



European
Joint
Support Unit

Shopping/Services

Lisbon





LOCAL INFORMATION (All on Google Maps)

Groceries:

Lidl - Cheaper but won't have everything

Aldi - Cheaper but won't have everything

Auchan - More like a Sainsbury's with household items, a bit more expensive than Lidl

Supercor - Much more expensive, similar to M&S or Waitrose

Continente - similar to Auchan, with household and clothing, located in Cascais Shopping

Pingo Doce - Somewhere between Lidl and Auchan/Continente.

Mini Preço - Quick cheap things, not for a full shop, service isn't great.

Shopping Centres:

Cascais Shopping Mall - Close to Beloura

Forum Sintra Mall - Close to Beloura

Sintra Retail Park - Close to Beloura

Centro Colombo - Lisbon/Amadora Area

Hardware Stores:

Aki - like B&Q

Leroy Merlin - Larger, Like B&Q, (same company as Aki)

Other Household Stores:

Conforama - Located in Cascais shopping and also large box store in Sintra. Has everything from furniture and decor to installing a kitchen to appliances.

Jom - Home goods store with some good offers

Casa - In Sintra Retail Park, mostly outdoors/garden/entertaining, nice things.

Space House Sintra (Espaco Casa) - One of my favourites

Ikea - Swedish meatballs recommended

Worton - electrical supply home goods store

Garden Centres:

Jardim Primavera - Slightly smaller garden centre but very nice

Horto do Campo Grande Quinta de Eira - A bit larger.



International store (Duty Free Shop on Base)

Service personnel and spouse (if applicable) will be able to obtain a Privilege Card on completion of their registration within NATO. This card can be requested / collected from the JALLC office in the IF building on the Oeiras base.

The Store is located next to the main car park, the shop sells perfumes, cigarettes, wines, spirits and gifts.

Base Gymnasium

The base at Lisbon has a fully – equipped gymnasium, open 24 hrs a day, seven days a week, tennis courts and a swimming pool, manned by a life guard from May to September each year. Dependants may use these facilities at all times except from 1200 – 1400 on working days.

Language Courses

CPOWtr has 2 x “Portuguese Linguaphone Online and Audio Service language courses” which can be used by everyone. The pack contains 8 CDs and provides information on how to access the e-learning website. Alternatively, SP and spouses are entitled to enroll on a ‘Survival Language’ course and be reimbursed up to 100 euros. For more information on this, send an email to EJSU-J7-SO3@mod.uk or EJSU-J7-SO3@mod.gov.uk.

British Forces Broadcasting Service (BFBS)

BFBS can be available at your residence and you receive BBC1, ITV1 a couple of sky sports channels and various other channels. Let the CPOWtr know if you would like a BFBS Box and he can order one for you, however it may be worth delaying the order of the box until you have officially joined and been allocated a property, as some landlords will not allow a satellite dish to be fitted onto the roofs of their properties. The box is free but the purchase of a satellite dish and installation will cost you approximately 200 Euros.



Lisbon BullSharks Swim Team:

<https://www.teamunify.com/team/reczzlb/page/home>

lisbonbullsharks@gmail.com

The Bullsharks is a competitive swim team sponsored by NATO. The team is part of the “*European Forces Swim League*” and compete with base commands all over Europe. It primarily travels to Rota, Spain during the season and has 4 meets at home. In order to be involved children have to be ages 6-19, be a part of NATO or be in an International school in the area.

There are two swim seasons, spring-summer and autumn-winter. The spring-summer season is non-competitive but still requires try-outs. This season is utilized for new swimmers and fun meets. The autumn-winter season involved competitive meets. Tryouts are normally held for the Fall/Winter season in late August/early September, and for the Spring/Summer season in late Feb/early March. You and your swimmers are welcome to observe its practices at the Aboboda Piscina (map <https://goo.gl/maps/gaCYT88gBNM2>). From this the coaches will put together two teams, a bronze and silver depending on capabilities.

NATO Golf

If you are interested in playing Golf while in Portugal then you should consider joining PINGS (Portugal’s International NATO Golf Society). It was originally set up by NATO but is now run as a civilian society with NATO members able to join. It is the easiest and cheapest way to gain a Portuguese Federation number allowing you access at local (rather than tourist) rates. Golf can be very expensive in Portugal without a federation number. You can join by contacting the club committee (all details are on the website). The rates change yearly but it is in the order of 80e for a year’s society membership and 60e for joining the Federation; paid as a lump sum to PINGS which then handles the details for you and manages your handicap.

Once a member, there are at least two social competitions a month and three weekly rollups. The monthly meetings are normally PM on a Friday with the occasional one on a weekend. Half take place at the home course of Beloura with the rest using many of the fantastic courses within driving distance of Lisbon. For full details please visit the PINGS website (<http://www.pings.pt/en>).