

Portugal *Letter*

One Day In Coimbra:

Exploring The Capital Of
Central Portugal... On Foot ➔



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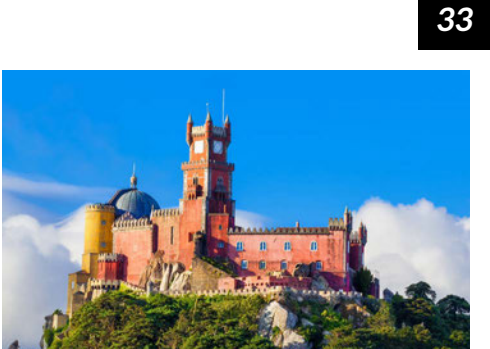
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Broaden Your Horizons



Dear *Portugal Letter* Subscriber,

The average American aged 65 or older spends \$4,818 per month to live in the United States.

Meantime, the average Social Security check for 2024 is \$1,907.

That's math that doesn't work...

Unless you broaden your horizons.

Look beyond U.S. borders for your ideal retirement lifestyle and you can make that \$1,907 monthly Social Security check stretch much further... →

While trading a typical retirement for a much more exciting, indulgent-feeling lifestyle in an exotic haven overseas.

Where, specifically, should you consider?

A common misconception leads many to believe that the only places in the world where you could significantly reduce your cost of living are in Latin America or Asia... and that Europe is out of reach for the typical retiree.

Au contraire...

My husband Lief Simon and I spend about half the year here in Paris and the other half in Panama.

You'd think that our cost of living would be lower when we're in Panama...

But my accountant husband was shocked when he compared the side-by-side costs for each of our homes.

We are able to spend less when we're at home in Paris than when we're hanging our hats in Panama.

How can that be?

In Paris we don't need a car and we don't run air conditioning 24/7.

In Panama we splurge on imported food and wines that are far more affordable in Paris... from where many of those specialty items originate.

In our annual [Overseas Retirement Index](#) we document the costs of living for my top picks for retirement.

This year, many of them are in Europe.

That's because not only Paris but much of the Old World can be far more accessible than you might imagine.

Where specifically on the Continent can you enjoy a fully loaded lifestyle—better than where you're living now—for as much as 61% less than your current monthly budget?

Here are my top five picks:

Valencia, Spain: \$2,477 Per Month For A Couple

Once called the "City of Joy," and nowadays claiming a handful of titles, including City of Oranges, City of Arts and Sciences, World Capital of Design, European Capital of Smart Tourism, Green Capital



of the Future, and Gastronomic Mecca, it's hard to give just one claim to fame to fabulous Valencia...

To walk its streets is to take in 2,000 years of history, from the medieval Islamic era to futuristic works that look like settings from sci-fi films.

With sandy, warm Mediterranean beaches available within minutes from the city center, this region gets some of the best weather in the world, with about 2,700 hours of sunshine—300-plus sunny days—per year.

In addition to all these attributes, Spain is known for being the most affordable region in Western Europe, and even Valencia, a culturally rich, historic city with high-level infrastructure and a high quality of life, is affordable by most standards.

Braga, Portugal: \$2,855 Per Month For A Couple

Braga is the culturally vibrant capital of Portugal's northern Minho Province, famous for its lush, green landscapes that produce vinho verde wine. →

An attractive, well-loved city, with narrow lanes and lively plazas hemmed in by historic buildings and elegant baroque churches, Braga's historic center is a dense, buzzy neighborhood that's full of cafés, restaurants, boutiques, churches, supermarkets, businesses, hotels, homes, and more...

Braga is an off-the-radar retirement choice in Portugal, especially compared to the Algarve, Lisbon, and Porto, which means the cost of living here is significantly lower than these more trafficked areas...

Braga is affordable not only relative to the costs of living in the United States and Canada; it's also affordable relative to other places in Portugal.

Property prices and costs of living haven't been inflated as much as in places like the Algarve, Lisbon, and Porto. For its rich lifestyle, Braga is a bargain.

Crete, Greece: \$1,865 Per Month For A Couple

Crete is the perfect place if your interests are lazing on the beach, basking in the sun, archaeology, scuba diving, and indulging in the original Mediterranean diet.

The fifth-biggest island in the Mediterranean, Crete is home to everything from cities to mountain villages, beaches to snow-capped mountains, and untouched inland wilderness to ancient olive groves and vineyards.

You're never far from the glistening and super-clear Mediterranean Sea... and the water here is special: crystal-clear, reflecting back more shades of blue than I can name. It's not just about beaches, though...

Crete also has mountains that you can ski on, the record-breaking Samariá Gorge (the longest in Europe), and other unique land formations that create endless outdoor recreation opportunities.

Being an island, you might expect Crete's cost of living to be inflated... but it has one of the lowest costs of living in Europe for what is a very high quality of life. The island is big enough to allow for budget flexibility as well.

Gascony, France: \$1,952 Per Month For A Couple

The picturesque villages of Gascony, many of which have earned the title of *Les Plus Belles Villes de France* (the prettiest towns of France), resemble those of fairy tales...

This is a pastoral place, where the traffic on the roads is tractors and livestock... Where farmers run things and the weather or the harvest is the main topic on anyone's lips...

Where folks are up well before the sun and drinking red wine by 11 a.m.... Where the food is hearty and fresh from the pasture... Where the village markets are the main social affair of the week and people are in bed by 9 p.m.

Gascony is yet another destination that proves that life in Europe is not financially out of reach for Americans...

This part of France can be easily affordable, especially if you live like a local and make use of the local markets, which sell affordable local goods and produce. →



Kotor Bay, Montenegro: \$2,658 Per Month For A Couple

Coming to be known as Europe’s Secret Riviera, Kotor Bay is a hidden gem on the Adriatic, sharing the same coast and overlooking the same stretch of water as southeastern Italy—but at a fraction of the cost.

Medieval towns and luxe modern developments are set to dramatic backdrops of sparkling coastline and jaw-dropping mountain vistas in every direction here. With the sea in one direction and ski resorts in the other, there’s always something to be enjoyed close at hand here in little Montenegro.

Despite being a playground for the uber-rich, costs of living are flexible in Kotor Bay, with standard to luxury-level lifestyles available.

Overall, it’s affordable by most people’s standards, and especially in comparison to neighboring Croatia, which offers much of the same appeal but at much higher prices.

Wondering which of these five tempting lifestyles might be for you?

Take a look at my at-a-glance budget comparison of the top places to reduce your cost of living while increasing your quality of life in Europe in 2024:

City	Cost Of Living For Two	% Cheaper Than Cost Of Living In The U.S.
Valencia, Spain	\$2,477	49%
Braga, Portugal	\$2,855	41%
Crete, Greece	\$1,865	61%
Gascony, France	\$1,952	59%
Kotor Bay, Montenegro	\$2,658	45%



Kathleen Peddicord,
Founding Publisher, *Portugal Letter*

P.S.

Discover my #1 pick—Valencia, Spain—for yourself.

[Join us in our favorite Spanish city for this year’s Live And Invest In Spain Conference.](#)

Where in glorious Spain might be your just-right fit? Let our team of on-the-ground Spain experts help you find the answer to that question.

This will be everything you need to know to launch a new life in Spain’s most appealing corner. It will also be a whole lot of fun.

We’re even planning a private paella-making course and property excursion for the first 20 who register.

All the details are here.



IT'S TIME TO JOIN THE INSIDERS

We all know the best deals are made among the 1% behind closed doors... But what if you could get a foot in the door... an ear to the hushed conversations?



Lief Simon has just expanded his private network of contacts to include some heavy hitters—the folks the 1% turn to for “sure thing” profits.

Best of all, Lief is right now inviting a small number of readers to join him... and to see potentially life-changing investment returns as a result.

HEAD HERE NOW FOR FULL DETAILS



To *Letters* The Editor



Best Expat Communities In Portugal

"Hi Jeff and Joch,

"We saw your contact info on the conference website. I know you might be getting bombarded with emails and questions, but I'm hoping you might be open to a couple more from us, planning on (semi) retiring and moving to the Algarve by the end of September.

"We've already been working with Live And Invest Overseas recommended [attorney](#) and [real estate expert](#), but we had some questions on which I hope you could give us some insight:

1. "We really want to settle among a decent sized expat community to start with. Luis has recommended an apartment in Porches for our requirements, but I wanted to ask if there might be another area we might want to consider.
2. "What have you found to be the best ways to find and establish contacts with other expats?

"We were just in the Algarve at the end of March and know we really want to move to Portugal!

"The country is so beautiful and welcoming, but despite having visited Tavira, Albufeira, Lisboa, and Samira, we still feel overwhelmed about choices in where to live and getting through the move.

"We're planning on living primarily on Social Security, but I have an opportunity to work remotely for my current company part time and do IT consulting for a US based firm, so I can supplement our income.

"If you have any insight to offer, we would greatly appreciate it! Hope to hear from you!

"Bom dia,"

John M.

