July 2026 update-2, with a **thirteen page calendar of summer events across Portugal!** A43

Alex's LONG LIST

Guide to LGBTQ Lisbon & Portugal

The Internet and guidebooks are full of outdated info, so I update ***Alex's LONG LIST*** regularly for visitors, new arrivals and residents.

I don't take anything in exchange for being included in *Alex's LONG LIST* – this is a comprehensive list of LGBTQ events, venues, groups, organisations across Portugal, and some options that me and my friends think are fun - including many that you won't hear about anywhere else. **Updated every month.**

For first-time visitors and tourists

- **Essential Info** - Basic info for a first visit: transport, timings, toilets, tourist-traps, entry fees, LGBTQ rights, driving and drugs info, Lisbon's **new** restrictions on street drinking.
- **The SHORT LIST** - To help new visitors plan a queer night in Lisbon
- **Four Nights Out** - Signature queer nights out (and one night in).

- **What's on this month** and **What's On tonight** – **13 pages of events!**

Alex's Queer Lisbon History Tour - *Know the city*!

Lisbon's LGBTQ Scene - 17 pages of bars, nightclubs, women's venues/events, drag, burlesque and cabaret, saunas/sex venues (men's and women's)

- **Classy Bars and Speakeasys** - relaxed bars for quieter drinks and cocktails

Map of LGBTQ Lisbon - with venue info and weblinks

- **Gay Beach Guide** - 5 pages of: where to go and how to get there

Meeting People, Making Friends & Having Fun - 14 pages of LGBTQ social groups, sports/ exercise, dance, choirs/music/theatre, art/books, student groups, biker/leather/sex

- **Lisbon on a Budget** - the many things to do in Lisbon for ***free!***

Getting to Know Portugal - 5 pages of fun and useful ways to know Portugal better

- **Women's Groups, Organisations and Services** - 7 pages of scene and social networks

Trans/non-Binary friendly Spaces - Venues & groups that Trans friends recommend

- **Queer People of Colour (QTPOC)**, & info for **people from South Asia** - 8 pages

Across Portugal (37 pages of LGBTQ life outside Lisbon) - **Map of LGBTQ Portugal**
- **Porto** (45 entries)
- **The Algarve** (29 entries)
- **Other cities & regions** (112 entries)

- **Medium / Long-term Accommodation** how/where to find housing in Lisbon - 5 pages

LGBTQ Literature, **Film**, **Learning Portuguese**, **LGBTQ Media & Podcasts** - 12 pages

- **Health & Wellness** & **blood donation** - men's and women's health services - 10 pages

Community Support - Youth/LGBTQ, Feminist, Trans/Non-binary, HIV/STI, Academic groups

Essential info for first-time visitors: entry fees, transport/taxis, timings, tourist-traps, toilets, LGBTQ rights, drug-use.

Legal rights, alcohol, and age restrictions in Portugal.

LGBTQ civil rights. Portugal has constitutional protection from discrimination on the grounds of sexual orientation, gender identity, ancestry, sex, race, language, territory of origin, religion, political or ideological beliefs, education, economic situation, or social circumstances. Equal rights and legal protection for queer people therefore extend to adoption, IVF, blood donation, civil marriage, age of consent, etc.
Citizens are free to change their gender on birth certificates, etc from the age of 18 (or 16 with parental consent). www.equaldex.com/region/portugal

ALCOHOL: street drinking, age restrictions, and drink/driving limits.
Main tourist cities in Portugal have recently been introducing restrictions on street drinking to limit the noise impact of late-night tourism on residents.
In **Lisbon,** starting in Feb 2026 - the sale of alcohol for street drinking has been banned from 23:00 to 08:00 (8am the following day) Sunday to Thursday, and midnight to 08:00 on Friday, Saturday, & public holiday eves (Exceptions for licensed terraces, home delivery, and throughout June for Lisbon's traditional *Festas*). This is expected to impact the bar culture in *Bairro Alto* (and around *Cais do Sodre,* incl. *'Pink Street')*. We wait to see how this develops!

- *https://informacao.lisboa.pt/en/news/detail/new-rules-on-the-sale-of-drinks-for-street-consumption-1#:~:text=Lisbon%20City%20Council%20has%20approved,and%208am%20the%20following%20day*
- https://www.lisboa.pt/horario-venda-bebidas-consumo-exterior?fbclid=IwY2xjawQCpaNleHRuA2FlbQIxMABicmlkETFKUHJCUXNmaHRCR1dWeGVPc3J0YwZhcHBfaWQQMjIyMDM5MTc4ODIwMDg5MgABHrfz8e57sPEm9oWkBDoc-mr6Ha6YYTf4JzCFNcpA9O4gG7anazWJRKIbkF2x_aem_O1yGDRcY4SesuVuGLTAKjQ

In **Porto**, since 2025 alcohol can only be sold after 21:00 inside cafes, bars, restaurants and nightclubs. Many licensed terraces also have restricted hours. (Two nights are excepted: June 23 [Saint John's Day] and New Years Eve).
In **Albufeira** (Algarve), since 2025 drinking in public areas is not permitted after 23:00.

Age restrictions. The legal age for buying alcohol is 18. Entering a nightclub is legal at 16 years (18 in venues where sex occurs) - some venues may be 18+ on busy nights.

Alcohol and driving. Portugal's alcohol limits for driving are **significantly more restrictive** than in the UK, Ireland, most of the USA, and many other countries. Your normal 'just the one drink' might put you over the legal limit here. More than **0.05%** (0.5 g/l Blood Alcohol Content) **is illegal** for drivers (compared to 0.08% in many parts of the world). The limit is even lower for new drivers (under 3 years) and commercial drivers: 0.02% (0.2 g/l). Enforcement and consequences can be severe!

Timings – Restaurants, bars, clubs. - Everything in Portugal happens late!

Restaurants. The Portuguese tend to eat dinner quite late, so typical restaurants will open for dinner around 19:00, get busy after 20:00ish and close around 23:00. Fri and Saturday things will get busy later. Restaurants might have longer opening-hours in the city centre, but family-run places – even in central tourist areas – will commonly close at 15:00 and open again at 19:00.

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Lisbon Bars. *Bairro Alto*. Some bars have started opening earlier as they try to catch customers, but the streets don't usually start getting busy until 22:00. But since **Feb 2026**, new restrictions on the sale of alcohol were introduced to limit noisy street drinking, which may change things. After 23:00 on Sunday to Thursday; and after midnight on Fri, Sat, & public holiday eves, alcohol can no longer be sold for drinking on the street (except on licensed terraces, and throughout June's traditional *Festas* festival in Lisbon). These new rules are likely to impact the existing culture of late night street drinking in *Bairro Alto* and around *Cais do Sodre* (incl. '*Pink Street')*. We are still waiting to see what impact these new rules will have and how they are enforced… *https://informacao.lisboa.pt/en/news/detail/new-rules-on-the-sale-of-drinks-for-street-consumption-1#:~:text=Lisbon%20City%20Council%20has%20approved,and%208am%20the%20following%20day*.
Most bars have to close at 02:00 during the week; and at 03:00 on weekends and the night before public holidays (except for late-night dance venues, which usually close at 06:00. So, if you want to keep going late it's best to get into a dance venue before the 01:30/02:00 rush!).
The bars in *Principe Real* are generally spaced further apart, in a quieter residential neighbourhood, often feel a little calmer, with a slightly older crowd, and bars close at 02:00 (03:00 on weekends and the night before public holidays).
The neighbourhood around *Intendente/Graca* has recently been developing a small collection of queer spaces, which all have performance spaces. They often have earlier opening/closing times around 19:00 until 01:00, and tend to be more imaginative spaces, with special events, dance nights, food, film nights, workshops, afternoon events, etc (see '**LGBTQ Bars**: Intendente/Graca and further afield' below).
Most of the mainstream/straight late-night nightclubs and live music venues are near the riverside - mostly around *Cais do Sodre*, incl. the hectic '*Pink Street'*.

Nightclubs. Dance clubs typically don't get busy until after 01:30. There's usually a rush to get in before 02:00. Closing times vary depending on the venue and day of the week/time of year, but usually 06:00 at weekends. Club door prices typically range between €15 and €20 euros, and your entry ticket is often valid for one (sometimes two) drinks - so keep hold of your entry ticket and exchange it for a drink at the bar. Many clubs are free entry on a Thursday outside of peak season. On other quiet days they're sometimes still free before 1am.
(If you're told the entry fee is €50, you're either at a dodgy strip-joint or they're trying to discourage you and aren't going to let you in – Try somewhere else or call it a night and save your energy for tomorrow).

Lisbon Public Toilets

The community collective *Infraestrutura Pública,* publish a free Googlemap of public toilets that is updated regularly, and printable pocket cards (with opening times etc):

- Googlemap to bookmark in your phone - https://www.google.com/maps/d/u/0/viewer?mid=1qAvcK2ITJ-XPrS73hpSqkFMK7VSVsi8&fbclid=IwZXh0bgNhZW0CMTEAAR0502aOSN3Cfj-2rnCpI0i7MUfgRu2Vphs23tDAV0863nqB5dZXY2TV8ng_aem_s9NsAUgKddxJXGgOy5vyTw&ll=38.728941696053111%2C-9.139454207765757&z=12
- Downloadable pocket cards to print – https://lisboaparapessoas.pt/wp-content/uploads/2025/02/sanitariospublicosgratuitoslx_cartao.pdf

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Transport / Late Night Transport / taxis

Uber and, the European equivalent *Bolt,* are popular, surprisingly cheap and reliable in Lisbon – often your cheapest and easiest way to get around. (Old-fashioned taxis in Lisbon have a bad reputation for occasional rip-offs. Best avoided if you can, and if you do use one, be sure to check the meter is running!).

The Metro (underground) currently starts at 06:30, but starting in October 2026, the first trains will start at 05:30. Metro and overground trains usually run until around 00:45 (quarter to 1 in the morning) - but check in advance: www.metrolisboa.pt/en.

For general transport info in multiple languages see: www.lisbon.net/transport

'Drug' dealers, and drug-use in Portugal

Please ignore the shady characters trying to sell you *"Hashish, cocaine, pills"* in central Lisbon – they will rip you off! Even if they give you a tiny sample to try, they will send you off with a bag of oregano or talcum powder – That's why the police are powerless to stop them - they are annoying, but they simply aren't selling drugs.

Of course, real drugs are bought and sold every day in Europe's capital cities, but - despite the clouds of marijuana smoke you might smell in the streets and what you might have heard about Portugal's progressive approach to drug use - drugs are Not legal in Portugal. The law does however focus on drug supply, rather than drug possession - so if you are found with a personal amount of most drugs, you will likely just get a brief lecture and be allowed to keep them. **But** if you are caught passing, gifting or selling drugs, or buying drugs for someone else (even buying to share with your partner or a friend) - you should expect arrest and serious consequences.

Don't let the occasional cloud of cannabis smoke and the relaxed holiday vibe fool you into being casual about drugs - drug supply is heavily punished, even if the law is relaxed about possession. www.portugal.com/op-ed/portugal-drug-laws-under-decriminalization-are-drugs-legal-in-portugal

(Brief statistics on the success of Portugal's pragmatic approach to drug policy: www.statista.com/chart/20616/key-developments-since-portugal-decriminalized-drugs)

Lisbon tourist-traps, options and alternatives.

28 Tram (and the funicular railways)

Please don't waste your holiday time in peak-season crowds endlessly queueing for the 28 Tram! Lisbon's trams are charming fun (and the 28 has the best route past lots of picturesque sights), but every clueless AI guidebook/website in the world sends people to the 28, leading to epic queues at busy times (and you can't even see out the windows if you're standing)! There are quieter and easier trams that will give you the same fairground-ride experience without the long wait and the crush.

Try instead - Tram 24 from *Praca Luis da Camoes*, or tram 18 from *Cais do Sodre* – much easier, less crowded and still a fun experience.

The funiculars and lifts *(Elevadors* and *Santa Justa).*

All the funicular railways (*elevadors)* and the *elevador Santa Justa* cage-lift in the city centre (currently) have been temporarily closed since a tragic Sept 2025 accident on the *Gloria*

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Funicular. No date has yet been announcecd for reopening the funiculas or the *Santa Justa* lift. (Only the modern *Graca* funicular continues to operate)

> **Try instead** - Instead of the *Santa Justa elevador* cage-lift in the *Baixa*, you can simply walk up the hill to *Largo do Carmo*, from where you can stroll past the side of the ruined church and walk onto the upper viewing platform of the *elevador* for free.

Time Out Market and ***'As Bifanas do Afonso'***

The Time Out food-hall opened in a characterful market building in 2014 to great enthusiasm, but by 2025 it was recognised as one of the '***World's Most Disappointing Tourist Attractions'***, based on customer reviews: "*In theory, Time Out Market is a shortcut to Portugal's vibrant food scene…, but the feeling can be more overwhelming than charming… Especially June to August, expect to elbow your way to a seat in a noisy and rushed environment that is a far cry from the slow, soulful rhythm of a real Portuguese meal*".

