

live in center of portugal

MAGAZINE

Our Costal Beaches

Central Portugal has a generous and stunning coastline with long sands.

Lakes & Nature

Between valleys and mountains keep the coolest secrets of Central Portugal.

Serra da Estrela

Explore the “mountain of stars”, located in the Central region of Portugal.

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Living in Central Portugal

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Portugal is a fantastic country throughout. We could be here indefinitely talking about this country and its diversity of landscapes, the Mediterranean climate, its friendly open-hearted people, the majestic beaches, lakes, rivers, mountains and hills, its unique ancient history and monuments, but what we mean, is that the whole country is excellent to live in.

However, there is one region that stands out, the central region of Portugal, which is often called “a country within another”, it’s a very special region due to the diversity of ecosystems within the country itself, it is a region where you can find the sea, the snow, the lakes and nature at the same time, and this is the region we want to present, promote and reach to the seven corners of the world. We want to show the true experience of “Living in Central Portugal”.

It is not unreasonable to say that whenever you hear or read something, or you see work that promotes Portugal and even companies, more often than not what will appear or what you will find will be something related to Lisbon, Porto and Algarve, fortunately, our country is much more than that. The central area of Portugal is often underestimated and at times it seems that its treasures are under lock and key, it’s those treasures that we will unlock for you.

I could add numerous adjectives here to qualify the central region of Portugal, but I prefer to give voice to the statistics that confirm that interest and tourism in the “Central Region of Portugal” is growing every year by DOUBLE of the national average, so why is it so difficult to circulate this information for the benefit of the companies that enable and contribute to this fantastic growth?

It is exactly thinking about this gap that the project “Living in Central Portugal” was born, the project that will give voice and visibility to companies from around the world, because after all, these companies have to be compensated for providing the most beautiful experience in our country – Living in Central Portugal.

Living in Central Portugal is more than a way of life, it’s quality of life.



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Informative Notes

Why live in Central Portugal



Portugal is one of the best countries in the world to live in and Central Portugal which is considered as a country within another, is in fact the best area to live in and to prove it, we ask this question:

Can you imagine living in a region where you find a great diversity of landscapes, activities and distinct environments in a very short distance?

Yes, here in this beautiful region you can find sandy beaches, golden mountains and plains, majestic rivers and lakes, vibrant cosmopolitan cities and an incomparable ancient patrimony.

Here you can contemplate nature, practice water sports, play golf on the best courses in the world, enjoy treatment and health resorts, bathe in magnificent beaches whether on the coast or river, taste the wines and delight in unrivalled cuisine or simply explore the ancient heritage spread throughout the region.

The Portuguese The Portuguese are friendly and

welcoming, all visitors are made welcome from wherever they come, and indeed they come from various parts of the world as the country is situated on the west coast of Europe and is therefore a gateway to the Schengen area. A large part of the population speaks foreign languages, notably English.

Quality of Life In 2016, Lisbon was elected one of 42 cities in the world with the highest quality of life by the Worldwide Quality of Living Survey.

Cost of Living For most foreigners, the cost of living is considered low. According to NUMBEO (Cost of Living in Portugal 2018), price indices are attractive:

https://www.numbeo.com/cost-of-living/country_result.jsp?country=Portugal

Taxation Portugal is also one of the best countries to buy a home because it has clear and transparent tax rules and provides facilities for obtaining residence permits, following new more attractive legal provisions for foreign



investors. It also provides special arrangements for non-habitual residents to attract foreign investors through very favourable income tax rates.

Climate As a rule, winters are mild and summers are hot and dry, it is not difficult to have an average of 8 months of the year with excellent weather. The number of sunny hours in this region averages 2600.

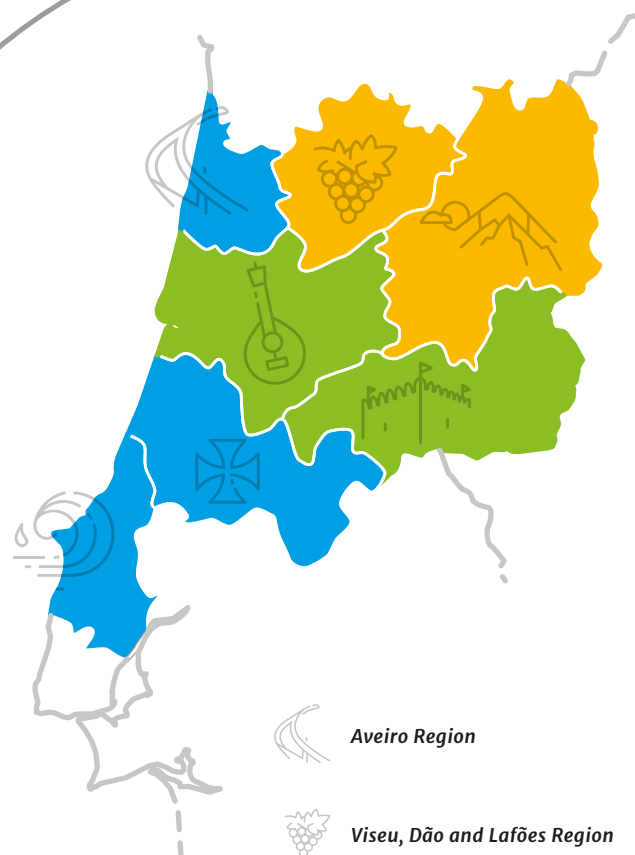
Geography Portugal has an excellent geographical situation. At the convergence of three continents – Europe, Africa and America – it has always been a focal point on the most important international routes. Here you will find 3 international airports across the country – Lisbon, Faro and Porto who all have regular connections to major cities in the world.

Did you know that Lisbon is only two and a half hours by plane from Paris or London? If you want to discover the beauties of Portugal, the country is served by a modern network of land routes. From Lisbon it will only take you two hours to Porto or Faro, the main cities of northern and southern Portugal, and about six hours to Madrid.


The Country With almost nine centuries of well-defined geographical borders, in Portugal there is a democratic parliamentary regime with political stability.


Portugal is a member of the European Union and part of the European Monetary System, using the single European currency. It is also the 46th most competitive economy in a total of 138 countries, according to the Global Competitiveness Index 2016–2017 produced by the World Economic Forum.

Portugal is the 3rd most peaceful country in the world in a sample of 163 countries (Global Peace Index 2017) and ranks 29th out of 176 countries in the Transparency International (Corruption Perception Index 2016).




 **Aveiro Region**

 **Viseu, Dão and Lafões Region**

 **Serra da Estrela Region**

 **Coimbra Region**

 **Castelo Branco Region**

 **Leiria, Fátima and Tomar Region**

 **Oeste Region**



Our Costal Beaches



Central Portugal has a generous and stunning coastline with long sands, secluded beaches, bays, lagoons and beaches surrounded by very iodinated rocks. The excellence of its waters, recognized with the European Blue Flag, Golden Quality Beaches and Accessible Beaches awards, served by modern infrastructures and perfectly integrated into the landscape, offer excellent conditions for sunbathers to spend an extremely pleasant summer.

Water sports, cycling and nature lovers will find plenty of reasons to spend a few days on the ocean beaches of Central Portugal.

Surfers can find their biggest challenge on the giant waves of Praia do Norte de Nazaré. The geological phenomenon Canhão da Nazaré, that produces the largest waves in the world has placed this beach in the centre of Portugal on the map of professional big wave riders and all lovers of big wave surfing.

From October to March come and watch the Nazaré giant wave show and watch the one leg of the WSL – World Surf League big wave surfing circuit. Praia do Norte currently holds 3 World records of the largest surf waves.

Peniche is also a reference of surfing in Portugal, and meeting point of the world elite of this sport, namely as a stage of the WSL.



Rip Curl Pro Portugal has been held annually since 2009, in October. Enthusiasts from the four corners of the world come to appreciate the manoeuvres of the best professionals of the sport to dominate the tubular waves, which give their name to the beach of Supertubos (Medão Grande). There are at least 8 beaches for surfing along the city's coast, as well as Baleal beaches.

At Praia da Torreira, between Ria de Aveiro and the sea, you can choose between surfing the rough waves of the sea or cycling the bike path along the beach. In Praia do São Martinho do Porto, which is a perfect shell shape, there are plenty of reasons to get in the water. Here you can practice your favourite water sport such as canoeing or sailing. Windsurfers can also look for the calm sea and strong winds of the north of Praia do Buarcos, where the conditions for this sport are unbeatable.





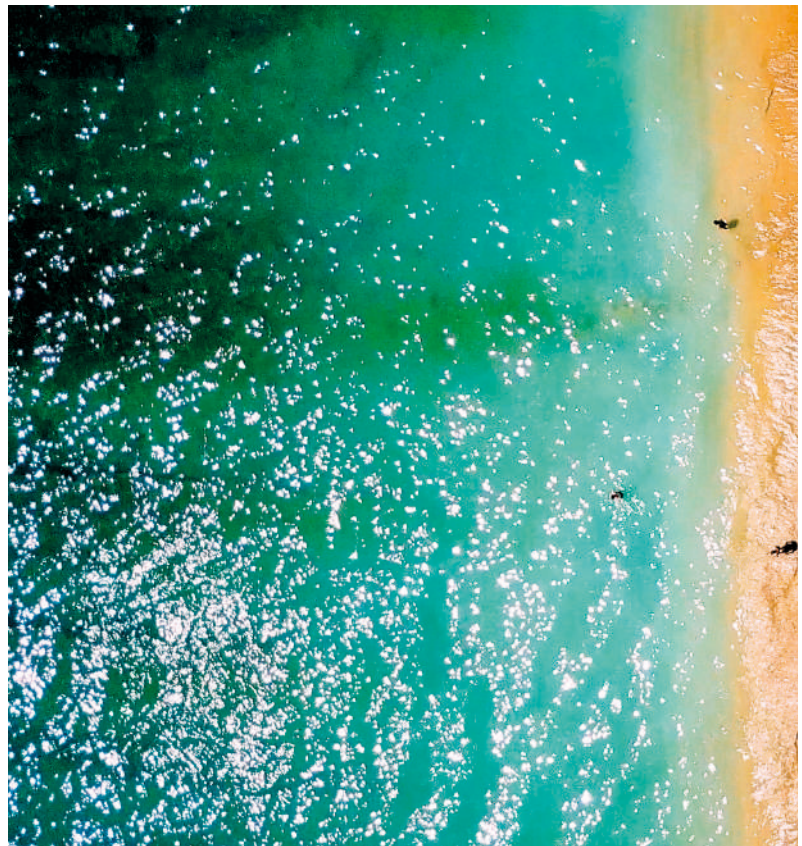
But if you are looking for relaxation in an idyllic setting, Costa Nova Beach is known for its rainbow of typical white, red, yellow and blue coloured houses on the edge of a fine, welcoming beach.