[Portugal Circle Liaison](#) Joch Woodruff responds:

Muito prazer, as we say in Portugal. Good to meet you.

Glad to respond to your questions.

[Live And Invest Overseas recommended attorney](#) has been our lifeline these four-plus years. Worth every penny indeed.

Porches! Ah, a wonderful spot to begin your life in Portugal. I'm a big pottery nerd, and Porches Pottery is world famous.

Don't forget, Portugal is the size of Indiana. You can explore anywhere so easily once you get here. If you find another spot that sings to you, you can always move there after your lease is up in Porches. Or stay put and renew your rental if you've fallen in love with Porches.

Meeting other expats? Check out the expat groups for the Algarve on Facebook. Some do monthly meetups. Ask about expat groups as you meet folks in the markets, *farmácia*, etc. Folks will no doubt guide you.

And stay in touch. We're only an email away.

Let me be one of the many who will say, *bem-vindo*. Welcome to your new life in Portugal.

[Find out more about Portugal Circle here.](#)



Looking For Beaches And Golf

"My wife and I are looking for a place close to a beach and golf course. Not ready to buy yet. I am not sure what country to look at. Some place where if we had to live on our social security, we could.

"We are looking for warm weather and beach living.

"Please let me know what you would recommend.

"Thanks,"

Lawrence B. →



Portugal's Algarve region is one of the best golfing spots on the map. It's home to more than 40 golf courses along a stretch of a little more than 75 miles.

The town of Tavira has some excellent courses, including the sister champion courses of Quinta de Cima and Quinta da Ria Golf, designed by American architect Rocky Roquemore.

Quinta do Lago is also a golfer's dream. Here you'll find three award-winning championship golf courses—the North, South, and Laranjal—as well as excellent practice facilities.

Prices have been rising in Portugal in recent years, and the Algarve is one of the country's most popular spots, so rentals can be harder to find, especially in the summer months. A monthly budget of about \$2,500 is a good guide here.

Spain is another great option in Europe for golfing... There are many courses around Málaga, but our top picks are Murcia and Alicante, the Costa Blanca region. [Learn more about your options in Spain here.](#)

Yes, we discuss the topic at my annual [Offshore Wealth Summit](#) as well as in [Simon Letter](#).

However, the first thing you need to understand is that moving to another country has no effect on your U.S. citizenship and you cannot renounce your U.S. citizenship without first obtaining another citizenship. You can't be a stateless individual.

One pro of giving up your U.S. citizenship is that you would no longer have to file an annual tax return to the IRS.

One con is that the U.S. government makes it uncomfortable, if nothing else, if you decide to travel back to the U.S. after renouncing.

The fact is that they don't have to let you back in, even if you have a solid new nationality and passport like one from an EU country...

Most people who renounce their citizenship have lived overseas for a long time, obtained citizenship of the country they are living in, and have no expectation of ever traveling to—let alone moving back to—the United States.



“What Are The Pros And Cons Of Relinquishing U.S. Citizenship?”

“Hello,

“Have you ever discussed the pros and cons of moving to another country and relinquishing your U.S. citizenship?

“If not, is there a place to go to research this without bias?

“Thank you.”

B.B.

Offshoring guru Lief Simon responds:



Age Limits On Mortgages In Portugal

“Are there age-limitations for obtaining a mortgage in Portugal?”

Dona R.

The country of Portugal doesn't have an age limit on mortgages, but the banks do.

Typically, banks in Europe require a local life insurance policy to guarantee a mortgage.

You can only get a life insurance policy in Europe up to age 70 or 75, depending on the country and the insurance company.

That limits your mortgage term to a maximum of age 75, although I've heard of some Portugal banks going to age 80. ❌



One Day In Coimbra:

*Exploring The Capital Of Central
Portugal... On Foot*

BY CÁTIA LIMA



Every once in a while, I come across this question on travel groups: “Is there anything worth stopping for between Lisbon and Porto?”

Typically, this question arises when someone is planning to travel to Portugal, flying to either Lisbon or Porto and then renting a car to drive from one of these cities to the other.

Portugal is a small country, but there’s something to see around every corner. →

Between the two biggest Portuguese cities, there is no lack of things to do and see, but if you only have time for one stop, why not make it Coimbra, the charming and history-rich capital of Central Portugal?

A Few Facts Before You Begin

Like so many towns and cities in Portugal, Coimbra was built on top of a hill. That means that, yes, there will be steep streets.

Your best option is to walk, as in some places it will be difficult to find parking spots and the narrow streets are difficult to drive through.

This route starts near the river, with the highest point being the University of Coimbra. From there, you'll just be going down towards the river again.

Without any stops, this route takes you a bit under two (very easy-going) hours. Think of the uphill as cardio with culture mixed in!

There are no particularly good or bad times to visit Coimbra. I would advise,



however, to avoid the second half of May, particularly during the weekend.

That is when students celebrate the Queima das Fitas (literally, "burning of the ribbons"), marking the end of their degrees.

There are actually a few events related to the Queima starting several weeks

before the date, but most happen towards the end of May.

An event like this naturally attracts many more people, more traffic, and, simply put, more confusion.

Planning Your Time In Coimbra

Let me be clear: one day is not enough to see everything Coimbra has to offer.

In this suggested route, I'm including several types of places: to rest, to take in the views, to shop, to listen to local music, to enjoy food and drinks, to let your kids run wild, and, of course, places with historical interest. In some cases, they even overlap. How cool is that?

Coimbra is home to impressive buildings and museums, especially if you're a history nerd and/or have school-aged children.

If you're pressed for time or aren't particularly fond of museums, you can still take this route without visiting them.

However, as you walk, make sure to pay attention to your surroundings. Old cities tend to keep many of their treasures→



hidden in plain sight, and it's worth paying attention to details.

Towards the end of this tour, I'm also adding a few different suggestions to end your day in Coimbra, and I mention several places of interest that are not a part of this route.

Concerning safety, I have to say I've been to Coimbra several times and have never had any problems, not even when I was walking alone at night. Still, it doesn't hurt to take basic precautions.

Quick Historical Background

Before visiting a city, it's always a good idea to learn a bit about its history, and Coimbra is no exception.

Like many other cities in modern-day Portugal, the origins of Coimbra can be traced back many centuries. Originally named Aeminium during the Roman Empire, the city fell under Suebi rule in the 5th century AD, later transitioning to Alan control under Ataces after he defeated Hermeric, the Suebian ruler.

A strategic marriage alliance between Princess Cindazunda, daughter of Hermeric, and Ataces brought stability and is depicted in Coimbra's coat of arms, which bears a lion, a dragon, a golden cup, and a woman.

These elements symbolize, respectively, Ataces, Hermeric, the union of both houses, and Princess Cindazunda.

Coimbra's power and significance were reinforced in the 12th century, with Portugal's first king, Afonso Henriques, ordering the repair of several of the city's infrastructures and the construction of the Monastery of Santa Cruz, one of the city's iconic buildings.

Then, in the 14th century, one event in particular became synonymous with the city. To this day: King Dom Pedro and Inês de Castro, one of the queen's ladies-in-waiting, lived a tragic and forbidden love story that ended in murder and the gruesome coronation of the corpse of Inês.

It's assumed that she was killed at Quinta das Lágrimas, an estate in the Santa Clara neighborhood, across the river from Coimbra's historical center.



Suggested 1-Day Route

- Largo da Portagem
- Rua Ferreira Borges
- Rua do Arco Almedina and Rua de Quebra Costas
- Santa Cruz Church
- Jardim da Manga
- Sé Velha (Old Cathedral)
- Machado de Castro National Museum
- Sé Nova (New Cathedral)
- University of Coimbra and Joanina Library
- Jardim Botânico (Botanical Garden)
- Rua Estrela
- Parque Verde and Parque da Cidade Manuel Braga
- Café Santa Cruz
- Rua de Quebra Costas

Depending on how much time you have in Coimbra, you may need to skip one or two stops, so feel free to adjust this to your needs and interests.

If you look at the map, you may feel tempted to consider doing this route by starting in the parking lot near Parque da Cidade Manuel Braga and doing all the stops in reverse order. →



While this is indeed possible, the main reason why I don't advise it is because there has been a lot of work being done on the road and sidewalk near that park, which causes traffic to become chaotic at times.

In any case, you'll always have to walk uphill to get to the stops that are higher up in the city, like the university and the Machado de Castro National Museum.

Now put your walking shoes on, and let's get started!

1. Largo Da Portagem

When driving to Coimbra, I suggest you park your car in the Santa Clara parking lot, near the bridge with the same name, or in the designated parking spaces by the side of the road, to the left of the bridge.

Largo da Portagem is the plaza that you can find right after you cross the bridge into the historical part of Coimbra.

2. Rua Ferreira Borges

Rua Ferreira Borges is a pedestrian-only street.

This is one of the oldest streets in Coimbra, and it was, in fact, the first paved road in the city. Several of its buildings date back to the 17th and 18th centuries.

Here you'll find cafés, services, and shops—some more touristy and some more traditional.

