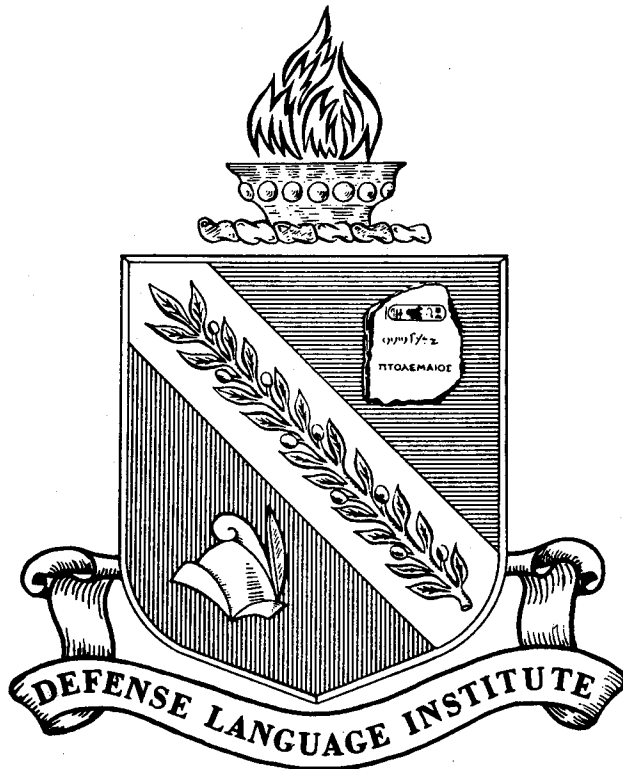


HEADSTART

PORTUGUESE PROGRAM

CULTURAL NOTES

PORTUGAL



OCTOBER 1979

**Prepared by
DEFENSE LANGUAGE INSTITUTE, FOREIGN LANGUAGE CENTER**

PREFACE

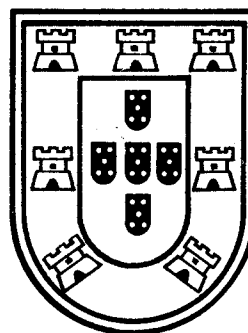
The Portuguese Headstart Course has been designed to impart a basic level of proficiency in Portuguese encompassing comprehension, speaking and minimum useful skills in reading and writing. Someone who completes the program successfully will be able to understand and express a range of daily needs which include simple social demands, as well as certain service-oriented uses of the language.

Special emphasis has been placed on teaching useful phrases from common-life situations, and the materials provide expressions and terms related to activities of special interest and importance to service personnel.

The development of the Portuguese Headstart Course has been a joint effort of the Defense Language Institute, Foreign Language Center (DLIFLC), and the NATO forces of Portugal, the United Kingdom, and the United States.

