



THE ULIS FAMILIES RELOCATION GUIDE

ULIS PARENTS COMMUNITY GROUP



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A. PHILOSOPHY

United Lisbon is a modern and innovative school providing education for children to prepare them for the future. Technology, Global Citizenship, Entrepreneurism, Sports and the Arts are all pillars of our education. We provide education founded on rigorous standards of excellence, seamlessly integrating technology into the learning environment. We want our students to embrace the opportunities created in tomorrow's world. We live the United philosophy at school: that global problems can only be solved through being UNITED.



Our school community now boasts of over 50 nationalities - representing a truly international community. We now have over 600 students and a fabulous international faculty that brings years of international education and cultural experience.

B. BOARD

EXECUTIVE DIRECTOR

Martin Harris, who joined us in the Spring of 2024, is a distinguished educator with 19 years of experience with boarding schools and day schools in the UK. Martin believes in holistic development for children during their years in school and especially believes in the importance of sports in schools.



SENIOR LEADERSHIP TEAM

The Senior Leadership Team comprises international educational specialists and professionals who oversee our academic and staff teams, ensuring the most innovative educational approaches are provided for our students in a supportive learning environment.

C. CONTACTS

We are here to guide you through the steps towards joining our school community and to support you throughout your journey with us. If you have any questions regarding our school, please reach out to us.

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Admissions Team

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A. PARENTS COMMUNITY GROUP (PCG)

Building a bridge between parents and school:

The PCG is an informal association that aims at building a bridge between the parents and the school to ease communication and participate in the school growth over the years. Its objective is to bring common parents' concerns or questions to the attention of the school administration and help children integration and growth in the school community.



How to get in contact with the PCG?

The PCG has a leadership team that is always available by email at ulis.pcg.leadership@gmail.com.

Feel free to contact them for common school concerns. The PCG is not competent to deal with one to one issues. These would need to be addressed to the school directly.

B. COMMUNITY GROUPS



PCG is also composed of various community groups led by parents. Among these groups you can find:

Sustainability Group

Environment is probably the biggest issue the world is facing, there are no small actions and no age to start. This group aims to bring sustainability measures in our daily life to protect our planet and bring thinking about our ways of consumption.

CONTACT:

Business Parents Group

We are parents but most of us are also professionals. This group is made to enhance business connections between parents but also to look for advice and experience.

CONTACT:

Wine & Dine Group

This is the last born community group but with a very promising future! It is the group for all of us passionate about food, culture, people ... and wine!

CONTACT:

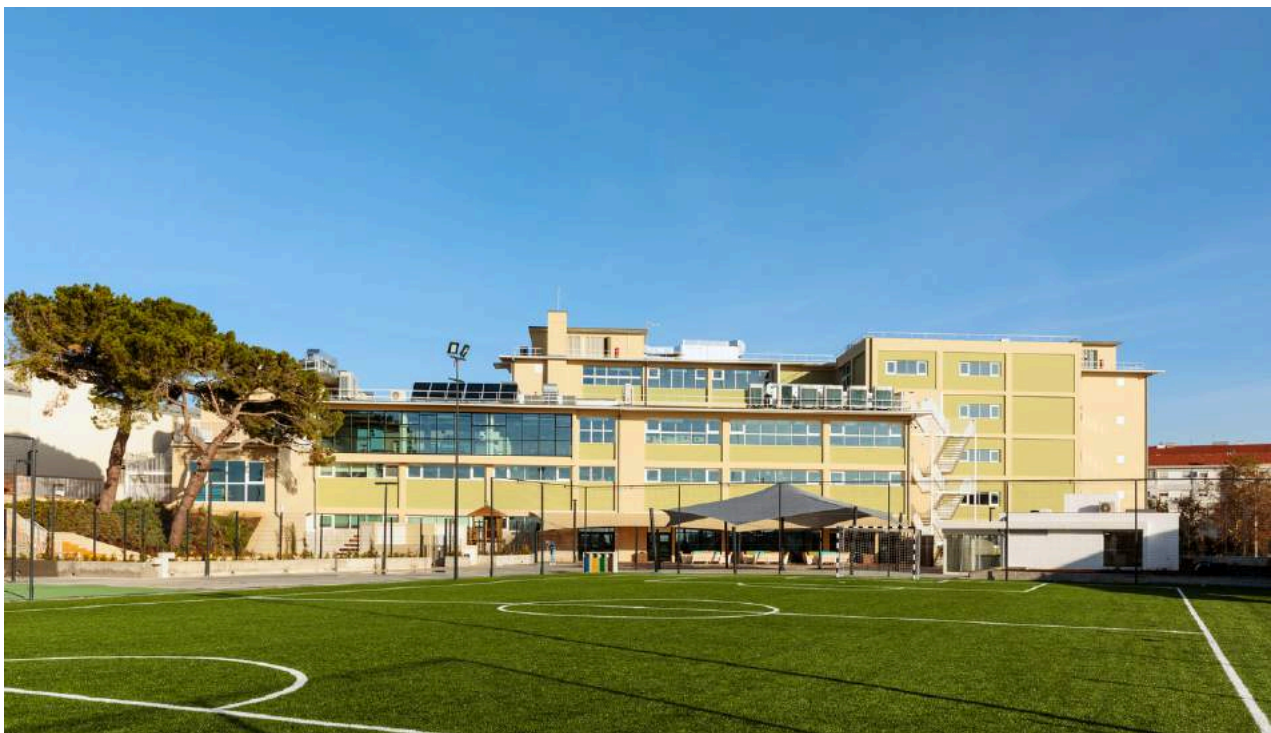


C. PARENTS AMBASSADORS PROGRAM

The ambassador program had been launched in 2023 by the Parents Community Group and the school. In this guide you will find a list of all parents who volunteered to help new families to settle in Portugal.

Please feel free to contact them if you have questions about the school or getting started in Lisbon.

LINK:



WELCOME TO THE BEAUTIFUL LISBON PORTUGAL!

Arriving in a new country is never easy. We need to adapt to the culture, understand the system, ways of communication, decoding behaviors and learn do's and don'ts. In this section we aim at giving you a few tips about living in Lisbon. We are not giving any legal advice.

First of all, in Portuguese culture, kids are very important. You will quickly realize that lots of doors will open when you have a kid with you. Portuguese people are very welcoming in general and especially with families.



A. FIRST STEPS WHEN ARRIVING IN PORTUGAL

We strongly advise you to ask for help from a local professional (lawyers, accountants, real estate agents etc...) to avoid main issues. In ULIS we have a parents business networking group where you might find professionals to help you.

When arriving in Portugal there are a few bureaucratic steps to follow. Of course depending on your nationality or country where you come from, these steps can be different but in any case you will need:

A NIF (número de contribuinte)

This is essential for all administrative procedures in Portugal. It is free and you will have it for Life. You can ask this number for free at a local desk from the finance department, known as “Finanças”. You will easily locate them on Google maps. Then you will probably learn your first lesson in Portugal, you will have to be patient as queueing can be long. It is strongly advised to be there at least 15 min before it opens. In order to get this number you will need your ID, residence proof (even if it is outside of Portugal). If you don't have an address in Portugal you will have a non resident NIF that you will be able to change once you get your permanent address/residence. This is a mandatory document for all administrative procedures in Portugal.



