them don't have that function. However they are being recovered and converted in expositions or workshops. An example is Santa Clara market, inaugurated in the year 1877. It was one of the first buildings in Portugal that used iron and glass, two kinds of material characteristic in Europe in the second half of XIX century. If you want to shop, you can find here, at the side stores, different types of crafts, antiques and also some eateries. In the central area of the market, there is a Center for Culinary Arts. Special tip: On Tuesdays and Saturdays, the Ladra Fair takes place, just some metres from the market. You can find everything there, even a used toothbrush! The interest towards thrifting and buying second hand clothes is rapidly increasing, the vintage shop A Outra Face da Lua is perfect for those who enjoy high quality items for a low price: Forget H&M, Primark and buy local! In the heart of Baixa, you will find this vintage shop. Locally known, this lovely place sells bunch of colourful and special design of clothes for women and men. The reputation of Outra Face Da Lua is already strong, there are 3 shops all around Lisbon, if you are an adept of old and vintage clothes, accessories, purses, bags, shoes, be sure you don't miss it. Lisbon can be very attractive for people who like art, Ó! Galeria is a great place to see what local and young Portuguese and Lisbon illustrators and graphic artists are doing. They often host gallery openings for specific illustrators, and the place is a creative haven for those who love the uniqueness of drawing and illustrations. This gallery is the first in Lisbon to feature illustration works only. The curator works with many of the most successful and talented illustrators in Portugal, and even those some from other nearby countries. This is a popular place to see amazing illustrations and grab an art print for your wall back at home, or a one of a kind tote bag. For a unique shopping experience make sure to visit Livraria São Cristovão: the smallest bookshop in the world. About the size of a shoe cupboard, this little bookshop sits quietly at the start of the Conçeição stairs, from Madalena Street to the Largo da Conçeição on the South Side of Lisbon's Castle Hill. Despite the small size of the bookshop, it got a dramatic collection mostly made of old books about the heritage and history of Lisbon.

# City awards

What is Lisbon known for around the world? Here are some facts about Lisbon that you might not know about that show how much this city has to offer.

- The world's travel award considered Lisbon the world's leading city break destination in 2019.
- Lisbon took 4th place for the most beautiful city in the world by [U City Guide](#), a website dedicated to urban destinations.
- Lisbon is the happiest travel destination in 2023 according to a research conducted by iVisa.
- Lisbon hosts the longest bridge in Europe: the "Ponte 25 de Abril".
- The CNN gave Lisbon the award of "coolest" city in Europe praising its lifestyle and its "fascinating streets" of the historical districts. The proximity of stunning beaches is also considered a major asset, as is the gastronomy.
- El Oceanário de Lisboa was considered the best Aquarium in the world by TripAdvisor Travelers' Choice.
- According to a TripAdvisor survey Lisbon is the third most hospitable city in the world. The Portuguese capital has reached the podium in the category of cities whose inhabitants are more obliging and more available to help.
- Portugal is the one of the most peaceful countries in the world. In 2022, Portugal came in 6th place on the Global Peace Index (GPI), making it one of the most peaceful countries in the world. Portugal is thus one of the safest countries in the world with little violence.
- In Lisbon you can find the oldest operating bookstore in the world. Livraria Bertrand holds the Guinness world record for the world's oldest bookstore still in operation, founded in 1732.

# Working in Lisbon

Lisbon is a great place to work, with a laid-back atmosphere and a focus on work-life balance. The working culture in Lisbon emphasizes collaboration and teamwork, and there is a strong sense of community among coworkers. The city is also known for its thriving startup scene, with many opportunities for innovation and entrepreneurship. Overall, working in Lisbon is a rewarding experience that combines professional growth with a high quality of life.

# What do the expats think?

Expats enjoy the high quality of life, find it easy to settle in, and are happy with their personal finances in Portugal.

According to research conducted by InterNations, Lisbon ranks 4th out of 50 in the Expat City Ranking 2022 and is one of the cities where expats are happiest with their life abroad (86% happy vs 71% globally). It is also one of the best-rated cities in the Quality-of-Life Index (5th). Almost all expats (98%) are happy with the climate and weather (vs. 62% globally), ranking the city first in regard. In fact, 17% moved to the Portuguese capital for a better quality of life (vs. 7% globally), and they are not disappointed. *"Everything is great here - the climate, the people, the food, and the nature."* says an Indian expat. Expats also highly appreciate the culture and nightlife (87% happy vs 67% globally) and the opportunities for recreational sports (94% vs 81% globally). On top of that, more than nine out of ten feel safe in Lisbon (94% vs 81% globally) and find it easy to get around on foot and by bicycle (93% vs 77% globally).

Joe Blindloss, digital nomad from the UK, claims that *"Lisbon is one of Europe's most human-friendly capital cities, sprawling in a tangle of cobblestone streets over seven historic hills, and dotted with grand Pombaline architecture."*

## [An expat overview on Lisbon's lifestyle: Domenica's experience.](#)

We conducted an interview with Domenica La Greca, a young Italian digital nomad who lived in Lisbon for 7 months. Domenica claims that getting bored in Lisbon is impossible. According to her this city offers plenty of activities and she never had a hard time finding exciting new things to do. She described Lisbon as very different from other European capitals, even though some of its buildings are decaying the city remains breathtaking and seems to *"Always attract you towards her, maybe because of the incredible cultural overview it can offer."* "Popular festivals are the best thing about Lisbon. They take place in the streets of the city for a whole month in June and you have the chance to meet locals and experience their lifestyle", she claims. She said that Lisbon is very active from an artistic point of view as well. If you visit neighborhoods that are less touristy you can join street art projects and see beautiful graffiti. Domenica told us that she found traveling around Portugal cheap and that local transportation works well. She said she used to take the train every day after work and go to the beach until sunset, she rented a surfing set for a few euros and enjoyed what she called an *"Almost California dream-like lifestyle, a way of living which attracts many digital nomads for sure."* Domenica told us that eating in Lisbon