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ABOUT PORTUGAL

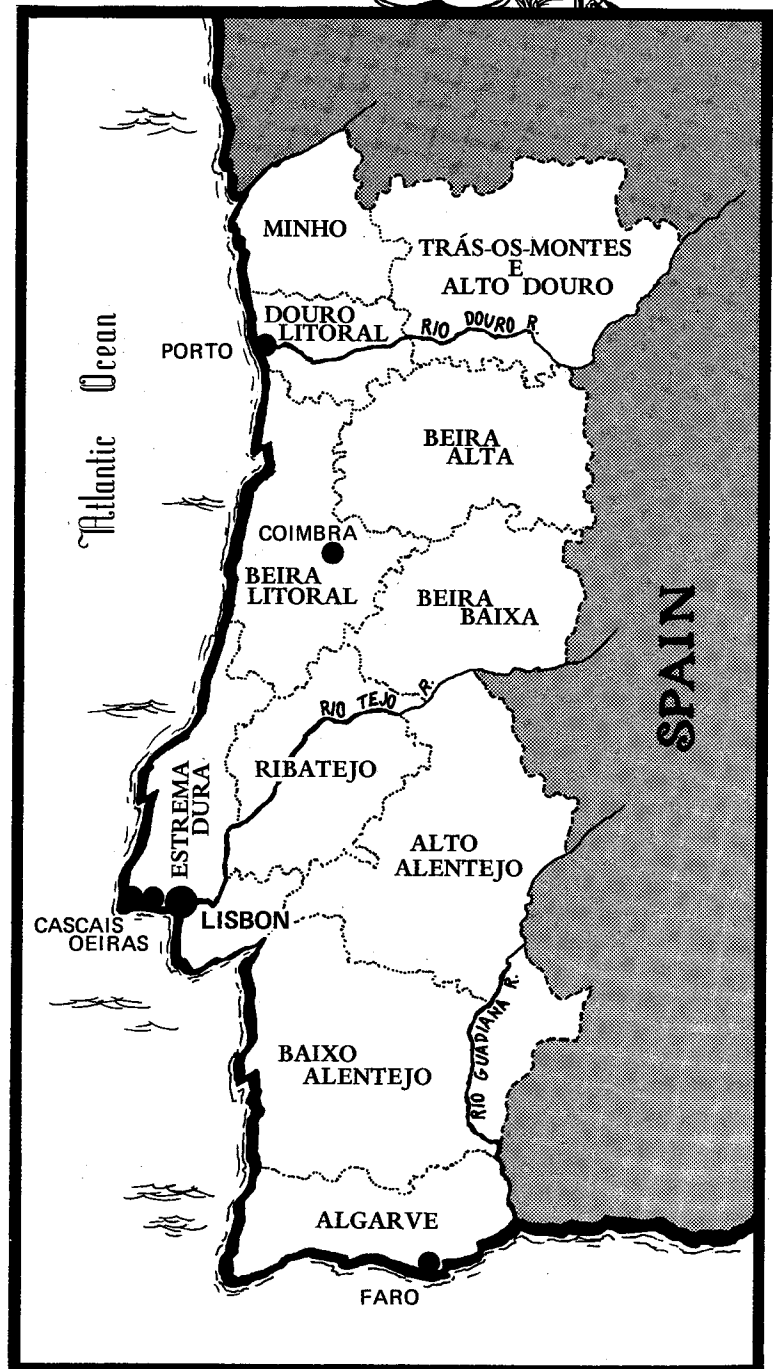
You are, or will soon be, in Portugal. Since you will find the customs quite different from those you are familiar with, it is a good idea to understand a little about the Portuguese before you arrive.

Portugal is located on the Iberian Peninsula, west of Spain. Although most Portuguese can understand some Spanish, it is considered an affront if a foreigner (*estrangeiro*) assumes that Spanish is spoken here.

You will find the Portuguese, for the most part, to be very friendly and courteous. The general temperament is evident in the "fado," the typical music of Lisbon (*Lisboa*), which is full of "saudade," - a word which defies translation but tends toward nostalgia.

More than anything else an attempt to use the Portuguese language will win friends and influence people here. The traditions and culture of the U.S. will not impress the Portuguese, as Lisboa was old when it was declared a Roman municipality in the first century A.D.!

Portugal is, of course, a member of the North Atlantic Treaty Organization (NATO) and maintains a Headquarters for the Commander, Iberian Atlantic Area (COMIBERLANT) in Oeiras, about midway between Lisboa and Cascais.



WELCOME

You will most likely arrive in Portugal by air, landing at Lisbon International Airport. You will find the Customs (Alfândega) officers to be courteous, as long as you have complied with the regulations concerning currency. You are not allowed to bring in more than one thousand escudos, the basic unit of Portuguese currency. One thousand escudos was approximately \$25 in 1977. There are no restrictions on bringing into Portugal U.S. dollars or British pounds.

MONEY

Currency in Portugal is easy to deal with. Bills are differentiated by size and color, the size according to denomination. Bills of 20, 50, 100, 500 and 1000 escudos are used. Coins (moedas) are 10, 20 and 50 centavos, 1, and 2 1/2, 5, 10, and 20 escudos. The ten and twenty escudo coins are rare as they are sought by collectors.

Money is usually spoken of in terms of escudos and centavos (100 centavos equal one escudo), but colloquial usage includes the "tostão" and the "conto," units of ten centavos and 1,000 escudos respectively. Thus, 50 centavos become "cinco (5) tostões," and 5,000 escudos are "cinco contos."

A holdover from an old method of counting money sometimes results in the 2 1/2 escudo coin being called "dois e quinhentos" (two and 500). You will soon become familiar with these units if you shop on the local economy.

NOW THAT YOU'RE HERE..... WHERE TO LIVE?