Praia São Pedro de Moel, on the other hand, is one of the most charming beaches on the Portuguese coast, while Praia da Vieira and Pedrógão are the liveliest. It deserves many visits to Praia de Mira, known for its typical wooden haystacks built by local fishermen in the early twentieth century.

For a few days spent in the rhythm of nature, why not travel to the heart of the São Jacinto Dunes Nature Reserve and feel the serenity of its seaside dunes? Further south, Praia Osso da Baleia, near Pombal, hides among enchanted dunes that create an environment of perfect communion with nature. Praia da Berlenga Grande, on the Berlengas Archipelago, is the ideal destination for a romantic getaway away from the hustle and bustle of the city.

What are you waiting for? In Central Portugal, the beaches are your best refuge from the hot summer days.

According to the criteria defined by the Blue Flag programme – Environmental Information and





Education; Water quality; Environmental Management and Equipment; Safety and Services – The following are the coastal bathing areas that are part of the Central Portugal Tourism Region, which were awarded the Blue Flag in 2019. Coastal Beaches:

Esmoriz, Cortegaça, Areinho, Furadouro, São Pedro de Maceda e Torrão do Lameiro/Mareta (Ovar); Torreira, Monte Branco e Bico (Murtosa); São Jacinto (Aveiro); Barra e Costa Nova (Ílhavo); Vagueira e Areão (Vagos); Poço da Cruz e Praia de Mira (Mira); Praia da Tocha (Cantanhede); Quiaios, Buarcos, Figueira da Foz – Relógio, Cabo Mondego, Cova Gala, Cova Gala-Hospital, Murtinheira, Tamargueira e Leirosa (Figueira da Foz); Osso da Baleia (Pombal); Pedrógão Centro (Leiria); Paredes de Vitória e São Martinho do Porto (Alcobaça); Nazaré e Salgado (Nazaré); Praia do Mar e Foz de Arelho-Lagoa (Caldas da Rainha); Baleal Norte, Baleal Sul, Cova da Alfarroba, Gambôa, S. Bernardino, Medão-Supertubos e Consolação (Peniche); Areia Branca, Areal Sul e Porto Dinheiro (Lourinhã); Santa Rita Norte, Santa Rita Sul, Navio, Mirante, Pisão, Física, Santa Helena, Centro, Formosa, Azul e Porto Novo (Torres Vedras).







Lakes & Nature



River Beaches

Between valleys and mountains keep the coolest secrets of Central Portugal: its river beaches. The perfect destination for a refreshing swim, a serene family morning or a fun-filled afternoon with friends, this region's river beaches combine the best of nature and well-being.

Let's start with the river beach at the highest point in the country. At 1,437 meters above sea level, the Praia do Vale do Rossim, in the heart of the Serra da Estrela, stretches by a stream of water that attracts all who seek refuge from the Mountain heat. Not far away we find the Praia da Loriga – the only river beach situated in a glacial valley. Already on the banks of the Mondego River, the Praia da Aldeia Viçosa stretches for over 10 meters creating a crystal-clear pool with a water slide!

Further south, near Castelo Branco, there are many river beaches that become true paradises in the warmer summer months. Cool off at Praia da Aldeia da Ruiva, marvel at the natural landscape of Praia da Sertã or spend the afternoon fishing beside the floating pools of Praia do Malhadal. In Penacova, Praia do Reconquinho offers you an extensive beach with picnic area and a campsite nearby if you want to spend the night on the Mondego River. The picturesque beach in the village of Foz d'Égua is the ideal destination for those looking to





combine the best of rural charm with leisure in nature

But the river beaches are not only hidden in the interior of Portugal. Near the ocean, there are many reasons to discover the most refreshing rivers and streams in the country. At the source of the Nabão River, Agroal is one of the most picturesque in the country forming a central pool at the foot of a hill where the water flows. that forms the river ahead. Already the beaches of Aldeia do Mato, near Abrantes, Cardigos, near Mação, and Quinta do Barco, near Sever do Vouga, offer the best facilities with everything you may need. Leisure areas, terrace bar, ramps, children's pools – nothing is missing for a refreshing day out in nature!

From North to South, from coast to coast, Central Portugal is full of enchanted hideaways in the most breath-taking landscapes in the country. With crystal clear waters, lawned gardens, extensive sands and all the

facilities you need to spend comfortable days by the river.

And did you know that Central Portugal is by far the region of the country with the most beaches awarded the Blue Flag award in 2019? Among the 352 distinguished beaches, there are 81 in the Central Portugal region: 55 coastal (6 more than in 2018) and 26 inland (2 more).

And it's always worth remembering that Praia de Mira is for the 33rd consecutive year, the only bathing area in the world to receive this distinction without interruption and since its inception.

According to the criteria defined by the Blue Flag program – Environmental Information and Education; Water quality; Environmental Management and Equipment; Security and Services – The following are the interior bathing areas of the Central Portugal Tourism Region, which were awarded the Blue Flag in 2019:



River Beaches:

Quinta do Barco (Sever do Vouga);
Lapa dos Dinheiros e Loriga (Seia);
Vimieiro e Reconquinho (Penacova);
Cascalheiras-Secarias, Piódão e Côja (Arganil);
Alvão das Várzeas e Avô (Oliveira do Hospital);
Palheiros-Zorro (Coimbra);
Peneda-Pego Escuro e Canaveias (Góis);
Bogueira e Senhora da Piedade (Lousã);
Louçainha (Penela);
Valhelhas (Guarda);
Pampilhosa da Serra, Pessegueiro, Santa Luzia
e Janeiro de Baixo (Pampilhosa da Serra);
Bostelim (Vila de Rei);
Carvoeiro (Mação);
Aldeia do Mato e Fontes (Abrantes)
e Agroal (Ourém)









Parks and Nature

Central Portugal is full of protected nooks and crannies and anytime is good to set off and discover this region which is rich in Parks and Nature Reserves. Surprise yourself by planning a family activity route and embark on an adventure through the natural wonders of the region.

A perfect example is the mata do Buçaco.

The Mata do Buçaco is a unique place in Portugal...

The forest is considered a botanical garden, as it is home to more than 700 plant and animal species, some of them rare and exotic.

Vale dos Fetos is one of the most special areas of this forest, where you will find lakes and fountains that will refresh you and surprise you in the way they perfectly match the greenery of the vegetation.

Visiting the Mata do Buçaco forest is synonymous with visiting a place of exceptional greenery, designed and man-made for spiritual purposes.

The legacy of the passage of the Order of the Discalced Carmelites is still notorious, not only in the organization of space, but also by some of the present species imported by the monks, such as the cedar-buçaco.

If you are a fan of wonderful views and landscapes, the Mata do Buçaco has the characteristic of having four viewpoints that allows you to see from a spectacular perspective all its extension and surroundings.







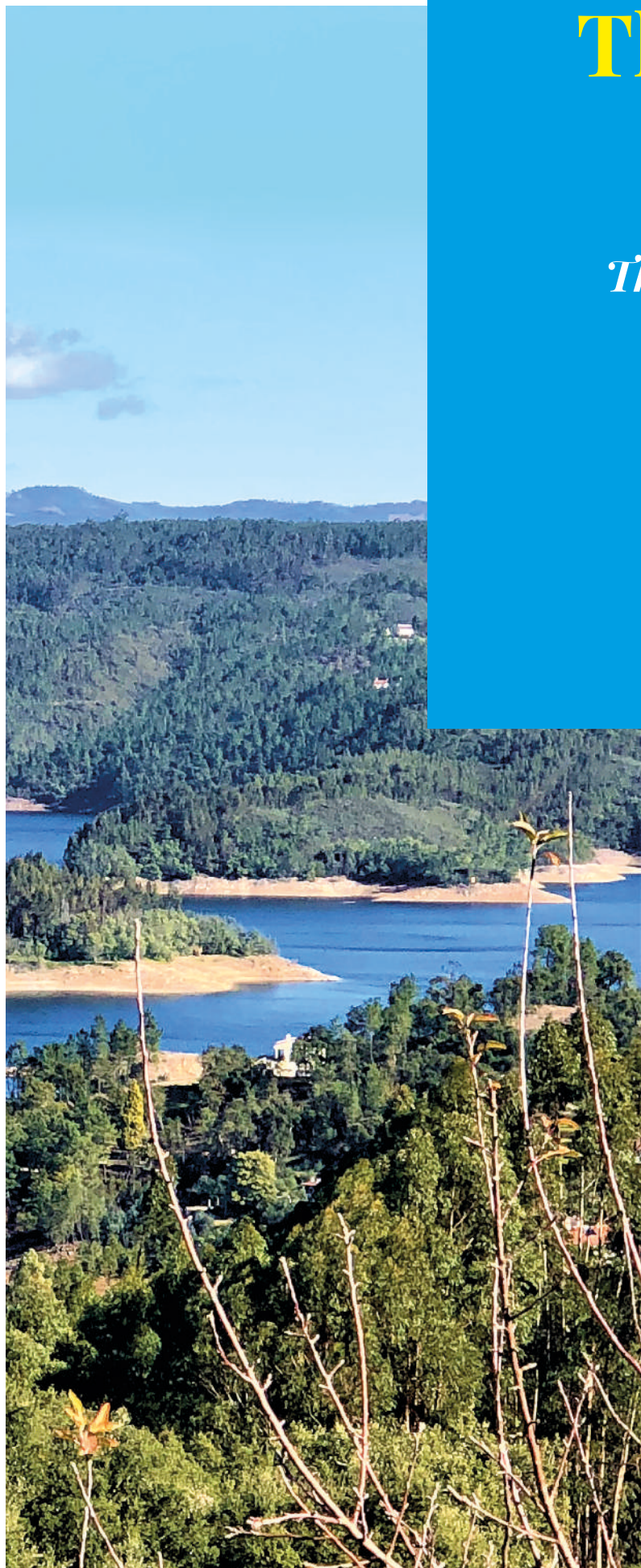
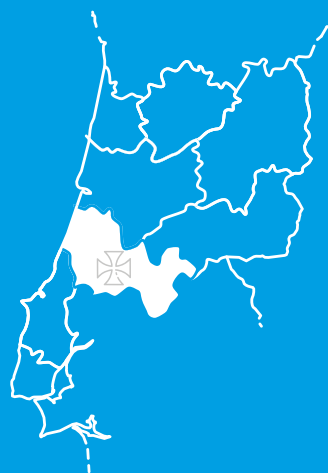




The Castelo do Bode Dam

&

The Legacy of the Templars



The winding course of the river Zêzere guides us to a magnificent lake between the schist and magical mountains to the municipality of Tomar. In this area you can visit and enjoy the Castelo de Bode Dam, one of the main constructions in the Zêzere basin dams and one of the largest dams in the country.

