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## **VENUE**



https://www.montepio.org/vantagens-montepio/atmosfera-m/

Adress: Rua Júlio Dinis, nº 158/160 4050-012 Porto

"Atmosfera m" is located in the heart of the city of Porto. "Atmosfera m" has a bus stop right in the front entrance and it is near the highway exit. It is located at 100 meters from "Palacio de Cristal".



#### Wi-Fi:

To access the **Atmosfera-M** WI-FI, once inside the building of **Atmosfera-M**, please acess the WI-FI "Atmosfera-M" and fill the WIFI request form. After a few minutes you will receive a username and a password that will allow you to acess **Atmosfera-M** WI-FI.



## **PARKING**

**BIODENTAL2020** offers to all participants free-parking. To access the parking please go to the garage No 290 in the street: Rua Júlio Dinis, Porto.





Street View

The parking is in the same building of the conference venue.

Call in the intercom the building security and inform him/her that you are attending the **BIODENTAL2020** conference. Afterwards, descend to the -4 level and then park in the locations reversed to ATMOSFERA M (it is indicated with the ATMOSFERA M logo or **BIODENTAL2020** banner).



# **General Programme**

		Room: Auditório 1	Room: Auditório 2
Friday	08:30	Registration	
	09:30	Opening session	
	10:00	General Session 1	General Session 2
	11:00	Coffee-break	Coffee-break
	11:30	General Session 3	General Session 4
	12:30	Lunch	Lunch
	14:00	General Session 5	Practical work-shop on computational biomechanics
	15:00	General Session 6	Practical work-shop on computational biomechanics
	16:00	Coffee-Break	Coffee-break
	16:15	General Session 7	General Session 8
	18:00	Closing hour	Closing hour
Saturday	09:00	General Session 9	General Session 10
	10:30	Coffee-break	Coffee-break
	11:00	General Session 11	General Session 12
	12:45	Closing Session	
	13:00	Lunch	Lunch



## **GETTING AROUND PORTO**

#### FROM THE AIRPORT TO THE CITY CENTRE

DESTINATION AIRPORT, PORTO INTERNATIONAL AIRPORT (OPO)

Porto International Airport is located 15 Km north of the city centre. Flight Information: Tel: +351 22 943 24 00, From 07.00 am to 11.00 pm Porto's airport offers convenient connections to the city centre:

#### **TAXI**

Average rates from Porto International airport to Hotels in city centre -  $> \in 20,00$  The trip takes between 20-30 minutes depending on the traffic.

#### **LIGHT RAILWAY**

Make sure you buy your "Andante" ticket before you board the train. It is an either occasionally or regularly rechargeable ticket, valid for the entire Andante Network comprising STCP network (buses), the light railway, the tram, the funicular and the CP Porto urban train running Valongo-S. Bento-Espinho.

#### **Available lines**

Line A(Blue) Estádio do Dragão - Senhor de Matosinhos Line B (Red) Estádio do Dragão - Póvoa de Varzim

Line C (Green) Estádio do Dragão - ISMAI Line D (Yellow) Hospital São João - D. João II Line E (Violet) Estádio do Dragão - Aeroporto

More information can be found at http://www.metrodoporto.pt/

## **Connection from Airport to Hotels AND/OR Conference Venue**

Departure Station: Aeroporto (Airport) (Line E)

Travel time: 39'm Waiting time: 26'm

Prices \*

**Single travel ticket:** Z4 (1, 50€) – valid for 1h travel, which means that you can change line within 1h without extra charges, **DON'T FORGET TO VALIDATE** 

YOUR TICKET EVERYTIME YOU CHANGE LINE

**Andante Tour 1** (valid for 24h in the Andante network) – 5 € **Andante Tour 3** (valid for 72h in the Andante network) – 11 €

\*We advise guests to go to the Tourism Office, located inside the airport, to buy tickets both for light railway and bus (open everyday from 9h00 to 20h30). More information about the transport network and prices can be obtained there

#### WITHIN THE CITY

#### **BUS TRANSPORTATION**

STCP is the bus public transport company that runs the bus service in Porto. More information can de found at <a href="http://www.stcp.pt/">http://www.stcp.pt/</a>



#### **TAXI**

Taxis are an excellent way of getting around Porto. They are inexpensive and easy to find. The taxi drivers are said to be friendly, English-speaking and helpful, although of course this will vary from cab to cab. Please click here to check the <a href="Taxi">Taxi</a> Rate System

#### **GENERAL INFO**

Overlooking the Douro River, Porto is one of the most ancient European cities, It was born and developed from the northern bank of this river during the Middle Ages. One of the most significant aspects of Porto and its historical centre is its landscape, combining harmony with the urban structure and presenting a frame of rare beauty. The city was classified as World Heritage by UNESCO in 1996.

When discovering Porto, you will find many surprises. Besides its welcoming and conservative environment, Porto is also contemporany and artistic. This is shown not only in the streets, architecture, monuments and museums but also in the terraces, restaurants and leisure and shopping areas. The people

Porto is proud to be known as the city of work. Actually, its inhabitants have always been in the front line to defend national causes and greatly contributed to the Discoveries as well as to the regions' economic development as one of the most dynamic areas in the country's entrepreneurial tissue. The roughness of hard work, however, is counter-balanced by the honest and hospitable spirit of its people. The dynamism of the Porto population reveals their passion for simple things, which gives them an authentic and respectable image.

#### **Useful Links**

http://www.portoturismo.pt/

http://www.visitportugal.com/Cultures/en-US/default.html

#### Shopping

Traditional Commerce in the city centre is open everyday except on Sunday. The best shopping areas are Santa Catarina, 31 de Janeiro and Cedofeita streets, along with the narrow streets going up and down between the city centre and Ribeira (the riverside historical area).

Several shopping centres, in Porto and around it, are open everyday until 23h00. Besides the major international franchising and brands, national textiles, leather, pottery, shoes, crystal, wines and gold handcraft can be found in the shops at excellent value.

#### **Opening hours and timetables**

#### Banks

Mon. to Fri. 8.30 - 15.00 (some until 18.00)

## Shops

Mon. to Fri. 9.00 - 13.00 / 15.00 - 19.00



Sat. 9.00 - 13.00

## **Shopping Centres**

Daily 10.00 - 23.00

#### Restaurants

## Prices round 10€ > 60€ per person

Lunch 12.00 - 15.00 / Dinner 19.30 - 23.00

Please <u>click here</u> to see a list of all restaurants in the city ou visit the site <u>www.portoturismo.pt</u>

#### Chemists

Mon. to Fri. 9.00 - 13.00 / 15.00 - 19.00

Sat. 9.00 - 13.00

At night, Saturday afternoons and Sundays some chemists are open - call 118.

#### **Public services**

9.30 - 12.30 / 14.00 - 16.30 (some until 17.30)

#### **Post Offices**

Mon. to Fri. 8.30 - 18.00 / Airport - 24h a day

**Local time -** The local time in Porto is the Greenwich Time - the same as in London and one hour difference with the major European cities like Madrid, Rome, Paris, Brussels, etc.

**Currency -** The local currency is the Euro (€).

**Credit Cards -** All major credit cards are accepted.

Electricity - 220 V/ 50 Hz.

**Climate -** Porto enjoys a very mild climate year-round.

## Average Air Temperatures:

