

Participant Info Pack

Everything you need to arrive, stay well and feel at home for our training week in Lisbon — venue directions, hand-picked accommodation and local tips.



TRAINING VENUE

Marina Parque das Nações

Passeio de Neptuno · Lisbon



GETTING HERE

10 min from LIS

Direct airport metro



HOSTED BY

EduMansha

Associação · Portugal

Photo: GualdimG · CC BY-SA 4.0

Marina Parque das Nações

Your venue sits right on this waterfront — the River Tagus marina at Passeio de Neptuno.



A warm welcome from EduMansha. As your host association, we have prepared this pack so your only worry is enjoying Lisbon and the programme. Read it before you book your travel and stay — and keep it on your phone during the week.

01 · WELCOME

Bem-vindos to Lisbon

We are delighted to host you at one of Lisbon's most modern and inspiring waterfronts — **Parque das Nações**, the riverside district built for Expo '98 and today a showcase of contemporary Portugal. It is safe, walkable, full of green space and superbly connected to the airport.

About EduMansha

EduMansha — Associação is a Portugal-based non-profit working in education, youth development, inclusion and international cooperation. We design and host training courses, youth exchanges and capacity-building activities that connect people, ideas and cultures across Europe.

As **host organisation** for this activity, our team handles the venue, local logistics and on-the-ground support so you can focus fully on learning and networking.

About the Venue

Marina Parque das Nações, SA

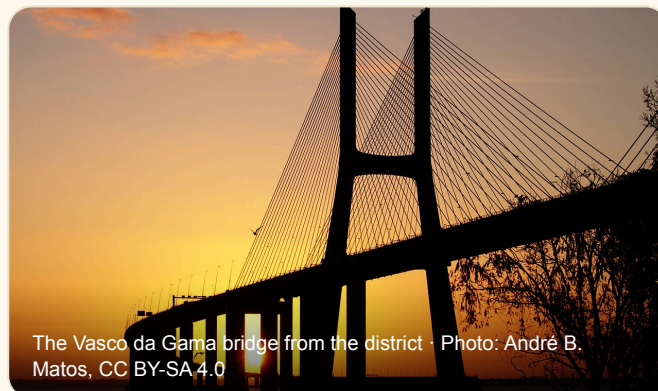
Edifício da Capitania — Passeio de Neptuno
1990-198 Lisboa, Portugal

Our sessions take place at the marina's waterfront building on the River Tagus promenade. Around it: the Oceanarium, Casino Lisboa, the cable car, gardens and dozens of cafés — ideal for breaks and evening walks.

 marinaparquedasnacoes.pt 
info@marinaparquedasnacoes.pt



The marina promenade at Passeio de Neptuno · Photo: Jules Verne Times Two, CC BY-SA 4.0



The Vasco da Gama bridge from the district · Photo: André B. Matos, CC BY-SA 4.0

WHY THIS DISTRICT WORKS FOR YOU

Everything within a 20-minute walk

10 min to airport

Metro Red Line links Lisbon Airport (LIS) directly to Oriente — no city-centre transfer needed.

Compact & flat

Wide, pedestrian-friendly promenades. Every hotel in this pack is a short, level walk to the venue.

Plenty nearby

Vasco da Gama mall, riverside restaurants, supermarkets and pharmacies all a few minutes away.

02 · GETTING HERE

How to reach the venue

Lisbon Airport (Humberto Delgado, code **LIS**) sits just 6 km from Parque das Nações — one of the closest airports to a city district in Europe. Here is the simplest route.



1

RECOMMENDED · CHEAPEST

Metro Red Line — Aeroporto → Oriente

Follow "Metro" signs in arrivals. Take the **Red Line (Linha Vermelha)** from **Aeroporto** directly to **Oriente** — about **10 minutes**, no changes. A single Zone 1 ticket is **€1.61** on a reusable **Navegante** card (€0.50 from the machines). Trains run ~06:30–01:00, every 5–15 min.