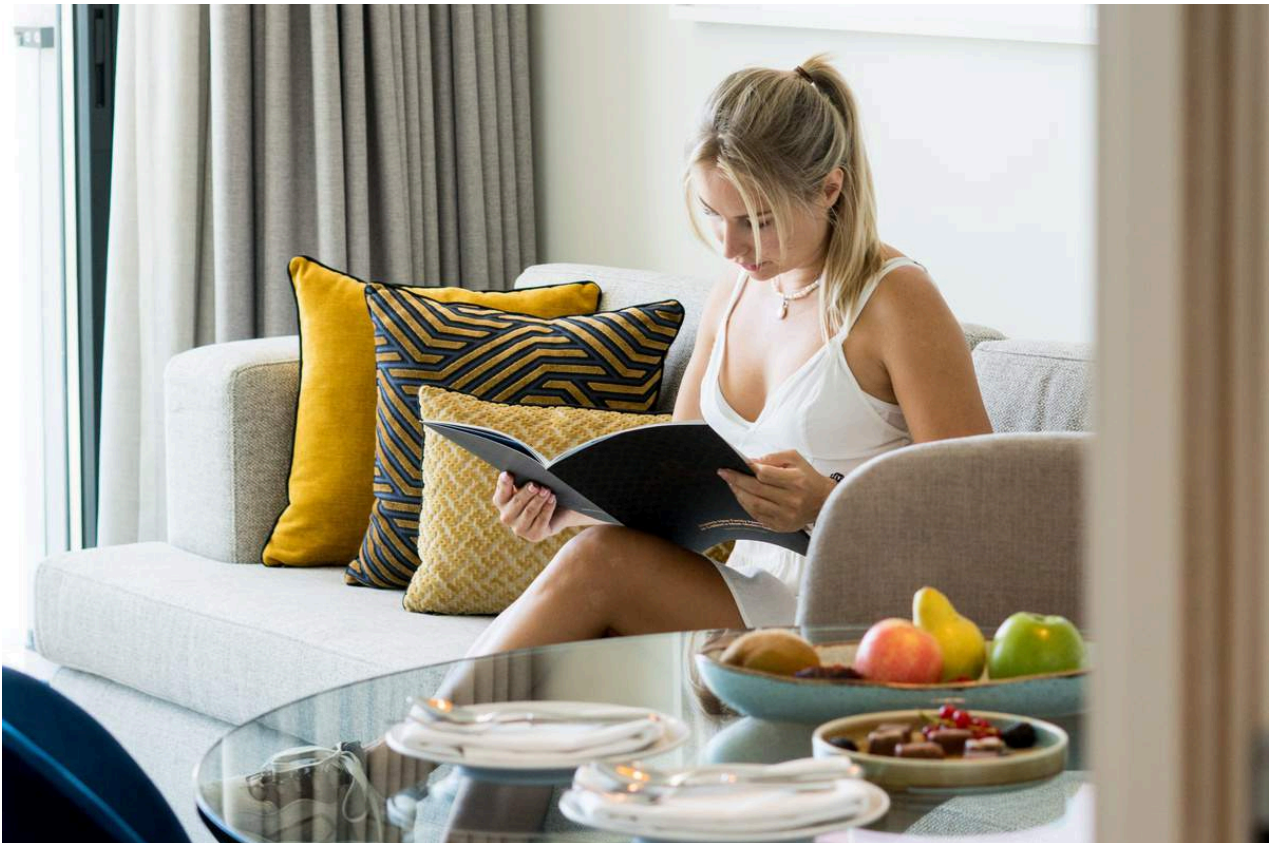
Getting an address

We just wanted to state a few pieces of advice here. If you rent an apartment you will be asked the following documents:

- ID
- NIF
- Proof of income to support the rent
(rent should not exceed 33% of your incomes)

Leasing contracts in Portugal must be declared to the Finance department (Finanças) in order to get a receipt (recibo), especially if you want to have it as an expense on your company. Many landlords are quite reluctant to declare leasing contracts as they will pay taxes on it.

It is then strongly advised to modify the utility contracts on your name or to at least change the email registered to the account in order to receive the bills. Energy providers have hotlines in english. Your real estate agent can also help you with that.



B. ADDITIONAL IMPORTANT STEPS TO GET SETTLED

Residence Permit / EU citizen certificate

In this matter you will definitely need a professional to deal with the local AIMA (Agencia para integração migração e asilo).

If you are an EU citizen you can stay in Portugal for 6 months without any documentation to ask. If you intend to stay permanently in Portugal you need the EU citizen certificate that you can obtain from the local Camara Municipal and gives you the right to stay for 5 years on the Portuguese territory. After these 5 years you will need to ask for a residence permit by the AIMA.

If you are a non EU citizen you will need a residence permit in Portugal and a visa. In this case please contact a professional immigration lawyer.



Social Security Number (NISS Número de identificação da Segurança social)

The Social security Number is one of the essential documents you will need to then register to the Healthcare system.

If you are employed by a company, your HR department will do it for you, if you are independent you will have to ask for it online.

WEBSITE: www.seg-social.pt

B. ADDITIONAL IMPORTANT STEPS TO GET SETTLED



Finance department

This is the strongest and most powerful administration in Portugal. It is from this entity that all taxes are emitted. It is strongly advised to get an accountant to find your ways in Portugal tax wise.

If you are an Independent worker you will need to do a monthly declaration and an annual one in June for your yearly revenues.

Bringing your car to Portugal

Portugal has a strong policy for cars importation. If you are willing to import your car in Portugal you will have to do an import procedure with the local customs and pay a tax called ISV (taxa sobre veiculos) in the next 6 months of the entry of your car in Portugal. This period of 6 months starts when your car first enters.

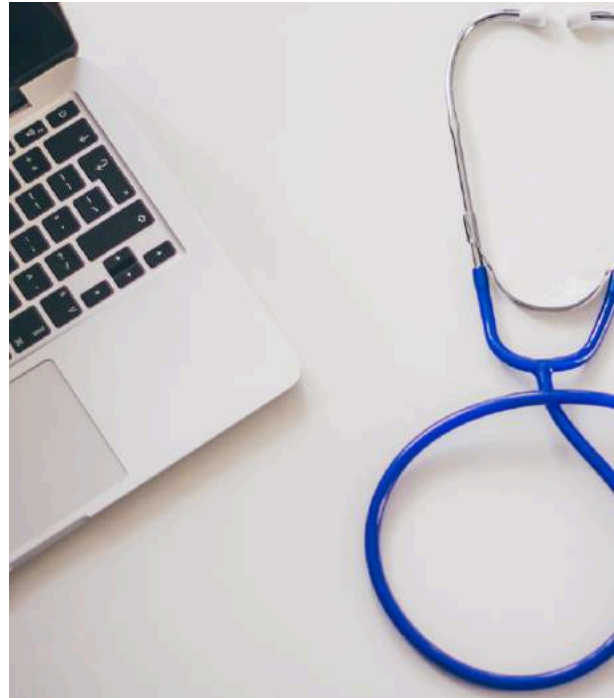
Portugal even if it was just for vacation. If you are being stopped by the police with a foreign license plate and you are here for more than 6 months your car will be seized until all documents are in order.