Temporary housing in the area should be arranged for you by your sponsor before you arrive. Most hotels offer the European version of breakfast (pequeno almoço) which is included in the basic charge for a room. Breakfast consists of coffee (café) and a roll (bolinho). For a bit more, you can have half-board (meia pensão), which includes your breakfast and dinner, or full board (pensão completa), which includes all meals.

A house (vivenda) or apartment (andar) is either furnished (mobilado) or unfurnished (sem mobílias). An unfurnished dwelling is completely empty: the tenant (inquilino) must provide light fixtures, carpet, appliances, curtains and rods, etc. "Furnished," however, means that you need not bring anything but your own clothes and a toothbrush! There will normally be silverware, dishes, towels, linens, etc.



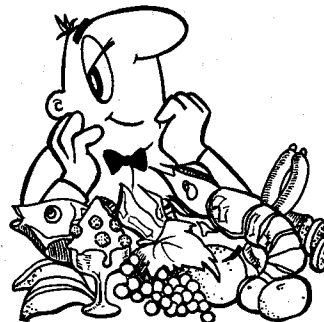
DOMESTIC HELP

Although prices for maid service have risen drastically in the past few years, maids are still common in the homes of foreigners and many Portuguese. Most common is the "mulher-a-dias," a day maid, usually hired for two to five days a week. In 1976 the salary for a day maid was 20 to 30 escudos per hour, depending on meals and transportation arrangements.

A "live-in" maid (criada) is less common, partially due to the higher cost. Another factor is that, for a full-time employee, the employer must pay into the "caixa" (social security fund), provide holidays and health insurance, and meet several other requirements which make the hiring of full-time employees impractical for all but the wealthy.

A gardener (jardineiro) can usually be hired from within the neighborhood at a reasonable rate, depending on the size of the yard. If you choose to have one, you will likely "inherit" the gardener from the previous tenant.

The gardener and maid are respected in Portugal as professionals and you should treat them accordingly. An atmosphere of mutual respect will ensure that you get the maximum benefit from their service.



FOOD

Sooner or later, you will want to sample Portuguese cooking (cozinha portuguesa) in a restaurant. Make sure you are hungry and have plenty of time, since meals here can last upwards of two hours and include several courses.

Portuguese soup (sopa) is more filling than its American counterpart, and the bread (pão) is delicious. Because of this, many visitors eating in Portugal for the first time find that the soup course is as far as they get!

Following the soup course (assuming you are still hungry), there is usually the fish (peixe) course. Sole (linguado) and cod (bacalhau) are plentiful and very good and are prepared in a multitude of ways.

Meat (carne) is also good. Steak (bife) is probably the most common meat dish, although pork chops (costeletas de porco) are becoming more popular. You will likely be served more potatoes (batatas) and vegetables (legumes) than you can eat, and all will be delicious.

Dessert (sobremesa) in Portugal is a course which often lasts a long time, since an integral part of dessert is the coffee (café) with brandy (aguardente). Cakes (bolos), pudding (pudim), and ice cream (gelado) are the common offerings. More exotic are bananas flambé, rum omelettes, and baked Alaska.

A word here about drinking is appropriate. Although consuming relatively large quantities of wine (vinho) and brandy at a meal is socially acceptable, public drunkenness is definitely not! Treat the vinho with caution.

SNACKS

If you are just looking for a snack or a cool drink, there are plenty of snack bars and sidewalk cafés where you can order a steak sandwich (prego) and beer (cerveja), or just a coffee with brandy. Having your coffee with brandy in a sidewalk café is very much a Portuguese custom.

You can also try the "tasca," a small restaurant usually seating about 15 people, which normally has very good food at a reasonable price.

In restaurants and cafés a "service charge" is usually included in the bill (conta). However, it is customary to leave any small change received from your bill as a tip.

INVITATIONS

The custom of Dutch treat is rare in Portugal; so, if you invite someone to a restaurant, be prepared to pay the entire check. Perhaps because of this custom, an invitation to a meal in Portugal is not given lightly. A dinner invitation to a Portuguese home is even rarer, usually extended only to friends. Because the home is the center of Portuguese life, only those who are trusted friends are invited into it.

If you are fortunate enough to receive such an invitation, there are some customs which should be kept in mind. It is customary to send flowers to the hostess the day after the event.

Arrival time is usually flexible, as lateness in Portugal is almost fashionable. However, the privilege of being very late is reserved for high-ranking people. Usually, arriving within 15 to 20 minutes of the prescribed time is correct. Under no circumstances arrive early.