The dam bathes several lands once controlled by the Templar Order and which maintain an aura of mystery that fascinates all who visit them. The best known will be Dornes, in the mythical peninsula that lends its name. The presence of the Order of the Templars is clearly visible in the pentagonal bell tower of Dornes, which survives almost intact to this day.

With its form, the Pentagonal Tower of Dornes is a rare example of the reconquest's military architecture. Ordered by Gualdim Pais, master of the Order of the Temple, to defend the Tagus line, it was built on the base of an ancient Roman tower. Inside the tower are some intact Templar funerary stelae.

In the sixteenth century it lost its warrior function and was transformed into bell tower.

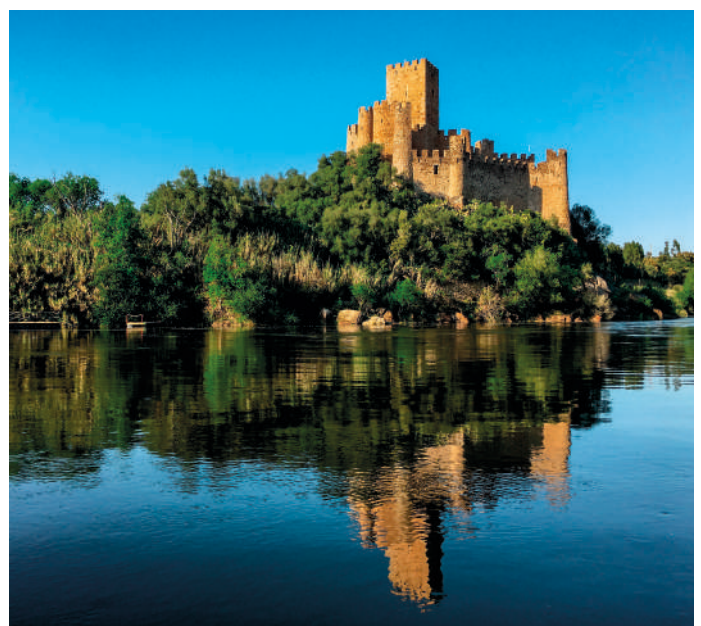
When we speak of Knights Templar, we also speak of Almourol Castle, one of the most emblematic medieval military monuments of the recapture in our country. Archaeological excavations inside found traces of Roman occupation and the Middle Ages.



For those passionate about legends that pursue the history of the Templars, a careful and attentive visit to the region is indispensable. But the most exciting feature of the Castelo de Bode Dam is its beautiful reservoirs, which originated some of the most extraordinary river beaches in the country.

Praia dos Montes, for example, is in a green area where many springs sprout. The Praia Fluvial da Castanheira – also known as Lago Azul – is another of the reference river beaches in Portugal. Here the waters of the dam mirror a magnificent and particularly intense blue. The tranquillity of the “lake”, surrounded by the mountains, makes it one of the most relaxing and unforgettable areas off the dam.

In addition, it is a privileged place for water sports, namely wakeboarding, windsurfing, sailing, rowing, jet skiing, boating and sport fishing (trout, largemouth bass,





eels, red crayfish). Finally, we highlight the Praia Fluvial de Aldeia de Mato River. Distinguished several times with the blue flag, its calm waters are ideal for swimming or simply relaxing in Nature's dream, such as the Praia Fluvial de Alverangel and the Praia Fluvial dos Montes.

If you are looking for different days where fun and tranquillity complete the perfect combination, in Central Portugal you will find several options and, in the Castelo de Bode Dam, water will always be the main star.











Mountains & Snow

*Serra da Estrela,
A window to Nature*



Serra da Estrela was shaped thousands of years ago. Nature has traced the mountain with its imposing glacier valleys and winding rivers. Fill your lungs with fresh air. The challenge allows a unique encounter with a fascinating landscape of hills, valleys and lagoons. Feel the pleasure of unveiling new emotions.

Hiking or mountain biking are good options to enjoy the landscape. But if the choice falls on strong emotions, then risk abseiling or rip lining ... Pure adrenaline! If you prefer the sensations of gliding, Linhares da Beira or Manteigas are the right options for paragliding. Flying over glacial valleys and river springs are just some of the secrets waiting to be discovered.

You will also find snow activities with which you can enjoy the mountain in winter and the rest of the year you can practice and learn to ski on the synthetic slopes in Manteigas. Visit the Serra da Estrela and Zêzere Glacier Valley Interpretation Centres where you will find extensive information on this mountain.

Venture to discover it!





Serra da Estrela

Explore the “mountain of stars”

The Serra da Estrela, located in the Central region, designated the mountainous chain, where the highest altitudes of continental Portugal can be found.



Its highest point, called Torre with 1993 meters altitude is the second highest mountain in Portugal (only the Pico Mountain in the Azores surpasses it by 358 meters). It makes part of the wider mountain range called the Central System in the subsystem of the designated “Montejunto–Estrela mountain system, that develops in the southwest–northeast direction from the Serra de Montejunto who’s parent summit is the Pico de Almançor.

Serra da Estrela is an area of land integrated in the Natural Park of Serra da Estrela, which after its constitution on July 16, 1976 was established as the largest protected area on Portuguese soil.

Apart from the snow, fauna and flora, the traveller is

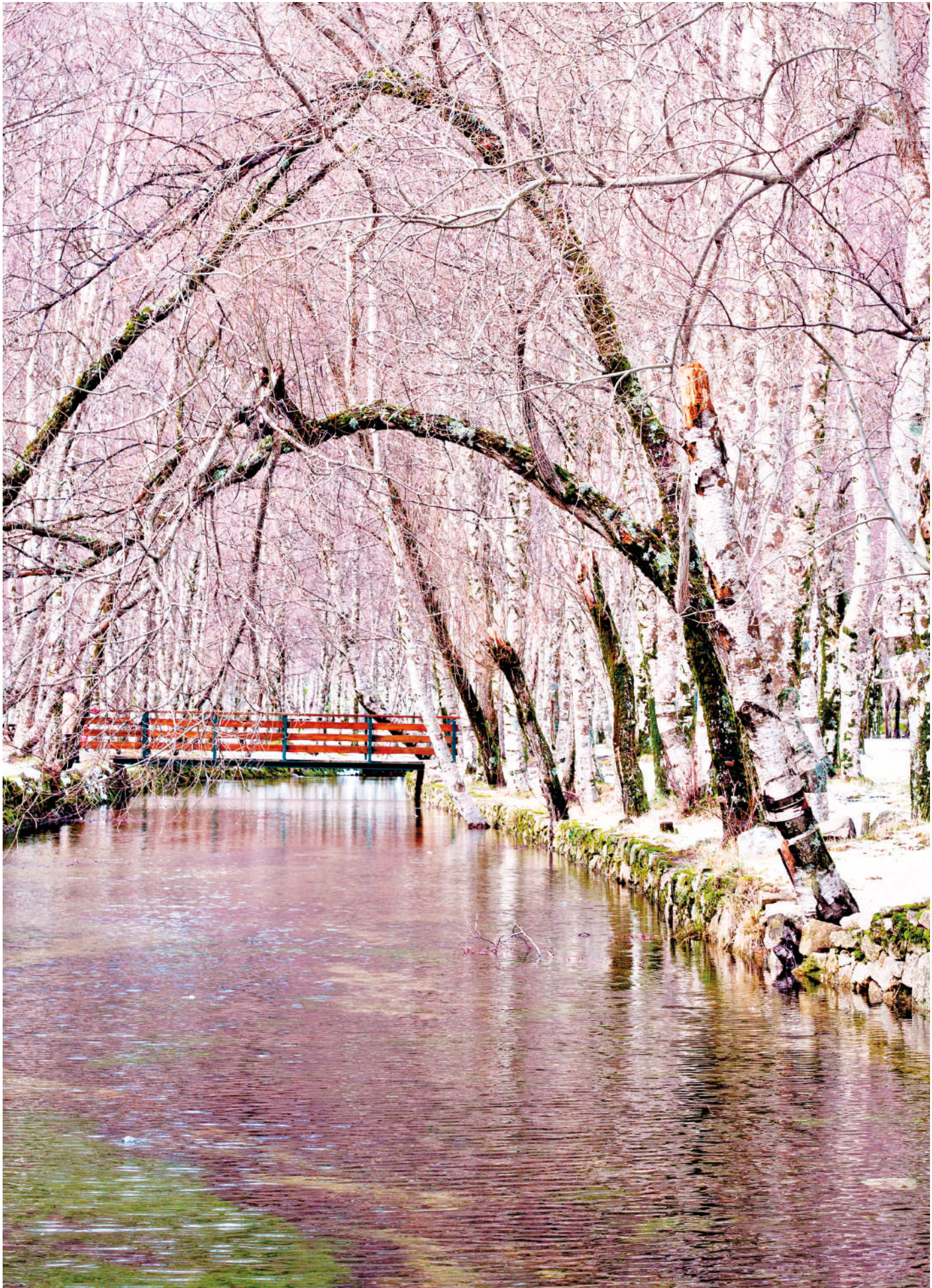
also attracted by the orography of colossal proportions as well as the richness of human, cultural. Historical and gastronomic aspects of the region.

The Serra is also hydrologically rich from the numerous running water streams. The Serra da Estrela is source to three rivers: Rio Mondego and Rio Zêzere, where 200kms downstream is the tributary of the Rio Tagus, and Rio Alva which becomes the tributary to the Mondego River.

Born from the same mountain range to benefit the three largest basins of the country: Douro, Mondego and Tejo – and without realizing, the inhabitants of Lisbon, Porto and Coimbra every day enjoy and depend on water from Serra da Estrela.