Walk to the end of this street until you reach Praça 8 de Maio, where you'll find the next stop.

Alternatively, you can take a little detour (2a) and then return to this street.

a. a. Rua Do Arco Almedina And Rua De Quebra Costas

If you're curious (and a bit of a history nerd), I propose you take Rua do Arco Almedina (to your right) and walk until you reach Rua de Quebra Costas, passing



by Porta da Almedina, the remains of a medieval tower, that was part of the city's defense system.

After a minute or two of walking, you'll reach a little plaza where you can admire the bronze statue of the Tricana, an emblematic feminine figure from Coimbra, present not only in Fado songs but also in Portuguese literature, especially from the 19th century.

Walk back to Rua Ferreira Borges for the next stop.

3. Igreja De Santa Cruz

Established in 1131 and rebuilt in the 16th century by order of King Dom Manuel I, this church was originally a monastery and a prominent hub for national and international theological studies during the early stages of the nation's formation.

Renowned for its library and scriptorium, where monks copied books, this church holds immense historical significance.

Besides, this is where you'll find the tombs of Portugal's first two kings, Afonso Henriques and his son Sancho I.

If you like exploring nooks and crannies in historical buildings, buy the ticket that allows you access to the sacristy, the cloister, the Chapter House, and several other spaces.

Right next to this church, you'll see Café Santa Cruz, an iconic space in the city of Coimbra.

Even though this has been a café since 1923, the original building was actually an auxiliary chapel to the Santa Cruz church.

Keep this place in mind, because you may want to come back here at the end of this route (more on that towards the end of this article).

4. Jardim Da Manga

After leaving the church of Santa Cruz, keep walking on the sidewalk to your right, and you'll soon find one of the most Instagram-worthy places in the city.

Featuring a central dome-shaped structure, which rests on eight columns and is surrounded by four small chapels, this courtyard of sorts used to be one of the cloisters of the Santa Cruz monastery. →

Dating back to the 15th century, Jardim da Manga is one of the first Portuguese architectural works entirely Renaissance in style.

At the same time, its structure is reminiscent of the Fountain of Life and greatly inspired by Arabic architecture and its fountains.

5. Sé Velha (Old Cathedral)

This cathedral was constructed following the demolition of a mosque, where the cathedral now stands, during the Reconquista period.

The original basilica, dating back to the early 10th century, was destroyed in 1117, but you can see its votive foundation stone inside the present-day cathedral.

Its construction began in 1139, funded by Afonso Henriques, Portugal's first king, and unlike many Romanesque cathedrals in the country, this one has remained relatively intact.

In the 16th century, a new Renaissance-style doorway called Porta Especiosa was



added. Notable features within include Mudéjar-style tiles (some of the oldest in Portugal) imported from Seville and the Gothic cloister, recognized as Portugal's oldest.

The cathedral's interior showcases a flamboyant Gothic main altarpiece crafted between 1498 and 1502 by Flemish artisans Olivier de Ghent and Jean d'Ypres.

Additionally, there are well-preserved side altars and Gothic tombs of bishops and saints.

Its foundations, however, date from the time of the Romans, and you can visit them.

Third, simply being outside is worth it for the view you get of the city's rooftops, the old cathedral, and the Mondego River.

Named after the acclaimed Portuguese sculptor Joaquim Machado de Castro (1731 to 1822), in this museum, you can appreciate Greek, Roman, and Romanesque sculptures as well as 13th-century Islamic ceramics, 16th-century paintings, and 18th-century furniture, among other features.

But don't forget the Roman foundations, which you can visit separately.

The 1st-century cryptoporticus is an underground gallery, built to support the forum that existed at the time while also compensating for the natural uphill of the terrain.

If you don't have the time to visit any of the exhibitions, do at least take a couple of minutes to appreciate the view from the terrace.

That's also where you'll find the museum's café (with outdoor seating) and restaurant, which offers a lunch buffet. →



6. Machado De Castro National Museum

The Machado de Castro Museum is a unique space.

First of all, it's one of Portugal's national museums and houses the country's largest collection of sculptures.

Second, the building is a piece of history in and of itself, where modern architectural elements were added to a Baroque-style building from the second half of the 18th century (that used to be the Bishop's palace).

7. Sé Nova (New Cathedral)

The New Cathedral (or Sé Nova), built in the 17th century, was originally the church of the Jesuits in Coimbra.

After the Jesuit order was banned from the country, the seat of the bishop was moved from the old cathedral (Sé Velha) to this newer and much larger one, which then became the New Cathedral.

Especially relevant are the two Baroque altars covered in gold leaf, the 18th-century organs, and the Manueline-style baptismal font.

8. University Of Coimbra And Joanina Library

Nestled high above the cityscape, in the heart of the old part of the city, Coimbra University, established in 1290, stands as one of Europe's most ancient and prestigious academic institutions.

Because of its legacy, spanning over seven centuries, it holds the distinction of



being one of the few universities recognized as a UNESCO World Heritage Site.

While the university (as an institution) was in fact founded in Lisbon in 1290, it

made Coimbra its permanent physical home in 1537.

Despite predating even Oxford University, it remains a thriving, fully functioning institution.

The Paço das Escolas, which you enter after passing the solemn-looking "iron door" (Porta Férrea), is a square of sorts that houses the historical nucleus of the university.

Originally, it was a fortified palace where the governor lived (during Moorish rule) and was later inhabited by King Afonso Henriques.

Trivia tidbit: almost all of the kings of Portugal's first dynasty were born here.

You can visit several of the university's buildings, but for that, you need to purchase tickets.

The most famous element of this historical nucleus is the Joanina Library, and you have the option to purchase your ticket with or without the library included.

Bear in mind that the library visit is timed, and when you buy your ticket, you will be allocated a time slot (no exceptions allowed).→



However, if you're planning your visit ahead of time, I advise you to purchase your tickets online in advance.

The last time I was there, the ticket office lady told me that quite often tickets are sold out by 1 p.m. or 2 p.m., and this is even more likely in the summer months. This also ensures that you manage your time in Coimbra more effectively.

The Joanina Library, also known as the Baroque Library, is probably the most spectacular feature of the university.

This Baroque gem was built between 1717 and 1728 during the reign and by order of King Dom João V and has around 60,000 volumes, from the 16th to the 18th centuries.

If you can, try to go there when there is more natural light, as the gold leaf covering the bookshelves and decorations will really shine through.

Make sure you don't miss the ceilings painted using the tromp l'oeil technique, which creates an impressive perspective.

Before a group enters the library, a guide will announce the opening of the doors, and each group can only stay for 10 minutes.

Although this may sound a bit over the top, the doors are kept shut to keep the humidity out.

Filming or photographing inside are not allowed.



Oh, and book-loving insects, like moths? There is a small colony of bats living in the library, that feeds on them. Talk about eco-friendly solutions!

Other relevant buildings that you can visit include the Grand Hall, the Science Museum (and the Cabinet of Curiosities!), the 18th-century clock tower, and Saint Michael's Chapel.

The present-day chapel is the consequence of the 16th-century rebuilding of the previous one, probably dating from

the 11th century. The frescos make for a spectacular view, and don't miss the organ, built in 1733.

9. Jardim Botânico (Botanical Garden)

Likely, one day alone won't leave you enough time to fully explore the Botanical Garden, which is the largest of its kind in Portugal. →



However, if you can spare a few minutes, allow yourself to at least take a look around, have a seat, and enjoy the much-needed shade, especially in the summer months.

This garden, founded in 1772 by the Marquis of Pombal, is divided into different areas representing different latitudes and climates, filled with trees and plants from various locations around the world, with a total of over 1,200 different types of plants.