C. HEALTH

Health is one of the number one priorities we have when we arrive in a new country. “What should I do if I have an emergency?”

The emergency number in Portugal is: 112 (European number).

In Portugal you go see a doctor in a Hospital, there is not the habit to go see a doctor in an office or a private practice. This is part of the changes the authorities are willing to make to reduce the emergency services delays. In Portugal when you are ill you either go to the hospital or you go to your local health care center.



Numero de Utente (Healthcare patient's number)

In Portugal, the national Healthcare system (Sistema Nacional de Saude SNS) is organized by local Healthcare centers available in each neighborhood.

Once you have your permanent address in Portugal, you will have to identify the nearest “Centro de Saude” of your neighborhood in order to register there.

You will be given a “Numero de Utente” or patient number in order to have access to the National Healthcare system. This will definitely ease the process in case you need treatments. You will need your ID, proof of residence and NIF.

Public Sector

In Portugal, like in many countries, you will find a public and a private sector for healthcare.

The public sector, if you have an NISS and Numero de utente, will be easier to handle. It gives good care for a very cheap price. Side note, you will need to be extremely patient because it is over crowded. But it is very important to know that most of the doctors who had their medicine degree in Portugal are enrolled in the National system (SNS) and the quality of the medical care is reputed to be higher in the public sector. Most locals will tell you that if you have a life threatening emergency you go to the public sector.

Medical care for children in Portugal is FREE until 18 years old in the public sector.

Here is a list of public hospital in Lisbon:

- Hospital Santa Maria
- Hospital Santo Antonio dos Capuchos
- Hospital Universitária Sao José
- Hospital Santa Marta
- Hospital Curry cabral
- Maternidade Alfredo da Costa
- Hospital Dona Estefania (only for kids)



Private Sector

The Private sector is held by a group of private clinics and healthcare centers most of the time modern and well organized. All medical care has a cost that can quickly be very expensive. You will find doctors from everywhere, speaking all kinds of languages. Many Portuguese doctors from the public sector work extra in those private clinics as well.

Here is an non exhaustive list of private clinics in Lisbon:

- CUF
- Lusiadas
- Hospital da Luz



Medical insurance

As Health is one of the precious things we have in life, there is a list of insurance companies offering medical insurance services to reduce the cost. It is not mandatory but can strongly reduce your medical bill.

Depending on your culture you will be more or less sensitive to the use of medical insurance, nevertheless they are not mandatory in Portugal.

Here is a non exhaustive list o medical insurance company well known:

- Multicare
- Médis
- Tranquilidade
- Medicare
- Allianz
- Ageas

D. LISBON WITH KIDS

Kids are very important in Portuguese culture. Their innocence is highly valued and parenting is very important. You will find lots of parks, activities, shows, and restaurants that are welcoming kids.

Community group

There is a good chance for you to find a parents group from your country in Lisbon on social networks for example. As a first step it will answer a lot of your questions and help you “feel at home” here with tips from your culture. When it comes to parenting, references to our culture are essential.



Outdoor activities

Almost all parks in Portugal have a playground for kids so it is quite easy to entertain them while you are going around.

Here is a non exhaustive list of outdoor activities:



- Hippotrip
- Jardim Zoologico
- Estufa fria
- Jardim do Torel
- Monsanto
- Jardim da Estrela
- Cable car
- Hello Park (Monsanto)
- Boat experience in campo grande park
- Street art tours
- Beaches
- Sailing
- Scuba diving
- Surfing



Indoor activities

There are many options of indoor activities for winters. Most of them offer birthday package for an amazing experience.

- Kidzania
- Escape game Marvel
- Oceanario
- Pavilhão do Conhecimento
- Planetarium
- Jump 360
- Quantum Park
- Quake
- Lisbon Story Center



Cafés, restaurant with kids

As parents we love these places where we can chill and get our kids entertained!

Here are some tips:

- APF Lisboa
- Doca do Santo
- Hard Rock café
- Marvel
- World of Heroes
- Ramen Shifu Marquês
- Cereal bar



Activity camps

One of the good thing about Portugal is that there are lots of activities for kids during school holidays. Check in priority activities organized by local township (Junta de Freguesia) as they have a large program of activities for all kids. All museums are also organizing camps for school holidays as well as main sports club.

For longer stay you can check:

- ULIS Summer Camp (July)
- Campo Jovem
- My camp (english speaking camp)
- Park aventura sniper
- Monsanto - Hello park
- Gofit
- Sporting Academy
- Beleneses Academy
- Happy Code



Resources

- pumpkin.pt
- timeout.pt
- lisboasecreta.pt



WWW.UNITEDLISBON.SCHOOL

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