It should be added that the Serra extends from the south from Seia to the southern area of Celorico da Beira, on an SW-NE orientation, therefore covering a vast territory and in fact is the largest protected area of Portugal embracing a natural and humanized heritage of extraordinary wealth.

Although tourism focuses mainly on the municipalities of Seia, Covilhã, Manteigas and Gouveia, the reality is that this territory does not constitute the entire Serra da Estrela Natural Park and local authorities have made a number of efforts to diversify tourist destinations beyond the Torre area and the snow season, but without great success.

The inhabitants and experts of the area even consider that the Serra also has a noteworthy beauty at other times of the year – with special emphasis on autumn – and beyond the Torre plateau where the desolate landscape of the Cervunos (herbaceous communities) as little to offer.

The true expert of the Serra knows that there are more attractions on the other slopes and peaks of the mountain and its typical villages. To enjoy them the tourist must spend a little more time with planning beforehand and have a spirit of adventure.







In the highest areas of the Serra lies the Ski Resort Vodafone, the only ski resort in Portugal, developed on the slopes of the mountains that belong to the parish of Loriga. Portugal's lowest temperatures are usually registered at the summit of Serra da Estrela, with lows that occasionally reach below -20°C during harsh winter.













Commonly called Queijo da Serra, it is a ripened cheese, Semimole texture, buttery white or yellowish. It is made from sheep's milk in the region of Serra da Estrela. In 1996, the European Union awarded it The "Protected Designation of Origin".

Celorico da Beira, known as the "Cheese Capital of Serra da Estrela", is the business card for the true cheese "Serra da Estrela", thanks to the privileged natural conditions of the Mondego River. Serra Cheese was named one of the 7 Wonders of the Gastronomy of Portugal in 2011.

Serra da Estrela cheese, considered the emperor of Portuguese cheeses, is produced in this region, which also owns a breed of guard dog, Serra da Estrela, that fits the molosso type such like it's Saint Bernard relative. The dog and the cheese are linked to the traditional grazing of the Bordeaux sheep of this region. It is a grazing of ancestral and millennial characteristics, where practices such as transhumance and pasture renewal by fire are common.



Historical Villages

A journey through time!



We offer you an itinerary through the history of Portugal through the route of the Historical Villages (Aldeias Históricas). Tradition is always present in each of these 12 villages which have an unparalleled animation plan and an endless supply of walking routes, adventure sports, gastronomy and medieval fairs.

Almeida, a fortress on the border. Belmonte, the land that gave birth to Pedro Álvares Cabral.

Castelo Mendo, with a history linked to the military vocation of defense. Castelo Novo that once belonged to the Templar Order. Castelo Rodrigo, crossing point for pilgrims heading to Santiago de Compostela. Idanha-a-Velha, where traces of various ages show great civilizational permanence. Linhares da Beira, with its unique architecture and excellent conditions for paragliding, took the name of Linhares da Beira beyond the border. Marialva, village museum with ancestral origins. Monsanto, the most Portuguese village in Portugal. Piódão, as if it were a nativity scene. Sortelha, with 800 years of history. Trancoso, scene of the wedding of D. Dinis with the Holy Queen, D. Isabel de Aragão.

Come and know them!

Historical Villages

One of the precious things about travelling around Portugal is being able to discover the historical villages!

From remote places to imposing historical areas that expanded and gave origins to more developed cities and towns, all makes the difference to a travel itinerary in this country. If you are curious to visit these villages, here is a list of 7 we recommend visiting in the Serra da Estrela region.

Piodão
Belmonte
Idanha-a-Velha
Monsanto
Sortelha
Almeida
Trancoso

The villages listed here can be calmly visited by a route through Serra da Estrela, you can stay in accommodation in a larger city/town in the region, and travel back and forth to visit them, or you can even consider the experience of rural accommodation in Piódão or in Monsanto, because you will be surprised.



^ **Aldeia de Piodão** Piodão, the village of Piodão is classified as a "Place of Public Interest", located in Serra do Açôr, implementing a steep escarpment, lattice structure and winding layout, it's well adapted to the roughness of the surrounding space.

▼ **Aldeia de Belmonte** The land of Pedro Álvares Cabral, located in the heart of Cova da Beira and with a wide view over the eastern slope of Serra da Estrela, the village of Belmonte fully justifies the characteristics that gave it its name. Sunny land of good people, endless landscapes and a history of centuries.





^ **Aldeia de Idanha-a-Velha** is a small village of picturesque surroundings, with its remarkable set of ruins. It occupies a prominent place in the context of the archaeological stations of the country. It rises in the space where once there was a city of Roman foundation (1st century BC).

v **Aldeia de Monsanto** village is located northeast of the Terras de Idanha, nestled on the side of a steep rise that abruptly erupts into the meadow. It is an ancient place, where human presence is recorded since the Paleolithic age.





^ **Aldeia de Sortelha** is one of the most beautiful and ancient Portuguese villages and considered one of the best preserved. The walk through the streets and alleys of the cluster, allows the visitor to retreat to past centuries amongst the medieval graves next to the Manueline pillory or in front of the Renaissance church.

✓ **Aldeia de Almeida** faced with the need to modernize the obsolete medieval structures, endeavoured after the Restoration to build a renewed war machine that could adapt to the new firearms and allow it to seal the border.







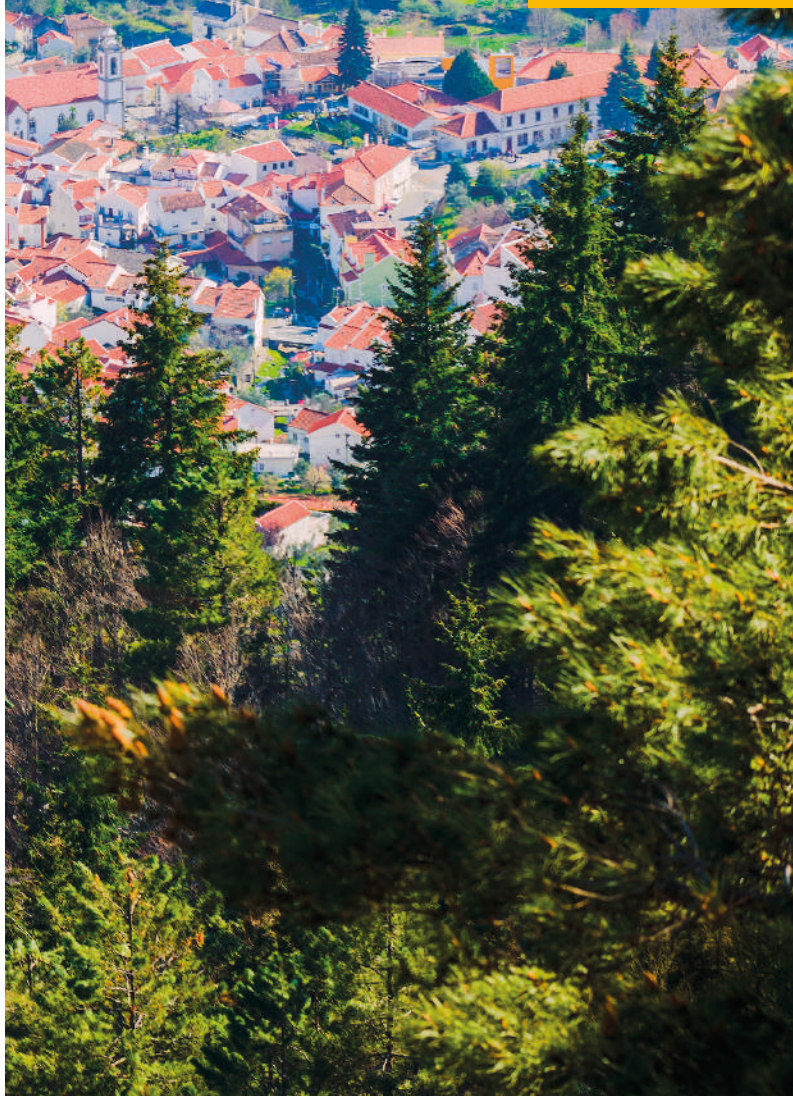
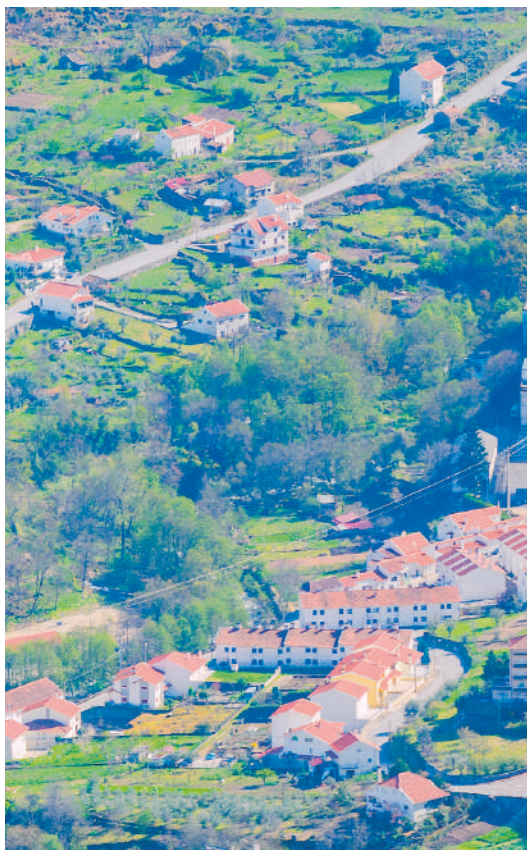
◀ **Aldeia de Almeida**

▼ **Aldeia de Trancoso**

^ **Aldeia de Trancoso** located on the top of a plateau, overlooking a vast territory between the Serra da Estrela and the Douro Valley, Trancoso village developed around its castle, founded in the 18th century. Its millenary castle contrasts with the startles and fears experienced by people of yore. It was frontier land, scene of several fights and battles notable for the formation and independence of the kingdom.







Mountain Villages



They are part of the 41 Mountain Villages network and are all worth a visit. You don't have to go through them all at once, especially as this is a territory that covers nine municipalities, six of them in Serra da Estrela Natural Park – Seia, Gouveia, Covilhã, Celorico da Beira, Guarda, Manteigas and three located in areas adjacent to it, Fornos de Algodres, Oliveira do Hospital and Fundão, already in the Protected Landscape of Serra da Gardunha

Seia | Alvoco da Serra, Cabeça, Lapa dos Dinheiros, Póvoa Velha, Sabugueiro, Sazes da Beira, Teixeira; Valezim, Vide e Loriga;

Celorico da Beira | Cadafaz, Prados, Rapa, Salgueirais, e Vide entre Vinhas;

Covilhã | Cortes do Meio, Erada, Penhas da Saúde, São Jorge da Beira, e Verdelhos;

Gouveia | Aldeias, Figueiró da Serra, Folgoso, Mangualde da Serra e Melo;

Guarda | Famalicão da Serra, Fernão Joanes, Trinta, Valhelhas e Videmonte;

Manteigas | Penhas Douradas, Sameiro, Vale de Amoreira e Manteigas;

Fundão | Alcaide, Alcongosta e Alpedrinha;

Fornos de Algodres | Algodres e Figueiró da Granja;

Oliveira do Hospital | Alvoco das Várzeas e São Gião.

Come and get to know them!



Schist Villages

*Places where it seems
that time does not pass by!*



Encounter a region of great geological, architectural, ecological and cultural richness. The abundance of Schist (Xisto) shaped the character of these villages, their houses, the pavement of the streets, and even the trails around them, giving them the name of Aldeias do Xisto (Schist villages). Places where it seems that time does not pass by and that today host various activities where leisure is combined with nature.

There are 27 Schist Villages distributed in the Centre Region, in a territory of enormous beauty that offers unique experiences and unforgettable moments.

Água Formosa | Tejo-Ocreza A source of pure water right in the centre of Portugal.

Aigra Nova | Serra da Lousã The sympathy is as contagious as the landscape is serene. Immerse yourself in the Schist Traditions Ecomuseum project (Ecomuseu das Tradições do Xisto) and visit its many cores.

Aigra Velha | Serra da Lousã Here everything is simple, made according to the pattern of nature that surrounds us.

Aldeia das Dez | Serra do Açor From the granite you can see the schist.

Álvaro | Zêzere This village that once belonged to the Order of Malta hides a remarkable religious heritage that is worth discovering.

Barroca | Zêzere Breathe a rural environment, ruled around its 'agricultural cycles, it is the headquarters of Schist villages network.

Benfeita | Serra do Açor The bell tower of this "white village" (Aldeia branca) celebrates the end of WWII every year on the 7th May with 1620 bell chimes.

Candal | Serra da Lousã More than a point of support, it is a comforting haven for those going up or down the mountain.

Casal de São Simão | Serra da Lousã In this one street village there is a new collective feel.

Casal Novo | Serra da Lousã Plunged into a dense forest patch it slides down the slope. Slide down to the threshing floor and enjoy the view over Lousã and its castle.

Cerdeira | Serra da Lousã Walking the village is a physical and sensory exercise. At every step there is a nook, an alley, an element that is unknown if it was placed there by man or by nature. There are no dissonances. There is the sound of tranquility.

Chiqueiro | Serra da Lousã Only the bells of the herds seem to counteract the feeling that time has long stood still here.

Comareira | Serra da Lousã If you want to serenely look at the world from a different angle, just sit on the bench at the entrance of the village.

Fajão | Serra do Açor Fajão coexists with the quartz cliffs of Penedos de Fajão and the River (Rio) Ceira. One Monsenhor immortalized it in tales and woodcuts.

Ferraria de São João | Serra da Lousã To enter this village is to discover a future in constant motion.

Figueira | Tejo-Ocreza Village with a huge rural charm. Its central nucleus conceals in its tangle of alleys the communal oven, the village's ex-libris.

Gondramaz | Serra da Lousã Where art is exhibited in engraved or carved stones on the facades of house.

Janeiro de Baixo | Zêzere Surrounded by a harmonious set of mountains, boulders and valleys, reservoirs, rivers and streams that you feel like exploring.





Janeiro de Cima | Zêzere At the edge of the Zêzere shout “O da barca!” To make the river crossing. In Janeiro de Cima, this was how the people and trade of the two banks were once united, and today it is still possible to do it on a walk upstream.

Martim Branco | Tejo-Ocreza This is a village that has forgotten the time. Behind the houses on the last street, the Almaceda stream makes the waters and nightingales sing.

Mosteiro | Zêzere The village is located at the bottom of a valley, as if in a constant search for water, which in other times assured the subsistence. Today it is synonymous with leisure.

Pedrogão Pequeno | Zêzere A white granite village in the brown schist sea that surrounds it. Next to Zêzere, in the centre of the Schist Villages Network, with everything at hand.

Pena | Serra da Lousã Sheltered by the Penedos de Góis, Pena seems to challenge the imposing cliff that rises on the other bank.

Sarzedas | Tejo-Ocreza Sarzedas is the only Schist Village that has had a noble title. Today the bell tower serves as a viewpoint to the village and the surrounding moorland.

Sobral de São Miguel | Serra do Açor Its inhabitants consider the village to be the "Heart of Shale". Its relationship with shale is all too evident. But it wasn't only the stone that built this village. It is worth discovering the little treasures that Sobral de São Miguel hides.

Talasnal | Serra da Lousã Discovering this village is to immerse yourself in the magical world of Serra da Lousã with the lush vegetation where deer, roe deer, wild boar and many other species roam

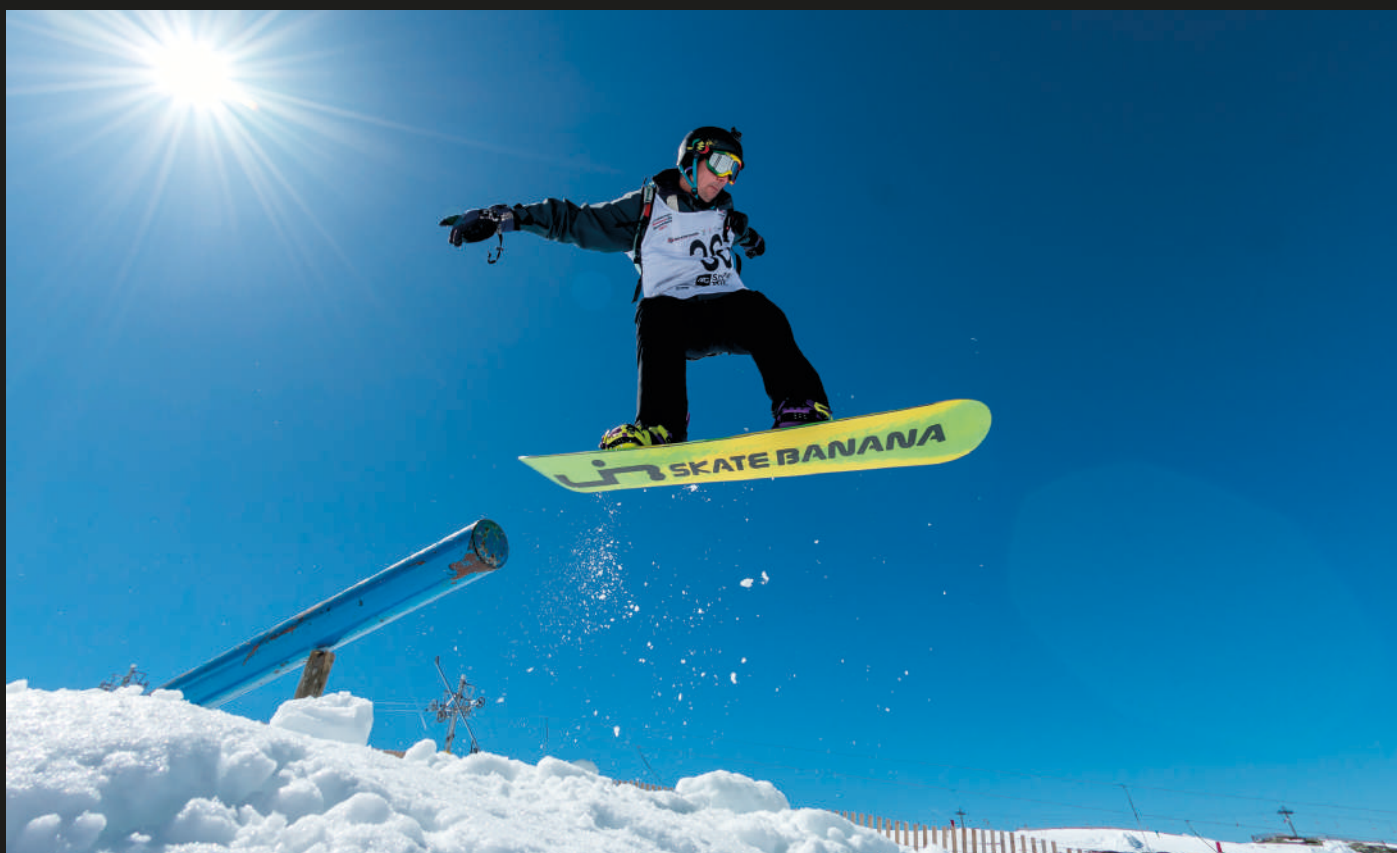
Vila Cova de Alva | Serra do Açor A street where a significant part of the doors and windows have Manueline elements in their frames, taking us to the architecture of the century.





Activities and Experiences

To live in Central Portugal is to live each day as if it were the last, with emotion, with joy, without stress, without monotony. To live in Central Portugal is to have the feeling and the certainty that life is worth living and every second can be completely different.



Skying

In winter, The Serra da Estrela is covered in a blanket of snow and invites winter sports and extreme activities. The ski resort located in Torre, in the centre of the Natural Park, municipality of Seia, at 2000 meters altitude is where you head to experience snow activities.



Boat Trips, Fun Watersports & Jetski

From sailing to pirate ships, river journeys to adventurous water sports, there are many nautical programmes that include boats and jet ski, distributed throughout central Portugal and ready to give you the best water thrills.



Rally

—

The Central area of Portugal is very rich in Rally, with the circuits of Marinha Grande and Serra da Lousã well known to fans of the sport, it even has the privilege of having the region crossed by the rally of Portugal, passing through Coimbra, Góis, Arganil and Lousã.



Kart

There are many Karting tracks distributed throughout the Central area of Portugal where you can enjoy whether with family, friends or alone that adrenaline rush of speed.