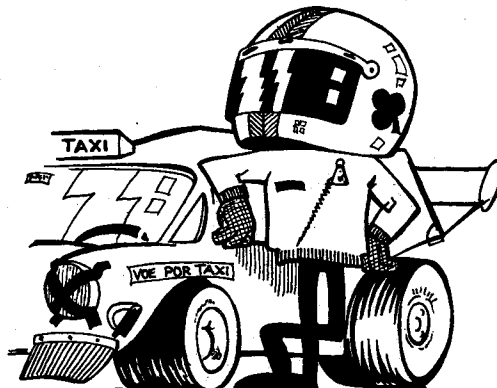
GREETINGS

When Portuguese meet or part, they shake hands, as do most Europeans. This extends even to close friends and co-workers. Among social or personal acquaintances, an embrace with a kiss on both cheeks between women, or men and women, is common. The visitor should follow the lead of the Portuguese in this regard.

TRANSPORTATION

Getting from one place to another is fairly easy and inexpensive. Public transportation is plentiful and is sometimes preferable to braving the streets in your own car. Parking is critical, particularly in the Lisboa area.

There is a commuter train (comboio), which travels between Lisboa and Cascais, stopping at all cities between. Busses (autocarros) run within and between the cities on regular schedules and are quite reasonable for shopping and getting around.



Taxis are plentiful, and relatively cheap. Within Lisbon, they must be hailed on the street. In most restaurants, a busboy will hail a cab for you when you are ready to leave. A tip of about 2 1/2 escudos is appropriate for this service.

In Lisbon suburbs taxis can be phoned or hailed at a train or bus station. Taxis charge for a round trip; that is, you pay the driver for mileage from the starting point (where the taxi was when you hailed

it) to your destination and back to the starting point -- whether or not you are in the cab when he returns. For this reason, it is difficult to hail a cab on the streets in Lisbon suburbs, even though they are empty. They are not allowed to pick up fares while on a "return trip."

Many taxi drivers speak at least some English, some a great deal. Those who speak English can usually be hired for a day or half-day of sightseeing at a reasonable price.

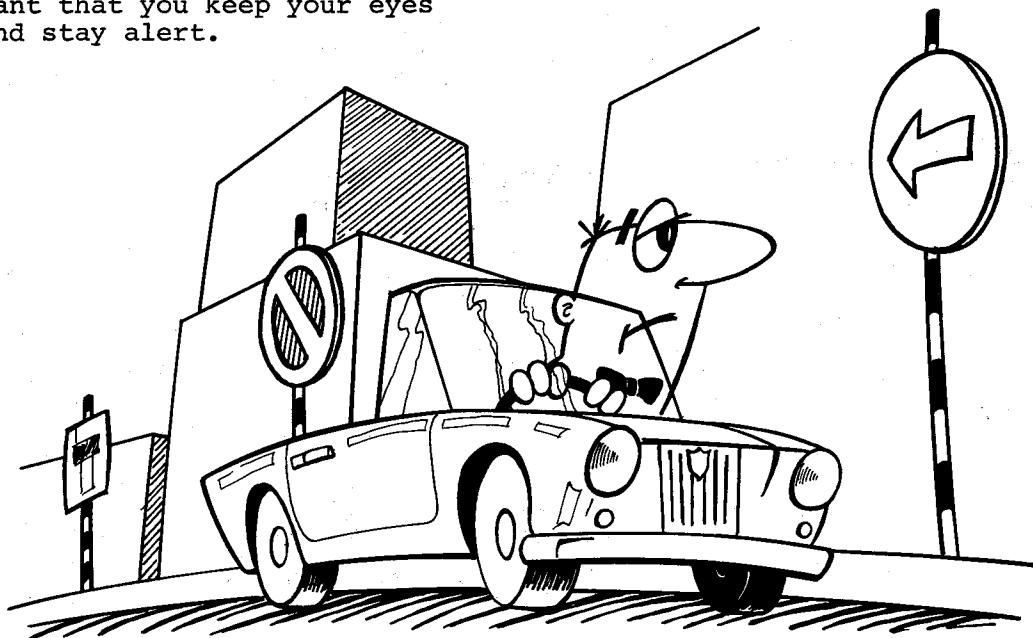
DRIVING

If you drive your own car, be prepared to pay the equivalent of more than three American dollars for a gallon of gas (gasolina), and a comparable price for diesel fuel (gasóleo). Motor oil (óleo) is close to U.S. prices. If asked, service stations will check your water (água), oil, or tires (pneus), for which a small tip is appropriate, but not required.