is fairly cheap, especially when it comes to fish and seafood. The cheap lifestyle surely is an advantage for digital nomads who might benefit from a salary in line with European standards, but the high affluence of immigrants had a devastating effect on locals. According to Domenica, the high housing demand made the prices of rent ridiculously high for locals, and that's why they don't look kindly on tourists. *"Rents have skyrocketed, and locals can no longer afford to live there. People started renting any kind of slums and hovel and that also caused the prices to rise. Another problem caused by digital nomads is that platforms like booking and Airbnb have allowed anyone to rent houses to tourists for a few days causing the prices to go up. There is also the issue of the so-called "centrifugation": everyone wants to live in the city center and the locals are forced to leave because of the high prices... Idealistically, the best way to live in Lisbon would be to benefit of a northern European or Italian salary since it has become so expensive and the rents are unattainable, with the money you used to rent an entire house with, now you can rent a room in a share house with 10 other people."* Domenica shared her point of view on locals as well, *"There are very few original inhabitants of Lisbon, in this city you can find people who come from all over the world and the Lisboaetas hate tourists for good reasons, mainly because of the renting issue I've talked about before. When you don't know the people of Lisbon you think they can be a bit unpleasant, they are very distant, but when you get to know them they are very kind and polite people, for sure not as open as their Spanish neighbors, they tend to be more reserved but they are overall very nice and welcoming. Lisboaetas have a great civil sense, that's another reason they don't like tourists so much since they might pollute the city and not follow the rules."* Domenica is overall very enthusiastic about her experience and claims she would go back anytime if she had the chance. Domenica never felt in danger in Lisbon, she told us she walked the streets of the city any time of the day and night and not once felt threatened, she thinks that Lisbon is a fairly safe city compared to her home country. Walking around Lisbon is convenient since it's not a big city, Domenica suggests giving up on Google maps and looking for shortcuts to avoid the steepest climbs!

# The local people

Portuguese people are known for their friendly, warm, and welcoming nature towards expats. They are always willing to help and make newcomers feel at home. With a rich cultural heritage and a passion for good food and wine, you'll find that the Portuguese are eager to share their traditions and way of life.

The Expat City Ranking 2022 by InterNations Lisbon ranks fifth in the Ease of Settling in Index, with particularly great results in the Local Friendliness (4th) and Culture and Welcome (2nd) Subcategories. *"I love the hospitable, patient, and easy-going Portuguese people. They are helpful, kind, and polite."* says a US American expat. In fact, expats describe the local residents as generally friendly (82% vs 66% globally), find it easy to get used to the local culture (81% vs 62% globally), and are happy with their social life (69% vs. 59% globally).

# Cost of living

The cost of living in Lisbon is low. according to InterNations, 71% of expats rate the general cost of living in Lisbon positively, the Portuguese capital ranks 5th in the Personal Finance Index, this is due to the expats' satisfaction with the cost of living (69% happy vs 45% globally). You should be able to live in Lisbon for **€1,200 a month as a single person and €2000+ as a couple**. This will depend on your lifestyle habits and if you enjoy a life of luxury. Unlike many other European capital cities, Lisbon is quite affordable.

## Cost of rent

Not less than 830-1000 euros in Alafama, Bairro Alto and Baixa-Chiado neighborhoods. Utilities cost around 150 euros per month.

## Cost of daily expenses and groceries

- Groceries: 200 euro per month.
- Coffee: 0.90 euros for espresso; 2-5 euros for cappuccino and lattes in specialty coffee shops.
- Cocktails: 5-10 euros.
- Portuguese restaurants: 7-10 euros lunch/dinner per person.
- International restaurants: 15-50 euros lunch/dinner per person.

## Cost of transportation

The cost of public transportation in Lisbon varies depending on the type of ticket and mode of transportation. A single ticket for a bus or tram costs €2.00, while a single ticket for the metro costs €1.50-€2.00 depending on the number of zones traveled. It's also possible to purchase a rechargeable Viva Viagem card for €0.50 and load it with different types of passes, including daily, weekly, and monthly passes. The cost of these passes also depends on the number of zones traveled, ranging from €6.40 for a daily pass to €40.00 for a monthly pass. Children under the age of 4 travel for free, while children from 4 to 12 years old pay half the fare.

## Cost of co-working spaces

10+ euros for a day pass or 200-300 euros a month.

## Cost of data and internet

The average price for 1 GB of data in Portugal is **3.85 USD**, above the European average of 2.50 USD. The world average is 4.07 USD.

## Buying a SIM card

Visitors from inside the EU, Iceland, Liechtenstein and Norway: In Portugal, you “roam like at home” since 2017 when roaming charges were abolished. What that means is that you can make calls while visiting Portugal without paying extra. Also, data traffic is capped at €4.50 per GB of data as of 2019 if you ever go over your allowance while roaming.

If you’re coming from outside the EU, and you know you’re going to need to be using your phone frequently, you can buy a prepaid SIM card in Portugal, and avoid roaming charges entirely. Depending on the intended use and where in the world you want to call to, you have two options.

## Buying a local SIM card

The main cell companies in Portugal are Meo, Nos, and Vodafone. Local SIM cards can be bought at any of these companies’ stores, as well as convenience stores and gas stations.

Vodafone has a kiosk at Lisbon Airport in the arrivals area. Portuguese prepaid SIM cards cost anywhere from €10 to €30 and will have minutes and data already included to use during 15 or 30 days.

Because roaming charges were abolished within the EU, if you decide to buy one local SIM card and travel to Spain, for example, you’ll pay exactly the same for calls and texts (SMS) as you do in Portugal. Prepaid plans will not vary significantly in price or network coverage from one company to the other. However, Vodafone Travellers is made especially for visitors to Portugal.

Valid for 30 days, [Vodafone Travellers](#) includes 5GB of data, 500 minutes/SMS of domestic calls, as well as 30 Minutes/SMS of international calls (from Portugal to the EU, USA, Canada, Angola, Brazil, Australia, and New Zealand). It costs €20. You can top it up if you need additional calls or data. Download the local My Vodafone app to check how much data you have remaining.

There are other plans available from Vodafone and the other cell companies. If you need to make international calls that are not included, remember to check costs before purchasing any SIM card.