Fishing

In oceanic and inland waters fishing is often used as a sport or simply to relax and unwind from everyday stress. It is not uncommon to use this sport to catch and consume the fresh fish and the central area of Portugal is rich in the sense that it hosts two of the 3 largest lakes in the country and some of the largest rivers in the country without counting more than 1/3 of oceanic coast.



Canoeing

Canoeing is one, if not the best, way to discover a river and to have a unique perspective of its landscapes. Whether in running or still water, there are many canoeing activities available throughout Central Portugal, with greater incidence near the river beaches of the great lakes and rivers.



Surf

The west coast of central Portugal is the perfect place for surfing. With world-class waves, it is at the Supertubos beach in Peniche that the Rip Curl Pro Portugal is held annually as a stage of the World Surf League. Nazaré is also a place much appreciated by enthusiasts of this sport.



Golf – 11 Courses in the Central Zone

Have you ever imagined playing a game of golf while the sun protects you from the breeze of the ocean or mountain giving a unique moment of sharing your favourite sport with nature? Learn more about our golf courses and find yours in the centre of an oasis in Central Portugal where there are 11 golf courses available.



Walking and Hiking

Put on your boots and pop your backpack on your back: There are over 70 walking routes in Central Portugal waiting to take you on an adventure to discover the best that nature has to offer. Here with each step is a new opportunity to discover stunning landscapes, picturesque villages, rare animals and characters full of stories to tell.

Central Portugal is a favourite destination for hiking and trekking in a rustic, serene and truly Portuguese environment



Cycling

—

For sport or leisure, come and visit Central Portugal on two wheels. Grab your bike and venture on exclusive paths and trails to secluded places that allow nature to be observed in full. There are many routes and opportunities to enjoy good cycling experiences among landscapes of sea, mountains and valleys, rivers and waterfalls, forest and woodland with fresh air and nature's aromas all around.



Outdoor Activities

—

Adventure, fun and a lot of excitement! You will find in Central Portugal activities for the whole family and to suit all tastes. Explore the region and get ready for a lot of excitement!



Festivals & Processions

In Central Portugal there is constant life with cultural events, pilgrimages, processions, town and village parties happening every weekend, life here overflows with joy and happiness.

*Amongst all the many other activities
you can still delight in the forest walks
with our fauna*

Central Portugal is contemplated by a diversity of beautiful and majestic animals. Note that there are no hostile or dangerous wild animals, throughout Portugal the only animal that can give any concern is the wolf that only exists in the North area of the country. Venture out and live the biggest adventure of your life, live in central Portugal







A low-angle photograph of a classical statue, likely a personification of Liberty or Justice, standing atop a building's roofline. The statue is made of light-colored stone and is dressed in a long, flowing robe. It holds a torch in its right hand and a tablet in its left. The building's architecture is classical, with visible columns and a pediment. The sky is a vibrant blue with scattered white clouds. The overall mood is one of grandeur and historical significance.

Here worship is given to Mary, mother of Jesus, through the recitation of the Rosary.



Many pilgrims walk to the shrine, some pilgrims carry in their hearts a special request that they have made to Our Lady, perform a penance or simply deepen their faith and gain peace of mind in an environment of serenity where everyone is welcome.

One of the devotees of Our Lady of Fatima who crossed frontiers to visit this holy shrine was Pope John Paul II. He visited in 1982 to thank the Sanctuary for surviving the attack on him a year earlier. He returned in 1991 and again in 2000, when he read out a part of the third Secret of Fatima.

The Prayer Hall (O Recinto de Oração) is a large esplanade, circumscribed on the east and west sides, by the Basilica de Nossa Senhora do Rosário de Fátima and by the Basilica of the Holy Trinity (Basílica da Santíssima Trindade) respectively.

In 2017, Fatima received Pope Francisco with great celebration. The centenary of the Apparitions of the Virgin Mary was celebrated, and the prophets Jacinta and Francisco Marto were canonized. The Rosary and the Candlelight Procession (O Terço e a Procissão das Velas) on the 12th of May and the Mass and Farewell Procession (Missa e a Procissão do Adeus) on the 13th of May stays in memories forever.

When you want to visit Fatima, just turn up, you don't need to book a place, you already have one!

Fátima – The light of the world.

A place of tranquillity, Fatima is a focus of light for the spirit and the mind, where you can find the best of the knowledge and traditions of Central Portugal.

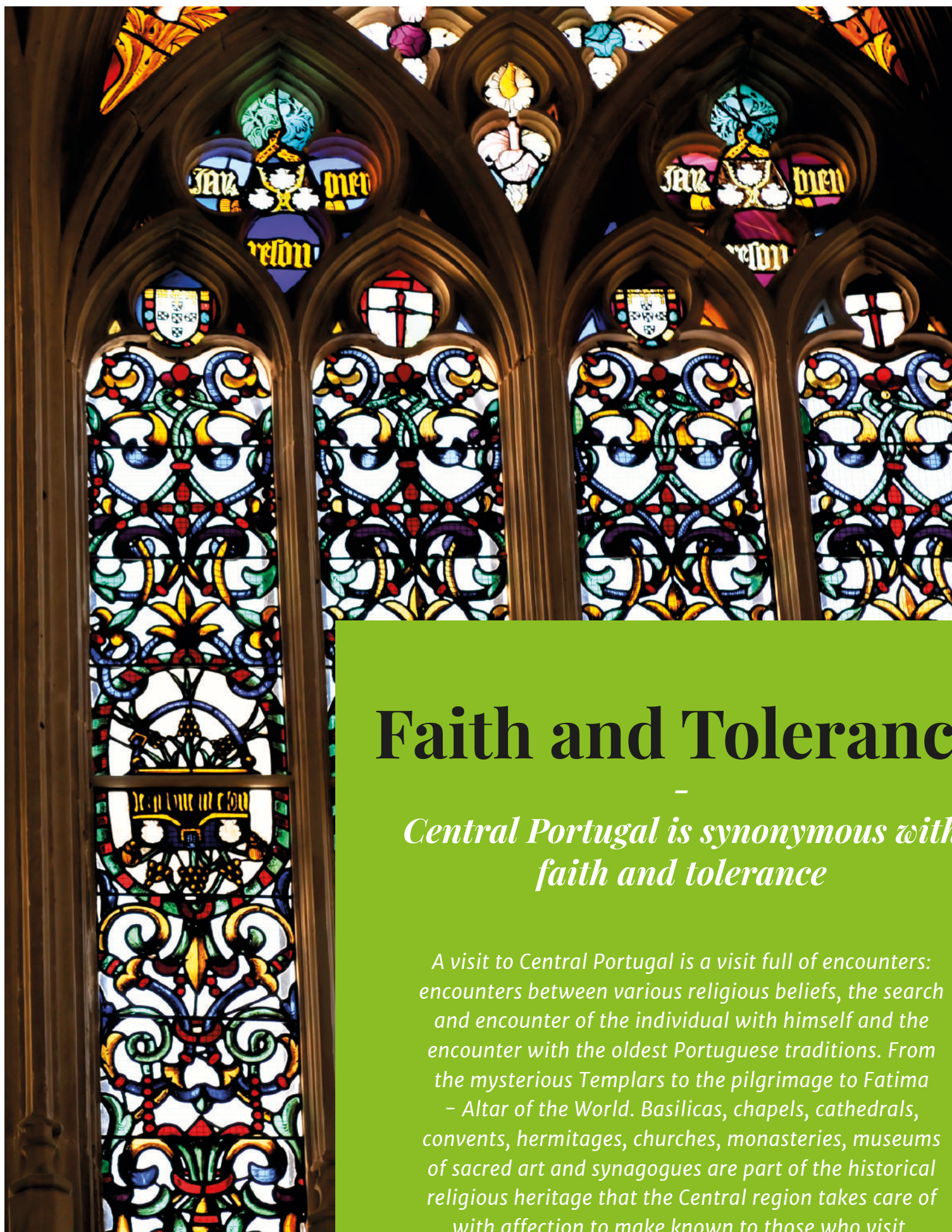












Faith and Tolerance

Central Portugal is synonymous with faith and tolerance

A visit to Central Portugal is a visit full of encounters: encounters between various religious beliefs, the search and encounter of the individual with himself and the encounter with the oldest Portuguese traditions. From the mysterious Templars to the pilgrimage to Fatima – Altar of the World. Basilicas, chapels, cathedrals, convents, hermitages, churches, monasteries, museums of sacred art and synagogues are part of the historical religious heritage that the Central region takes care of with affection to make known to those who visit.

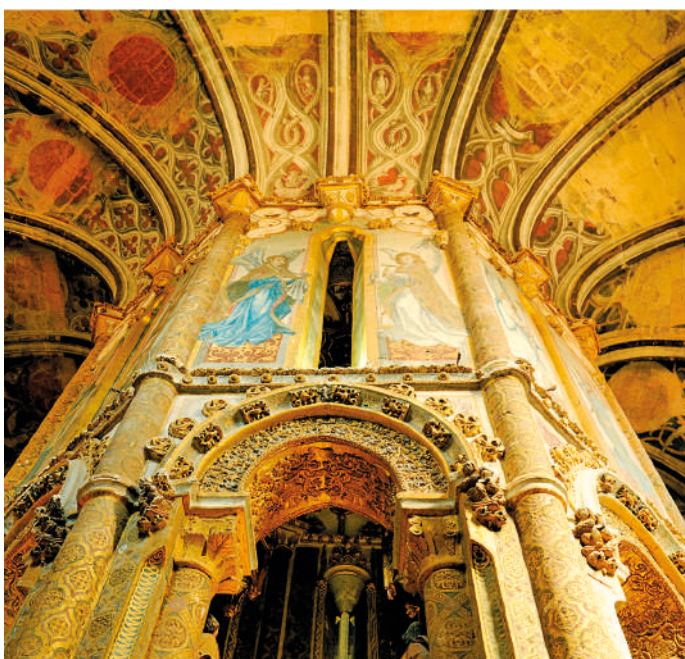


These references are scattered throughout the region, from the highest stone sculpture alluding to the Virgin Mary and the Three Shepherds, the beautiful Serra da Estrela; passing by the Sé Velha and the Convento de Santa Clara in Coimbra, descending a little further and entering the world heritage Monastery of Alcobaça (Mosteiro de Alcobaça) and Monastery of Batalha (Mosteiro da Batalha) as well as in the Convento de Cristo, in Tomar (former Templar headquarters).

There are many places of prayer, but there is one world known, called Santuário de Fátima (Shrine of Fatima).