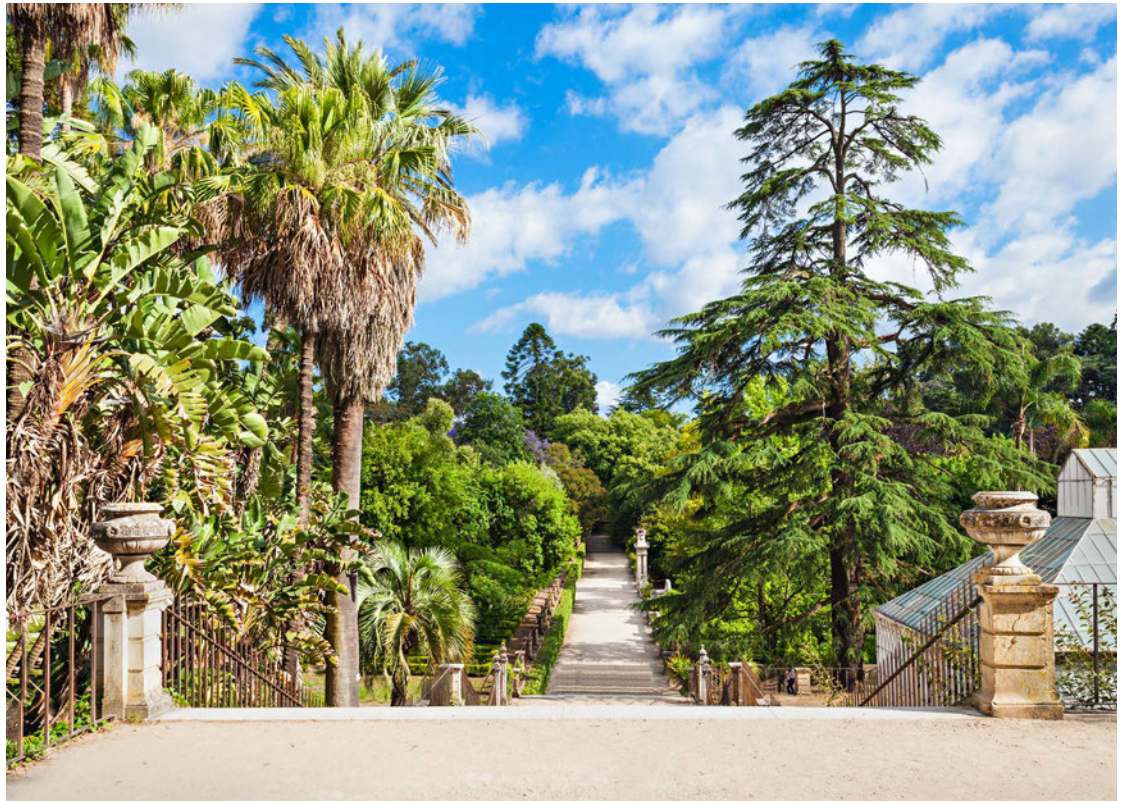
The Neo-Classical fountain and the double staircase feature high among the points of interest in this garden.

10. Rua Estrela

Head over to Rua Estrela, and just before you start walking down, you'll see (to your right) a bar and restaurant called "Passaporte."

If you feel like going for a cocktail or snacks, I highly recommend you make a stop here.

Added bonus: the magnificent view over the city and the river.



If you don't feel like going for drinks, just take a minute to admire the view from this strategic point.

From here, I'd suggest three different options. Making your way back to the

Santa Clara parking lot from any of these is a fairly straightforward task:

a. Parque Verde And Parque da Cidade Manuel Braga

I recommend choosing this green area if you have kids. Here, they can run free and stretch their legs or just lay down on the grass near the river.

There's also a small playground, which is right in front of a series of cafés, restaurants, and, not surprisingly, an ice cream shop.

From here, you can easily cross the "Pedro e Inês" pedestrian bridge and walk back to the Santa Clara parking lot.

b. Café Santa Cruz

Right next to the church of Santa Cruz, you'll find this café, which I mentioned at the start of this route.

Besides being a nice spot for a pastry and a coffee, they also have free Fado de Coimbra shows at 6 p.m. and 10 p.m.

Obviously, if you're sitting in the café, you're expected to consume→



something, but there's no mandatory minimum amount.

Fado de Coimbra is different from the most well-known Lisbon fado in several aspects, but most notably for the fact that it is sung only by men (typically, either students or former students of the university).

While you're here, why not try a local pastry? My suggestion would be either the Pastel de Tentúgal or the *crúzio*.

The former was created by a local Carmelite nun and is a sort of roll made with an incredibly light, flaky dough and filled with egg cream.

The latter was developed in the mid-20th century by Café Santa Cruz and is made up of a pastry shell filled with egg cream and topped with almond slivers.

When in doubt, try both. Nobody will judge you!

c. Rua de Quebra Costas

Head back to Rua de Quebra Costas if you want to have a taste of the slightly less touristy (but full of character) part of the historical center.

Enjoy a snack in one of the cafés or book a fado show with Fado ao Centro.

If you're planning your day in Coimbra some time in advance, it's best to book your show before the day.

Here they provide a different experience than in the Fado show in Café Santa Cruz, being a more structured presentation that includes a complimentary glass of Port.

Fancy some ice cream? I suggest trying any of the flavors available at Così. →



What's Not Included

- **Santa Clara-a-Velha:** A medieval monastery located along the banks of the Mondego River, originally built in the 14th century, of which only ruins remain today.
- **Santa Clara-a-Nova:** A convent founded in the 17th century, famous for housing the tomb of Saint Queen Isabel, the patron saint of Coimbra.
- **Penedo da Saudade:** A park and viewpoint, built in 1849, closely linked to the university, with numerous plaques commemorating events linked to academic life and poems by students.
- **Jardim da Sereia:** A scenic garden with strong Baroque influences, famous for its luxuriant vegetation and ornate fountain.

- **Portugal dos Pequenitos:** A park, created with children in mind, featuring scaled-down replicas of Portuguese monuments and traditional architecture.
- **Quinta das Lágrimas:** A historic estate renowned for its garden and its association with the tragic love story of Pedro and Inês (mentioned at the start of this article).

Again, one day is not enough to explore Coimbra in its entirety.

This route includes relevant attractions that can be found in the historical center, but so many more are just outside of it. However, they would imply a bit of a detour, so I chose to leave them out.

If you're curious about any of these, by all means, do visit them.

And if you don't have the time now... maybe on your next trip to Coimbra? ✨

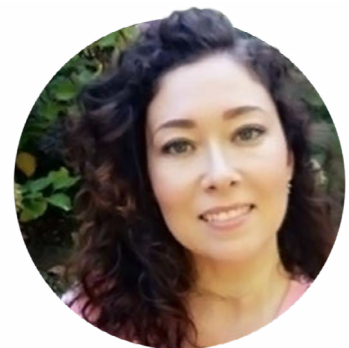


About The Author

Cátia Lima is a blogger and ghostwriter forever in love with Portugal. Back in 2013, she grew tired of tourists talking only about Lisbon, Porto, and the Algarve. That motivated her to start a blog, Beyond Lisbon.

Later, a fellow blogger invited her to work as a ghostwriter and thus started a new chapter in her life. Since then, Cátia's writing background, along with her experience as an assistant editor, have come together to help her ghostwrite for blogs, websites, and social media.

When Cátia's not writing or photographing, you'll find her curating her meme collection. Check out her blog for an insider's look into Portuguese culture.



2-Bedroom Apartment In Charming Beach Village (LG2233)

📍 Burgau



- **Price: 315,000 euros**
- **2 beds, 2 baths**
- **Construction: 125 square meters**
- **Price per square meter of construction: 2,520 euros**

Spacious two-bedroom apartment located just outside the picturesque village of Burgau. The apartment is in a condominium with sea and countryside views, walking distance to the beach, local shops, and restaurants. Centrally located to explore the beaches on the West Coast and close to Praia da Luz and Lagos, with its famous beaches, bars, and restaurants. →



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Investment Opportunity—Villas For Renovation (HLG2228)

📍 Near Lagos



- Price: 425,000 euros
- 3 beds, 4 baths
- Construction: 393 square meters
- Price per square meter of construction: 1,081 euros



Located on the famous Santo António Golf course, these villas offer you the possibility to shape your perfect home with captivating coastal views. The plots span an area of up to 1,360 square meters and feature a partially built villa varying from two to three floors, with three or four bedrooms, each with en suite bathrooms, basements, and swimming pools.

2- And 3-Bedroom Apartments 750 Meters (HLG2127)

📍 Carvoeiro Beach



- Price: 445,000 euros
- 2 beds, 2 baths
- Construction: 111 square meters
- Price per square meter of construction: 4,009 euros



New development of 30 eco-luxe properties in Carvoeiro, ideal for a cozy home or a vacation retreat. Fully furnished apartments with private terraces, in contemporary design, only 750 meters from the beach and close to amenities. This gated development has a communal heated saltwater pool and large gardens. →

Turn-Key Villas In Gated Community (HLG2189)

 Carvoeiro




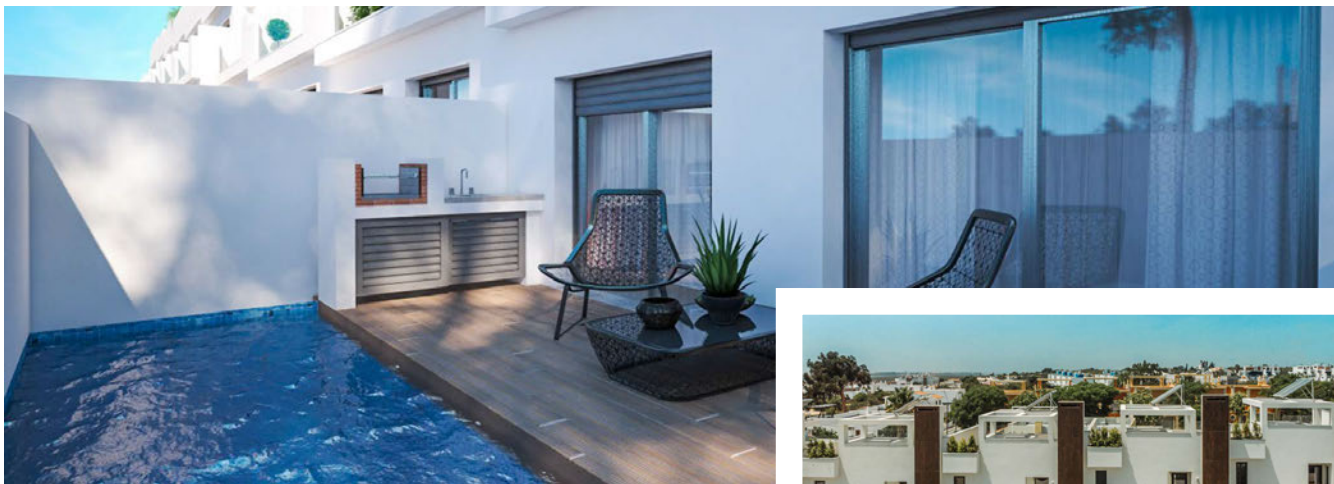
- **Price: 630,000 euros**
- **3 beds, 3 baths**
- **Construction: 184 square meters**
- **Price per square meter of construction: 3,424 euros**