## Buying an international SIM card

Buying an international SIM card is another option to avoid expensive roaming rates. For example, [Lycamobile](#) operates in Portugal and has international plans such as Lyca Mundo and Lyca Globe, with minutes included for several international destinations.

Lycamobile prepaid SIM cards can also be purchased at convenience stores in downtown Lisbon and in Portugal, in gas stations as well as online.

# Accommodation

## How to find an accommodation in Lisbon

Many expats think it's hard to find a suitable accommodation in Lisbon. "*With the money you used to rent an entire house with, now you can rent a room in a share house with 10 other people*" says Domenica, an Italian expat. This is caused by the high affluence of digital nomads. Finding accommodation in Lisbon might require some research, in this section you can find information about the best neighborhoods in Lisbon for digital nomads, tips on how to find an accommodation and a selection of recommended Airbnb's, Hostels and Hotels.

Here are some tips on how to find accommodation in Lisbon:

1. Join Facebook groups like this one [Lisbon Housing, Rooms, Apartments, Sublets](#) and other social media groups related to accommodation in Lisbon. You can find many groups where people share their experiences of finding accommodations in Lisbon.
2. Use online platforms like Airbnb, Booking.com, and Hostelworld to search for different types of accommodations that suit your budget and preferences.
3. Check for long-term rental options as they may offer better rates than short-term rentals.
4. Take advantage of online reviews and ratings to get an idea of the quality of the accommodations you are considering. Since the demand for accommodation in Lisbon is so high, sometimes the quality of the housing arrangements might not be up to standards. It's highly advised to pay close attention to reviews and comments of previous tenants.
5. Be flexible with your dates to get better deals on accommodations.
6. Consider co-living spaces or shared apartments as a way to meet other digital nomads and save money.

## Best neighborhoods to live in Lisbon

Just like any city, the answer to the question "where should I stay in Lisbon?" is subjective and depends on your needs and preferences. There is no one-size-fits-all answer. To help you make an informed decision, we will be discussing the pros and cons of each area below so you can determine whether it aligns with what you're looking for.

- **Baixa:** This neighborhood is great if you want to be in the heart of the city, close to many of Lisbon's main attractions. However, it can be quite busy and noisy, so if you're looking for a more peaceful stay, this may not be the best option for you.
- **Chiado:** If you're looking for a trendy area with lots of shopping and dining options, Chiado is a great choice. However, it's also one of the more expensive areas to stay in.
- **Alfama:** For a more historic and traditional experience, consider staying in Alfama. This charming neighborhood is known for its narrow streets and colorful buildings, but keep in mind that it can be quite hilly and may not be the best choice if you have mobility issues.
- **Bairro Alto:** This area is known for its nightlife and is a great choice if you want to be in the middle of the action. However, it can be quite noisy at night, so if you're a light sleeper, you may want to look elsewhere.

## Best Airbnbs in Lisbon

### 1. The luxe loft apartment in Chiado

Experience Bliss in This Charming Duplex in Lisbon's Heart. Imagine stepping into a space that immediately makes you feel at home – this is exactly what you'll get with our stunning duplex. Located on the top floor of a Rua da Bica building, right in the heart of the bustling shopping and theater hub, Chiado, this picture-perfect apartment is the ideal retreat. The floor-to-ceiling windows allow natural light to pour in, providing breathtaking views of Lisbon's rooftops and the river. Featuring modern amenities such as a washing machine, air conditioning, a microwave, TV, and much more, this Airbnb is the epitome of comfort. Plus, with the beach just a short walk away, you'll have the best of both worlds!

### 2. The contemporary one-bed in Bairro Alto

A Beautiful Airbnb in the Trendy Neighborhood of Bairro Alto. If you're looking for a comfortable and stylish home base while exploring Lisbon's top sights, look no further than this charming one-bedroom apartment. Located in the cool and hip Bairro Alto neighborhood, you'll be just a stone's throw away from popular attractions like the National Museum of Contemporary Art, the Santa Justa Elevator, and the São Pedro de Alcântara viewpoint.

The apartment itself is newly-renovated and boasts tasteful decor, including white paintwork, tanned woods, and colorful rugs. It's situated on a quiet street and comes

fully equipped with all the amenities you'll need for a comfortable stay, including air conditioning to beat the summer heat and a fully-equipped kitchen if you tire of eating out (which is unlikely given the diverse culinary scene in Lisbon).

### 3. The rooftop apartment in Lisboa

This Lisbon Airbnb is a Hidden Gem in the Heart of the City. While the view is certainly a selling point, this apartment has so much more to offer. It's bright, airy, and provides stunning views of the city, river, and mountains right from the deck. With room for two guests in a comfortable double bed, the fully-equipped kitchen is perfect for cooking breakfast and enjoying it on the patio. Plus, the convenient location near transport links and shopping makes exploring the city a breeze.

### 4. The historical duplex in Ajuda

A Stunning Duplex Airbnb in a Historic Building in Lisbon. Discover this magnificent duplex Airbnb situated in a 19th-century historic building in Ajuda, Lisbon. The unit accommodates up to four guests in a double bed and sofa bed, with the option of including a cot if necessary. This Airbnb has been recently refurbished to provide a comfortable and convenient stay while preserving its original features, such as the outdoor tiles and ceramics, that capture the historic charm of the building. The apartment is filled with natural light that shines through the large windows, and it comes equipped with everything you need, including a fully functional kitchen, a bathroom with shower, and a work desk for those who need to catch up on work. With its original stone walls and cozy interior, you'll feel right at home in this charming Airbnb.

### 5. The bright studio apartment in Alfama

A Romantic Getaway in a Charming Airbnb with a View Looking for an Airbnb that offers breathtaking views? Look no further! This beautiful studio is the perfect intimate spot for a romantic getaway in the city. Take in the stunning Tagus River from the private balcony, and enjoy gorgeous sunsets while sipping on wine. The cozy mezzanine features a double bed, while the living room, bathroom, and kitchenette with essentials offer everything you need. Immerse yourself in the local community and feel like a true local with this charming mix of old-world charm and Portuguese culture.

