

Riskline / Destination Report

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PORTUGAL

Overall risk level

Low	Moderate	Medium	High	Extreme
Take normal safety precautions	Take normal safety precautions	Exercise caution	Reconsider travel	Defer non-essential travel

The Overall Risk Level will be determined by the higher of the Security Risk Level and Covid-19 Risk Level.

Security risk level

Low	Moderate	Medium	High	Extreme
Take normal safety precautions	Take normal safety precautions	Exercise caution	Reconsider travel	Defer non-essential travel
Safe, with few security risks	Generally safe, with some predictable security risks	Not completely safe, but typically presents predictable security risks	Can be dangerous and may present unexpected security risks	Extremely dangerous and presents unpredictable security risks
Travel is possible with an expectation of routine disruptions and delays	Travel is possible with an expectation of routine disruptions and delays	Travel is possible, but there is a potential for disruptions	Travel is possible, but there is a potential for disruptions	Chaotic; travel impossible

Covid-19 risk level

Low	Moderate	Medium	High	Extreme
Take normal safety precautions	Take normal safety precautions	Exercise caution	Reconsider travel	Defer non-essential travel
Travellers should take normal precautions when travelling to Low Risk locations, which have limited or no restrictions on international travel and domestic activities.	Travellers should take normal precautions when travelling to Moderate Risk locations, which have few restrictions on international travel and limited or no restrictions on domestic activities.	Unvaccinated travellers should exercise caution when travelling to Medium Risk locations, and vaccinated travellers should take normal precautions. These locations may have some restrictions on international travel, but few restrictions on domestic activities.	Unvaccinated travellers should reconsider their need to travel to High Risk locations, and vaccinated travellers should exercise caution. These locations may have severely restricted international travel and partially restricted domestic activities.	Unvaccinated travellers should defer non-essential travel to Extreme Risk locations, and vaccinated travellers should reconsider their travel. These locations may have severely restricted international travel and domestic activities.

Overview

Upcoming Events

10 March 2024 - 11 March 2024

● **Moderate risk:** Snap election to be held on 10 March 2024

President Marcelo Rebelo de Sousa called for snap elections to be held on 10 March 2024, after former prime minister António Costa of the Socialist Party resigned over an ongoing corruption probe into his office.

Travel Advisories

Summary

Overall ● Low Risk

The Republic of Portugal is a **Low Risk** destination: take normal safety precautions.

Security ● Low Risk

Low Risk locations are safe, with few security risks. Travel is possible with an expectation of routine disruptions and delays.

Covid ● Low Risk

Health authorities confirmed the first cases of COVID-19 in Porto, Lisbon and Vila Real in March 2020. Following multiple waves of infections, most domestic restrictions were lifted in June 2022. In July 2022, all COVID entry requirements were lifted and international travel fully resumed.

Political Instability ● Low Risk

President Marcelo Rebelo de Sousa of the liberal-conservative Social Democratic Party (PSD) and Prime Minister (PM) António Costa, enjoyed popular support prior to the sudden resignation of PM Costa on 7 November amid a corruption probe, prompting snap general elections scheduled in March 2024. Regardless of the results of March's elections, the economy will likely remain one of the main issues impacting political stability.

Conflict ● Low Risk

The country has no conflict with other states or non-state actors.

Terrorism ● Low Risk

The country is not a target nor a haven for known terror groups.

Unrest ● Low Risk

Protests occur occasionally, but they are almost always peaceful, and the police response to them tends to be measured and nonviolent.

Crime ● Moderate Risk

Violent crime is rare; infrequent incidents are mostly associated with drug trafficking and rarely affect travellers. Petty street crime, including pickpocketing and bag-snatching, is common in crowded areas and on public transport. Police service is professional and effective.

Natural and Environmental ● Moderate Risk

The country is vulnerable to wildfires during summer. Emergency response services meet international standards in urban centres, such as **Lisbon**, only. The country is also vulnerable to earthquakes, but strong tremors are uncommon. Coastal areas are vulnerable to hurricanes and cyclones, among other storms.

Local Travel ● Moderate Risk

Public transport services are generally safe and reliable, but their availability decreases in rural areas. Air travel is safe and reliable, but vehicular travel can be dangerous due to deteriorating road conditions and reckless driving habits.

Health and Medical ● Low Risk

Health services meet international standards across the country. The majority of hospitals employ multilingual and highly trained doctors and nurses. High-quality prescription drugs are widely available, and infectious diseases present little to no risk to travellers.

Political Overview : ● Low Risk

Portugal is a member state of the European Union (EU) and the North Atlantic Treaty Organisation (NATO).

On 7 November 2023, a contentious corruption probe regarding lithium mining and hydrogen production concessions led to PM António Costa's resignation, prompting President Marcelo Rebelo de Sousa to call for snap general elections on 10 March 2024. This will be the second snap election in as many years. On January 30, 2022, a snap election was held in response to the Assembly of the Republic's rejection of the budget proposed by the Socialist Party (PS) minority government, led by PM António Costa in his role as secretary general of the party. The PS retained its status as the ruling party in the election, after finishing first with 41.4 percent of the vote, expanding its share of seats to 120 in the 230-seat Parliament. The PSD won 29.1 percent of the vote and received 77 seats, two fewer seats than the previous election in 2019, while the national conservative, right-wing populist political party, Chega!, finished third, winning 12 seats with 7.2 percent of the vote.

The country's political agenda continues to be dominated by the state's economic situation. Thus far, immigration and ties to the EU, which have driven the surge of right-wing and far-right parties in Europe, have had less importance in Portuguese politics, with the Socialists' strong showing following the trend of an upswing by centre-left parties across Europe. However, the upcoming elections in March 2024 suggest the potential for the hard-right Chega! party, the country's third-largest, to gain more ground. Over the preceding four years, Chega! has experienced a rapid surge in popularity by effectively addressing public discontent concerning issues such as corruption, immigration policies, and the inadequacies in pension benefits.

Despite being a high-income economy, Portugal continues to grapple with economic underdevelopment compared to its neighbouring countries. During the 2010-14 financial crisis, the unemployment rate in the country peaked at over 17 percent. Since coming to power in 2015, the PS reversed unpopular austerity measures, which had been implemented by the previous PSD government in response to the crisis. Under the Socialist government, Portugal enjoyed economic growth while unemployment rates dropped to just over six percent. The economy contracted again by 7.6 percent in 2020 due to the COVID-19 pandemic but has since staged a strong comeback. However, the economy is likely to remain one of the main political issues in Portugal, with the fiscal landscape remaining strained by the rapid ageing of the population and

substantial investment needs.

