



39° 15' 11" N | 008° 02' 42" W | LPSO

LPSO STUDENT GUIDE

WELCOME TO PONTE DE SOR

Study. Fly. Live Ponte de Sor.

A guide to discovering the city around your training — practical, local and made for the years you will spend here.



Your next chapter starts here

You came to Ponte de Sor to learn to fly. We hope you will also make the city yours.

Your training brings you to LPSO, but the months and years ahead will also be lived in Ponte de Sor: in the streets you walk, the places where you study, the cafés you return to, the sports you try and the people you meet.

By the time you receive this guide, your training and accommodation arrangements are already in place. This guide starts where those end. It is Ponte de Sor's way of helping you discover the city around your training and feel part of the community.

“

Your course is the reason you came. We want the city, the people and the experiences around it to become part of what you take with you when you leave.



Small city. Big aviation ambition.



Easy to navigate. Connected to nature. Built around community.

YOUR BASE

Ponte de Sor is in the Alto Alentejo, in central Portugal, with road and rail connections to the wider region.

LPSO

The Aeródromo Municipal is about 5 km south of the city, along the EN2.

CITY LIFE

Most everyday services, cafés, municipal facilities and cultural spaces sit inside a compact urban area.

NATURE CLOSE BY

The Ribeira de Sor runs through the city and Montargil offers a major outdoor escape within the municipality.

Think of Ponte de Sor as two connected worlds: the aviation environment you know from training, and the city around it, where you will build your routine.

[↗ Municipality — information & agenda](#)

Welcome to LPSO

The aerodrome is part of your training — and part of Ponte de Sor's identity.

The Aeródromo Municipal de Ponte de Sor is a public-use aerodrome certified by the Portuguese civil aviation authority. Its operating environment brings together flight training, aviation operations, maintenance, industry, technology and innovation.

Class II

ANAC CERTIFICATION

LPSO

ICAO CODE

3C

REFERENCE CODE

Category 2

RFFS

[➤ Aeródromo Municipal — official website](#)

Look beyond your own hangar



You are studying in a place where aviation is also an industry.

LPSO hosts organisations working in pilot training, aircraft maintenance, unmanned systems, equipment, technology and other aeronautical and aerospace activities. As a cadet, you are part of that wider everyday aviation community while you are here.

TRAINING

Sevenair Academy and other training activity make education and skills development part of LPSO's daily rhythm.

MAINTENANCE

Aircraft maintenance and technical services connect the training environment with real operational capability.

UNMANNED SYSTEMS

UAS and technology companies add a fast-growing dimension to the local aviation ecosystem.

INDUSTRY & INNOVATION

Engineering, equipment, manufacturing and innovation projects link Ponte de Sor to a wider aerospace value chain.

City ↔ LPSO ↔ the region

Know your way around Ponte de Sor — and where you can go from here.

LPSO is about 5 km south of Ponte de Sor. Your daily training route may already be familiar, but knowing the city's transport points and regional connections gives you more independence in your free time.

CITY ↔ LPSO

Keep at least one local taxi or transport contact saved as a backup. If you drive, follow LPSO access and parking rules.

BY TRAIN

Ponte de Sor is served by rail. Check CP before every trip, because schedules can change.

[↗ CP — rail timetables & tickets](#)

ON FOOT

In the city centre, many everyday services, leisure spaces and cafés are close enough to combine on foot.

BY COACH

Road connections link Ponte de Sor with Lisbon and other destinations. Check the operator first.

[↗ Rede Expressos — coach timetables](#)

THE CITY



Your routine needs more than one runway

The city becomes familiar one place at a time.

Your practical arrangements are already sorted. Now build the part of your routine that belongs to Ponte de Sor: somewhere to focus, somewhere to move, somewhere to meet people and somewhere to switch off.



01

YOUR CAFÉ — find a café or bakery where you feel comfortable becoming a regular.

02

YOUR STUDY SPOT — use the library or another quiet place when you need a different environment.

03

YOUR SPORT — choose a club, court, pool, gym or running route that helps you reset.

04

YOUR LOCAL ROUTE — know where your supermarket, pharmacy, ATM, station and services are.

05

YOUR WEEKEND ESCAPE — find one place you can go when you need a change of scenery.

06

YOUR PEOPLE — say yes to local activities; sport and community events are the fastest route in.

Eat well. Train well.

Keep it simple during busy training weeks — and use food as an easy way into local life.

SHOP SMART

Keep basic breakfast, hydration and easy meal ingredients at home for early starts or changing training schedules.