Just a few minutes from Carvoeiro town and a short distance from the dazzling Carvoeiro beaches and the iconic Benagil cave, this exclusive gated community has easy access to the entire Algarve region and is close to all local amenities, banks, pharmacies, supermarkets, transport, and restaurants. All villas include private terraces and gardens and are delivered fully furnished and equipped.

3-Bedroom Semi-Detached Villas (HTV2104)

 Fuseta, East Algarve



- **Price: 680,000 euros**
- **3 beds, 3 baths**
- **Construction: 150 square meters**
- **Price per square meter of construction: 4,533 euros**



These luxury villas are located in a new and small urbanization close to the waterfront, in the coastal village of Fuseta. Built to a high specification and with the option of choosing some of your own finishes, these villas are in the final stages of completion. The villas consist of three floors, private parking, large outdoor spaces, private pool, and roof terrace with stunning views of the Ria Formosa. →

Off-Plan Villas In A Gated Resort (VM1999)

 Faro



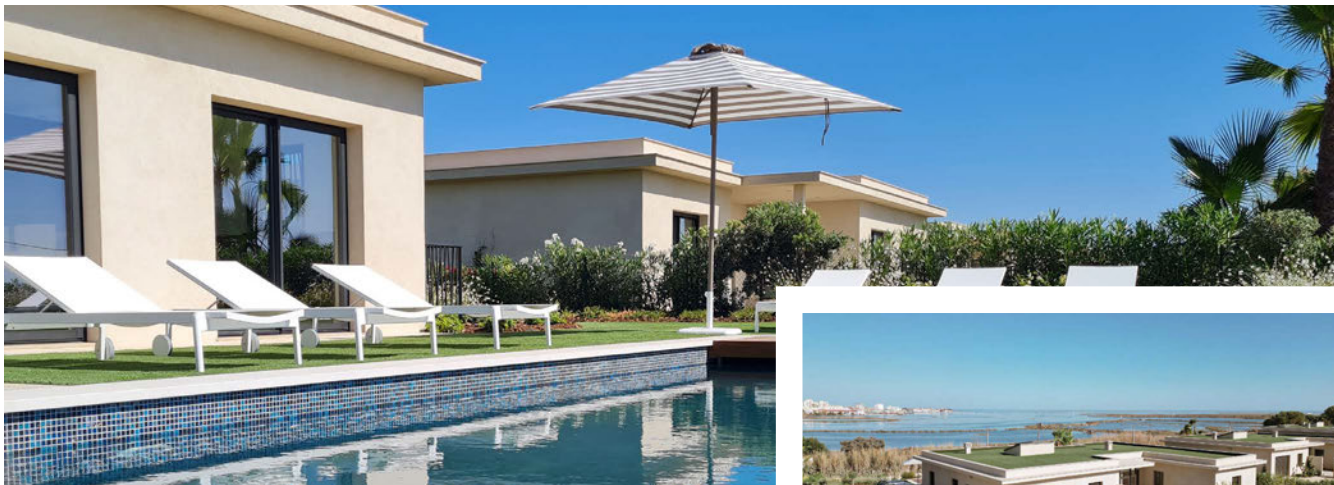
- Price: 1,390,000 euros
- 3 beds, 3 baths
- Construction: 455 square meters
- Price per square meter of construction: 3,055 euros



This gated condominium is located in the heart of Faro, overlooking the Ria Formosa lagoon, and offers spectacular luxury villas with three and four bedrooms, garden, and pool. The new resort with concierge is perfect for people who love a secluded, safe, and modern architecture.

Off-Plan Villas In Faro Overlooking The Ria Formosa Lagoon (VM2000)

 Faro



- Price: 1,670,000 euros
- 4 beds, 4 baths
- Construction: 436 square meters
- Price per square meter of construction: 3,830 euros



These luxury, spacious, off-plan villas with open-plan living areas and large basements are located overlooking the Ria Formosa Lagoon in Faro, within a private enclosed estate of 5 hectares. Each villa boasts its own heated saltwater pool surrounded by landscaped Mediterranean style garden with patio area and fountain. ❄️

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Expert Interview



Keeping Busy And Enjoying Culture In Porto

BY MARTA VOUGA

Globally known for its exquisite port wine and surrounded by the enchanting Douro Valley, Porto is the second-most prominent city in Portugal.

Its people have a strong sense of belonging to this special little piece of coastline, with a river flowing along one side and the roaring Atlantic Ocean on the other.

Here are a couple of the best sites in the city, from a local's perspective...

Parque Da Cidade (City Park)

A green paradise in the middle of a busy urban jungle... Bordered by the sea on one side and punctuated by peaceful lakes, the

park is home to a stunning variety of local flora and fauna.

The park boasts different types of areas... it has groves, forests, and huge expanses of grassy areas, as well as refreshment stops and picnic tables.

Aliados

A beautiful avenue... Its surroundings are said to be perfectly representative of Porto. Totally refurbished a couple of years ago, this boulevard is home to the city's

most ornamental buildings—and the most beautiful McDonald's in the world, according to Business Insider.

Palácio Da Bolsa

One of the most beautiful buildings in Porto... With a mix of architectural styles, you'll be greeted at the entrance by a granite and marble staircase.

As you walk through, you'll come across the Golden Room, completely wallpapered with gold leaf, stunning ceiling frescoes,→

sculptures, and much more, all of which lead you to the pièce de résistance...

The breathtaking Arab Room, designed entirely in the Moorish Revival style, all finished in wood, stucco, and gold leaf.

The Arabic inscriptions and exotic figures on the walls are all hand-painted. This is where visiting dignitaries are hosted, all important receptions are held, and a popular classical music concert hall is located.

The Clérigos Church Tower

One of the most emblematic monuments in the city and the highest tower in Portugal—75 meters, or 240 steps, tall. From the top, you'll enjoy a 360-degree view of the city...



The Palácio Cristal

This lovely outdoor space includes a restaurant and a terrace overlooking the lake on the grounds—all the better for enjoying the atmosphere...

Before you settle down for a coffee or a snack, tour the “aromatic plants” garden, the medicinal garden, the rose garden, the “feelings garden,” and more themed beds. The landscaping is a view unto itself, but the grounds are also laid out to offer views of the Douro River.

Various cultural and social events, shows, and other entertainments are held here... come for concerts, circuses, exhibitions, and sporting events.



Serralves

An 18-hectare multiuse space with formal gardens, natural woods, a traditional farmhouse, a contemporary art museum, and more...

Considered one of the most important cultural centers in the country, Serralves has

received international recognition and was classified as a national monument in 2012. A center for contemporary art, architecture, and landscape, its mission is to promote the arts to those of all ages, as well as being a repository for arts and research.

Enjoy its exhibitions, seasonal markets (where you'll be introduced to fabulous local products and the artisans who created them), and the 8,000+ specimens of notable plants throughout the grounds, representing about 230 species.→

Casa Da Música

The city's concert hall... It was conceived to commemorate Porto's 2001 European Capital of Culture win and is credited with renewing locals' interest in the arts.

Right in the heart of the city on Boavista Avenue, its unconventional architectural style gets mixed reactions.

Many consider it to be an architectural masterpiece... but some say it looks like a meteorite landed in the middle of the city. With two main auditoriums (holding 1,238 and 300 people, respectively), it also offers a superb view over the city through its rooftop restaurant.

As the first building in Portugal exclusively dedicated to music, this monument to the arts is worth a visit.

Perhaps counterintuitively, Casa da Música is not only an icon for music, it's also one of the best places in the city to skate.

Its unusual exterior architecture creates ramps, slopes, and bowls that attract skaters from all over the area, along with the wide-open space and the fact that the stone dries quickly after rain.



The Coliseu Do Porto And The Teatro Municipal Do Porto

The city's theaters offering year-long programs that include national and international symphonies, opera, ballet, plays and a variety of other types of show (like puppetry, circuses, and even movie screenings)...