2

FINAL LEG

From Oriente to the Marina — 12–15 min walk

Leave Gare do Oriente towards the river (east), cross through the Vasco da Gama shopping centre or the Alameda dos Oceanos gardens, and continue to the waterfront. The venue is at the marina by the **Passeio de Neptuno** promenade. Prefer not to walk? **Carris buses 728 / 744 / 750** or a 3-minute taxi (≈ €5) drop you at the marina.

3

FASTEST · DOOR TO DOOR

Taxi or Uber / Bolt from the airport

A taxi or ride-hailing car takes **10–15 minutes** to Parque das Nações and costs roughly **€10–€16** (a little more at night). Tell the driver "*Marina Parque das Nações, Passeio de Neptuno*" or your hotel name. Best if you arrive late or carry heavy luggage.

4

ARRIVING BY TRAIN / COACH

Already at Oriente? You're basically here

Gare do Oriente is a major hub for national and international trains (Porto, Faro, Madrid) and long-distance coaches. If you arrive by rail or bus you step off right in the district — just follow step 2 to the marina.



Tip: Download **Google Maps** (search "Marina Parque das Nações") and the **Metro Lisboa** app before you fly. Pin your hotel and the venue offline so you can navigate even without data on arrival.

03 · WHERE TO STAY

Recommended accommodation

All options are inside Parque das Nações — a **~20-minute walk or less** to the venue (many closer), plus one short metro/bus hop as backup. Scores are indicative guest ratings out of 10; prices are typical per-room, per-night guides — confirm for your dates at booking.

★ COMFORT & 4-STAR HOTELS



9.0

SUPERB

Myriad by SANA Hotels



LUXURY · RIVERSIDE

~15 min to venue River-view rooms

Spa · indoor pool · gym · fine-dining restaurant · floor-to-ceiling Tagus views from the Vasco da Gama tower.

Best for: a special stay / trainers & guests wanting the landmark riverside hotel of the district.

€200–320

per night



8.8

FABULOUS

Tivoli Oriente Lisboa



GUEST FAVOURITE

~14 min to venue 7,000+ reviews

Indoor pool · hot tub · gym · some river-view rooms · steps from Oriente station and the Vasco da Gama mall.

Best for: the reliable, well-located group choice — great transport links and amenities.

€130–200

per night



8.8

FABULOUS

Eurostars Universal Lisboa



DESIGN HOTEL

~14 min to venue Rooftop views

Modern rooftop-view rooms · restaurant & bar · minutes from the Pavilion of Knowledge and Oriente.

Best for: stylish comfort a notch above 4-star without top-tier prices.

€150–230

per night



8.4

VERY GOOD

Meliá Lisboa Oriente



CENTRAL

~12 min to venue Some river views

Bright rooms over the district's futuristic buildings · restaurant · easy walk to Oceanarium & casino.

Best for: a dependable 4-star right in the heart of Parque das Nações.

€120–185

per night

SMART MID-RANGE · 3★



8.3

VERY GOOD

VIP Executive Arts Hotel

★★★★★ GREAT VALUE

~16 min to venue ★ 7,800+ reviews

Large modern hotel by FIL / Altice Arena · restaurant · gym · reliable rooms at a fair price.

Best for: good facilities on a moderate budget; ideal for larger groups.

€105–160

per night



8.3

VERY GOOD

Ikonik Lisboa / TRYP Lisboa Oriente

★★★★★ NEAR ORIENTE

~13 min to venue 9 min to Oriente

Contemporary rooms · breakfast buffet · excellent transport access on Av. D. João II.

Best for: comfortable, well-connected mid-range stays close to the station.

€100–150

per night



8.2

VERY GOOD

ibis Lisboa Parque das Nações

★★★★★ ECO-CERTIFIED

~15 min to venue Green Key

Renovated, clean, quiet rooms · 24h reception · minutes from FIL, Altice Arena, Oceanarium & Oriente.

Best for: the sweet spot of price, comfort and location — a great default choice.

€75–115

per night

BUDGET & YOUTH / HOSTELS



8.0

GOOD

Moov Hotel Lisboa Oriente

★★★ ECO · VALUE

€65–95

per night

~11 min Parking

Simple modern eco rooms · garden · 24h desk · very close to Oriente.

Best for: low-cost private rooms, no shared dorm.

8.3

VALUE 8.4

HI Parque das Nações — Pousada de Juventude

BUDGET PICK

€22–32

dorm bed · pp

~18 min Free breakfast

Free breakfast & Wi-Fi · games room · café-bar · privates ≈ €55–75.

Best for: the lowest cost & a sociable base.**Also worth a look:** Olissippo Oriente (4★), Moxy Lisbon Oriente, Aparthotel VIP Executive Zurique (kitchenette) and Tagus Marina apartments — all in the same district and within the 20-minute radius.

04 · AT A GLANCE

Compare & choose

ACCOMMODATION	TYPE	SCORE	WALK TO VENUE	FROM / NIGHT	GOOD FOR
Myriad by SANA	5★ Luxury	9.0	~15 min	€200–320	Landmark stay
Eurostars Universal	5★ Design	8.8	~14 min	€150–230	Stylish comfort
Tivoli Oriente	4★ Hotel	8.8	~14 min	€130–200	Group favourite
Meliá Lisboa Oriente	4★ Hotel	8.4	~12 min	€120–185	Central 4★
VIP Executive Arts	4★ Hotel	8.3	~16 min	€105–160	Value + groups
Ikonik / TRYP Oriente	4★ Hotel	8.3	~13 min	€100–150	Near station
ibis Parque das Nações	3★ Hotel	8.2	~15 min	€75–115	Best all-rounder
Moov Hotel Oriente	2★ Budget	8.0	~11 min	€65–95	Cheap private room
HI Pousada de Juventude	Hostel	8.3	~18 min	€22–32 dorm	Lowest cost

Scores are indicative guest ratings out of 10 aggregated from major booking sites. Walking times are approximate from each property to the marina venue; all fall within a ~20-minute stroll or one short metro/bus hop. Prices are typical room guides — verify live rates for your dates when booking.

💡 Booking tips

- Book **early** — this district fills up fast when fairs run at FIL / Altice Arena.
- Compare **Booking.com, Agoda & the hotel's own site**; direct often adds free breakfast.
- Choose **free cancellation** rates in case travel plans shift.
- Ask if EduMansha has a **group code** before booking individually.

💶 Sharing to save

Twin/double rooms split between two participants dramatically cut cost — a €120 room is €60 each, cheaper than many single dorms. Tell the EduMansha team if you'd like to be matched with another participant to share a twin.

Self-catering? **Aparthotels** and short-stay flats around Oriente offer kitchenettes for longer stays.

📄 **Reimbursement note:** If your stay is covered under an Erasmus+ / funded activity, keep **all invoices and boarding passes** and confirm the eligible accommodation budget with the EduMansha coordinator **before** booking.

