

**Best4  
OLDER  
LGBTI**



Co-funded by the Rights,  
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**CASO50+**



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**CINTESIS**  
Health. Research.



**Porto.**

28th February 2019  
Portugal



# INTERNATIONAL LAUNCH CONFERENCE OF THE Best4OlderLGBTI PROJECT SEXUALITY IN OLD AGE: TIME FOR EQUALITY AND INCLUSION

**PORTO, FEBRUARY THE 28<sup>TH</sup> 2019**

🕒 09.30 / 17.30 | ICBAS, Porto University

📍 Rua Jorge de Viterbo Ferreira, nº 228 - 4050-313 Porto (Portugal)

Registration and information:

<https://www.best4older-lgbti.org/events.html>

## Conference Venue

ICBAS (Instituto de Ciências Biomédicas Abel Salazar), Porto University.

Address: [Rua Jorge de Viterbo Ferreira, nº 228 - 4050-313 Porto.](https://www.best4older-lgbti.org/events.html)

**Salão Nobre | Main Building | 4th floor**

# Venue



**Meeting Venue**  
ICBAS.UP

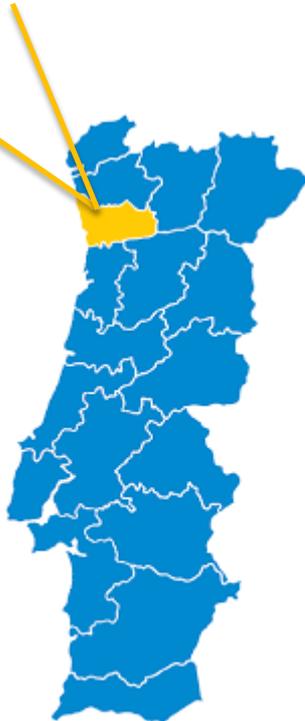
## Nearest bus stop:

**A:** Hospital St. António (HSA5)

**B:** Palácio (PAL4, PAL5)

**C:** Palácio (PAL2, PAL3)

# General information

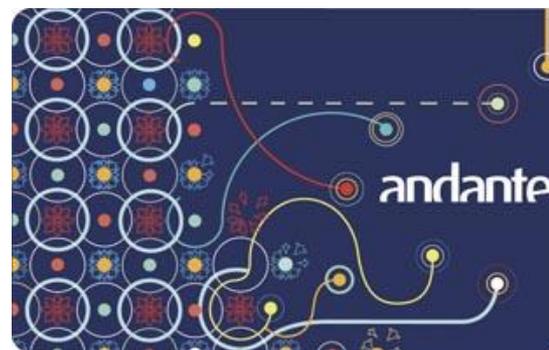


- The city of **Porto**, with an area of 42km<sup>2</sup>, is the **second largest city** in Portugal. It is located in the north of the country, on the **North-western part of the Iberian Peninsula** and lies to the right hand side of the **river Douro** in close proximity to its mouth.
- The Francisco Sá Carneiro Airport is located at 11km from Porto.

## How to get to Porto centre from the airport?

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- The quickest and most efficient way to reach Porto's city centre from the airport is by **metro - line E-Violet (Aeroporto – Estádio do Dragão)**.
- This line operates daily from **06:00 - 01:00** and takes about 30 minutes to get to the city centre (either **Trindade** or **Bolhão** station).
- The **Andante** ticket is mandatory and can be purchased at any of the automatic ticket machines in the Metro station – occasional ticket (Z4). It costs 2.45€, is valid for 1 hour and 15 minutes and is also rechargeable.



# To travel around the city

## BY METRO:

- Runs daily between 06:00 - 01:00, and has 6 lines that connect the outskirts of the city to the centre (For more info please check: <https://en.metrodoporto.pt/>)
- The Andante travel pass can be bought at the Andante shops, Andante sale points, STCP service points, train station ticket offices with Andante sale points and in the Mobility Centre (S. Bento railway station).
- The Andante occasional ticket, from Z2 to Z12, depending on the number of zones included in your journey, can also be purchased from the automatic ticket machines in the Metro stations and from the Tourism Office – Centre (25, Rua Clube dos Fenianos). This ticket is valid for the minimum of an hour and is rechargeable.
- There are also Andante Tour tickets, 1 day – 7.00€ (available at the Trindade metro and S. Bento train station ticket offices) and 3 days – 15.00€ (also available at the Trindade metro station and the S. Bento train station ticket offices). This ticket allows you unlimited travel on bus and metro.



**Airport**



E Line (Violet): Airport – Trindade (Z4 ticket)

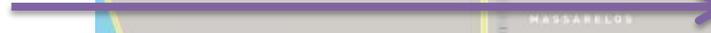
## Important Info:

Trindade station is the central station. From there you can go everywhere in town (You can plan your travel here: <https://en.metroporto.pt/pages/391>)

Please bear in mind that you need to choose the ticket that suits you the most. Always validate your ticket (there is yellow machines in every station).

Regarding our meeting venue, Aliados station (Yellow Line) is the nearest.

**City centre**



# To travel around the city



## BY BUS (STCP):

- Daytime service: 05:00 - 00:30 (Some lines only run until 21:00)
- Night service (Lines 1M to 13M): 00:00 - 05:00
- You can use the Andante travel pass (the same for the metro).
- It is also possible to get a Single Trip Ticket (Título Agente Único) in the bus (bought for that trip only) - 1.85€.



Looking forward to see you!



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