Recent incidents

07 November 2023 - 08 November 2023

● **Moderate risk:** Prime Minister Costa resigns amid corruption investigation

Local media reported that Prime Minister António Costa resigned during afternoon hours local time, following searches in his official residence as part of a corruption investigation into concessions for lithium mines and hydrogen production.

Conflict : ● Low Risk

Portugal is currently not involved in any significant international disputes. The country is a committed member of the European Union (EU) and one of the 12 founding members of the North Atlantic Treaty Organisation (NATO). It has participated in NATO missions and operations in Bosnia, Kosovo, Iraq, Afghanistan, the Mediterranean and the Indian Ocean.

The **Azores** and **Madeira** are two autonomous regions of Portugal. The islands located in the Atlantic Ocean, southeast of mainland Portugal, were both granted political autonomy in 1976. There are no outstanding issues of conflict or political strife, nor any calls for full independence.

Terrorism

The country dealt with a leftist terrorist group in the mid-1980s, but since then there have been no known active domestic terrorist organisations. International terrorism has posed a more recent threat, but the risk is still low. No attacks have been committed in Portugal and no convictions of plotting attacks in the country have been made.

International Terrorism: There have been no terror attacks in Portugal to date, but travellers should be vigilant. The country is a supporter of post-9/11 US policy and the 2003 invasion of Iraq, raising its profile with radical religious groups.

Response Preparedness: Although Portugal has increased counter-terrorism measures and policies since 9/11, including combat-partnership agreements with other nations, the country is unlikely to respond completely effectively in the wake of a mass national emergency. Public infrastructure, including hospitals, while sufficient in **Lisbon**, lacks high levels of resources in outlying areas.

There are no recent incidents

Unrest : ● Low Risk

Annual Protests: Many unionist and left-wing groups protest on May Day (1 May) each year. The demonstrations usually take place in **central Lisbon** and tend to be very peaceful, only disrupting minor areas of traffic flow. If travelling to **Lisbon** on May Day be careful to avoid demonstrating crowds and consult local news sources for updates at the chance violence erupts.

Sports-related Riots: Football hooliganism is infrequent in Portugal but can occur. Violence most often happens before, during and after matches involving major teams. The risk to travellers is limited, as fights are organised in advance by willing participants. Nevertheless, it is advisable to maintain a level of vigilance in towns hosting big football matches. Oporto's FC Porto 'Ultra' gang is known as being the best-organised hooligan group, and matches involving FC Porto present the greatest risk.

Recent incidents

09 December 2023 - 10 December 2023

● **Moderate risk:** Climate activists to rally in Lisbon

Local sources reported that climate activists plan to gather at Saldanha in Lisbon from 14:00 local time/GMT, before marching to Marques do Pombal, where they will hold an assembly, to denounce the COP28 climate conference. Activists will then march towards Avenida da Liberdade.

25 November 2023 - 26 November 2023

● **Moderate risk:** March against gender-based violence planned in Lisbon on 25 November

Feminist activists will gather at Largo do Intendente in Lisbon from 15:00 local time/GMT on 25 November, for a march to mark the International Day for the Elimination of Violence against Women.

18 November 2023 - 19 November 2023

- **Moderate risk: Striking teachers to march in Lisbon on 18 November**

Members of the Sindicato de Todos os Profissionais de Educação (STOP) will march from the Ministry of Education to Parliament in Lisbon at 14:00 local time/GMT on 18 November, as part of a nationwide strike on 13-29 November, over the state budget for education.

14 November 2023 - 16 November 2023

- **Moderate risk: FNAM to stage protest in Lisbon on 14 November amid nationwide strike**

The National Federation of Doctors (FNAM) called for a protest at the Ministry of Health in Lisbon from 15:00 local time (14:00 GMT) on 14 November, amid a nationwide strike on 14-15 November to demand better wages and working conditions for doctors in the National Health Service (SNS).

Crime : ● Moderate Risk

Petty Crime: While Portugal is generally considered a safe country for residents and tourists, it's important to be aware of common petty crimes that can occur.

Pickpocketing is one of the most common forms of petty crime in the country, particularly in crowded tourist areas, public transportation and popular attractions. Incidents of baggage theft have also increased substantially in the country in recent years.

Beware of your surroundings, do not leave your belongings unattended and exercise general personal safety for travel. Only carry what is needed, do not flash expensive valuables or large sums of money, and keep cash, identification and mobile phones in front pockets, or in a zipped or concealed pocket or pouch rather than in a bag. Secure belongings when using public transport or when frequenting markets and other crowded public areas; secure bags diagonally across the body against the chest, keep bags within sight and away from the street. Refrain from using mobile phones or laptops in congested public places; avoid putting bags containing valuables on the ground. Avoid walking in poorly lit and isolated areas. Stay in groups. Reject rides or drinks from strangers and never leave drinks unattended. Exercise extreme caution when purchasing and consuming alcohol in public venues. Do not accept pamphlets in the street or shopping centres; these could be impregnated with potent and disorienting drugs, which permeate the skin. If you start to feel unwell, tell staff or close friends and do not leave the venue alone or with strangers. Shout to attract attention, if needed.

Violent Crime: Portugal is generally considered a safe country with a relatively low rate of violent crime compared to many other countries. However, like any other nation, the country is not entirely immune to incidents of violence. Robbery and assault cases, including armed robberies and muggings, do occur, although they are not widespread.

The most frequent types of organised crime are drug trafficking and human trafficking. The country is increasingly being used as a transit point for drugs being smuggled from Morocco and South America. Organised crime groups are also involved in human trafficking, particularly in **Lisbon, Beja, Santarém** and **Porto**. The risk to travellers is low; however, disputes between gangs could turn violent in public areas.

Commonsense measures are best kept to ensure against becoming the victim of a

violent crime. Travellers are advised to remain vigilant at all times and exercise general personal safety for travel: avoid walking alone at night, do not venture down roads with poor lighting and few access points. Be careful when using taxis and public transport and plot route bypasses around rowdy crowds. Seek local advice for areas to avoid. If you are held-up by an armed robber do not become confrontational as any resistive behaviour may cause more violence by the attackers.

Kidnapping: Kidnappings are not a particular concern in Portugal. Isolated incidents may occur, but they are not considered to be representative of a wider trend targeting travellers or foreign nationals.

Travellers should remain aware of their surroundings and follow the latest advisories for their destination. Maintain communications and your itinerary with local contacts, authorities or embassy staff, especially in locations with a higher risk of kidnapping. Consider a local guide or security escort for the highest risk locations.

There are no recent incidents

Law

The Portuguese legal system is based on the civil law system. The judiciary is considered to be impartial and effective. Both foreign and Portuguese nationals enjoy broad protection of civil and political rights.