And another that takes us on a pilgrimage from south to north to Galicia is the Caminho de Santiago, de Compostela. Peniche is a destination that may also surprise you, apparently geared towards the beach and nautical activities, it has a religious route that goes through eleven temples. Another destination is Nazaré, combined with the legend and miracle of D. Fuas





Roupinho, all will take you to the right place.

Religious Orders, Monasteries and Convents

There were several religious orders in the world, each with its own lifestyle, level of openness and rituals of consecration to its religion and community.

In Portugal, its presence has already been more pronounced in the past, either in terms of monastic orders (monks or nuns cloistered in monasteries) or friars or nuns living in convents, without goods and dedicated to those who need them most. In Alcobaça, the World Heritage Monastery had been granted by King D. Afonso Henriques to the Order of Cister, the most powerful Order of the country in the twelfth century also due to the wealth of Alcobaça, the artistic and intellectual centre of these monks.

The existence of other religions, as in the case of Judaism that kept its community for centuries living "in hiding" by virtue of the political and religious

surroundings, also left many marks and knowledge that made Portugal develop. And it was only in the twentieth century when Sephardic Jews opened their synagogues and Jews to the world, of which we highlight Tomar and Belmonte, to visit, was it understood that the national territory has a huge untapped Jewish cultural heritage

Festivities and processions

As an incentive to your visit, enjoy getting to know these spiritual destinations during the season of festivals and local processions, which so well complement the constructed heritage, celebrating moments of history in which the conquests and reconquests left no one indifferent.

Participate in the Festas da Rainha Santa (Coimbra), the pilgrimage processions and candlelight processions of a Nossa Senhora da Nazaré, Semana Santa (Holy Week) in Óbidos and visit Fátima on the 12th and 13th of May, to feel the spirituality and focus on the place and its Marian Shrine.

And every four years do not miss the great festival in Tomar, the Festa dos Tabuleiros or Festa do Divino Espírito Santo, where you will be blown away by and totally enchanted by the paper flowers which adorn this festival.

Source: Turismo de Portugal and Turismo do Centro

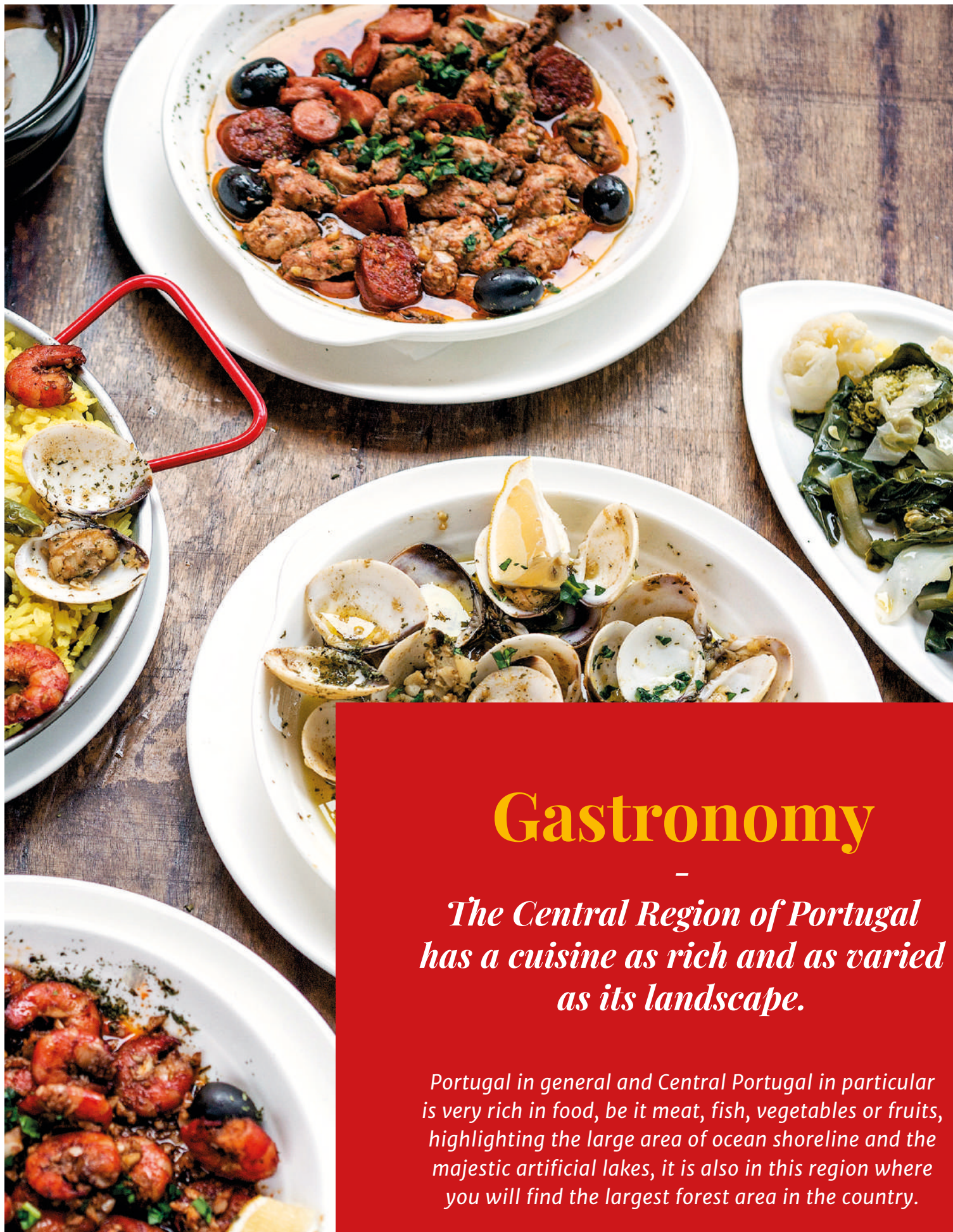












Gastronomy

*The Central Region of Portugal
has a cuisine as rich and as varied
as its landscape.*

Portugal in general and Central Portugal in particular is very rich in food, be it meat, fish, vegetables or fruits, highlighting the large area of ocean shoreline and the majestic artificial lakes, it is also in this region where you will find the largest forest area in the country.

We have the privilege of being able to delight in the freshness of the flavours from the sea, the purity of the flavours from the mountain and the desserts which leave you crying for more.

We have the vast ocean that offers us fresh seafood and fish that make the tasty stews (Ensopadas e Caldeiradas) especially the eels in the region of Aveiro. Inland, the many rivers and lakes provide other types of fish, such as Trout, which when simply grilled, are a delicious delicacy.

And because there are “1001” different ways to cook it, we have Bacalhau (salted Cod), which is a must for every Portuguese table, and which has a special place of honour in Ílhavo. Take the opportunity to visit the Ílhavo Maritime Museum and see the old fishing vessels – Santo André and Santa Maria Manuela – and learn more about this hard work that led the brave sailors to sail the distant and icy seas of Newfoundland and Greenland to fish and salt this delicacy.

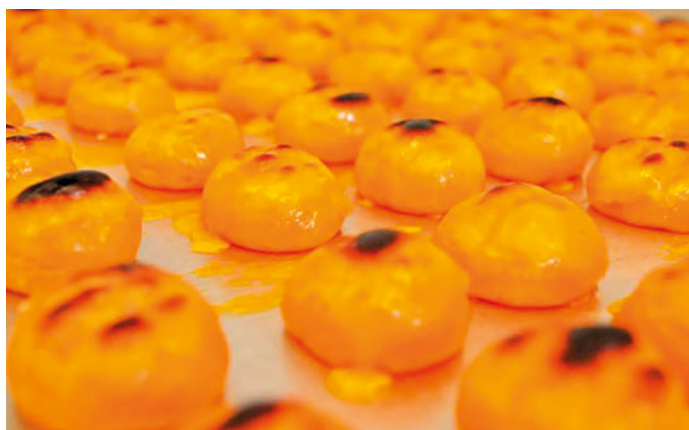
In the meat dishes, there is the oven-roasted suckling pig, which attracts people from all over the country to the restaurants of Bairrada. Further north in Viseu is the Lafões-style roast veal that stands out on the menus, and in the Castelo Branco region the speciality goes to pork prepared in various ways – stuffed tripe, Maranhos (stuffed offal) and a variety of sausages, each with its own distinctive taste. The oven-roasted goat is presented throughout the region and in the mountainous areas we can delight in the goat stew Chanfana, where the meat is slowly cooked in red wine.

Cheese has an important place in the gastronomy of the region. The most well-known one is undoubtedly the famous Serra Cheese, produced in the Serra da Estrela area. Semi-soft and of a buttery texture it is available throughout the year, but to have a more diverse choice and the opportunity to taste all variants there’s nothing like visiting the fairs dedicated to it in February and March. Other cheeses not to be missed are Rabaçal from Ansião and Penela, Castelo Branco, and the spicy Beira Baixa with its intense aroma. As there is such a wide selection to choose from it is best to bring one of each!

Cured pork and sausages are also another delicacy present in the lower border and extended throughout the centre of Portugal, a delicacy that is indispensable and readily available when meeting with friends, either in private homes or in restaurants where it is served as starters.

And as for sweets! in Aveiro it is mandatory to buy “Ovos-Moles” or soft eggs packed in wooden barrels or wrapped in filo type pastry, to enjoy during a city tour or to buy for a gift. Other delights not to be missed are





Ovar's sponge cake Pão-de-Ló and Viseu's egg nuts, named for the chestnut shape they often appear as, once again eggs and sugar are the main ingredients in these regional favourites. And we must not forget the pastries! – Tentúgal, Vouzela or Santa Clara in Coimbra, are names to remember and to order in the pastry shops.

All of these specialties are based on excellent regional products. Some of them we can taste and bring with us, such as the Olive Oil from Beira Baixa, which has a protected designation of origin, or honey that is produced in the Naturtejo area, Serra da Lousã and many other mountain regions.



And in Cherry season all roads will lead to Cova da Beira, one of the main producing areas of this delicious fruit. These are just a few examples of what we can taste, but there are always other aromas and flavours waiting for us.

We cannot forget the wines of the Centre of Portugal, where lush landscapes intersect with farms and manor estates in the demarcated wine regions with origins of the best and most exquisite Portuguese wines.

From the ruby reds to the sparkling wines to the refreshing whites that warm the body and soul, come and discover true treasures of Central Portugal.