### 6. The deluxe loft in Bica Elevator

Experience Luxury and Convenience in the Heart of Lisbon with this Deluxe Loft Airbnb Located in the bustling area of Time Out Market, Bairro Alto and Luis de Camoões

Square, this deluxe loft is perfect for couples seeking a central stay. This amazing studio is a combination of original stone features and modern amenities such as a fully equipped kitchen, Smart TV, mood lighting, and a large and sleek bathroom. Enjoy additional perks such as a small office nook, plush towels, and the city – quite literally – on your doorstep. It's time to explore, and we couldn't agree more.

## 7. The sweet studio in Chiado

Beautiful Duplex Apartment with Modern Amenities and Prime Location. This recently-renovated duplex apartment is a true gem, featuring spacious and airy lounges, a sunny terrace, and a fully-equipped kitchenette. The double bed is cozily placed under bright white rafters, and two additional single beds are also available. The rental utilizes space cleverly, with a sleek marble bathroom and kitchenette, as well as elegant furnishings throughout. The location is unbeatable, with the convenience of tram 28 stopping just outside, allowing you to explore the city with ease. This apartment is both practical and visually stunning.

## 8. The first-floor flat with a terrace in Rossio

Visualize yourself sitting in front of a gorgeous view, munching on a delicious Pastel Del Nata while the aroma of coffee fills the air. Sounds heavenly, doesn't it? This elegant apartment boasts three double bedrooms, modern bathroom, lounge, dining area, kitchen, modest terrace, and even a dressing room. It is perfect for a family or group of friends. The apartment's location is also convenient, just a short distance from Rossio Square. There, you will find a stunning nineteenth-century station with trains bound for the breathtaking destination of Sintra.

## 9. The light and airy penthouse in Bairro Alto

Bairro Alto: The Ultimate Hub for Nightlife Enthusiasts. Bursting with an array of bars, restaurants, and live fado joints, Bairro Alto is the perfect spot to spend your evenings. And when morning rolls around and the hangover hits, there's no better place to recover than this luxurious penthouse. The comfortable, horizontally inclined beds and private balcony offer stunning city views to help you relax and recuperate. After all, it's all about working hard and recovering harder – right? Turn on Amália FM on 92.00 and indulge in some soothing Fado tunes as you heal.

## 10. The lovers' loft in Principe Real

A Romantic Getaway for Two in a Lovely Loft. Escape to this charming loft located just north of Rossio, complete with all the essentials for a perfect romantic retreat. You'll be welcomed with a grand entrance, a cozy double bed, and a balcony boasting

unobstructed views of the city and river through a glass balustrade. What's more, its central location puts everything you'd want to see within walking distance. If you do venture out, there's a metro station just a short ten-minute walk away. But with such a dreamy and romantic space, you may never want to leave.

## Best Hostels in Lisbon

Best Hostel for Budget Travelers: [Lisboa Central Hostel!](#)

- 25-40 EUR
- Tons of free perks (free breakfast, free soup)
- Lots of social activities make it easy to meet people
- Amazing staff can help you plan your visit

*Beds from 30 EUR. Twin private rooms from 53 EUR.*

Best Hostel for Solo Female Travelers: [Good Morning Lisbon Hostel](#)

- 25-40 EUR
- Female-only dorms for added security and privacy
- Organizes lots of activities
- Lots of free perks (free meals, free drinks, free walking tours)

*Beds from 38 EUR. Private rooms from 165 EUR.*

## [Lost Inn Lisbon](#)

- 15-25 EUR
- Lots of free perks (free coffee/tea, free sangria)
- Female-only dorms for added security and privacy
- Organizes lots of events

*Beds from 23 EUR. Private rooms from 87 EUR.*

Best Hostel for Couples/Families: [We Love F. Tourists](#)

- Over 40 EUR
- Incredible staff goes out of their way to help you feel welcome
- Spacious private rooms (great for couples/families)

- Convenient location in Baixa (near Praça da Figueira)

*Beds from 44 EUR. Private rooms from 122 EUR.*

Best Hostel for Partying: [Lookout! Lisbon Hostel](#)

Lookout! Lisbon Hostel strong points:

- 25-40 EUR
- Organizes lots of activities
- Lots of free perks (free breakfast, free sangria)
- Convenient location near supermarket, restaurants, and vintage markets

*Beds from 29 EUR*

Best Hostel for Digital Nomads: [Home Lisbon Hostel](#)

- Over 40 EUR
- Social atmosphere with regular tours and a co-working space
- Communal meals every night make it easy to meet people
- Great location in the city center

*Beds from 43 EUR. Private rooms from 170 EUR.*

Best Overall Hostel: [Goodnight Hostel](#)

- 24-40 EUR
- Organizes lots of activities (pub crawls, walking tours)
- Free breakfast
- Intimate atmosphere makes it easy to meet people

*Beds from 38 EUR, private rooms from 85 EUR.*

Looking for a premium hostel experience? Look no further than this downtown hostel offering free sangria and 10 EUR dinners once a week. Take advantage of their organized nights out and walking tours through Alfama, Bairro Alto, and Baixa-Chiado to get a great introduction to Lisbon. With amazing water pressure in the showers and cozy beds, you'll feel right at home. The small setting creates an intimate atmosphere perfect for meeting fellow travelers. Plus, enjoy a complimentary breakfast each morning for a great start to your day. Don't miss out on this top-rated hostel in Lisbon.

## Best Hotels in Lisbon

### [Hotel Hotel - Member of Design Hotels](#) -9.4 starts on Booking.com-

Hotel Hotel - Member of Design Hotels features an outdoor swimming pool, garden, a terrace, and restaurant in Lisbon. This 4-star hotel offers a bar. The accommodation provides a 24-hour front desk, airport transfers, room service and free WiFi. The hotel will provide guests with air-conditioned rooms offering a desk, a coffee machine, a minibar, a safety deposit box, a flat-screen TV and a private bathroom with a shower. At Hotel Hotel - Member of Design Hotels each room is equipped with bed linen and towels. Breakfast is available daily, and includes buffet, à la carte and continental options.