Corruption

Corruption: There is extensive bureaucracy in Portugal and legal and administrative processes tend to be slow. Moreover, low-level corruption can sometimes be found. If asked for a bribe to facilitate bureaucratic procedures, do not pay it, as it is illegal. Local authorities will see foreign nationals as an easy target for arrest.

Security Services

Security Services: In general, police services in Portugal are professional and effective in their attempts to combat criminal activity. Police are known to be particularly helpful to foreign nationals. Major cities and tourist areas will have a tourism police bureau staffed by English-speaking officers. Regardless, members of the police service have been criticised for weak or inconsistent law enforcement in the past.

The Portuguese police service is active throughout the country. The Public Security Police (PSP) is responsible for law enforcement in cities, while the Republican National Guard (GNR) has jurisdiction outside Portugal's urban centres and national highways. Although infrequent, there have been reports of police abuse. Complaints most commonly reported include physical abuse, unfair detention, intimidation, the excessive use of force and discrimination against ethnic minorities. The Portuguese government has established a body to both monitor and punish allegations of police abuse and mistreatment. However, various non-governmental organisations (NGOs) continue to criticise the slow pace at which reports of police injustices are investigated.

Natural Risks : ● Moderate Risk

The country is vulnerable to wildfires during summer. Emergency response services meet international standards in urban centres, such as **Lisbon**, only. The country is also vulnerable to earthquakes, but strong tremors are uncommon. Coastal areas are vulnerable to hurricanes and cyclones, among other storms.

Earthquakes

An earthquake is the sudden, rapid shaking of the earth, caused by the breaking and shifting of subterranean rock as it releases strain that has accumulated over a long period. Initial mild shaking may worsen and become extremely violent within a matter of seconds. Additional earthquakes, called aftershocks, may follow the initial earthquake.

Portugal is located near a complex meeting of tectonic plates that creates frequent seismic activity. Small tremors are common, but major and devastating earthquakes are rare.

When shaking begins, drop to the ground and take cover under, and hold on to, a sturdy piece of furniture, such as a heavy desk or table that can provide you with air space if the building collapses. If you're not near a strong piece of furniture, crouch down and protect your head and face in an inner corner of a building; only stand in a doorway if you know it is strongly supported. Stay away from windows or glass panels. Most deaths and injuries in an earthquake are caused by collapsing building materials and heavy falling objects. Stay indoors until the tremors stop and you are sure it is safe to exit. Avoid all areas in the vicinity of outer walls and doorways, as these are most prone to falling debris. In a high-rise building, the electricity may go out and the sprinkler systems may come on. Do not use the elevators. If the lights go out, avoid using candles, matches or lighters during or after the earthquake; if there is a gas leak, an explosion could result. If outdoors, move to an open space away from buildings, electric poles and street lights which are prone to collapse. Do not travel on roads and bridges which may have been damaged by the earthquake. Be prepared for secondary earth movements that follow the initial earthquake; some of these may be large enough to cause additional damage or bring down weakened structures.

Wildfires

A wildfire is a fire that breaks out in an area of combustible vegetation, normally located in the countryside or rural areas.

Fires of varying sizes occur every summer (particularly in June-September), especially in rural areas in the centre and south. In June 2017, a string of deadly wildfires left at least 66 people dead and 204 injured in the Pedrógão Grande municipality. In August 2018, wildfires in the southern Algarve region left dozens of people injured and hundreds evacuated. Over the last few years, fires have become more numerous due to drought and higher temperatures.

In areas under wildfire threat, stay indoors at a relatively safe distance from the blaze and limit your exposure to smoke by closing all windows and doors. The fresh-air intake on air-conditioners should be shut. If your place of residence is threatened, select a direct route that leads you away from fire hazards, complying with all directives, including evacuation orders, from emergency management officials. Watch for changes in the speed and direction of the fire and wear protective clothing: sturdy shoes, cotton or wool pants, a long-sleeved shirt, gloves and a handkerchief to protect your face.

Heat Waves

A heat wave is characterised by temperatures that hover at 10 degrees or more above the average high for the region over a period of several weeks. Parallel weather systems may include temperature inversions and katabatic winds.

Portugal has hot and dry periods during the summer, with temperatures reaching up to 46 degrees Celsius (114.8 Fahrenheit) during July and August.

In hot weather, you will need to increase fluid intake (non-alcoholic), regardless of activity level. Stay indoors in an air-conditioned room. This is the primary means of protection against heat-related illness and possibly death. If a home is not air-conditioned, identify public facilities that are. Wear lightweight, light-coloured, loose-fitting clothing. If you must be out in the heat, limit outdoor activity to early morning and late evening hours. Those at greatest risk of suffering heat-related illness include

infants, young children and adults aged 65 or older.

Hurricanes/Typhoons/Tropical Cyclones

A cyclone/typhoon/hurricane is essentially a large mass of air that spirals around a low-pressure centre. It is an organised collection of thunderstorms embedded in a swirling mass of air. This mass of air is called a cyclone if it forms in the Indian or South Pacific oceans, a typhoon if formed in the West Pacific Ocean and a hurricane if formed in the East Pacific and Atlantic oceans. Cyclones/typhoons/hurricanes normally bring gale-force winds, heavy rainfall and high tides, with the potential of causing significant or destructive damage and widespread travel disruptions.

Due to its proximity to the Atlantic Ocean, Portugal is at risk from hurricanes and other storms. On average, hurricanes happen about two times a year, usually between early June and late November. The impact is typically stronger in coastal areas away from big cities. Besides their impact on air and maritime travel, storms can also trigger disruptions to essential services. In October 2018, Hurricane Leslie left dozens of people injured and tens of thousands without power in **Coimbra, Leiria, Aveiro, Viseu, Lisbon** and **Porto districts**.

Follow local radio or television broadcasts for information and evacuation instructions. If not under an area with mandatory evacuation orders, remain indoors. Locate and secure important documentation, including passports, photo identification, travel permits and any indispensable personal effects. Be advised that the calm 'eye' is deceptive and should by no means be interpreted as a sign that the storm has passed. The second winds are likely to be worse and may destroy trees and buildings damaged in the first pass. If caught in a region hit by a cyclone/typhoon/hurricane, remain indoors until the storm passes. If there is a need to move to an evacuation centre, evacuate in a calm manner and ensure you carry important personal identification. Avoid all low-lying coastal areas due to storm surges. Confirm the viability of overland travel routes due to the risk of flooding. Air and sea travel are also likely to be impacted. Anticipate disruptions to power, communications and other essential services.

Recent incidents

07 December 2023 - 08 December 2023

- **Moderate risk:** Warnings for rainfall issued in Porto, other regions

Meteorological officials issued orange warnings for heavy rainfall in the Porto, Aveiro, Braga and Viana do Castelo regions through at least 18:00 local time/GMT. Yellow warnings are also in place for Coimbra, Leiria, Lisbon, Setúbal, Vila Real and Viseu regions.