Driving in Portugal could require an entirely new vocabulary, depending upon where you learn your Portuguese. The best advice is to keep your eyes open, stay alert, and obey all traffic signs and signals. This could, at times, involve going against the flow of traffic, in which case it is particularly important that you keep your eyes open and stay alert.

There are, to be sure, many rather colorful expressions employed by the Portuguese in traffic situations. You will no doubt hear them if you drive! Common expressions used are "desculpe" (I'm sorry) and "A culpa não é minha" (It's not my fault.).

In general, you should assume that the other driver doesn't see you, the traffic signals, the lane markings, or even the road. Driving is extremely competitive here, so your participation must be either totally offensive or totally defensive. The latter course is definitely recommended for newcomers.



SHOPPING

Shopping in Portugal can be an adventure or a chore, depending upon your approach to it.

Clothing (roupa) and shoes (sapatos) are sometimes more expensive than in the States, when purchased in clothing and shoe stores. A fair (feira) or open market (mercado), however, can be a paradise for someone who likes to bargain over prices (preços). Useful phrases for this pastime are (muito caro) (very expensive), mais barato (cheaper), and, in case of complete disagreement, "não" (no!).

The Portuguese custom is to shop for food every day as you need it. You will notice, if you have rented a furnished place, that the refrigerator is very small. Very little food is stored, as fresh vegetables are normally bought daily. Small neighborhood markets abound, and in most areas a truck will come around daily selling vegetables, fruits, and eggs at very reasonable prices. Also, outside of Lisbon, bread and cakes are sometimes delivered door-to-door.

For those who lack the competitive spirit, there are supermarkets in most areas. Pão de Açúcar and



Expresso are chain markets for one-stop shopping.

Expresso sells mostly food, but Pão de Açúcar handles everything imaginable -- a sort of combination supermarket and department store. Prices at these markets are higher than in the small markets, but the convenience of paved parking lots and a single stop for all needs make them especially attractive to the shopper in a hurry.

REPAIRS

Life in Portugal is in some ways less hectic than in the U.S. You may find that this is true for the plumber (canalizador) and the electrician (electricista).

Useful expressions for patrons of these patient people are "Muito urgente" (very urgent) and "rápido" (fast). Typical replies are "amanhã" (tomorrow) and "próxima semana" (next week). Following this exchange, you might ask "Quanto custa?" (How much does it cost?) and discover that doing the work faster equates to "mais caro" (more expensive).

If your car needs repairs, expect to wait a bit longer than you probably would like. In case of a car collision, you will have to wait a minimum of two to three weeks -- first, because there are so many collisions in Portugal that the body shops are always filled; second, because the bate-chapas, the body men, believe in the old way of working with hammer and small anvil to gradually bring out the dented part to the original shape. You will find that franchised dealers work a little faster and are generally more reliable than the smaller, independent shops.

LEISURE ACTIVITIES

Relaxation is almost a way of life here, and there are many places to relax. Most cities have several parks (parques) where people can just sit and enjoy the trees and flowers.

The Lisbon Zoo (Jardim Zoológico) is a great place to relax -- or wear yourself out if that's your pleasure. There are rides and games for the children, a very good restaurant, roller skating and plenty of benches for picnics, people watching or animal watching.

All through the Lisbon area there are museums (museus), theatres (teatros), and movie houses (cinemas). Movies are shown in the original language with Portuguese subtitles. You may find that watching an American or English film with Portuguese subtitles will help you in your language study.

Watching a movie here is a bit different from the way it is done



in the States. Every movie has at least one intermission (intervalo) -- usually taken at an unsuitable point in the film -- during which the patrons retire to the bar for the inevitable (you guessed it!) coffee with brandy.

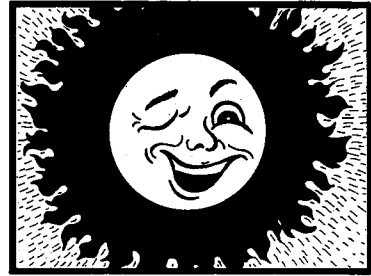


Photo courtesy of Heyward Associates, Inc.