Mercado Do Bom Sucesso

A fun new-concept multi-use space... It offers dozens of stalls full of gastronomic delights from all over Portugal and beyond. These food stalls make up a modern, upscale "food court," interspersed with shops selling clothes, books, fresh-food

stalls, local specialties, and more. Weekly events are held here, from intimate live concerts, DJ sets, and theater and dance performances to exhibitions and educational workshops for both children and adults.

The market used to be traditional, decorated with frescoes and wood finishes, but in the city's ongoing renovation, it was modernized and converted to an "urban design." The lower area was formerly for produce and the top floor for butchers, fishmongers, →

and florists (tons and tons of flowers came through this building back in the day).

This was where local farmers and vendors came to hawk their wares... a little slice of the past in a modern city.

While the traditional market is a bit of a loss, the replacement has been well received by the city.

Mercado Do Bolhão

Porto's most iconic market and one of the most famous in the entire country...

The transformation of the Bom Sucesso market is being repeated here... it will become a similar "urban food court," but several times bigger than the Bom Sucesso. Dating back to 1850, this beautiful market, known for the monumentality of its neoclassic architecture and for having the freshest products in town, is the essence of Porto and one of the best places to experience the true Porto lifestyle.

Livraria Lello (Lello Bookstore)

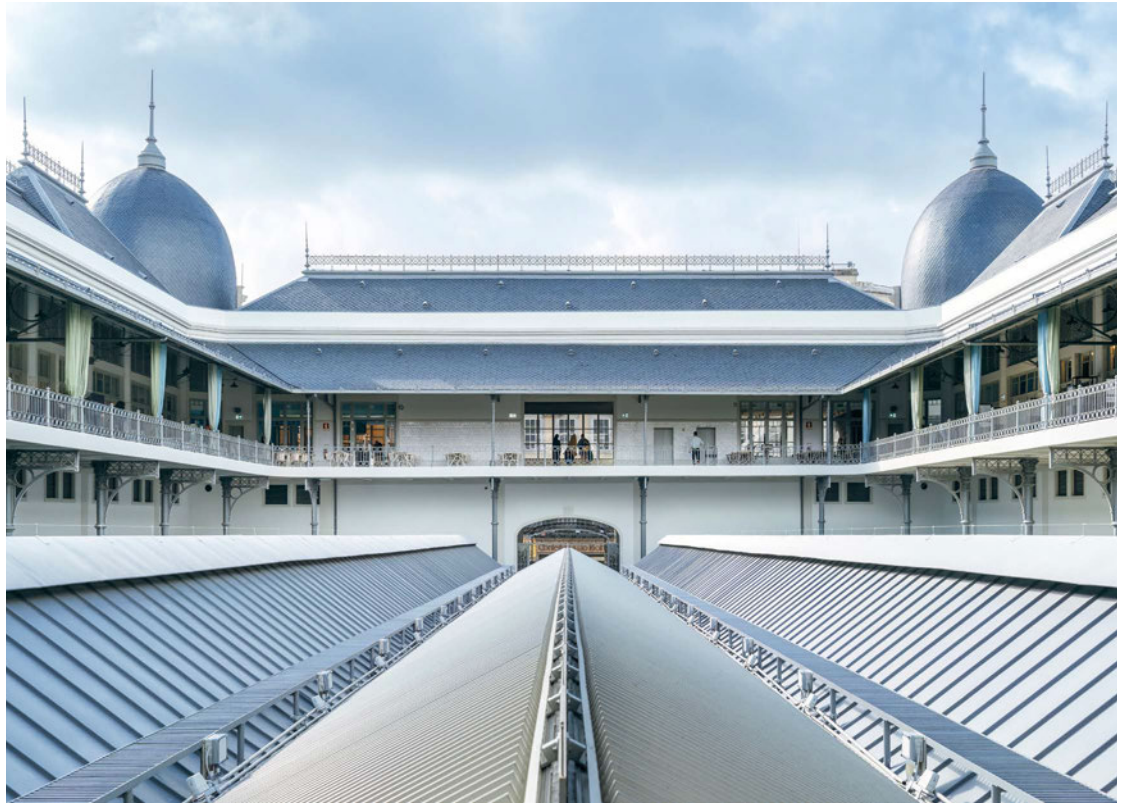
Considered one of the most beautiful bookstores in the world and certainly the most emblematic in Portugal...

It has been a huge inspiration for writers and artists from all over the world, including "Harry Potter" author J. K. Rowling, who was a regular guest while she lived in Porto.

It was the famous wooden staircases of Lello that inspired her vision of the Hogwarts' stairs, and Porto University's student uniforms (which aren't very different from those worn by all Portuguese students) that inspired the long black coats of the Hogwarts's uniforms.

Santa Catarina Street

Mostly pedestrianized, this is one of the busiest streets in Portugal, and the most



commercial artery of the Baixa zone (downtown area)...

Famous for being the main open-air shopping center in Porto, it is also renowned for its stunning Christmas-light displays during winter and for its beautiful tiles

and iconic façades—fine examples of Art Nouveau style.

Extending more than 1,500 meters, this is the largest shopping area in Porto, running from Via Catarina to one of the most well-preserved treasures of Porto, the Majestic Café.→

Majestic Café

One of the most visited cafés in Portugal, it tells the history of Porto... it's like stepping back into 1920s-era Porto, when writers and artists gathered here for their intellectual debates.

This is Porto's Belle Epoque and one of the most cherished and representative examples of Art Nouveau in the city.

Ponte Dom Luís I (Dom Luís Bridge)

The most iconic bridge in Porto... It was named a UNESCO World Heritage Site in 1996.

Built in the 80s, the metallic structure with two stories connects the cities of Porto and Vila Nova de Gaia, which are separated by the river.

The upper story runs a metro line across, while the lower allows for car traffic.

More often referred to simply as the Luís I Bridge, there's a city legend behind this shortened name. According to stories passed from generation to generation, the king wasn't present at the inauguration of the bridge, so the proud Porto people refused to put "Dom" in the name as revenge for the lack of respect he supposedly showed the city.

Truth or not, its beauty and grandeur can't be denied...✧



About The Author

Originally from Aveiro, a small town in the north of Portugal, Marta moved to Lisbon at the age of 18. After graduating in media at the Catholic University of Lisbon she went on to earn a master's degree in filmmaking at the Kingston University of London and a post-graduate degree in creative writing at the Nova University of Lisbon.

While completing her studies, she moved to Mozambique to live and work as a volunteer and currently collaborates as a creative coordinator for several children's humanitarian organizations.

Presently working as a content producer for the Endemol Shine Group, Marta is also a freelance writer, translator, and copywriter for several international brands and websites.

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Flavors of Portugal

The Sweet And Tangy Flavors Of Cherries And Sour Cherries

CÁTIA LIMA



In Portugal, we say that conversations are like cherries, with one leading to another.

This sweet fruit is much beloved across the country, and the fact that it's only available for a limited period makes it all the more appealing.

The cherry tree was introduced to Portugal by the Romans and has made itself at home in the southeast region of central Portugal, notably in Fundão and Cova da Beira.

Cherry trees, which provide a unique natural spectacle when in bloom, have their own set of requirements and need between 800 and 1,000 hours of cold to bloom and bear fruit.

These little vibrant colored gems are a guilt-free indulgence, low in calories yet rich in vitamins, minerals, fibers, and antioxidants.

However, it's not just the sweet cherries that steal the spotlight. In Portugal, sour

cherries play a unique role, not for eating but for... drinking, sort of.

Enter *ginjinha*, the traditional liqueur made from sour cherries and with strong ties to Lisbon, Óbidos, and Alcobaça.

Where Are Cherries Produced?

In Portugal, cherry trees can be found mostly in the northern half of the country, and there are five registered cherry cultivators:

- Fundão Protected Geographical Indication;
- Cova da Beira Protected Geographical Indication;
- São Julião - Portalegre Protected Denomination Origin;
- Penajóia;
- Alfândega da Fé.

The first two cultivators alone are responsible for more than half of Portugal's cherry production, with over 2,500 hectares of dedicated area.

If you're in Portugal around May or June, you'll find that shops selling cherries from any of the above-mentioned areas will proudly display their origin.

When Is The Best Time To Eat Them?

You can usually expect to see the cherries on the market around May and until late June. Depending on factors like temperature and rain, they may make their first appearance towards late April and until mid-July.

What's The Best Way To Enjoy Them?

When it comes to cherries, there's no mystery to it: enjoy them while you can.

The Portuguese don't have a tradition of canning or preserving cherries. We prefer to eat them fresh. Even though you'll find cherry jam, for example, it's not very common.

Ginjinha, which is made from the maceration of sour cherries, is meant to be drunk at the end of meals as a digestive.

Today, you'll often find *ginjinha* served in tiny chocolate cups, especially in touristy areas.

Originally, however, it was served in small glasses, either plain or with a few sour cherries at the bottom of the glass. Some places still serve it this way.