19 November 2023 - 20 November 2023

- **Moderate risk:** Adverse weather continues to trigger flight delays at Lisbon Airport

Local sources indicated that dozens of flight delays continued to be reported at Lisbon Airport (LIS/LPPT) as of afternoon hours local time, due to adverse weather since 18 November.

18 November 2023 - 19 November 2023

- **Moderate risk:** Adverse weather triggers flight delays at Lisbon Airport

Local media reported that dozens of flights were delayed at Lisbon Airport (LIS/LPPT) since morning hours local time due to adverse weather.

26 October 2023 - 27 October 2023

- **Moderate risk:** Red weather warning issued in Viana do Castelo, Norte region

Meteorological authorities issued a red warning for heavy rainfall in the district of Viana do Castelo, Norte region, through at least early afternoon hours local time. Orange warnings were also issued for the districts of Coimbra, Guarda, Viseu, Aveiro, Vila Real, Porto and Braga.

Health and Medical: ● Low Risk

Overview

Health services meet international standards across the country. The majority of hospitals employ multilingual and highly trained doctors and nurses. High-quality prescription drugs are widely available, and infectious diseases present little to no risk to travellers.

Before you travel

Consult your doctor or a healthcare provider who specialises in travel medicine at least six weeks before your departure. If you have a medical condition, you should also share your travel plans with your doctor.

Outbreaks and Other Diseases

Malaria

There is no risk of malaria transmission.

Yellow Fever

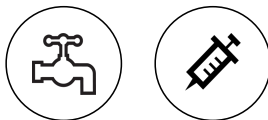
There is no risk of Yellow Fever infection.

Vaccinations, Medicines and Documentation

Note: Requirements and recommendations for vaccines and other medicines as well

as Yellow Fever vaccine are based on guidelines from the United States Centers for Disease Control and Prevention (CDC) Yellow Book 2024. All other entry requirements are based on Riskline research.

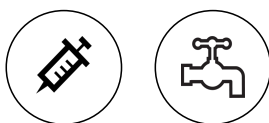
Routine vaccines



Make sure you are up-to-date on all routine vaccines before every trip. Some of these vaccines include

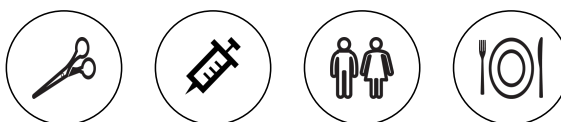
- Chickenpox (Varicella)
- Diphtheria-Tetanus-Pertussis
- Flu (influenza)
- Measles-Mumps-Rubella (MMR)
- Polio
- Shingles

COVID-19



All eligible travellers should be up to date with their COVID-19 vaccines.

Hepatitis A



Consider hepatitis A vaccination for most travellers. It is recommended for travellers who will be doing higher risk activities, such as visiting smaller cities, villages, or rural areas where a traveller might get infected through food or water. It is recommended for travellers who plan on eating street food.

Hepatitis B



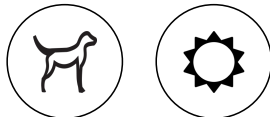
Recommended for unvaccinated travellers younger than 60 years old traveling to Portugal. Unvaccinated travellers 60 years and older may get vaccinated before traveling to Portugal.

Measles



Infants 6 to 11 months old traveling internationally should get 1 dose of measles-mumps-rubella (MMR) vaccine before travel. This dose does not count as part of the routine childhood vaccination series.

Rabies



Portugal is free of dog rabies. However, rabies may still be present in wildlife species, particularly bats. CDC recommends rabies vaccination before travel only for people working directly with wildlife. These people may include veterinarians, animal handlers, field biologists, or laboratory workers working with specimens from mammalian species.

Required documentation

Yellow Fever entry requirement (Source: USA CDC):

None

Other entry requirements:

Health Insurance document

For travellers requiring the issuance of a Schengen visa to enter the country, they must purchase medical insurance with a minimum coverage plan of EUR30,000 (USD31,500).

Note: Documentation requirements are subject to change. Consult your destination embassy or consulate prior to departure for confirmation.

While you are there

Emergency Numbers

Medical	112	
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Emergency services

Emergency services are of high quality and reliable in urban areas, but access times may be slower in rural areas than in coastal or urban areas. Emergency medical staff are highly trained, and ambulances are well stocked with necessary supplies.

Evacuation

In the event of severe or life-threatening injury or illness in remote rural areas, or in the Azores or Madeira, medical evacuation may be required to a hospital in a major urban centre.

Routine care

Private clinics are available in most major cities and possess a high level of professional care and modern equipment. Travellers are advised that when seeking care outside metropolitan areas, or away from popular travel destinations, they are

likely to encounter regional public health facilities with outdated equipment that also lack trained specialists and multilingual staff.

Medicine

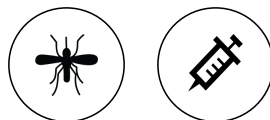
High-quality prescription drugs are widely available and over-the-counter medicines are readily accessible in stand-alone pharmacies (farmácias) - which have limited operating hours - as well as at supermarkets and corner shops. While travellers are unlikely to experience any difficulties in entering the country with their own prescription medicine, it is advisable that all prescription drugs are kept in their original container noting the patient's name.

Payment

Portuguese citizens, legal residents in employment and pensioners from other European Union (EU) nations qualify for free public healthcare through the National Health Service. Individuals with proof of tax contributions for at least two years within the EU are entitled to limited public healthcare access. Travellers with a European Health Insurance Card (EHIC) will receive the same emergency care as Portuguese nationals, free of charge, though up-front payment is expected at private hospitals as well as for all routine non-emergency care, specialist visits and any follow-up treatments for prior emergency care. Fees for non-insured users are publicly listed at all clinics and doctors' offices; a single doctor's visit will typically be within the EUR 5-20 range, rising to EUR 50-250 at private practices, depending on the level of service sought.

Ailments

Yellow Fever

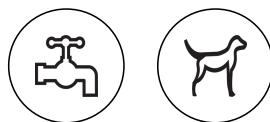


Yellow Fever is not endemic to Portugal and proof of vaccination is not required to be allowed entry into the country.

Yellow fever is a serious viral infection, transmitted by the bite of the Aedes mosquito, which is most active during early morning and late afternoon hours and

commonly found in urban areas. Initial symptoms include a high fever, chills, vomiting nausea and backaches/muscle pain; in some cases those infected may develop potentially fatal complications, including jaundice, severe haemorrhaging and kidney failure. There is no post-infection treatment for yellow fever.

Avian Influenza (Bird Flu)



Outbreaks of the H5N1 virus (avian influenza or bird flu) have been reported in various parts of the country. However, there have been no confirmed cases of human infection.

Avian influenza is a class of viral infections, including H5N1 and H7N9, which can be transmitted through contact with wild or domesticated birds. Symptoms are flu-like, and include fever, muscle aches, coughing, as well pneumonia and – in severe cases – respiratory failure. Treatment includes a course of antivirals.

Dengue Fever



A large outbreak was reported in **Madeira** in 2012, affecting over 2,000 people. Imported cases were also detected in mainland Portugal and 10 other countries in Europe. While there is a low risk of dengue fever transmission in **Madeira**, travellers are advised to take measures to prevent mosquito bites.

Dengue fever is a viral infection, transmitted by the bite of the Aedes mosquito, which is most active during early morning and late afternoon hours and is commonly found in urban areas. Symptoms include a high fever, joint pain and headaches, although severe cases may cause significant falls in blood pressure and/or haemorrhaging, which can be fatal. There are no vaccines or treatments for dengue fever.

Hepatitis (A, B, C, D and E)



Outbreaks of hepatitis A occur infrequently in Portugal, but the risk to visitors is very low. The overall hepatitis B carrier rate in the general population is endemic and estimated at between two and seven percent; hepatitis C is at less than one percent. Sporadic and rare cases of hepatitis E are reported annually, but the risk to travellers is extremely low.

Hepatitis is inflammation of the liver. The three main variations (A, B and C) are caused by infections from parasites, bacteria or viruses, but are transmitted by different means.

Leishmaniasis



Leishmaniasis transmitted by sandflies has been reported in the **Algarve** and in coastal areas along the **Douro River**, including **Real, Braganca, Viseu** and **Guarda districts** with most cases occurring between July and August.

Leishmaniasis is a parasitic infection transmitted by the bite of sand flies, which are most active during early morning and late evening hours. Symptoms of cutaneous leishmaniasis include swollen glands and sores; symptoms of visceral leishmaniasis include fever, swelling of the liver or spleen and weight loss. Leishmaniasis can be treated with a course of Amphotericin B, an antifungal.

Rabies

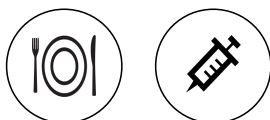


Most rabies in Portugal is confined to animals, particularly bats.

Rabies is a serious viral infection, transmitted through close contact with saliva from

infected animals (i.e. bites, scratches or licks on broken skin and mucous membranes). Travellers who suspect they may have come into contact with a rabies-infected animal should seek immediate emergency attention: post-exposure treatment has a high success rate if administered early. Late-stage rabies (when symptoms begin to occur) is untreatable and fatal.

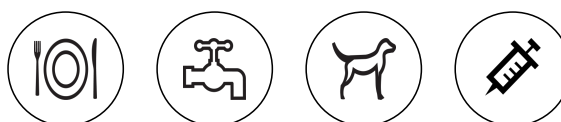
Typhoid



Typhoid fever is rare across **Western Europe**, including Portugal.

Typhoid is a highly contagious bacterial infection, transmitted by the ingestion of food and water contaminated with infected faeces. Symptoms include a high temperature, a rash made up of small red spots, headaches, stomach pain and diarrhoea; serious complications, including internal bleeding and becoming comatose, are possible. While a typhoid vaccine is available, it does not guarantee immunity.

Swine Flu variant (H1N1)



An outbreak of Swine flu (H1N1) affected Portugal from May 2009 to early 2010, causing 122 deaths.

Swine flu variant (H1N1v) is a viral infection transmitted via close physical contact with infected pigs, by close physical contact with an infected person or via the coughing and sneezing of infected persons. Symptoms include fever, coughing, irritated eyes, vomiting, nausea, diarrhoea and lack of appetite. While there is no cure for swine flu, infected persons may receive a course of antivirals and antibiotics to alleviate severe symptoms.

Tuberculosis (TB)



The average annual incidence of TB is at least 40 cases per 100,000 people, but the risk to travellers is low.

Tuberculosis is a bacterial infection transmitted via the coughing and sneezing of infected persons. Symptoms – which may take years to develop if a person has latent TB – include fever, night sweats, chest pain, coughing up blood, weight loss and fatigue. TB can be treated with a course of antibiotics; the length of treatment is significantly longer once the disease becomes active and is no longer latent.

Recent incidents

21 December 2023 - 03 January 2024

- **Moderate risk:** Unionised nurses to strike nationwide on 21 December-2 January 2024

Nurses represented by the SITEU union plan to launch a nationwide strike from 21 December until 2 January 2024 to demand higher salaries.

20 November 2023 - 22 November 2023

- **Moderate risk:** Unionised nurses launch nationwide strike through 21 November

Local sources reported that the National Nurses Union (SNE) launched a 24-hour nationwide strike from 08:00 local time/GMT due to a lack of a response and willingness from the government to start negotiations over work-related grievances, including salary and working conditions.

14 November 2023 - 16 November 2023

- **Moderate risk: Unionised doctors launch nationwide strike through 15 November**

Doctors affiliated with the National Federation of Doctors (FNAM) have launched a nationwide strike through 15 November in protest over several work-related grievances. Demonstrations are also planned outside the University Hospital Center of São João in Porto, the Coimbra Hospital and University Centre in Coimbra and the Santa Maria Hospital in Lisbon during morning hours local time.

03 November 2023 - 01 January 2024

- **Moderate risk: Unionised nurses call for nationwide overtime ban on 3 November-31 December**

Nurses represented by the Democratic Union of Nurses of Portugal (Sindepór) announced a nationwide overtime ban between 3 November and 31 December to call for negotiations with the government to rectify career disparities.



Summary

Health authorities confirmed the first cases of COVID-19 in Porto, Lisbon and Vila Real in March 2020. Following multiple waves of infections, most domestic restrictions were lifted in June 2022. In July 2022, all COVID entry requirements were lifted and international travel fully resumed.

What is the current nationwide Policy?: Open

Policy starts: 05 May 2022

Policy ends:

Policy explanation:

On 30 September 2022, authorities fully lifted the nationwide COVID-19 state of alert.

Policy source: <https://www.dn.pt/sociedade/desconfinamento-restricoes-qua-se-deixam-de-existir-mas-a-pandemia-nao-acabou-14152458.html>

Last update: 08 November 2023



Infection

Infection Level: Low

Infection rate: 0.0 cases per 100k in the last 14 days

As of date: 09 November 2023

Hotspots: -



International Travel



International Flights

Is there a ban on international commercial flights? Partial

Through what date? indef

Flight Ban Explanation:

Following the European Union (EU) Commission announcement that all EU airspace will be closed to Russian-owned, Russian-registered and Russian-controlled aircraft, including private planes and for overflights, all flights to and from Russia will be banned until further notice, in line with EU sanctions on Russia over its invasion of Ukraine.

Last Update: 08 December 2023



Entry and Borders

Is there a ban on entry for any travellers?

Through what date? indef

Travellers from where are banned?

Land border: Open

Maritime border: Open

Entry Rules Explanation:

Travellers are allowed entry regardless of their origin or purpose of travel. As of 1 July 2022, authorities no longer required COVID-19 documentation for entry.

Travel by sea to Portugal is subject to the same conditions. Land borders with Spain are open.

Arrivals from China are no longer required to present a negative PCR or antigen COVID-19 test taken within 48 hours before departure to be allowed entry into Portugal.

Entry Rules: <https://www.visitportugal.com/en/content/covid-19-measures-implemented-portugal>

Exemptions: -

Last Update:

Testing

Do travellers need to take a COVID-19 test No

When?

Is it mandatory or optional?

Test Type:

Minimum age requirement:

Pre-travel test validity, in hours:

After arrival test days:

Testing Explanation:

Testing Rules: -

Last Update: 08 December 2023

Health and Travel Documentations

Do arriving travellers need any health and/or travel documentation? Yes

Documentation Explanation:

Health Insurance document

For travellers requiring the issuance of a Schengen visa to enter the country, they must purchase medical insurance with a minimum coverage plan of EUR30,000 (USD31,500).

Last Update: 08 November 2023

Tracing App

Do travellers need to use a contact tracing app after arriving? No

Tracing App Explanation:

There is no mandatory national contact tracing app at this time.

Last Update: 08 November 2023

Quarantine on Arrival

Who needs to quarantine on arrival None

Travellers from where need to quarantine?

How many days is quarantine?

Is it self-quarantine or operated by the government?

Quarantine Explanation:

Quarantine Rules:	https://www.visitportugal.com/en/content/covid-19-measures-implemented-portugal
Quarantine mandate list:	https://www.visitportugal.com/en/content/covid-19-measures-implemented-portugal
Last Update:	2023-12-08

Exit

Is there a ban on exit for any travellers? No

Are there special requirements to exit? No

Exit Requirements Explanation:

Exit Requirements (URL):	https://www.visitportugal.com/en/content/covid-19-measures-implemented-portugal
Last Update:	08 December 2023

Vaccination

Percent vaccinated with at least one dose: 95.277 as of 01 Oct 2023

Percent fully vaccinated: 86.71 as of 01 Sep 2023

Is vaccination mandatory for entry? No

Fully vaccinated are exempt from: -

Minimum age for vaccine requirements for travel:

Exemptions for vaccine requirements for travel:

"Fully vaccinated" is defined by the destination as:

Accepted vaccines, validity and special age restrictions:

Is mixing of vaccine doses authorised? N/A

Are specific combinations of mixed doses required? No

"Boosted" is defined by the destination as:

Accepted boosters:

"Recently recovered" is defined by the destination as:

Recovery status is valid from days until after .

Vaccination certificates accepted:

Vaccination certificates accepted in the following languages:

Recent recovery document required:

Recent recovery document accepted in the following languages:

Explanation:

Travellers are no longer required to show proof of full vaccination or recovery from COVID-19 for entry.

Sources:	https://www.visitportugal.com/en/content/covid-19-measures-implemented-portugal
Last change to vaccination policy:	09 February 2022
Last Update:	08 December 2023

Other International Travel Restrictions

Exit Requirements Explanation:

Last Update:



Domestic Situation



Areas on Lockdown

Last Update:



Areas under Curfew

Last Update:



Domestic Travel

Domestic Travel Explanation:

Last Update:



Other Domestic Restrictions

Last Update:

Resources

Government COVID Site: <https://covid19estamoson.gov.pt/>

Health Dept COVID Site: -

There are no recent incidents

Local Travel : ● Moderate Risk

Travel Safety

Air Travel: Continental Portugal has three international airports: **Lisbon (LIS/LPPT)**, **Faro (FAO/LPFR)** and **Porto (OPO/LPPR)**. The islands of **Madeira (FNC/LPMA)** and **Azores (PDL/LPPD)** each has their own airports with regular international and domestic flights.

Significant investment in the Portuguese aviation sector has been made over the past few years. Overall, airports are modern and easily accessible, and the arrival process is good. However, the departure process can sometimes be slow, especially with budget airlines and during peak times. Queues for security after check-in can be long at busy times, with some travellers reporting waits of up to an hour. Passport control upon leaving Portugal is after security and the shopping area, so always allow extra time to travel.

Humberto Delgado Airport, informally **Lisbon Airport** and formally **Portela Airport**, is the main hub for Portugal's flag carrier, TAP Air. The airline has a very good safety record and rates of customer satisfaction. **Lisbon Airport Terminal 1** is the main International Terminal, and all arrivals are processed in this terminal. Low-cost airlines, including EasyJet, Norwegian, Ryanair, Transavia, and Wizz Air, are located in **Terminal 2**.

The airport is located only 20 minutes from the city centre and it is easily accessible by public transport, including metro, taxi and bus. However, the maximum baggage size allowed in these buses is 50x40x20cm. If your baggage exceeds this size, you must take the airport's specific buses (Aerobus and Airport Shuttle). Aerobus is the official bus at **Lisbon Airport** and it offers two lines: Cais do Sodré (city centre) and Sete Rios Coach Terminal.

Porto and **Faro airports** are the other major international hubs in Portugal. The Airport Council International voted **Porto Airport** the best European Airport in the 10-25 million passenger category due to its recovery from the COVID-19 pandemic and its increasing focus on sustainability. At **Faro Airport**, also known as **Algarve Airport**, passenger traffic is seasonal, with the summer months being the busiest. Most travellers leaving the airport to the rest of the **Algarve** use taxis.

Airspace: Following the European Union (EU) Commission announcement that all EU

airspace will be closed to Russian-owned, Russian-registered and Russian-controlled aircraft, including private planes and for overflights, all flights to and from Russia will be banned until further notice, in line with EU sanctions on Russia over its invasion of Ukraine.

Borders and Entry: Travellers are allowed entry regardless of their origin or purpose of travel. As of 1 July 2022, authorities no longer required COVID-19 documentation for entry.

Travel by sea to Portugal is subject to the same conditions. Land borders with Spain are open.

Arrivals from China are no longer required to present a negative PCR or antigen COVID-19 test taken within 48 hours before departure to be allowed entry into Portugal.

Road Travel: Road travel in Portugal can be dangerous due to poor driving standards and areas of outdated road infrastructure. Portugal is the EU-15 area country with the most deaths per capita related to car accidents, higher than the European average, and driving tends to be very aggressive. The minimum legal driving age is 18 years. Traffic moves on the right-hand side. The highway system is good but does not cover the whole country. It is concentrated along the busy coastal region from **Valença** to the **Algarve**, with two major highways into the interior of Portugal. These are the **A-4 Porto to Amarante route** and the **A-6 Marateca to Caia route**. The speed limit on highways is 120 kph (74 mph), on dual carriageways, it is 100 kph (60 mph), and in urban or built-up areas it is 50 kph (30 mph).

Besides the highways there are four types of routes: itinerários principais (IP; principal/main routes); itinerários complementares (IC; complementary/secondary routes); Estradas Nacionais (EN; National Roads); and Estradas Regionais (ER; Regional Roads). The quality and safety of these roads vary, with smaller roads sometimes being of very poor quality. The EN and ER are the oldest of these roads; they are often of lower quality than others and have higher accident rates.

Tolls are an essential part of motorways in Portugal and average 9 cents per km but there are few short sections of road where you don't have to pay. Radar speed traps are located throughout the country and are especially prevalent in urban areas. Fines for speeding are heavy and Portuguese traffic officials may require fines to be paid on the spot. Police vehicles are fitted with portable credit/debit card machines to facilitate this. If caught driving with a suspended, revoked or no licence, you may be subject to a

fine or imprisonment of up to two years. Front and rear seatbelts must be worn at all times and children under the age of 12 must sit in the rear of the vehicle. It is mandatory that all vehicles are outfitted with a reflector vest and an authorised triangle. Driving while speaking on a mobile phone is prohibited.

Rail Travel: The train network in Portugal is limited compared to those of other EU states. For intercity travel along the coast of Portugal, a modern and fast line goes from **Porto** to **Faro** (stopping in **Coimbra** and **Lisbon**). Recent and safe Alfa-Pendular trains operate on this line and no serious accidents have occurred since it was upgraded. Petty crime can occur and bag theft occurs periodically. Do not leave your bags unattended at any time and always be aware of your surroundings.

Local rail travel and lines in inner areas of Portugal are far less efficient and can be unsafe. Lines are not always well maintained, the rolling stock used is old and schedules are unreliable. Local trains also have higher rates of petty crime, with alcohol-fuelled violence between passengers a possibility late at night. In particular, **Lisbon's 'Sintra' and 'Cascais'** lines experience high rates of crime.

Public Transport

Ferries and Boats: Portugal is not linked by any regular ferry services to other countries, although it is possible to get a ferry to northern Spain from the United Kingdom. Brittany Ferries operate a service from Plymouth to Santander twice a week between March and November annually. There is also a car ferry service across the **Guadiana River** between **Vila Real de Santo Antonio** in Portugal's **Algarve region** and Ayamonte in Spain's Andalusia autonomous region. These services are safe, with boats being well maintained to European Union (EU) standards.

Pleasure cruises operate from most major ports in Portugal. Due to the high number of vessels in operation, there can be varying safety standards. Recent investigations have found that some operators do not follow government health and safety procedures on every sailing. While this raises the risk, the chances of being involved in a serious incident are low. Always ensure boats you are going to travel on have adequate safety equipment such as life rafts and floatation aids.

Buses: International bus links between major Portuguese, Spanish and French cities can be booked on Rede Expressos, Flixbus, Alsa and Eurolines websites. Long-distance buses can be taken from central bus stations in large cities. This is an inexpensive way to travel although not always the fastest. Check rail prices and times to your destination for comparison. Rede Expressos is Portugal's main operator of long-

distance buses and it covers almost the whole country, including many small towns that are not connected to a rail network. Flixbus is another international bus company that offers some routes within the country as well, including between **Porto, Coimbra, Lisbon** and **Faro**.

Most of Portugal is covered by a number of intercity private bus companies. The vehicles used on intercity services are usually new and well-maintained, but Portugal's poor road safety record highlights that there is a greater risk than going by rail.

Within large cities, there are efficient bus services that operate throughout the day. Tickets can be bought onboard. Most vehicles used for these services are recent and all are well maintained. **Porto** and **Lisbon** also have limited night bus services. Towns and villages can have irregular bus services that are not reliable. Buses on rural local services are often old and do not have the safety features of modern vehicles. In border areas, local services also operate between towns in Portugal and Spain.

Metro: **Lisbon, Coimbra** and **Porto** have metro systems which are modern and are often faster than taking the bus due to heavy traffic in these cities. There is also Metro Transportes Sul do Tejo, which serves the **Almada** and **Seixal municipalities**. However, lines are very limited and only cover small areas. All metro stations are connected to buses and have taxi ranks. Safety is good, with accidents being very rare. Mobile phone coverage is available on most lines.

Although the systems have video surveillance, caution is recommended due to petty crime. Thieves operate most frequently at busy times when crowds give them cover. At night, metro stations also attract drug addicts, drunks and homeless people. While most do not present a threat, there have been a number of instances of travellers being robbed or assaulted. It is best to avoid waiting around metro stations alone at night.

Taxis: Most licensed taxis are beige although some are also black and green. They are generally easy to find in cities but not in towns or villages, where it is best to phone one in advance. Taxis are not expensive and there is a general tariff for services across the country. All taxis have meters and these will always be turned on - there is no negotiation regarding the price. Vehicles used tend to be new models and well-maintained but always wear your seatbelt as some drivers may have an aggressive driving style.

Trams: Trams operate in **Lisbon** and **Porto**. Trams are much safer than buses, although they experience the same problems with petty crime at busy times.

Recent incidents

22 December 2023 - 23 December 2023

- **Moderate risk:** Delays expected at border controls at Lisbon airport due to immigration staff strike

Updated reports indicated that between 11.00-15:00 local time/GMT, delays are expected at Lisbon Airport (LIS/LPPT) due to a strike of the immigration staff. Further information was not available.

12 December 2023 - 13 December 2023

- **Moderate risk:** LAM to resume Maputo-Lisbon flights from 12 December

Linhas Aereas de Moçambique (LAM) announced that weekly flights will resume between Maputo Airport (MPM/FQMA) in Mozambique and Lisbon Airport (LIS/LPPT) in Portugal from 12 December, after direct flights were previously suspended in 2021.

29 November 2023 - 01 December 2023

- **Moderate risk:** Maritime pilots to strike nationwide on 29-30 November

Maritime pilots represented by the OFICIAISMAR and SINCOMAR unions plan to strike nationwide from 00:00 local time/GMT on 29 November until 24:00 local time/GMT on 30 November, to advocate for retirement at 60 years of age. Both cargo and cruise ships are expected to be affected.

25 November 2023 - 27 November 2023

- **Moderate risk:** Disturbances expected on Lisbon Metro's Yellow Line on 25-26 November

Local sources reported disturbances on Lisbon Metro's Yellow Line between 06:30-13:00 local time/GMT on 25-26 November due to planned works. The service between Cidade Universitária and Lumiar stations will be temporarily suspended, and Campo Grande and Quinta das Conchas stations will be closed.