FUN IN THE SUN

One of the most universal pastimes here is visiting the beach. In the summer, the beaches are normally crowded by 9 a.m. and stay that way until sundown.

Strangely enough, most people at the beach don't swim. Sunbathing and visiting seem to be the order of the day. It is not unusual to see an entire family on the beach, complete with picnic lunch and jug of wine with the mother fully dressed and knitting; the young children fully undressed and building sand castles; and the other relatives chatting.



SPECTATOR SPORTS

Spectator sports in Portugal take two forms -- bullfighting and soccer (futebol). Bullfighting is different here than in Spain and other countries in that the bull is not killed.

Soccer is played universally, much as our football and baseball are in the States. Small boys play it in the streets, in yards, at the school or in any available space. School and professional teams are very competitive with many matches during the season televised.



Photo courtesy of Heyward Associates, Inc.

RADIO AND TELEVISION

Most radio and all television broadcasting is state-owned and relatively free of commercials. To meet the cost of providing this service, the government requires all radio and television sets to be licensed and collects annual fees on them. This is not normally enforced in the case of NATO personnel.

Portugal has two television stations. Program I broadcasts from 1800 - 2400 daily and Program II broadcasts from 2030 - 2330 daily. TV programs and movies from overseas are broadcast in their original language with Portuguese subtitles.

RELIGIOUS SERVICES

Because of a long history of friendship with Great Britain and contact with other sea-going peoples, there are many religious groups represented in Portugal besides the official national Catholic Church. Included among these are:

Irish Dominican Church
Baptist Evangelical Church
Church of England
Church of Scotland
Danish Seamen's Mission (Lutheran)

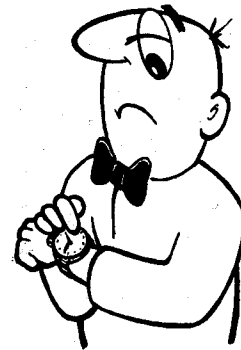
French Church of St. Louis
German Evangelist Church
Italian Church of Loreto
Shaare Tikva Synagogue

PORTUGUESE NATIONAL HOLIDAYS

January 1	New Year's Day
April 25	Revolution Day
June 10	Camões Day
June 13	St. Anthony's Day
August 15	Assumption Day
October 5	Day of the Republic
November 1	All Saints' Day
December 8	Immaculate Conception
December 25	Christmas

BANKING HOURS

Portuguese banks are open from 9 to 12 Noon and from 2 to 3 Monday through Friday. No banks offer weekend service.



SHOPPING HOURS

Monday through Friday stores are open from 9 to 1 and from 2 to 7. On Saturdays stores are only open from 9 to 1.

QUIZ

1. Spanish is the main language of Portugal.
2. Portugal is a relatively young country.
3. If invited to a Portuguese home for dinner you send flowers to the hostess the day after.
4. "Pequeno almoço" normally includes bread, coffee and brandy.
5. If your house is rented "sem mobílias," you must usually provide your own lights and curtains.
6. If your "mulher-a-dias" doesn't work properly, you should call a "canalizador."
7. Usually, "sopa" is the first course of a Portuguese meal.
8. "Linguado" is smoked tongue, served with Hollandaise sauce.
9. A "tasca" is a small restaurant.
10. "Estrangeiros" are not usually invited to dinner in a Portuguese home.
11. You should always be early when invited to a Portuguese home.
12. Portuguese normally only shake hands with friends.
13. Public transportation is plentiful and cheap in Portugal.
14. In Lisbon suburbs, taxis can be called on the phone.
15. Gasoline is cheap in Portugal.

TRUE	FALSE
_____	_____
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16. Portuguese drivers are careful and disciplined.
17. "Mercado" is the Portuguese word for "inexpensive."
18. Repairs are sometimes slow in Portugal.
19. Soccer is a popular sport in the Lisbon area.
20. Portuguese bullfights are just like those in Spain.

_____	_____
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Check your answers with the key below.

11.	F	11.	F	1.	F
12.	F	12.	F	2.	F
13.	T	13.	T	3.	T
14.	F	14.	F	4.	F
15.	T	15.	T	5.	T
16.	F	16.	F	6.	F
17.	T	17.	T	7.	T
18.	F	18.	F	8.	F
19.	T	19.	T	9.	T
20.	F	20.	F	10.	T

KEY: