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36TH ANNUAL MEETING
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IUGA 
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Praça do Comércio

Often called the Commerce Square, or Palace Square (Terreiro do Paço), the Praça do Comércio is one of the most majestic squares in Lisbon and was once the main maritime entrance to Lisbon. You can still see the old marble steps leading up to Commerce Square from the River Tagus. The name Palace Square is clearly a reference to the Palace that the 1755 earthquake completely destroyed.

On the north side, the square is centred by an impressive 19th-century triumphal arch that leads to Rua Augusta, one of the main pedestrian shopping areas in downtown Lisbon. The arch is decorated with statues of historical personalities, like Vasco da Gama (Portuguese sailor) and Marquês do Pombal (responsible for the reconstruction of Lisbon after the earthquake).

The spacious arcaded buildings extended around three sides of the square are now occupied by government administrative offices and some restaurants.

At the centre of the Commerce Square, once used has a car-park and now given back to the Lisboetas (people from Lisbon), stands the equestrian statue of King José I, King of Portugal during the earthquake in 1755.



Castelo de São Jorge

Saint George Castle is a magical place, a charming hilltop citadel with ducks and peacocks roaming around the castle gardens. Once used as a fortress, this is a place that certainly deserves a visit.

Visitors can climb the towers and walk along the reconstructed ramparts of the castle walls and gaze at the spectacular views over Lisbon and the Tagus River.

Conquered from the Moors in 1147, Saint George's Castle has several towers, look-outs, a dry moat and an internal wall. The Ogival House, with its five ogival arches once connected to the jails.



Elevador da Glória

The Glória Funicular is one of the funiculars in Lisbon, taking the visitor right downtown, most precisely to the Restauradores Square. It connects this square and Bairro Alto (literally High Quarter) on a 265 metres journey up or down the hill.

When you step out of the funicular, you will find on the right side the S. Pedro de Alcântara belvedere, from where you get a magnificent view of downtown Lisbon and the magical St. George's Castle. Just across the road, slightly to the right, at Rua de S. Pedro de Alcântara, nos.39-49, lies the Instituto do Vinho do Porto (Port Wine Institut), where you can taste and buy a vast range of port wines.

The Glória funicular opened on 24 October 1885, and since then two funiculars have been going up and down, carrying locals and tourists on a unique journey.



“Elevador” de Santa Justa

The Santa Justa Elevator is a remarkable masterpiece designed by an apprentice of Gustave Eiffel and connects the Baixa (downtown) and Bairro Alto hill.

It was opened in 1902, when it was steam powered, then in 1907 it became electrical and was the only vertical elevator in Lisbon in public service. Made entirely of cast iron, and embellished with filigree, the lifts within the tower go up to 45 metres and carry 25 persons. In a romantic neogothic design, this elevator is really something that you cannot miss!

The café at the top affords magnificent views over the centre of Lisbon and the Tagus River.



Carmo Church

This amazing gothic monument, or what's left of it, was founded by Nuno Álvares Pereira, the commander that became a member of the Carmelite Order. Its construction was finished in 1423 and was at that time the biggest church in Lisbon.

The ruins of the Carmo Church, left by the devastating earthquake in 1755, represent centuries of history and are the home to the Archaeological Carmo Museum.



Avenida da Liberdade

Shops, hotels, coffee shops, esplanades, theatres... You will find it all! This is the Avenue of Liberty, synonymous of elegance, fashion and motion ... like a living vein that makes the connection between Pombal Marquis Square and downtown Lisbon.

This is one of the most (if not the most) important avenues in Lisbon and is also the central point for offices, international fashion shops and thousands of "passing-through" workers.

Being a good place for a walk, make sure you take a look at the ancient tailor shops, followed by internationally-known brands like Calvin Klein, Timberland, Massimo Dutti, Armani, Burberrys and Adolfo Dominguez. Walking the Liberty Avenue was once a social custom synonymous of elegance and today still is!