Destination Hotspots

Cities, Towns, Villages: Although Portugal is a safe country for travellers, there are some locations in urban areas that should be avoided or visited with awareness and caution. Most of these areas are found in poor urban suburbs away from city centres.

Safety

Emergency Numbers

Medical	112	
Fire	112	
Police	112	
Other	116000	Missing children
Child help-line	116111	
National Social Emergency line	144	
Hazards	117	Forest fire

Beaches and Public Areas: One should pay attention to the flags that exist on the most popular beaches: a green flag means the water is safe; a yellow flag means swimming is dangerous; and red means entering the water is banned. Normally beaches that have these flags also have a lifeguard on duty. If the beach has a blue flag it means that it is considered clean. Where beaches do not have lifeguards or safety information, consult locals for details of where is safe to swim, as strong currents and sharp rocks pose significant hazards.

Begging: Beggars can often be seen in city centres but are rarely aggressive. Hawkers may approach you trying to sell anything ranging from stolen goods to drugs and should be avoided. If approached, you should say 'no' and walk away.

Corruption: There is extensive bureaucracy in Portugal and legal and administrative processes tend to be slow. Moreover, low-level corruption can sometimes be found. If asked for a bribe to facilitate bureaucratic procedures, do not pay it, as it is illegal. Local authorities will see foreign nationals as an easy target for arrest.

Drugs and Alcohol: Driving under the influence of alcohol is strictly prohibited in Portugal. Portuguese law proscribes heavy penalties for anyone found guilty of possessing a blood alcohol level which is above 0.5 milligrams of alcohol per millilitre of blood. Individuals exceeding this limit will have their driving license suspended, receive a fine not exceeding EUR2,5000 (USD3,189) and may face imprisonment for up

to two years. Breathalyser tests are commonly conducted by traffic officials and failure to provide a sample may result in arrest.

Drug laws are extremely lenient in Portugal. In 2001, the Portuguese constitution decriminalised the possession of narcotics. Individuals caught with up to 10 daily doses of both soft and hard drugs cannot be arrested. Drug dealing and trafficking, however, remain criminal acts and perpetrators will be imprisoned.

Food and Drink: Tap water is generally safe to drink. However, some rural areas have had problems with contamination due to outdated infrastructure. In these cases, it is best to stick with bottled water, which is widely available across the country.

Import and Export: Portugal's customs authorities have been known to place restrictions on the exporting of certain goods from the country. Such items include antiquities, medications, firearms, business equipment, etc. If you are planning to export any goods from the country it is recommended to contact the Portuguese Embassy or Consul in your home country prior to departure. Additionally, travelling with the original prescription receipt for any medications you may be taking while travelling will help to ensure they are not confiscated upon departure from Portugal.

Security Services: In general, police services in Portugal are professional and effective in their attempts to combat criminal activity. Police are known to be particularly helpful to foreign nationals. Major cities and tourist areas will have a tourism police bureau staffed by English-speaking officers. Regardless, members of the police service have been criticised for weak or inconsistent law enforcement in the past.

The Portuguese police service is active throughout the country. The Public Security Police (PSP) is responsible for law enforcement in cities, while the Republican National Guard (GNR) has jurisdiction outside Portugal's urban centres and national highways. Although infrequent, there have been reports of police abuse. Complaints most commonly reported include physical abuse, unfair detention, intimidation, the excessive use of force and discrimination against ethnic minorities. The Portuguese government has established a body to both monitor and punish allegations of police abuse and mistreatment. However, various non-governmental organisations (NGOs) continue to criticise the slow pace at which reports of police injustices are investigated.

Smoking: Effective from 2023, smoking indoors is only allowed in spaces that have an area equal to or greater than 100 square metres (1,076 square feet) and a minimum ceiling height of three meters (10 feet).

Culture

Cultural/Political Sensitivities: Some 81 percent of the population are Christian and many are socially conservative. In rural areas, your religion and sexuality should be kept private to reduce the risk of confrontation. The colonial past of Portugal is also a sensitive political issue. The Roma minority is a sensitive topic as the Roma population, or Ciganos, are often discriminated against.

Specific Traveller Advice

Female Travellers

Local Customs and Laws: There are no local customs or laws that a female traveller should take into consideration in Portugal. Familiarise yourself with your destination prior to travel, and be respectful and mindful of any possible cultural sensitivities, which may include dress, behaviour and topics of discussion.

Safety: There are minimal safety concerns female travellers should take into consideration in Portugal. Sexual assault and rape do occur; however, visitors to the country are not likely to face additional risk as most perpetrators of assault are known to their victims. Female travellers may receive unwanted attention from local men, such as open displays of catcalling, whistling and unsolicited propositions. It is best to ignore these advances and walk away. Police and emergency services maintain a high degree of professionalism and female travellers will not encounter any problems dealing with first responders or reporting crimes to local authorities. Exercise personal safety awareness if walking alone at night. Stick to the main, well-lit streets and avoid walking through desolate areas or unfamiliar neighbourhoods. Refrain from wearing headphones while walking in the evening.

Health and Wellness: Women have access to a full range of gynaecological and reproductive health services, medicines and products in Portugal. These include specialised clinics, abortion services, OTC emergency contraceptives, prescription contraceptives and a full variety of feminine hygiene products. Abortions are available on request during the first 10 weeks of pregnancy and permitted with increasing restrictions during later stages. However, doctors may refuse to perform abortions on the grounds of conscientious objection.

LGBT+

Homosexuality is legal in Portugal. There are many legal protections for LGBT+ persons in the country. Same-sex marriage is legal. LGBT+ activities and persons are widely socially accepted, particularly in big cities like **Lisbon**. LGBT+ travellers are unlikely to face any difficulties or legal issues with travel. Exercise general safety precautions.

Technology & Communication Risk

Travellers are unlikely to face risks related to information and communication technology (ICT) in Portugal.

Internet access and social media have no restrictions. While there are laws prohibiting hate speech, which includes the expression of racial, ethnic, or religious intolerance, this is unlikely to affect travellers. There are no concerns related to device searches or sensitive technology. Device searches and inspections at the border are unlikely. There are no restrictions in relation to bringing or operating sensitive equipment, which may include photo cameras, satellite phones, drones, and other GPS systems, into the country. State or criminal penetration of private data is unlikely. Authorities implement minimal state surveillance of ICT networks in the country.

Travellers should exercise basic ICT safety precautions. However, ICT laws and practices are subject to change on short notice, and travellers are recommended to confirm the legality/appropriateness of their specific ICT needs prior to departure.

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