If you want your *ginjinha* with a few sour cherries, say "*com elas*" (meaning "with them"), but if not, then say "*sem elas*" ("without them").❄

Portugal *Letter* TOPS

3 Myths About Europe Residency, Taxes, And Cost Of Living

BY LIEF SIMON

Europe is a continent of myths and legends.

Whether it's the "banshee," the wailing old woman of Irish folklore who brings death... to the story of Gargantua, the giant who carved the landscape of Brittany... to the Greek and Roman myths that are still popular today, like the stories of Hercules...

Thousands of years of history have brought a culture and sophistication to Europe that make it a draw for many American retirees...

Unfortunately, there are also a lot of myths out there about expat life in Europe—how to achieve your European dream, and what it would cost you.

So, I decided to bust some of the myths about expat life on the continent... I hear all kinds of wrong ideas about European life all the time.

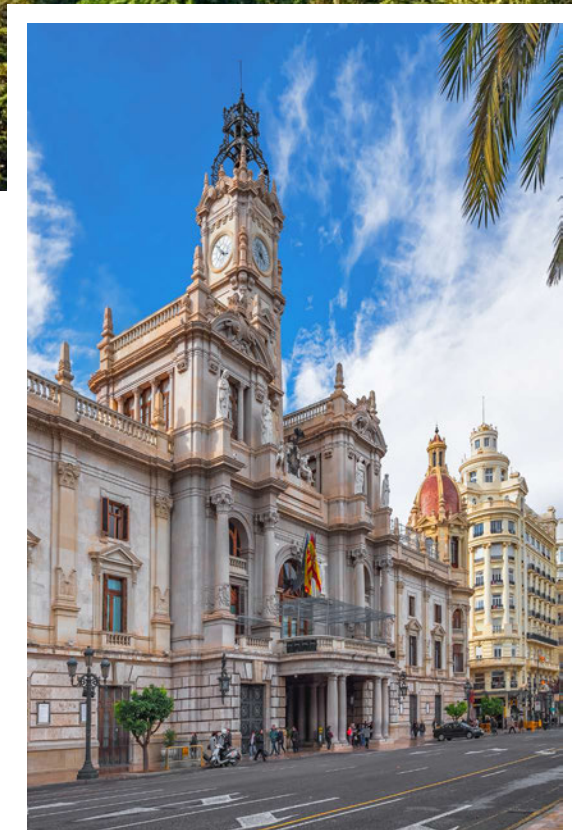
Europe has been a draw for me since I was in high school. I saved up my junior

year to take a whirlwind tour of Europe... 9 countries in 30 days by bus.

It was on the trip that the seed of the idea of spending time in Europe was planted. Residency, taxes, and cost of living weren't terms I was familiar with yet so they weren't a concern.

Decades later I've lived in Ireland and France full-time and am now settled into an annual pattern of part of the year in Paris and part in Panama, with travel to other places mixed in.

And now I understand the residency, tax, and cost of living questions relevant→



to living in Europe clearly... as I say, there are a lot of myths out there about them.

Myth #1: A “Golden Visa” Is Your Only Route To Residency

I heard this recently from a reader... some readers are under the impression that the only way an American can get a visa to live in Europe is by investing hundreds of thousands of euros (in property or a business). What’s known as a “Golden Visa.”

This is not the case at all...

Europe offers many options for residency—including some as easy and affordable as options in the Americas.

The question is where do you want to be.

The easiest way to be able to live in a European country is to become an EU citizen. I did it by putting in my time in Ireland and becoming naturalized. However, many Americans are eligible for citizenship in Europe through their ancestry.



Ireland would be on that list, but so are Italy, Hungary, Spain, and others. The requirements vary by country, but Ireland and Italy are simple. If you have a grandparent (or even a great-grandparent) who was a citizen, you are likely eligible for citizenship, as well.

If citizenship by ancestry isn’t in the cards for you, then look to the residency-by-income options. Most European countries allow you to apply for residency if you can prove you can support yourself without taking a local job—that is that you have enough pension, Social Security, or passive income from investments to meet their minimum income requirements. The threshold is different for every country.

Ireland doesn’t win in this category. Its minimum income requirement is 50,000 euros per person per year. That means a retired couple has to show 100,000 euros of passive income annually. At the other end of the scale is Portugal, where a single person can qualify by showing as little as 15,000 euros of income a year and a couple by proving just 18,000 euros annually.

If you have the means, a Golden Visa can be an option... and it could be more affordable than you think...

Spain, Greece, Cyprus, Malta, and some others offer Golden Visa residency options

that allow you to gain legal residency by investing in real estate. Sometimes other investments count as well. The investment amounts start at 250,000 euros...

In the case of Montenegro and Northern Cyprus, you can qualify simply by buying property—any property of any value. In beautiful little Montenegro, you could pick up a property for as little as 80,000 euros.

That’s the residency question taken care of... what about taxes? Aren’t they a big burden in Europe?→



Sept. 18–20, we’re hosting the Live And Invest In Spain Conference in Valencia, Spain.

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Myth #2: You'll Be Taxed To The Hilt

Europe is definitely a high-tax destination. But you have to look at what taxes you'd actually be eligible for as a retiree...

Employed people in Europe are hit with high social charges known in the United States as social security or payroll taxes. In the States, you pay 7.65% as the employee and the employer pays the same amount. In France, the employee pays 27% and the employer 42%, for example.

However, as a retiree, you won't be liable for these social charges in Europe.

And, no, you won't be taxed twice—once in the States and once in Europe—either.

Tax treaties mean that Social Security is typically taxed on the U.S. side rather than in the country where you're residing. Non-government pensions would be taxed by your country of residence. Likewise your IRA distributions, meaning you may want to do some planning before moving.

Investment income would be taxed by your country of residence, as well, with tax credits on the U.S. side.

Marginal income tax bands in Europe rival those in the States, with top bands higher than the States. However, most people don't fall into the top band in the United States or elsewhere. In other words, the effective tax on your income probably won't be any greater than it is wherever you're living Stateside.

And, remember, if you move overseas full-time, you'll no longer be burdened with U.S. state taxes.

Property taxes are generally less in Europe than you'd pay on a similar value

property in the United States. In fact, in Monaco, they are zero (although, life in Monaco is already expensive enough). Ireland didn't charge property tax either when we moved there more than two decades ago, though they've changed that and do now.

The property transfer tax can be what gets you in Europe. Transfer taxes range from 0% to 10%, depending on the country. The rate in Portugal is tiered, starting at 0% for properties under 97,000 euros and increasing to 7.5% for properties selling for more than 1 million euros.

One other tax to compare and consider in Europe is the value added tax (VAT), their sales tax. It's included in the marked prices on products so it's hidden. However, it ranges from 17% to 25%, depending on the country. Some goods are taxed at a reduced rate.

Those rates are higher than any total sales tax (state, county, and municipal) in the United States.

Myth #3: Europe Isn't Affordable For U.S. Retirees

Nothing could be further from the truth.

It's true that, on average, the cost of living for expats in Latin America or Asia is going to be lower than in Europe—but again, that depends on your location... and, certainly, life in the top European retirement havens is likely to be more affordable than staying in the States.

The truth is, your cost of living in Europe can be as high or as low as you make it. Europe has discount stores. You just



have to find them. European shops offer sales, historically only seasonally but this has changed.

Living in Europe for decades as we've done, we've come to think through purchases more carefully. Do we really need that new pair of boots or salad bowl? Will we actually use them? And do we have space for them?

It's liberating.

As for groceries, a bottle of drinkable wine can be a few euros. That fancy French imported cheese you buy in Iowa isn't an import in France.

What can push your grocery bill up is buying groceries from the small shop on the corner. Just like you wouldn't do your main grocery shopping in a 7-Eleven in the United States, you shouldn't go to→



your corner grocer for your weekly shop. Go to the big grocery store or better shop online and have your groceries delivered. Delivery's usually free.

The biggest thing to consider when it comes to cost of living is housing. Again, and especially in the case of where you choose to live, the cost can be as big or as small as you make it.

You can't buy a small studio apartment in central Paris for less than 500,000 euros. However, look in the outer arrondissements and you might find something starting at 300,000 euros. Look outside the Périphérique in the suburbs and that same 300,000 euros might buy you a nice-sized place. Head to some small town in the south of France and those 300,000 euros will buy you a house.

Head to Abruzzo in Italy and you can find some absolutely cheap options... country homes in need of renovation for less than 100,000 euros.

Or you could rent. Again, the cost of a rental varies dramatically depending not only on the country but also where specifically in a country you choose to locate yourself.

The bottom line is: life in Europe can be easily within reach. ❖



Como
Se

Diz?

Non-Roman Linguistic Influences Found In Modern Portuguese

CÁTIA LIMA



Many already know (or rightly assume) that Latin had an influence on modern Portuguese.

But not many are aware of other more recent influences on Portuguese vocabulary.

Languages like English, French, and even Japanese have brought new linguistic additions to Portuguese, especially in the 19th and 20th centuries.