São Pedro Belvedere

This belvedere, or 'miradouro' in Portuguese, is located at the top end of Gloria's funicular route, close to one of the many entrances to Bairro Alto. From here you will be able to see magnificent views of Lisbon, especially of St. George's Castle and the Graça hill. This wonderful vantage point will give you a unique insight into the city that has successfully merged the old and the new. Quiet during the day, this belvedere completely changes at night. Old men playing cards or just walking their four legged friends give way to the young crowd that seek fun and action found at night in the Bairro Alto.



Parque Eduardo VII

Eduardo VII Park is located on the extreme north side of the Liberty Avenue, behind the Marquis of Pombal Square. Named after the English king who came to Lisbon in 1903 to reaffirm the Anglo-Portuguese alliance, this park provides excellent views over the city and is frequently used to hold exhibitions, concerts and the annual booksellers fair.

In it we may find the **Greenhouse!** This is a real green museum where plants and flowers from the five continents grow harmoniously together under a huge planked roof that beautifully regulates the air temperature and the intensity of light. It was built in 1930 and allows visitors to rest their spirit

and purify their senses in front of enchanted scenery of lakes, fountains and statues.



Praça Marquês de Pombal

This square is a challenge for any driver. If you don't have much experience as a driver, after passing through the roundabout of the Marquis of Pombal Square you will feel ready for almost anything!

It is located between the Liberty Avenue and Eduardo VII park. In the centre of this square rises the splendid monument to Pombal, the man who was in charge of Lisbon's reconstruction after the 1755 earthquake. On this monument, the marquis stands on top of the column with his hand on a lion

(symbol of power) overlooking his masterpiece: downtown Lisbon.



Praça dos Restauradores

The Praça dos Restauradores (Restaurators) is located on the south end of Avenida da Liberdade (Liberty Avenue), right beside the Rossio railway station (also an architectural masterpiece not to be missed!). Easily recognisable because of its Obelisk and the sculpture that commemorates the 1640 restoration of Portugal's Independence, this square has much to see, but the best is the architecture that can be seen in the surrounding buildings, like Palácio Foz, Orion Eden Hotel, the small bandstand, Avenida

Palace Hotel, and many others.

Close by you can find the Elevador da Glória (Glória Funicular) that will take you to the charming area of **Bairro Alto**.



Chiado Quarter

Chiado is nowadays a shopping area with all sorts of facilities and street entertainment. Here you will find hotels, theatres, bookshops, museums, restaurants and some of the renowned cafés chosen by the city's art students, like the café "A Brasileira".



Rua Augusta

Rua Augusta (Augusta Street) is located in one of the busiest quarters of Lisbon, the Baixa. Closed to traffic, this pedestrian street has all sorts of shops for all sorts of tastes, flower pedlars, street cafés, independent street Artists like the "statue man" or the familiar harmonica player and many, many more.

This street has on both extremes two magnificent squares: the Rossio Square and the Commerce Square. Near the arch that gives way to the Commerce Street you will find many peddlers with all sorts of things to sell from jewellery to shoes to handbags, neck-scarves to temporary tattoos... anything... just name it!

Another curious thing in this area is the name of the streets that run parallel to Rua Augusta. They all come from the occupations or the materials once existent and worked on here: Rua dos Sapateiros (shoemakers), Rua da Prata (silver), Rua do Ouro (gold), etc.



Praça do Rossio

The originally called 'Dom Pedro IV Square', due to the statue in the middle of it, got the name Rossio from the local people and it is still today a traditional meeting point both for Lisboetas and visitors.

Rossio is one of the most beautiful squares in Lisbon. People pass here everyday, rushing for work, and hardly take the time to look around. It's not only the beautiful monuments and the fountains, or its fascinating history...

Rossio is a living book.

Feel it around the D. Maria II National Theatre and the cafes visited by famous Portuguese personalities - like the Café Nicola founded in 1929.



Rossio Train Station

In neo-manueline style, the Rossio railway station is an outstanding building set between Rossio and Restauradores Squares. The eight doors match the nine palatial windows and the incredibly decorated clock tower located on the top of the facade.

Built in 1886/87, this station has been recently renovated. The boarding platform is now connected to the Metro Station of Restauradores and the work done on the ceiling is simply breathtaking. Make sure you pay a visit to the Rossio Station, I'm sure you'll find it worth it.



Gardens

Should you need a calm escape from the bustle of the city, a cool oasis in the heat of summer or an exploratory walk through interesting vegetation, why not visit one of Lisbon's many gardens (63 in total according to the Mayors Office))

Be it modern landscaping or old day charm there is a garden for every taste in this green city. You are at the very tip of Europe and yet you can find plant specimens from all four corners of the world collected from colonies Portugal had from Angola to Brazil to Macau to Goa.

A few examples:

Jardim da Fundação Calouste Gulbenkian

Jardim Amália e Parque Eduardo VII

Estufa Fria (photo)

Jardim da Estrela

Jardim Botânico da Faculdade de Ciências

Jardim do Príncipe Real

Jardim Botânico da Ajuda

Jardim da Torre de Belém

Tapada da Ajuda

Tapada das Necessidades



Alfama quarter

Visiting Alfama is to visit the architecture, the sounds and the smells of old Lisbon. This is one of the most typical quarters of Lisbon. In its narrow and winding streets you'll find the hidden treasure of Alfama and on its steep stairs you will be able to breathe the soul of Lisbon.

In Alfama, it is still possible to see Roman and Arab remains, two of the most dominant civilizations in Lisbon's past.

Rebuilt after the 1755 earthquake, Alfama is considered to be a living history book where the past blends with the present.



Mosteiro dos Jerónimos

The Jerónimos Monastery is usually referred to as the “jewel” of the Manueline style. This exclusive Portuguese style combines architectural elements from the Gothic and from the Renaissance periods. The decoration of walls, columns and vaults is an intricate work on stone depicting maritime, royal and naturalistic elements.

In 1496, King D. Manuel I asked the Holy See for permission to build a large monastery on the banks of the river Tagus. The works started in 1502 and lasted almost a century. The church of Our Lady of Belém is the resting place of kings and queens of that century. Inhabited by the monks of the Saint Jerónimo Order, their function was to pray for the soul of the king and give spiritual assistance to the sailors that left Praia do Restelo in discovery of new lands. Because the monastery was built on the sandy banks of the river Tagus, the great earthquake of 1755 had little effect on the structure.

A National Monument since 1984, this remarkable piece of architecture is today classified as a World Cultural Heritage site.



Monument to the Discoveries

The Monument to the Discoveries was inaugurated in 1960 during the celebrations of the 500 year anniversary of the death of the Prince Henrique (Henry the Navigator). It evokes the maritime expansion and is designed in the shape of a caravel, showing Henry the Navigator at the prow holding a small caravel, as well as many relevant heroes of Portuguese history (Vasco da Gama, Pedro Álvares Cabral - discoverer of Brazil - Fernão Magalhães - who crossed the Pacific in 1520 -, the writer Camões and many others).

Cut into the paving stone, the compass with its central map depicting galleons and mermaids and showing the routes of the discoverers in the 15th and 16th centuries was a gift from the Republic of South Africa in 1960 .



Torre de Belém

In order to enhance Lisbon’s defence, King João II drew up a plan that consisted of forming a three-fortress-defence on the Tagus’s estuary. It formed a triangle and on each angle, a fortress was constructed: Cascais’s fortress on the right bank, S. Sebastião da Caparica on the left bank and Belém Tower in the water.

The tower is filled with Manueline decoration, symbols of the King’s power: cables encircling the building and ending in elegant knots, armillary spheres, crosses of the Military Order of Christ and naturalistic elements such as the rhinoceros, the first such representation in stone known in Europe.

In time, with the construction of new, more modern and more effective defences, the Tower of Belém lost its role as defender of the entrance of the River Tagus.

As centuries passed, new functions were given to the tower. It was a customs control point, a telegraph station and even a lighthouse.



Pastéis de Belém

Every morning, the 'tarts master' works in the kitchen using a recipe unique in the whole world. Apart from putting together the right portions of the right ingredients, the art of producing these Portuguese tarts lives on in making them in the old fashioned way - no machines are involved here, just careful and talented hands! As many of the sweets belonging to the Portuguese gastronomy, the tarts have their origin in the old convents!

Nowadays, the factory produces around 14,000 tarts a day .

As the factory produced more tarts, the need for more workers became a serious concern. The possibility of having the secret recipe leak out was something that couldn't happen, so the new pastry men could only be chosen from inside the company - in this case they must have been working for the factory for at least 25 years, someone who the company can trust. Even then, they had to make an oath and sign an agreement whereby they are not allowed to reveal the secret of the tarts. If they broke this contract, their properties would be expropriated and they could even go to jail. Fortunately, no one ever broke it and the secret still remains inside the factory walls today.



Ponte 25 de Abril

The 25th of April Bridge, also known as Bridge over the Tagus (Ponte sobre o Tejo), was inaugurated in 1966 with the name 'Salazar Bridge'. It was later renamed to commemorate the 'Carnation Revolution' that took place on the 25th of April 1974.

This suspension bridge is very similar in appearance to the Golden Gate Bridge in San Francisco. It is 2,278km long and leaves Lisbon at high level

above Alcântara and makes its landfall at Almada, on the southern bank of the river.

Particularly busy during weekends, traffic jams can be avoided by taking the recently-built Vasco da Gama bridge or leaving your car on a parking lot and taking the train that travels on the under side of the bridge since 1999.

On the Almada side you will be able to see the towering monument of Cristo Rei, similar to the Redentor in Brazil, overlooking the Tagus. If you wish to go there, a lift will take you 82m up to the top of the pedestal, offering excellent views of the city and the river.



Ponte Vasco da Gama

This newest bridge in Lisbon, Ponte Vasco da Gama, enables north-south traffic to bypass the Portuguese capital and was built as an alternative route to the 25 de Abril Bridge, frequently congested with traffic jams especially during the rush-hour periods. This seemingly never-ending bridge is a Cable-stayed bridge.

Vasco da Gama is the largest bridge in Europe with a length of 17.2 km (10 miles), 10 km of which are over the Tagus River. It was inaugurated on the 4th of April 1998. Located right next to the Nations Park (former site of the Expo 98) it got its name on the same year of the 5th centenary of the arrival of Vasco da Gama to India. The bridge was designed to withstand an earthquake four times greater than the 1755 earthquake that devastated Lisbon.



Lisbon Zoo

With one of the best zoological exhibitions in the world set in enclosures very similar to their original habitats, this garden also offers diverse leisure activities as well as other services.

Some of the main attractions are: Dolphins Bay, the Sea-Lions, the Reptile Land, the Macau show, among others.

Cable car: Opened in 1994, the cable car also became one of the biggest attractions. In two person's cabins, visitors can enjoy a 20 minutes ride over the Zoo, offering a most unique view of the zoo gardens. Passing over the hippopotami, the tigers, the lions and many other animals will surely leave you breathless.

Little farm (Quintinha): The little farm was created in 1996 to bring people back to the 'countryside'. The aim is to stimulate close contact between children and farm animals frequently seen on rural properties and allow children to see a wide variety of vegetables and fruit in a natural environment.



Oceanarium

Visitors will never cease to be amazed as they journey through Europe's largest Oceanarium. Inhabited by 16,000 animals and plants representing over 450 different species, the Oceanarium offers visitors a unique and enchanting experience.

Four biotypes, each recreating one of the world's coastal habitats, are located in the four corner towers which encircle the central aquarium. Together, they form a representative set of ocean environments.



Museums

There are more that 40 museums in Lisbon.

Here are only a few tips:

Belém Cultural Center

National Clothing Museum

National Tile Museum

National Archaeology Museum

National Museum of Ancient Art (photo)

Fado and Portuguese Guitar House

Chiado Museum

Music Museum

Calouste Gulbenkian Museum

Water Museum

National Coach Museum

Navy Museum

Anthonian Museum

National Theatre Museum



Palácio Nacional de Queluz

Queluz is very close to Lisbon and has one of the most wonderful palaces in the area: the Queluz National Palace!

In 1747, Prince Pedro (future Pedro III - King of Portugal), commissioned the architect Mateus Vicente de Oliveira to transform his 17th-century hunting lodge into a Rococo summer palace. The main body of the Palace, built until 1758, was finished after the marriage of D. Pedro with D. Maria Francisca, future Queen D. Maria I (1760). By then, the wealthy halls were

furnished, as well as the beautiful gardens with all sorts of baroque fountains, tiles and statues. Jean Baptiste Robillion was the French master in charge of the magnificent Robillion Pavilion, the gardens and the redesign of the Music Room.

Frequently compared to the Versailles Palace, this monument - apart from the pavilion built by Robillion with strong French European influences - is very Portuguese both in its scale and artistic spirit.

Nowadays, this palace is used by the Portuguese State as a residence for government and state leaders that visit Portugal and for special meetings. It is also open to visitors, so make sure you try one of the many tasty dishes available at the Cozinha Velha restaurant located in one of the palace wings, and that you don't miss the chance to see the incredible decorative arts exhibition coming from royal collections.



Palácio Nacional da Pena

Formerly the 'Our Lady of Pena Monastery' ruins, Palácio da Pena was bought in 1839 by King Fernando II who adapted it into a palace. The original building, once occupied by the Jerónimos monks, dates from 1503. The main façade of the convent was kept and so was the church and cloister, with galleries covered with tiles placed there around 1520.

Born in Germany, D. Fernando II brought to Portugal the romantic German architecture. The palace, a project of the Eschwege Baron, gets its inspiration from Bavaria's palaces and brings together Moorish, Gothic and Manueline influences.

The fourth most visited national monument in Portugal is furnished with historical items and the visitor can enjoy wonderful views of the surrounding areas from the verandas.



Guincho Beach

Praia do Guincho, located directly after Cascais when heading out from Lisbon, is one of the best spots in Portugal for surfing and wind surfing. It is a favourite location for national and international competitions. July and August are the best months for these sports, but the wind begins to blow in May and goes on until October.

The south side of the beach is usually chosen by surfers and the north side has much better conditions for wind surfers.

From here we strongly advise you to go on to Cape Roca, the most western point on mainland Europe and then on to charming Sintra, home of wonderful palaces and gardens.



Arrábida Mountain

Close to Lisbon there are charming places that you will undoubtedly fall in love with. The Arrábida Mountain is definitely one of them! Located between Setúbal and the wonderful area of Sesimbra, the Arrábida boasts 35 km of Limestone Mountains and a wonderful coastline. It was declared a Natural Park in 1976 to protect the many species living there, and some of the areas require official visiting permits. Walking through these mountains is an unforgettable experience - dazzling views of the coast and the contact with nature make this a place where you will want to return to again and again. Its coast has some of the best beaches in the region, for example Portinho da Arrábida pictured on the right and the Galapos beaches where visitors can enjoy the delights of sunshine and a true blue sea and try an excellent selection of fresh fish and shellfish.



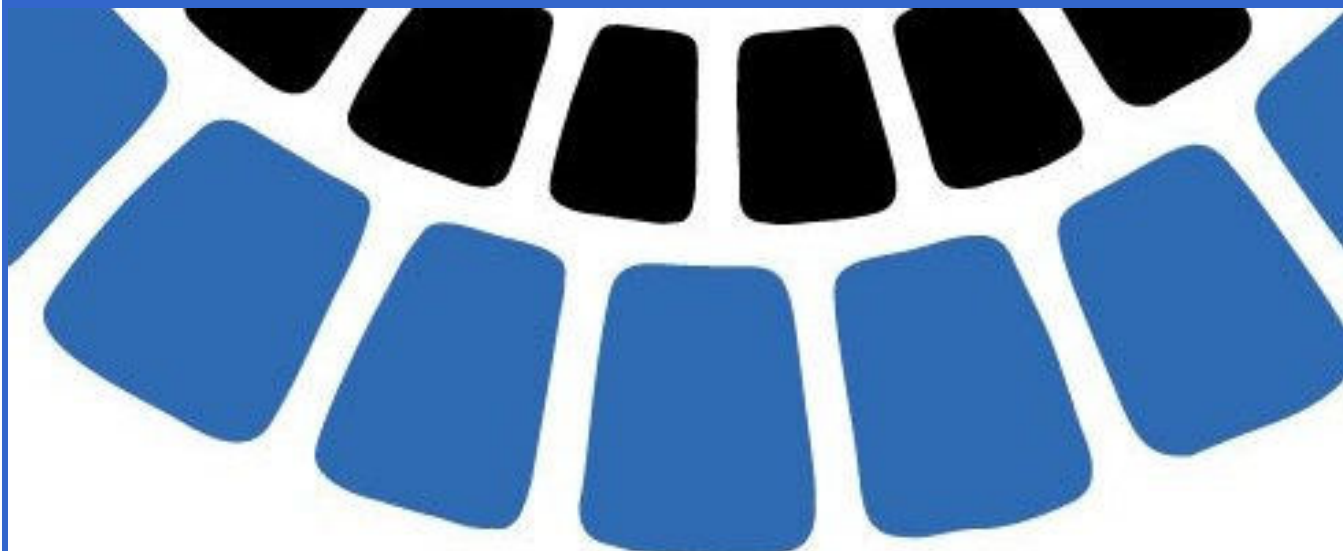
Cascais

Traditionally a small fishing port, Cascais has changed during the last 100 years to become one of the favourite tourist destinations in Portugal. The bay is the main attraction. It is worthwhile walking around the pathways that surround the bay, focusing on the contrast between the vivid colours of the small fishing boats and the sober colours of the yachts and sail boats at the yacht club. Wondering through the centre of town is very pleasant and you will discover charming houses, picturesque corners dotted with small cosy restaurants, cafes and shops, where you can rest until you feel like moving on again. In other parts of the town you will find old palaces and luxurious villas with magnificent architecture, which is worthwhile examining in detail. The Forte de S. Jorge (St. George Fort), re-opened in December 2000, was once one of the coast's most important defensive structures and is now a military museum. The main façade was rebuilt based on documents from 1796 and some divisions were used to portray scenes of what would be a normal day in the fortress.



Sintra

Sintra is a very romantic area near Lisbon. A hide-out for the lonely and enchanting scenery for lovers; make sure you see Sintra with your own eyes as each person has a unique perspective of this marvellous area. Home of the delicious Sintra cheese-cakes, this is a region with many charms. Monuments, sea and mountains get together in one of the most perfect combinations. Sintra's mountain ridge starts right on the heart of the 'Vila' and ends into the Ocean, on the most western point of mainland Europe - Cabo da Roca. Classified a World Heritage site by UNESCO, Sintra was once home to the aristocracy who chose it to build their palaces and mansion-houses. Before you leave Sintra, make sure you visit the Royal Palace (Paço Real), the National Palace of Pena (Palácio Nacional da Pena), the Moors Castle (castelo dos Mouros), the Monserrate Palace and its gardens (Palácio de Monserrate) and some of the museums, like the most singular Toy Museum (Museu do Brinquedo) that displays a fascinating collection of toys.



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