05 · GOOD TO KNOW

Practical information

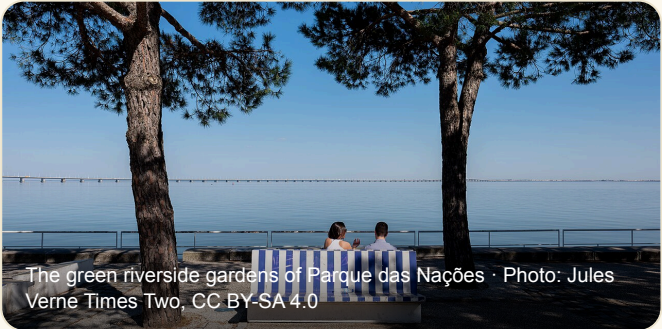
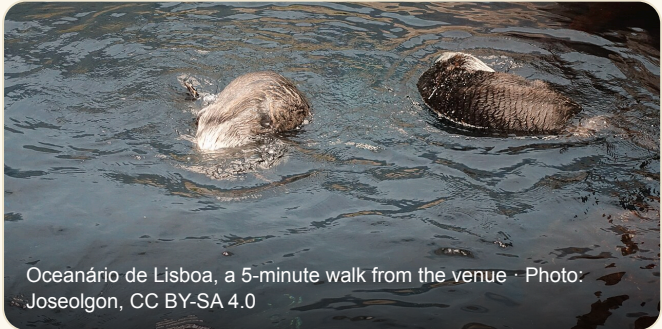
 Weather	Mild Mediterranean climate — warm dry summers (25–30 °C), mild winters (11–17 °C). Pack for your season & check the forecast; bring a layer for river breezes.
 Currency	Euro (€). Cards widely accepted; carry some cash for small cafés & markets.
 Plugs	Type F, 230 V. Bring an EU adapter if coming from the UK/US.
 Language	Portuguese; English widely spoken in hotels & restaurants. "Obrigado/a" = thank you.
 Time zone	Western European Time (UTC+0, +1 in summer). Same as UK/Ireland.
 Tap water	Safe to drink.

 Getting around	Load a Navegante card (€0.50) with a 24h ticket (€6.80) or zapping credit for metro, bus, tram & ferry.
 SIM / data	MEO, Vodafone, NOS prepaid SIMs from the airport/malls; or an eSIM. EU roaming works for EU participants.
 Taxis / apps	Uber, Bolt & FreeNow all operate; cheap and reliable.
 Essentials	Vasco da Gama mall (supermarket, pharmacy, ATMs) is central to the district.
 Pharmacy	"Farmácia" — green cross sign; several in the mall & along Alameda dos Oceanos.
 Tipping	Not obligatory; rounding up or ~5–10 % for good service is appreciated.

EAT, DRINK & EXPLORE NEARBY

Around the venue

 Eat Riverside restaurants along Passeio de Neptuno & Alameda dos Oceanos — seafood, Portuguese grills, sushi & the mall food court. Try a <i>pastel de nata</i> .	 See Oceanário de Lisboa (a world-class aquarium), Pavilion of Knowledge, cable car over the river & the Vasco da Gama tower.	 Do Riverside gardens for a run or walk, Casino Lisboa for evening shows, and central Lisbon (Baixa, Belém) ~20 min by metro/train.
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 **Safety:** Parque das Nações is one of Lisbon's safest, most modern districts. As anywhere, keep an eye on belongings on busy metro trains and at the airport. Lisbon is very welcoming to international visitors.

06 · BEFORE YOU TRAVEL

Packing & prep checklist

- | | |
|---|--|
| ✓ Passport / national ID (valid) & visa if required | ✓ Some euros in cash + payment card |
| ✓ EHIC / GHIC or travel insurance card | ✓ Light layers, comfy walking shoes, light rain jacket |
| ✓ Flight & accommodation confirmations (offline copies) | ✓ Reusable water bottle |
| ✓ This info pack saved on your phone | ✓ Any personal medication + small first-aid |
| ✓ EU plug adapter & charger / power bank | ✓ Erasmus+ / activity documents & invoices folder |

IN CASE OF EMERGENCY

Emergency & useful numbers

 Emergency (all)	112 — police, fire, ambulance
 Tourist police	Lisbon, Restauradores +351 213 421 634
 Health line SNS 24	808 24 24 24

 Lisbon Airport	Humberto Delgado (LIS)
 Metro info	Metro Lisboa app · metrolisboa.pt
 Venue	Marina Parque das Nações, Passeio de Neptuno

Your host — EduMansha, Associação



Questions about the venue, arrival, accommodation or the programme? Contact the EduMansha coordination team — we're here to help you before and during the week.

✉ admin@edumansha.eu · 🌐 edumansha.eu · 📍 Telheiras, Lisbon, Portugal

📄 Venue: Marina Parque das Nações, SA · Edifício da Capitania, Passeio de Neptuno · 1990-198 Lisboa

Até já! — See you in Lisbon

Safe travels from all of us at EduMansha.

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