### [Ferraria XVI FLH Hotels Lisboa](#) -9.2 starts on Booking.com

Nestled in Lisbon, the Lumen Hotel & The Lisbon Light Show offers a diverse range of amenities, including a restaurant, bar, shared lounge, and garden. The hotel features room service and a concierge service, with free WiFi throughout the property. Guests can take advantage of the outdoor swimming pool, fitness centre, evening entertainment, and 24-hour front desk. Every day, visitors can also enjoy a breathtaking video mapping show in the hotel's interior garden, which offers an immersive experience of light and colour.

The hotel's air-conditioned rooms are equipped with a desk, coffee machine, minibar, safety deposit box, flat-screen TV, and private bathroom with a shower. Bed linen and towels are provided in every room. Guests can start their day with a buffet breakfast, available every morning at the hotel.

Experience the sun terrace at Lumen Hotel & The Lisbon Light Show and take in the stunning views of Lisbon.

### [Madalena by The Beautique Hotels](#) -9.0 stars on Booking.com-

Boasting a bar, Madalena by The Beautique Hotels is situated in the centre of Lisbon, 400 m from Rossio. Among the facilities of this property are a restaurant, room service and a 24-hour front desk, along with free WiFi throughout the property. Guests can have a drink at the snack bar.

The hotel will provide guests with air-conditioned rooms offering a desk, a coffee machine, a minibar, a safety deposit box, a flat-screen TV, and a private bathroom with a shower. At Madalena by The Beautique Hotels the rooms come with bed linen and towels.

Breakfast is available each morning, and includes buffet, continental and American options.

[My Story Hotel Figueira](#) -9.0 stars on Booking.com-

Conveniently located in Lisbon, My Story Hotel Figueira offers a buffet breakfast and free WiFi throughout the property. This 4-star hotel offers room service and a 24-hour front desk. Guests can have a drink at the bar.

At the hotel you will find a restaurant serving Italian cuisine. Vegetarian, vegan and dairy-free options can also be requested. Popular points of interest near My Story Hotel Figueira include Rossio, Dona Maria II National Theatre and Commerce Square. The nearest airport is Humberto Delgado Airport, 7 km from the accommodation.

# Healthcare

The healthcare system and health insurance in Portugal is one of the many benefits citizens and legal residents can enjoy. This section provides a complete overview of the healthcare system, whether that is public or private medical care.

You can take out private health insurance in Portugal if you wish to, especially when considering the long waiting times in the public healthcare system for elective procedures and appointments.

We explain how you can find a doctor in Portugal, whether that is a family doctor, specialist, or dentist. Do not expect to choose your own public physician—these are always assigned to you. For private healthcare, on the other hand, there is no shortage of options.

Giving birth in Portugal should be cost-free if you are a resident. You are entitled to medical care in all stages of your pregnancy. We also cover how your child can obtain citizenship or permanent residency when they are born in Portugal.

Portugal's healthcare system is excellent, whether you rely on the public or private sector. Portugal's indications of good healthcare include high vaccination rates and high life expectancy.

## Facts about Healthcare in Portugal

- Portugal has both public and private medical healthcare. Hospitals, <sup>[L]</sup><sub>SEP</sub> medical centers, and other institutions are usually either public or private—not both.
- Life expectancy in Portugal is around 81 years (higher than the EU average).
- The Portuguese government spends less on public healthcare than other European countries, and out-of-pocket expenses have been increasing.
- Smoking, drinking, and obesity are the biggest causes of health issues in Portugal.
- Cardiovascular diseases and cancer are the most worrisome health concerns in the country.
- Portugal has a mixed healthcare system, with both public and private services. Public healthcare is managed by *Serviço Nacional de Saúde* (SNS), the Portuguese national healthcare system.

To enjoy your right to state medical services, you must first be registered with your local council (*junta de freguesia*). Here you must request proof of address, which you will need for your registration with the local healthcare center, *centro de saúde*. Bring your residence card (*título de residência*) and your work visa, as well.

After registering with the health center, you will be given your healthcare number, *Número de Utente*. You will need to show this number whenever accessing public healthcare services.

## Does Portugal Have Free Public Healthcare?

Yes, Portugal does have state-provided healthcare, which is free for all citizens and legal residents in Portugal. Even though medical care is mainly free, you may have to pay some fees when visiting emergency rooms, your family doctor, or requesting ambulance services. These will typically range from 5 to 20 EUR (6—22 USD)

Public healthcare in Portugal covers all medical procedures with the exception of dental care and cosmetic surgery. This includes preventive care, diagnosis and treatment of both emergency and nonurgent conditions.

You will find a number of public hospitals in the country throughout the country. Each municipality is also covered by local health centers, which provide primary medical care.

## Getting Doctors and Medicine

When you register with your local health center, *centro de saúde*, you are appointed a family doctor, if the center has capacity to assign you one (otherwise, you are put on the waiting list for one). In busier centers, you will have to see whichever doctor is available. In general, you can rely on your family doctor to be your first point of contact with the public healthcare system such as when you need referrals for specialists or other special exams. If you need medication, you can get it at a pharmacy or *farmácia*. These are available throughout the country. Some medication may only be purchased with a prescription from a doctor. These can be state-subsidized, which means you would only pay a percentage of the full cost.

## Healthcare Costs in Portugal

Even though the Portuguese public healthcare system is mostly free, you may still be asked to pay in some instances when requesting medical care. You would need to pay for doctor's appointments at primary medical centers or *centros de saúde*, hospitals,

and for medical emergencies. You would also be asked to pay for a percentage of diagnostics exams, the costs of these services is never more than 10 EUR.

As for some costs with complementary diagnostics and exams, you would need to pay a percentage attributed by the SNS, which is different for each procedure. The maximum amount you would need to pay for an exam is 40 EUR (44 USD). You can deduct these expenses when filing your taxes, which can never exceed 1,000 EUR (1,100 USD).

## What are the Pros and Cons of the Portuguese Healthcare System?

### Pros

- It is mostly free. Expenses with public medical care are usually within 5 to 20 EUR (6–22 USD), so you should not be burdened with heavy
- costs with state healthcare.
- The Portuguese medical staff is highly qualified and public hospitals in bigger cities are well-equipped with state-of-the-art resources and medical equipment.

### Cons

- There are long waiting lists for elective procedures in the public sector.
- Emergency rooms tend to be packed and it might take a few hours to be seen by a doctor.
- Portugal has a shortage of nurses compared to doctors which is particularly felt in cases of national strikes.

## Do You Need Health Insurance in Portugal?

The short answer is, it depends. You can perfectly rely on public healthcare to cover most of your medical needs and you can fully rely on emergency care in life-threatening circumstances. However, for some nonurgent procedures, your medical needs might not be met as quickly as you may want.

Wait times are a serious concern in Portugal. For this reason, Portuguese citizens and residents tend to take out private medical insurance in Portugal to complement national health services and to cut down on wait times for elective conditions and procedures.

## Average Cost of Health Insurance in Portugal

How much is health insurance? Private insurance in Portugal is generally quite cheap. This could cost between 20 and 50 EUR (22–55 USD) a month, depending on your age and the extent of your coverage. This means you can pay anywhere between 400 EUR (440 USD) a year for a basic plan and 1,000 EUR (1,100 USD) yearly for a more well-rounded coverage.

# Childcare and education

Early childhood education and care (ECEC) in Portugal is divided into two phases, with different provision for younger (under three years old) and older children (three to starting compulsory education). Provision for children under three has a focus on childcare while pre-primary education (designed for older children) is legally considered the first stage of basic education in the lifelong education process (ISCED 020).

Despite of this focus on childcare, ECEC programmes for children under three meet the criteria and objectives of the ISCED 010, emphasised in the ISCED 2011 classification (although data on ECEC for children under three years of age are not yet included in the National Statistical System and INE/Eurostat do not include this information).

ECEC for children up to three years old is not part of the education system and is the responsibility of the [Ministry of Labour, Solidarity and Social Security](#) (MTSSS). Up to the age of three, childcare is mostly provided by private non-profit bodies like private social solidarity institutions (instituições particulares de solidariedade social - IPSS) or legally equivalent institutions, with cooperation agreements with the MTSSS, and by private for-profit bodies with operating licenses approved by this ministry. Socio-educational provision geared towards children under three years old is made up of:

- Crèches – socio-educational provision ([Ordinance No 262/2011, 31st August](#) and [Ordinance No 411/2012, 14th December](#)) that cares for children up to the age of three, while parents or the person who has custody is unable to look after them.
- Childminders - a social service ([Decree-Law No 115/2015, 22nd June](#)) provided by a person duly licensed by the Institute for Social Security, I.P. (Instituto da Segurança Social, I. P. – ISS, I.P.), who is paid to take care of children up to three years of age at their place of residence.
- Family crèche - social provision ([Ordinance No 232/2015, 6th August](#)) that consists of a group of no fewer than four childminders, who work within an institution like Santa Casa da Misericórdia de Lisboa or in private social solidarity institutions (IPSS) or legally equivalent institutions. These places are designed to care for children aged up to three years old.

In Portugal, pre-primary education covers children from three years old to the age of compulsory schooling (six years old) and is the first stage of basic education in the lifelong education process (Law No 5/97, 10 February) and is complementary to families' educational role.

Pre-primary education is divided into a national network made up of a public and a private network, where the former includes school clusters (organisational units made up of schools that provide basic and upper secondary education) and the latter includes for-profit schools (private and cooperative education establishments) and not-for-profit (private institutions of social solidarity, charities and mutual societies). The [Ministry of Education](#) is responsible for ensuring teaching quality within the ECEC network for pre-primary education. Technical supervision is the joint responsibility of the Ministers of Education (ME) and Labour, Solidarity and Social Security (MTSSS), which consists of monitoring the organisation and operation of pre-primary education institutions.

Pre-primary education is optional, with a free of charge teaching component of 25 hours a week for all children from the age of four ([Law No 65/2015, 3 July](#)).

For the State, this universal provision implies ensuring a pre-school education network that allows the enrolment of all eligible children and that attending the teaching component is free of charge.

[Curriculum Guidelines for Pre-School Education](#) (OCEPE) is the legal document that offers orientation regarding the design and management of pre-primary curriculum. This is the responsibility of each pre-primary teacher, undertaken in conjunction with the institution/school cluster's teaching team. Although the Education Act and the Pre-Primary Education Framework Law only include pre-primary education for children at age three and over and do not cover crèche, the National Education Council recommends that this stage be a child's right. It also recommends that there be pedagogical consistency for childhood, that professional work with pre-school children has common foundations and is guided by the same principles.

# The public transport system

Lisbon's public transportation system is an affordable and efficient way to get around the city. Here is an extensive guide to help you navigate the different options available:

1. Metro - The metro system in Lisbon is a fast and convenient way to travel around the city. There are four lines (blue, yellow, green, and red) that cover most of the city's major attractions and neighborhoods. The metro runs from 6:30 am to 1:00 am every day, and tickets can be purchased at the station. There are also 24-hour passes available if you plan on using the metro frequently.
2. Bus - Lisbon's bus system is extensive and covers almost every part of the city. There are over 80 different routes, and buses run from early morning until late at night. Tickets can be purchased on the bus, but it's cheaper to buy them in advance at a ticket machine or kiosk. There are also 24-hour and 48-hour passes available, which are a good option if you plan on using the bus frequently.
3. Tram - Lisbon's historic trams are a popular tourist attraction, but they're also a useful mode of transportation. Tram 28 is the most famous and takes you through some of the city's most picturesque neighborhoods. However, it's often crowded with tourists, so if you're looking for a more relaxed ride, try one of the other tram lines. Tickets can be purchased on the tram or in advance at a ticket machine.
4. Funicular - Lisbon has three funiculars that take you up some of the city's steepest hills. They're a fun way to get around and offer great views of the city. The most famous is the Elevador da Bica, which takes you from the Baixa neighborhood up to Bairro Alto.
5. Ferry - If you want to explore the other side of the Tagus River, take a ferry from Cais do Sodré to Cacilhas. The journey only takes around 10 minutes and offers great views of Lisbon from the water. Tickets can be purchased at the ferry terminal.