Travel & Transfer Services Directory



| <i>Name</i> | <i>Adress</i> | <i>Contacts</i> |
|--|---|--|
| Lusonabão Aluguer de Automovéis sem condutor, Lda. | Rua João Oliveira Casquilho, n.º 31, 2300-576, Tomar | +351 933 018 057 www.lusonabao.pt lusonabaorentcar@gmail.com |

Hosting Solutions Directory



| <i>Name</i> | <i>Adress</i> | <i>Contacts</i> |
|--|--|--|
| Quinta do Lagar de São José | Avenida Vera Cruz n.º 71-74 2305-515, Paialvo, Tomar | +351 249 790 107 www.lagardesjose.com quintalagarsaojose@gmail.com |
| Sonetos do Tejo de Jaqueline H.S Uni, Lda | Rua do Tejo n.º 18-24, 2260-433, Vila Nova da Barquinha | +351 249 716 194 www.sonetosdotejo.com sonetosdotejo@gmail.com |
| Vale Ferreiros, Agro Turismo, Lda | Rua da Cabeça Alta, 328 2205-340, Abrantes | +351 926 711 263 www.vdf.pt info@vdf.pt |

Tourist Animation Business Directory



| <i>Name</i> | <i>Adress</i> | <i>Contacts</i> |
|-------------------------------|--|--|
| Nautimateus Unipessoal LDA | Zona Industrial das Lameiras, Lote 10, 2240-000 Ferreira do Zêzere | +351 912 575 464 www.nautimateus.pt nautimateus@gmail.com |

Legal Notes



Entry into Portugal Requirements

Entry into Portugal of foreign nationals from third countries is defined by reason of stay and length of stay. For short stays, foreign citizens must comply with the Schengen rules. For long term stays longer than 3 months, you must comply with current national legislation.

If you wish to visit Portugal for tourism purposes and you are a national of a country subject to a Schengen visa, you must apply for a Schengen visa in good time at the diplomatic or consular office in your area of residence, or at the embassy of the Schengen country which represents Portugal for this purpose.

In addition to tourism, the Schengen visa also allows entry into Portugal for up to 90 days, to foreign citizens who travel for professional and business, family, scientific, cultural, sports, political or religious reasons.

All foreign nationals wishing to stay in Portugal for a period of up to one year, or to establish their residence for more than one year, must apply for their long-stay visa – Temporary Stay or Residence – at the Embassy of Portugal in their country of residence or at the

Portuguese Embassy of the area of jurisdiction in that country.

Visas may be requested for the following purposes: investment, work (employed or self-employed), study, vocational training, research, highly qualified work or teaching, religious training, retirement and medical treatment.

All nationals of Member States of the European Union, of party States to the European Economic Area (EEA), of a State with whom the European Community has a free movement agreement, or third world nationals of family of Portuguese citizenship or family members of EU and EEA citizens are excluded from long-stay visa procedures. All these applicants only must carry, upon entry into Portugal, a Schengen visa, if applicable, and to register with the Aliens and Borders Service of the area of residence

This information does not relieve consultation of applicable legislation.

Source: Ministério dos Negócios Estrangeiros – Direção Geral dos Assuntos Consulares e das Comunidades Portuguesas

Residency Requirements

If you are a national of a country of the European Union, Iceland, Liechtenstein, Norway or Switzerland and you are staying for more than three months in Portugal, you should apply to the City Council of your area for a Certificate of Registration, formalizing the right of residence in Portugal.

After five consecutive years as a Registration Certificate holder, you may apply to the Serviço de Estrangeiros e Fronteiras (SEF) for a Permanent Residence Certificate. For further details on the requirements for this request please consult SEF.

If you are a national of a Third State (other situations) and you wish to establish residence in Portugal, you must hold a residence visa appropriate to the purpose of

the stay. This visa allows entry into Portuguese territory in order to apply for a residence permit with SEF.

Without prejudice to the applicable special legal provisions, the temporary residence permit is valid for a period of one year from the date of issue of the respective title and is renewable for successive periods of two years. After five years of temporary residence, holders may apply for a permanent residence permit.

Please note that in order to go to one of the service counters of SEF, you must make an appointment by telephone or through their website..

This information does not relieve consultation of applicable legislation.

Source: Serviço de Estrangeiros e Fronteiras (SEF)

Residency Authorization for investment activity

New legal provisions open the possibility for foreign investors to apply for a Residence Permit for Investment Activity to those who have regular entry into the national territory (holders of valid Schengen visas or visa-free beneficiaries) by means of capital transfers, job creation or real estate purchase.

Holders of Residence Permits for Investment Activities are entitled to:

- Enter Portugal with waiver of residence Visa;
- Reside and work in Portugal for a period not less than 7 days in the first year and not less than 14 days in subsequent years;
- Circulate through the Schengen area without the need of a Visa;
- Benefit of family reunification;
- Request the granting of Permanent Residency Authorisation under the Foreigners Act (Lei de Estrangeiros);
- Possibility to apply for the acquisition of Portuguese nationality by naturalization, fulfilling the other requirements by the nationality Law (Lei de Nacionalidade).

This scheme does not apply to citizens of Portuguese

nationality and to nationals of the European Union. and the European Economic Area.

Who can apply for a residence permit for investment activity?

Third-country nationals who pursue an investment activity, either in person or through a company, which as a rule leads to at least one of the following situations on national territory for a minimum of five years:

- Acquisition of real estate with a value of 500 thousand euros or more;
- Capital transfer of EUR 1 million or more (including investment in shares or shares of companies);
- Creation of at least 10 posts of work;
- Capital transfer in the amount of 250 thousand euros or more applied to support artistic production, restoration or maintenance of cultural heritage;
- Capital transfer in the amount of 350 thousand euros or more applied in scientific and technological research.
- Acquisition of immovable property in the total amount equal to or greater than 350 thousand euros (in urban rehabilitation area, or of buildings built over 30 years ago and rehabilitation works of acquired real estate):



- Transfer of capital in the amount of 500 thousand euros or more, intended for the acquisition of investment fund or venture capital units dedicated to the capitalization of small and medium-sized companies that present the respective capitalization plan. and proves itself viable.

In the case of real estate acquisition, how is the requirement fulfilled?

For investment through the acquisition of real estate worth 500 thousand euros or more, the value of this investment may be reduced by 20% (400 thousand euros) when made in low density territory.

This type of investment may be made individually or through a limited company of which the applicant is the partner.

For this type of investment, the Investor will have to demonstrate that he / she owns the real estate (or if unable to, through a promissory purchase and sale agreement, with a sum of 500 thousand euros or more), and do as the following:

- Acquire it on a co-ownership basis, provided that the ARI Applicant invests a value of 500 thousand euros or more;
- Acquire it through a limited company of which the applicant is a partner;
- Encumber the part that exceeds the amount of 500 thousand euros;

- Put it for lease or for exploitation for commercial, agricultural or tourist purposes.

More information on www.sef.pt

How can you apply for a residence permit for investment activity?

- Apply online at (<http://ari.sef.pt>) (Pre-registration required online) and submit the request to the Direções e Delegações Regionais do Serviço de Estrangeiros e Fronteiras.

- Scheduling to submit the request at the SEF service location via the ARI line which is open every working day from 09:00 to 17:30 via telephone +351 214236625.

Family Reunification

Holders of Residence Permits for Investment Activities are entitled to family reunification, access to permanent residence permits, as well as Portuguese nationality, in accordance with the provisions of the legislation in force.

Minimum periods of permanence

For the purpose of renewing a residence permit, you may have to show that you have met a minimum period of 7 consecutive days or not within the first year and 14 days in subsequent two-year periods.

This information does not relieve consultation of applicable legislation.

Source: Ministério da Administração Interna – Serviço de Estrangeiros e Fronteiras (SEF)

Tax Notes

Tax Scheme for non-habitual residents



Competitive advantages:

Taxation over a 10-year period at a flat IRS rate of 20% on labour income earned in Portugal. The absence of double taxation in the case of pension income and dependent and independent work earned abroad.

How can you acquire the non-habitual resident status?

- Not resident in Portugal in the last 5 years;
- Register as a tax resident in Portugal with the local Finance Office (you must have stayed in Portugal for more than 183 days, consecutive or not, or have stayed for less time there by December 31 of that year, living in conditions that suppose the intent to maintain and occupy it as a habitual residence);
- The application for registration as a non-habitual resident must be made electronically at the Finance Portal, after the act of registration as a resident in Portuguese territory and up to and including March 31 of the year following that in which he / she becomes resident in that territory.

Having obtained the Status of Non-habitual Resident, what is the rate and incidence of taxation applicable to income earned in the national territory?

In the case of dependent or self-employed work, the applicable tax rate is 20%.

Taxation is levied on income arising from activities of high added value, whether scientific, artistic or technical:

- Architects, engineers and similar
- Artists, actors and musicians
- Auditors
- Doctors and Dentists
- Teachers
- Psychologists
- Liberal professions, Technicians and alike
- Investors, Directors & Managers

Registration as a Non-Habitual Resident confers the right to be taxed as such for a period of 10 years from the year of your registration as a tax resident in Portuguese territory.

Having obtained the Status of Non-Habitual Resident, in which cases does the exemption from taxation of income earned abroad by Non-Habitual Residents in Portugal apply?

In the case of pensioners and retirees, when

- Income is taxed in the State of origin in accordance with the double taxation agreement entered by Portugal with that State;
- According to the criteria set forth in the IRS Code, income is not considered to be obtained by a Portuguese source.

In the case of income from dependent work, when:

- Income is taxed in the State of origin in accordance with the double taxation agreement entered by Portugal with that State, or;
- Such income is taxed in another State with which Portugal has not entered into any agreement to eliminate double taxation, provided that the income is not considered to be obtained in Portuguese territory by the criteria of article 18 of the IRS Code;

In the case of income from self-employment (from the provision of high value-added services, whether scientific, artistic or technical, or from intellectual or industrial property, capital income, property income or capital gains and other equity increases) when:

- Income may be taxed in the country, territory or region of origin, in accordance with an agreement to eliminate double taxation entered by Portugal with that State, or;
- Where there is no convention to eliminate the double taxation entered into, the OECD Model Convention (taking into account the observations and reservations made by Portugal) may apply and provided that the country, territory or region of origin has no privileged tax regime, and provided that income is not considered as obtained in Portuguese territory according to the criteria of article 18 of the IRS Code.

This information does not relieve consultation of applicable legislation

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