Dr. Hugo Sousa Dias

graduated with a DDS from University Fernando Pessoa, Porto, and completed the postgraduate program in endodontics at the University of Lisbon, Portugal. Besides running a practice limited to endodontics in Porto, he is Director of the Master in Endodontics clinical residency program at Foramen Dental Education. Dr. Dias is the founder of the Portuguese Group for Endodontic Study (study club). He is a member of the European Society of Endodontontology and the Sociedade Portuguesa de Endodontologia [Portuguese endodontic society]. He has given more than 20 lectures around the world.

Foramen Dental Education is a modern dental training center that was founded in 2013 specifically with the aim of providing quality dental training in procedures performed on patients. Addressing the market gap in postgraduate training in clinical practice on patients, Foramen was soon established as an important European center for this type of education. The center offers training through clinical residencies, which are long-term courses providing opportunities for constant practice and follow-up in a real clinical context. Alongside this, Foramen has short-term training available, with hands-on courses dealing with specific subjects during which it is possible for complete immersion in the subject for a short period.

www.foramendental-education.com

Location

Foramen Dental Education is located right in the heart of the very trendy city of Porto. Porto is the second-largest city in Portugal and one of the major urban areas of the Iberian Peninsula. Located along the Douro River estuary in northern Portugal, Porto is one of the oldest European centers, and its historical core was proclaimed a World Heritage Site by UNESCO in 1996. One of Portugal’s internationally famous exports, port wine, is named after Porto, since the metropolitan area, and in particular the cellars of Vila Nova de Gaia, were responsible for the packaging, transport and export of the fortified wine. In 2014 and 2017, Porto was named the Best European Destination by the Best European Destinations agency. Being popular, it offers an overwhelming choice of cultural, gastronomic and accommodation options.

www.lonelyplanet.com/portugal/the-north/porto/

How to get there

It is possible to fly to Porto or Lisbon (capital) from virtually all of Europe. From Porto Airport, located 20 minutes from Porto by car, you can rent a car for about €35 or take the Metro do Porto for €2 to Bolhão station. From there, it is a short walk to Foramen Dental Education.
What to see and do

For fantastic views of the city, climb the Torre dos Clérigos, the bell tower of the Clérigos Church, a Baroque building from the 18th century located at one of the highest points of town. The tower is the most iconic feature of Porto’s skyline.

Porto’s hilly streets can be very steep in some areas, so a fun way to get to know the city quickly is to take a ride in one of its restored trams. A good place to start is with Line 1, which leaves from outside the historical Casa do Infante in the Old Town and heads out to sea along the Douro River.

Participate in wine cellars and museums in this amazing city, travel along the Douro River by boat.

Book fans, mark this one high on your list of things to do in Porto. A beautiful bookshop is the Livraria Lello, designed by Francisco Xavier Esteves in neo-Gothic splendor and opened in 1906 by brothers José and António Lello. The gorgeous circular red stairs to leaf through the volumes and look down to admire one of the most attractive shop floors in the world. J.K. Rowling worked as an English teacher in Porto in the 1990s, and local legend has it that this bookstore inspired the library in the Harry Potter books.

Where to stay

The following hotels are located within reasonable distance to the institute:

The InterContinental Porto—Palácio das Cardosas hotel, overlooking Liberdade Square, is located in a former palace and is a few minutes’ walk from the Lello bookshop and São Bento train station.

www.ihg.com | 2018 TripAdvisor Travellers’ Choice | 5-star

The Dom Henrique Hotel Downtown, named after the patron of Portuguese exploration Infante Dom Henrique, was renovated two years ago and boasts exemplary artwork.

hoteldomhenrique.pt | TripAdvisor Certificate of Excellence | 4-star

Hotel Teatro, located right next to São Bento train station in the heart of Porto, has a theatre-inspired design.

hotelteatro.pt | TripAdvisor Certificate of Excellence | 4-star

The Grande Hotel do Porto, located in the same street as the institute in the historical city center and only 3 minutes from the Coliseu do Porto theater, has a dramatic 19th-century charm.

www.grandehotelporto.com/pt/ | TripAdvisor Certificate of Excellence | 3-star

Where to eat

Hungry? Craving a decent portion of meat or traditional Portuguese food? In Porto, you won’t need to look far to have your wish granted. One of the city’s food staples might not be fancy and is certainly not good for the waistline, but it’s a source of local pride—not to mention an unforgettable experience. The Francesinha is a dish of steak, sliced ham and spicy sausage between toasted bread, all covered with melted cheese and a hot sauce, the recipe for which is a well-kept secret. There is an eternal competition for the best Francesinha in town. Just ask any local for his or her favorite and embrace the challenge, or go with popular opinion and opt for Bufete Fase on the same street as the institute.

Champ’s da Baixa Bistrô is a bar serving Mediterranean cuisine, including typical Portuguese dishes and tapas.

www.champsdabaixa.com

bbGOURMET is known for its delicious and diverse cakes, but also offers gourmet fast food.

www.bbgourmet.net

Cozy Brasão Cervejaria Aliados offers typical Portuguese cuisine, such as the local Francesinha specialty.

brasao.pt

In the heart of Porto, the Flow restaurant and bar serves in three different spaces, including a terrace, each with its own atmosphere.

www.flowrestaurant.pt/flow/

There are many activities on offer in Porto and the surrounding area. For more information, visit visitportoandnorth.travel and www.visitporto.travel