Overall, Lisbon's public transportation system is affordable and easy to use. However, it can get crowded during peak hours, so try to avoid traveling during rush hour if possible. Additionally, be aware of pickpockets, especially on crowded trams and buses. With a bit of planning, you can easily navigate Lisbon and see all that this beautiful city has to offer.



## Connection with the airport

To reach Lisbon airport from the city center, you have several options.

### Public Transportation:

1. **Metro:** Take the red line towards the airport and get off at the Aeroporto station. The journey takes around 20 minutes and costs €1.50.
2. **Bus:** Aerobus is a dedicated airport bus service that runs between the airport and the city center. The journey takes around 30 minutes and costs €4 for a one-way ticket. There are two routes: Aerobus 1 (city center) and Aerobus 2 (financial district).

**Taxis:** Taxis are widely available in Lisbon and you can hail them on the street or order them via phone, app or hotel reception. A taxi ride to the airport from the city center takes approximately 15-20 minutes and costs around €15-€20.

# Co-working spaces

Lisbon has become a hub for entrepreneurs, freelancers and remote workers in recent years, offering a variety of coworking spaces throughout the city. Here is a list of some of the best coworking spaces in Lisbon and what makes them stand out:

1. Outside Co-Work café - A central coworking space for short and long-term workers. Daily passes are available, which include free coffee, and start at €17.
2. Heden - "Since 2018, we have been helping our clients to build their stories by creating inspiring spaces to cultivate, give shape and develop their ideas".
3. Workhub Lisboa - The internet connection is lightning fast and there's a casual lounge space, or desks and private offices rented by the month.
4. Second Home Lisboa - This coworking space is known for its unique architecture and natural-light-filled workspaces. It offers an inspiring environment for creative professionals and startups.
5. Village Underground - This coworking space is located in a unique structure made from shipping containers and double-decker buses. It offers a creative atmosphere for freelancers, entrepreneurs, and artists.
6. LACS - This coworking space is housed in a historic building and offers a wide range of workspaces, from private offices to hot desks. It also features an on-site café and restaurant.
7. Impact Hub Lisbon - This coworking space is focused on social impact and sustainability. It offers a variety of workspaces, as well as access to a community of like-minded professionals.
8. Cowork Central - This coworking space is located in the heart of Lisbon and offers a variety of workspaces, including private offices and meeting rooms. It also features a rooftop terrace with stunning views of the city.
9. Beato Creative Hub - This coworking space is located in a former industrial complex and offers a variety of workspaces, including a coworking area, private offices, and studios. It also features an on-site café and event space.

Overall, each of these coworking spaces in Lisbon offers a unique atmosphere and range of amenities to cater to different types of professionals.

# Food in Lisbon



Pastel de nata

Lisbon is a city with a rich culinary tradition, and local food is a true reflection of its history and culture. Some of the most iconic dishes in Lisbon include bacalhau (salt cod), which can be prepared in countless ways, from grilled to stewed. Another staple is cozido, a hearty stew made with various meats and vegetables. Seafood is also abundant in Lisbon, with fresh sardines being a popular choice in the summer months. Additionally, Lisbon is known for its pastel de nata, a delicious custard tart that originated in the city's Belém neighborhood. To fully experience local food in Lisbon, one should also try petiscos, which are small plates similar to Spanish tapas, and pair them with local wines such as vinho verde or the fortified wine, port. Overall, Lisbon's cuisine is a fusion of Mediterranean and Atlantic influences, making it a unique and flavorful experience for any food lover.



Bacalhau

If you're planning to eat out in Lisbon, there are plenty of options available to cater to different dietary requirements. The average cost of a meal in a mid-range restaurant is around €15-€20 per person, but there are also many affordable options such as street food and local cafes.

For vegetarians, there are many restaurants that offer meat-free options on their menus. Some popular choices include The Food Temple, Jardim dos Sentidos, and Ao 26 - Vegan Food Project, which also offers vegan options. For gluten-free options, check out Zest or Miss Saigon.

If you're looking for vegan options, there are also many restaurants that cater to this dietary preference. Some popular choices include Terra, Juicy, and Veganeats. Don't forget to try the traditional Portuguese dish "Bacalhau com Natas" made with salted cod, cream, and potatoes - it's vegetarian and gluten-free too!

Overall, eating out in Lisbon can be affordable and delicious, with plenty of options available for all dietary requirements.

## Nice restaurants in Lisbon

Here are some restaurant recommendations in Lisbon for different budgets and needs:

- For budget-friendly eats:

O Trevo - a cozy restaurant offering delicious Portuguese dishes at affordable prices.

A Valenciana - a traditional Portuguese bakery with a wide variety of pastries and sweets.

- For a romantic dinner:

Bairro do Avillez - a sophisticated restaurant with a charming ambiance and a menu of contemporary Portuguese cuisine.

Terraço BA - a rooftop restaurant with stunning views of Lisbon, perfect for a romantic dinner.

- For seafood lovers:

Sea Me - a popular seafood restaurant with a modern twist, offering fresh fish and sushi.

Ramiro - known for its excellent seafood and shellfish, Ramiro is a Lisbon institution.

- For vegetarian and vegan options:

Ao 26 - a stylish restaurant with a varied vegetarian menu, including vegan and gluten-free options.

Jardim dos Sentidos - a vegetarian restaurant with a tranquil garden, serving organic and healthy dishes.

## Best Coffee shops in Lisbon

Lisbon has a thriving coffee shop scene that caters to all tastes and preferences. From traditional Portuguese cafes to trendy third-wave coffee shops, there is something for everyone. Some popular coffee shops in Lisbon include Fabrica Coffee Roasters, Copenhagen Coffee Lab, and Nicolau Lisboa. The city also boasts a growing number of specialty tea shops and bakeries that offer delicious pastries to accompany your coffee. Whether you're a coffee aficionado or a casual caffeine drinker, Lisbon's coffee shop scene is worth exploring.

