



# Steph's Quick Budget Fact Sheet

## Portugal - Algarve Region

### Quick Facts

- ✓ **Capital:** Lisbon
- ✓ **Language:** Portuguese
- ✓ **Population:** ± 478,000
- ✓ **Sq km:** ± 451,000
- ✓ **Currency:** Euro(€)
- ✓ **Country code:** +351 + city code
- ✓ **Visa:** Fore some countries, [check here!](#)
- ✓ **Alarm codes:** 112
- ✓ **Vaccinations:** Hep-A / Hep-B / (Rabies)



### History Recap Over 1 Drink

AD: Hannibal – Caesar. 711-1500s: Visgoths – Umayyads – Berbers (Muslims) – Alfonso I – John I – start colonization (Bartolomeu Dias). 1668: Spain independent from Portugal. 1807: Napoleon invasion. '46-'47: Civil War. 1910: Republic. '11: Separation church-state. Arriaga pres. '16-'18: WWI, Allied. '26: Military coup, Carmona pres. '32: Salazar prime minister (pm). '33: Estado Novo constitution. '36: Salazar backs Franco in Spanish Civil War. '39-'45: WWII, neutral, but allows UK to use air bases in Azores. '47: Revolt crushed. '49: Founding member NATO. '55: Joins UN. '55: Indian opposition to Portuguese territory. '58: Tomas pres. '61: Rebellion Angola, Guinea & Mozambique. '68: Caetano pm. '74: Coup, Spínola pres, then Costa Gomes. '74-'75: Independence colonies Guinea-Bissau, Mozambique, Cape Verde, São Tome, Principe & Angola, (Timor). '76: Parliamentary elections, Soares pm, Eanes pres. '85: Silva pm. '86: Member EEC (later EU). Soares pres. '95: Guterres pm. '96: Sampaio pres. '99: Macau handed over to China. 2002: Euro € introduced. Barroso pm. '04: Santana Lopes pm. '06: Silva pres. '07: Mass demonstrations against economic reforms. Abortion legal. Portuga: EU presidency. '09: Socrates pm (corrupt). '10: Economic crisis in Europe. '11: EU financial assistance → bailout. Severe spending cuts & tax rises. Strikes. '15: Costa pm.

### Travel Seasons

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Spring												
Summer												
Autumn												
Winter												
Budget												

Altitude: 0-11m. Climate: Warm-summer Mediterranean climate (Csb).

### Bucket List For Free

- ☺ **Loulé:** Market, Castelo de Loule / [Museu Municipal](#) (free for students), Trilho da Fonte Benemola (hiking).
- ☺ **Faro:** Stroll around the historical inner city & harbor.
- ☺ **Olhão:** Museu Municipal, the city is worth a look.
- ☺ **Monchique:** There are many indicated trails which are all free. Recommended: The trail to Mount Foia. ➡
- ☺ **Carvoeiro:** The geological formations of Algar Seco & the modern boardwalk.

### Worth The Extra \$€¥

- 👍 **(Outdoor)sports:** Scuba-dive, jetski, segway, stand-up paddle board, 4WD, ATV, kart, golf, tennis, kayak, cano, parasail, surf.
- 👍 **Other:** Boat trip to [Ilha Deserta](#) (Faro), Igreja do Carmo (Faro), [Rio Formosa Natural Park](#) (Olhão), boat tours to the secluded beaches of Carvoeiro.
- ☺ **Beaches:** Praia Ancão (Almancil), Azul & Trafal (Quarteira), de Falesia (Faro), Gigi (Olhão), Marinha & Carvalho & Vale de Centeanes (Carvoeiro).

## Budget Bites

- ⌘ **Big supermarkets:** Lidl, Aldi, Pingo Doce, Continente, Apolónia.
- ⌘ **Markets:** Mercado Municipal de Loulé.
- ⌘ **Local food:** Mariscos (sea food), Arroz de Pato (duck risotto), Bacalhau (fish), Porco Preto (pork), Cozido a Portuguesa (stew), Caldo Verde (soup), Feijoada (meat-bean stew), Amêijoas à Bulhão Pato (clams), Alheira de Mirandela (sausage), Queijo da Serra (cheese), Bolo do Caco (bread), Polvo à Lagareiro (octopus), Arroz Doce (desert).
- ⌘ **Go vegan:** Being vegan is ridiculously easy in Europe and also in Portugal. Every bigger supermarket has an endless supply of vegan products and there are many vegan/vegetarian restaurants. Check them here: [Happy Cow – Algarve](#).

## Mama Said

- ☠ The Algarve is, as most parts of Europe, a pretty safe region... but use your common sense like everywhere. Don't walk anywhere alone after sunset, don't take valuables along and always follow your instinct.
- ☠ Boycott zoos or aquariums like Lagos Zoo, Krazy World and Zoomarine where animals are held in captivity.
- ☠ Tap water is drinkable.
- ☠ Only use licensed cabs or take an Uber.
- ☠ Avoid Albufeira. Can't stress if often enough.

## Next?

- In Portugal: Lagos, Sagres, Tavira, Lisbon.
- International destinations close by: Spain.

## Sleep Cheap

- ❖ Hostels and alternative accommodation are not cheap in Portugal. Camping is a good option and wild camping is possible at the beach at in nature. Find a hostel list [here](#).
- ❖ Go [Couchsurfing](#) or [house-sitting](#)! Also check [WorkAway](#).

## Festivals

- ⚙ Nature Week: May, Algarve.
- ⚙ Festival Med: June-July, Loulé.
- ⚙ Feira Medieval de Silves: Aug, Silves.

## Nights Best Spent

- ◆ Nightlife areas: The most famous nightlife area is Albufeira, but this is really low class. Bars can be found in every beach town.
- ◆ [Teatro das Figuras](#), Faro.

## Free-Riding?

- The towns in the Algarve region are usually rather small, so within the city center most things are on walking distance.
- The Algarve has relatively good roads and biking can be great fun. In summer it's too hot during the day.
- City buses and trains operate between different towns in the Algarve and the rest of Portugal, but don't go very often. For a good overview check the [official](#) and [unofficial](#) website.
- Airport: Aeroporto de Faro (FAO).
- Hitch-hiking is relatively safe, although not very common. You can also use apps like [Blablacar](#) to get a cheap(er) ride.

Tip: Triposo Portugal app.