Let's look at some examples of words of Bantu, Caló, and Tupi-origin that are used in contemporary Portuguese. (Some of these words are used only in informal situations.)

Caló

Caló is a language spoken by Romani people of Portuguese and Spanish origin.

This means that, technically, you can find speakers of Caló outside of the Iberian Peninsula. *Chunga*, *chulé*, *chaval*,

and *gajo* are words of Caló origin that are widely used in Portuguese.

- **Chunga:** Something that has poor quality, often applied to counterfeit copies of items from high-end brands. This word can also be applied to people, usually meaning they have poor taste or bad manners.
- **Chulé:** Stinky feet. Even though this word is obviously slang, whenever there are babies around, you can expect to see someone pretending to smell the baby's foot to see if it smells like *chulé*. Next? A theatrical ugly face from the adult followed by baby laughter.
- **Chaval:** A young person.
- **Gajo:** The equivalent of "guy." The feminine equivalent, *gaja*, is considered rude.

Tupi

Tupi is a language belonging to the Tupi-Guarani linguistic families, and it was

historically spoken by indigenous people in the Amazon rain forest region.

Words like *pipoca*, *amendoim*, and *caju* are used when referring to food items that were brought into Europe from South America.

- **Pipoca:** Popcorn
- **Amendoim:** Peanut
- **Caju:** Cashew

Bantu

Bantu languages are spoken by Bantu peoples throughout most of Sub-Saharan Africa and belong to the Niger-Congo language family.

Quezília, *bué*, and *cafuné*, for example, are part of the modern-day Portuguese vocabulary.

- **Quezília:** Bickering, an ongoing disagreement with someone.
- **Bué:** A lot of (something).
- **Cafuné:** To caress someone's head. ❖

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Events

Portugal Letter - May 2024



25th Caldeirada And Sea Festival

📍 Armação de Pêra, Silves
📅 May 24–26

Visitors of this festival will have the opportunity to taste the typical *caldeirada* (traditional Portuguese fish stew made with a variety of seafood, potatoes, onions, and peppers) and other seafood dishes at the 13 restaurants participating in the event. There will also be a photo contest, live music, and entertainment. Silves wines and desserts made with the famously sweet and aromatic Silves orange will also be highlighted.



Serralves Em Festa 2024

📍 Fundação de Serralves, Porto
📅 May 31 to June 2

Serralves em Festa, Portugal's largest contemporary arts festival, unfolds over 50 consecutive hours in Porto, showcasing avant-garde projects across various unconventional venues, integrated with Serralves Foundation's landscape. This immersive event includes performances in areas like music (ranging from jazz to experimental and world music), visual arts, dance, theater, and more.



Santo António

📍 Lisbon
📅 June 12–13

Saint Anthony's is Lisbon's quintessential festival, blending religious and secular traditions. Across the city's historic neighborhoods residents and visitors alike delight in food, drinks, and live music. Colorful decorations and *manjerico* (a variety of basil) adorn the city from the onset of the party until the end of June.



Arraial Lisboa Pride

📍 Terreiro do Paço, Lisbon
📅 June 22

Arraial Lisboa Pride stands out as one of Lisbon's grandest, most vibrant celebrations with plenty of music and dancing for everyone. Coordinated by ILGA Portugal, the country's pioneering LGBTQIA+ rights advocacy group, this event offers free admission. Last year, Arraial Lisboa Pride welcomed 120,000 people.



São João

📍 Porto
📅 June 23 and 24

The celebration of the longest night of the year in Porto originated as a pagan festivity but later became a Christian tribute to St. John the Baptist. Every year, thousands of people gather for Portuguese-style barbecues, live music, and entertainment. The event features stunning fireworks on the Douro River at midnight on the 23rd, as well as a Rabelo Boat Regatta on the 24th.



Jardins do Marquês Festival—Oeiras Valley

📍 Jardins do Marquês, Oeiras
📅 July 3–10

This festival is a sophisticated musical experience that presents seven unforgettable and intimate summer nights in an iconic space. Concerts will be divided between two outdoor stages, with both national and international artists who embody the spirit of the festival. Confirmed acts include Patti Smith, Juan Luis Guerra, and Djavan. ✨



Portugal Has 420 “Gold Quality” Beaches

This year, the environmental association Quercus designated 420 beaches as “Gold Quality,” an increase of 26 from the previous year.

Of these, 349 are coastal beaches (83%), 61 are inland (15%), and 10 are transitional (2%).

The Tagus and West and North regions boast the highest numbers, with 103 and 81 beaches respectively.

The regions with the most significant increases compared to last year are the North and the Azores, with 16 and 14 additional beaches awarded, respectively. The Center and Tagus and West regions each gained 5 more awards, and Alentejo gained 3.

The Algarve experienced the largest decrease, with 16 fewer beaches awarded due to non-compliance with criteria from the

2023 bathing season analyses, attributed partly to persistent pollution and tourist pressure.

This year, the Algarve has 69 “Golden Quality” beaches, 68 of which are coastal and one transitional.

Quercus also noted that nine bathing areas received the “Golden Quality” distinction for the first time: three in the Center, two in the Azores, and one each in the Tagus and West, Algarve, Madeira, and North regions.

The “Golden Quality Beach” award, which annually recognizes the quality of bathing water on Portuguese beaches, is based on official public information and analyses from Regional Hydrographic Administrations.

Criteria include “excellent” water quality over the past five bathing seasons and improved bacterial indicators in all analyses from the last bathing season (2023).

Green Light For New Lisbon Airport

The new airport in the Lisbon region will be built in Alcochete, to the south of the Portuguese capital, and will be named Luís de Camões Airport.

The decision was communicated by Luís Montenegro, Portuguese Prime Minister, on the 14th of May, after the Council of Ministers meeting. It’s in line with what was recommended by the Independent Technical Commission (CTI) created by the previous government to study the increase in airport capacity in the Lisbon region.

In the final report, presented in March, CTI presented several possible solutions for expanding Lisbon’s airport capacity, defending Alcochete and Vendas Novas as the “most favorable in global terms,” taking into account economic, financial, environmental factors.

CTI also defended the implementation of a transition solution, with the maintenance of the Lisbon Airport, complementing it with Alcochete, until the latter is fully operational.

Montenegro announced that the current Lisbon airport will undergo renovation work to allow greater operational capacity.

The government has also mandated the completion of construction studies for a third bridge over the Tagus (connecting Chelas to Barreiro), as well as the Porto-Lisbon and Lisbon-Madrid high-speed lines, so that they can serve as an alternative to air transport.

According to Montenegro, Alcochete guarantees a margin for physical expansion, accommodates demand up to almost triple the current level, safeguards the maintenance and even growth of the TAP hub in Portugal, and promotes the intermodal capacity of the entire transport system.

In addition, the government also highlights the proximity to the center of Lisbon and the main roads and railways compared to the other options.

This project will be developed on public land, and its sustainability is assured, having already had a positive environmental impact statement.

Portuguese Footwear Industry Surpasses Spanish Counterpart



In 2022, the Portuguese footwear industry surpassed Spain to become the second-largest footwear producer in Europe, manufacturing 85 million pairs, which is 2 million more than its Spanish counterparts.

According to the final results for 2022 calculated by Eurostat, the Portuguese Association of Footwear, Components, Leather Articles, and Their Substitutes (APICCAPS) highlights that over the past decade, footwear production in Portugal increased by 14.4% (rising from 74 to 85 million pairs), while the Spanish industry saw a 14% decline (dropping from 97 to 83 million pairs).

APICCAPS highlighted that only Italy remains ahead of Portugal, although it’s gradually losing ground. Italy’s footwear production dropped 18.6% since 2012, from 199 million pairs to 162 million in 2022.

The association emphasizes that, in practical terms, in Europe, only Portugal has increased footwear production. As a consequence, Portugal’s share in European production has grown by 34.3%, now constituting 17.1% of the total.

APICCAPS data reveals that there are currently 6,381 footwear companies registered in Italy (a 25.8% decrease over a decade), 2,808 in Spain (a 16.1% decline since 2012), and 2,428 in Portugal (a 5% decrease).

Together, these three countries account for nearly 70% of European footwear production.✂

coming
Next Month

PORTUGAL'S STRATEGIC LOCATION:

THE PERFECT LAUNCHPAD FOR EUROPEAN ADVENTURES

One of the biggest benefits of relocating to Europe is that it can open up a brand-new world of exciting travel.

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But once you're based in Europe, regional travel suddenly becomes affordable, easy, straightforward, and stress-free... Doable as often as you like and in the spur of the moment.

Europe is geographically condensed, and well-established transportation lines connect countries like spiderwebs.

Portugal in particular is a great place to base yourself if you're interested in European exploration. Highways, trains, planes, and boats link it to desirable destinations across the Continent.

Next month, *Portugal Letter* contributor Allison Baxley takes us through her tips and trips for making the most of regional travel using Portugal as your launchpad.

Stay tune for next month's issue... ❄



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Portugal *letter*



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