Here are five of the best coffee shops in Lisbon that are great for remote workers and have good wifi:

1. Fábrica Coffee Roasters - This coffee shop has a cozy atmosphere, friendly staff, and excellent coffee. It also offers a quiet ambiance that is perfect for working.
2. Copenhagen Coffee Lab - A popular spot among locals, the Copenhagen Coffee Lab offers a great selection of coffee and delicious pastries. The space is bright, airy, and ideal for working.
3. Dear Breakfast - In addition to great coffee, Dear Breakfast offers a fantastic breakfast menu and a cozy atmosphere. The space is designed to be comfortable and welcoming for remote workers.
4. Nicolau Lisboa - This coffee shop is known for its brunch menu, but it also has excellent coffee and a relaxed atmosphere that is perfect for working. The staff is friendly and accommodating.
5. Fauna & Flora - Fauna & Flora has an extensive menu of healthy food options, as well as excellent coffee. The space is bright and airy, and the staff is friendly and welcoming.

# Nightlife



Nightlife in Rua Nova do Carvalho, Lisbon.

Lisbon has a vibrant nightlife scene with something for everyone. Locals enjoy going to bars, clubs, and live music venues. Some popular areas for nightlife include Bairro Alto, Cais do Sodré, and the Pink Street.

In Bairro Alto, you can find many small bars with a laid-back atmosphere. Cais do Sodré is known for its mix of trendy bars and clubs. The Pink Street is perfect for those looking for a lively party scene.

Some popular bars and clubs in Lisbon include Lux Frágil, MusicBox, and Pensão Amor. Lux Frágil is a well-known club that has hosted many international DJs. MusicBox is a popular venue for concerts and parties. Pensão Amor is a unique bar with a vintage feel and a variety of events.

Other things to do in Lisbon at night include taking a sunset cruise on the Tagus River, watching a Fado performance, or visiting the Miradouro de Santa Catarina for stunning views of the city.

Lisbon is home to several exciting summer festivals that draw in visitors from all around the world. One of the most popular festivals is the Lisbon Fish and Flavours

festival, which celebrates the city's seafood and culinary traditions. The city also hosts the Lisbon Village Festival, which showcases the diverse music, dance, and food of Portugal's rural areas. Another popular event is the Super Bock Super Rock festival, which features live performances by some of the biggest names in international rock music. With so much to see and do, Lisbon's summer festivals are a must-see for anyone visiting the city during this time of year.

# Visa requirements

European travelers can enter Portugal with a valid ID card or passport. Non-European travelers may require a visa depending on their country of origin, duration of stay, and purpose of visit.

There are several types of visas to enter Portugal, including:

1. Schengen visa: This visa allows travelers to visit Portugal and any other countries in the Schengen Area for up to 90 days within a 180-day period.
2. National visa: This visa is for those who plan to stay in Portugal for more than 90 days, such as for work, study, or family reasons.
3. Golden visa: This visa is for non-EU nationals who invest in Portugal, with different investment thresholds depending on the type of investment.
4. Transit visa: This visa allows travelers to pass through Portugal on their way to another destination.
5. Airport transit visa: This visa is for travelers who are transiting through a Portuguese airport but do not plan to enter the country.

The type of visa required depends on the purpose and duration of the stay in Portugal.

## The digital nomad visa

Also known as the D7 visa, is a type of visa designed for remote workers who wish to stay in Portugal for an extended period of time. On 30 October 2022, [Portugal](#) launched its digital nomad visa, officially called the "residence visa for the exercise of professional activity provided remotely outside the national territory". It requires proof of income and health insurance, and allows holders to work for companies outside Portugal while residing there.

- Visa length: One year
- Income requirement: €2,800/month

# The startup ecosystem

Lisbon's startup ecosystem is rapidly growing and becoming a vibrant hub for entrepreneurship in Europe. Supported by the local government, Lisbon has become a heaven for startups, with accelerators and incubators scattered over the city. It is in part helped by Web Summit moving to Lisbon, which was previously held in Dublin, and by creating a national network of tech hubs and new companies in Lisbon through the StartUP Voucher initiative that gives more than 400 entrepreneurs a one-year fellowship to pursue their ventures.

Lisbon is the perfect place to locate to for:

- Marketing and Sales
- Software and Data and E-commerce
- Retail startups

Talk about the startup ecosystem of Lisbon

The city boasts a supportive community, access to funding opportunities, and a favorable regulatory environment. Several co-working spaces, accelerators, and incubators have emerged in recent years, providing resources and mentorship to startups. Additionally, Lisbon hosts several startup events and conferences, such as Web Summit, which bring together investors, entrepreneurs, and thought leaders from around the world. Overall, the startup ecosystem in Lisbon is dynamic and promising, with a focus on innovation and social impact.

# Sum it up: pros and cons of living in Lisbon

## Pros:

- Warm climate
- Affordable cost of living
- Safety and low crime rate
- Outstanding diversity: With 1800 km of coastline, Portugal offers incredible diversity to its inhabitants. Depending on the region you pick, you'll find a variety of landscapes and lifestyles.
- Quality of Education
- Quality of medicine
- Attractive tax system: Portugal's tax policy makes the country a very desirable destination for expats, attracting investors, self-employed professionals, and many others.

## Cons:

- You need to learn Portuguese: If you're an expat living in Portugal, and you can't speak the Portuguese language, you will find your way with your English in the streets and the tourist places, but in governmental offices Portuguese is generally spoken.
- Electronic payments sometimes don't work: make sure to always have some cash on you
- Labor market: As compared to the other European countries, Portuguese salaries are considerably lower.
- Bureaucracy and life pace: bureaucracy is one of the main concerns for foreigners and Portuguese people themselves. Everyone agrees that one of the biggest cons of living in Portugal is the bureaucracy. Most things in Portugal can take quite a bit of time and paperwork is also pretty slow.

- Cold and non-isolated houses: in Portugal, don't expect to find a radiator in your house like in some [European countries](#) in the winter. You will need to buy yourself a heater to stay warm because walls store most of the humidity all day, and it can get really cold at night.