ASK CLEARLY

If you have allergies or dietary requirements, learn the Portuguese words for them and ask clearly.

CHECK HOURS

Opening hours may vary on Sundays, public holidays and at smaller local businesses.

TRY LOCAL

Cafés and restaurants are one of the easiest places to start using Portuguese without overthinking it.

THE BRIDGE



USEFUL WORDS • café • água • supermercado • restaurante • vegetariano/a • sem glúten • alergia • a conta, por favor.

Save these before you need them

Know what to do — and who to call.

112

EMERGENCY

808 24 24 24

SNS 24

242 292 000

HEALTH CENTRE

For non-emergency health questions, SNS 24 is a useful first point of contact. For urgent local care, Ponte de Sor has a Health Centre with a Basic Emergency Service. Keep your own health, insurance and training-related medical information accessible.

GNR PONTE DE SOR

+351 242 202 707

BOMBEIROS VOLUNTÁRIOS

+351 242 292 160

AERÓDROMO MUNICIPAL

+351 242 418 163 | +351 934 118 967

PHARMACY ON DUTY

Use the official online pharmacy search before travelling across town.

Stay active in Ponte de Sor

Train your body as well as your flying skills.

Ponte de Sor has a strong local sports culture, with municipal facilities and clubs covering individual and team sports. Joining a club can also be one of the quickest ways to meet people outside aviation.



MUNICIPAL FACILITIES

Stadium • multiuse venue • municipal pavilions • indoor & outdoor pools • radical park • padel complex • multi-sport courts.

GEPS

Handball • tennis • padel • Kung-Do • gymnastics, plus community activity.

ELÉCTRICO FC

Football • basketball • futsal • swimming • judo • dance • athletics.

START EASY

Check current schedules and registration conditions online before turning up.

[↗ Eléctrico Futebol Clube — modalities](#)

[↗ GEPS — current sports & schedules](#)

When you are off duty

Find places that are not your room and not the aerodrome.

A healthy training routine needs places to switch context. Ponte de Sor has municipal spaces for study, culture, cinema, exhibitions and community events — most of them inside the Centro de Artes e Cultura, a converted 1920s rice and cereal mill on Avenida da Liberdade.

BIBLIOTECA MUNICIPAL

Reading rooms, study space, Wi-Fi, catalogue and reader services — inside the Centro de Artes e Cultura.

[↗ Biblioteca Municipal — catalogue & services](#)

TEATRO-CINEMA

388-seat municipal cinema and theatre — check the current programme before you go.

[↗ Teatro-Cinema — venue information](#)

CENTRO DE ARTES E CULTURA

Five exhibition galleries, auditorium, ateliers and the Leonel Moura garden across 10,000 m².

[↗ Centro de Artes e Cultura — current updates](#)

URBAN ART

Large-scale murals across the city — an easy way to discover Ponte de Sor on foot.

[↗ Urban Art Guide — official route](#)

THE CINEMA & THEATRE



Explore beyond the flight line

Your free time is part of the experience too.

IN PONTE DE SOR

Walk or run beside the Ribeira de Sor • explore the Centro de Artes e Cultura • watch a local match • check the city agenda.

A LITTLE FURTHER

Portalegre • Marvão • Castelo de Vide • Évora • Abrantes • Tomar • Lisbon for a longer day trip or weekend.

[↗ PR1 Ribeira de Sor — official walking route](#)

THE CENTRO DE ARTES E CULTURA



AROUND THE MUNICIPALITY

Montargil Reservoir • walking routes • cork-oak landscapes • Montargil and Galveias for a different pace.

KEEP IT FLEXIBLE

Your training timetable will not always cooperate — use live links rather than printed opening times whenever you can.

There is more happening than you may expect

Keep an eye on the city calendar — your next free day may already have a plan.

Ponte de Sor's programme changes throughout the year, with cultural events, exhibitions, cinema, concerts, sport, local festivities and community activities. When you have time off, check what is happening locally.



CULTURE

Exhibitions • cinema • theatre • music • creative events.

SPORT

Local matches • tournaments • swimming • running • clubs.

COMMUNITY

Festivities • fairs • seasonal events • local celebrations.

OUTDOORS

Walking routes • riverside activity • Montargil • nature.

MAKE IT PART OF YOUR ROUTINE

- Follow the Municipality's cultural and sports agenda.
- Check local club pages for matches, tournaments and registration windows.
- Look at the Centro de Artes e Cultura and Teatro-Cinema programmes.
- Say yes to at least one event you would not normally choose — it is one of the best ways to know a place.

[↗ Municipality — agenda & news](#)

A few words go a long way

You do not need to speak Portuguese to feel at home. But these will help.



THE BASICS

Hello **Olá**

Good morning **Bom dia**

Good afternoon **Boa tarde**

Good evening / night **Boa noite**

See you later **Até logo**

See you tomorrow **Até amanhã**

BEING POLITE

Please **Por favor**

Thank you **Obrigado / Obrigada**

You're welcome **De nada**

Excuse me / Sorry **Desculpe**

Yes / No **Sim / Não**

Do you speak English? **Fala inglês?**

“Obrigado” or “Obrigada”? It depends on you, not on the person you are thanking: men say **obrigado**; women say **obrigada**.

Coffee, food, directions & the classics

This is the page you will probably use most.



HELP & DIRECTIONS

I don't understand → **Não percebo.**

Can you help me? → **Pode ajudar-me?**

Where is...? → **Onde fica...?**

How much is it? → **Quanto custa?**

AT THE CAFÉ

I would like... → **Queria...**

A coffee, please → **Um café, por favor.**

A beer, please → **Uma cerveja, por favor.**

Water, please → **Água, por favor.**

EVERYDAY LIFE

The bill, please → **A conta, por favor.**

Supermarket → **Supermercado**

Pharmacy → **Farmácia**

ATM → **Multibanco**

THE CLASSICS

Train station → **Estação de comboios**

Bus → **Autocarro**

Cheers! → **Saúde!**

Let's go! → **Bora! / Vamos!**

Small cultural tip: “Quero...” is correct, but “Queria...” usually sounds softer and more natural when ordering.

Your Ponte de Sor challenge

Seven things to do during your first month — and repeat whenever you need a break from training.

01 Walk or run beside the Ribeira de Sor.

02 Order a coffee in Portuguese.

03 Visit the Centro de Artes e Cultura.

04 Watch a film, show or local event at the Teatro-Cinema.

05 Try a sport through GEPS, Elétrico FC or a municipal facility.

06 Spend time in Montargil.

07 Find the café, route or place that becomes “yours”.

Save this page

The numbers and live links worth keeping close.

Emergency	112
Health Centre	242 292 000
Bombeiros Voluntários	242 292 160
Municipality	242 291 580

SNS 24	808 24 24 24
GNR Ponte de Sor	242 202 707
Aeródromo Municipal	242 418 163 934 118 967
Biblioteca Municipal	242 290 070

LIVE LINKS — use these rather than relying on printed opening times

- [↗ Aeródromo Municipal — official website](#)
- [↗ Centro de Artes e Cultura — current updates](#)
- [↗ CP — train times](#)

- [↗ Biblioteca Municipal — catalogue & services](#)
- [↗ Municipality — agenda & events](#)
- [↗ Rede Expressos — coach times](#)

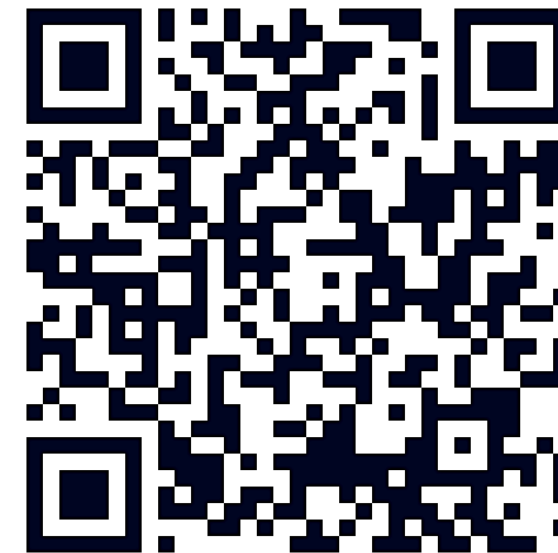
One tap. Everything you need.

Keep the live version on your phone so the useful information stays useful.

USE THE DIGITAL VERSION FOR

- live links and schedules
- current municipal agenda
- sports information
- culture and leisure links
- transport services
- health and emergency references

aerodromo.cm-pontedesor.pt/student-guide/



SCAN THE GUIDE



Your time in Ponte de Sor is more than a training programme. You will remember the first solos, difficult exams, weather briefings and early starts — but also the café where they knew your order, the route you ran after class and the friendships that made an unfamiliar place feel familiar.

Train here. Live here. Discover it your way.

Bem-vindo a Ponte de Sor. · Welcome to LPSO.

aerodromo.cm-pontedesor.pt · cm-pontedesor.pt · gipe@cm-pontedesor.pt