> **Try instead** – Any of the thousands of regular, affordable, family-run local restaurants across the city. They might not always look too glamorous, but typically offer quality food at reasonable prices, in friendly, informal environments.

'As Bifanas do Afonso' is an unremarkable corner takeaway on the edge of the city centre (*Baixa*), which has been selling the classic working men's pork sandwiches (*Bifanas*) for decades. Two years ago the Atlas Obscura website ('*The Definitive Guide To The World's Hidden Wonders'*) decided this extremely un-hidden bifana was remarkable, and now every AI-driven website is repeating the same hype, and tourists queue for hours in the sun to get a sandwich that you could pick up in any café across the city. Great for the owners of *As Bifanas do Afonso* (who do make a classic *bifana*), but don't waste your holiday standing in the hot sun thinking you're getting something remarkable.

Which Museums are worth the queue?

Like any European city, there are a few tourist sights that are really only worth seeing if you have a specialist interest in (for example, Baroque architecture), or you are particularly keen on church interiors. Sometimes the hours spent in peak-season queues can leave you wondering why you bothered! You can make up your own mind, but I think the following places that, while culturally significant, get an exaggerated amount of attention, involve a lot of queueing during peak-season, and might leave you feeling underwhelmed - and below are a few selected alternatives….

The Belem Tower (*Torre de Belem*) is a charming symbol of Lisbon, and it marks a key moment in the development of late-Gothic design - but it's practically empty inside and the summer queues can be epic, so unless you are particularly fascinated by late-Gothic stonework, the interior is just not that exciting. You can still appreciate its charm from outside, take a photo, tick it off your list, save yourself the queue.

The *Jerónimos* Monastery (*Mosteiro de Jeronimos*) in *Belem* is a wonderful sight, and a significant historic building – but be careful not to mix-up the old monastery/cloister with the adjoining church – these are treated very differently. The great church is wonderful inside, is free to enter and generally has a much shorter queue. The Monastery/cloister are architecturally important, but they are not huge, you need to pay, and during busy periods you will have to queue in the hot sun for hours! So, unless you are fascinated by the transition from late Gothic to Renaissance architecture, you could probably give the monastery/cloister a miss. But do go see the church – it's from the same late-Gothic period, is

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bigger, free, cool, atmospheric and you can generally walk straight in (or it will have a short queue).

The *Pastel de Belem* bakery (*Pastéis de Belém*) custard tart shop. Well, who doesn't like a custard tart (*pastel de nata*)!? - and the *Pastéis de Belém* is the original source, where Portuguese custard tarts were invented - but it's also *tourist hell* on a busy day, the interior is modern and crowded, you can get custard tarts anywhere these days, and many people prefer other recipes anyway! So save yourself the crowds, the queuing and the noise - go sit in the sunny gardens, enjoy the fresh air and get a *pastel de nata* somewhere else later.

Lisbon Cathedral (*Sé*). If the walls of this ancient, sombre place could speak they would have great stories to tell - but it was always a simple building, the later decoration was lost to repeated earthquakes, and the dodgy 'restoration' patched it up in the 19th Century - So unless you are particularly enthusiastic about archaeology, this ancient church probably doesn't have the glamour you might expect from a capital city's main church.

N.B. Two major museums are currently closed for major refits:

Museu National de Arte Antiga (National Museum of Ancient Art) is a wonderful collection of church art (mainly), but the museum temporarily closed in Sept 2025 for a major refit. No date has yet been published for re-opening, but it is expected to be at least a year. Check online for updates: www.museudearteantiga.pt

The Tile Museum (*Museu Nacional do Azulejo*) will be closed from Nov 1st 2025. We wait to find out when they will reveal their new look (potentially June 2026?).
www.museunacionaldoazulejo.pt

N.B. The Gulbenkian Collection. with its remarkable and varied art collection is calm and impressive with elegant galleries, gardens and café - After a major refit it will reopen on July 18th 2026. www.instagram.com/p/DZ-gkLKl4A7/
(For another fine arts collection, also visit the over-looked *Medeiros e Almeida Museum* – see below)

Try instead… It's up to you, but I think these few places are under-rated, less crowded and more enjoyable:

The great church of *Sao Roque*. In a square on the edge of *Bairro Alto* (not far from the famous garden view-point at *Miradouro de São Pedro de Alcântara*) is the plain front of this fascinating church (Which was a gay cruising ground in the 16/17th Centuries! - Join '***Alex's Queer Lisbon History Tour***' to hear more about that!). The church interior is an orgy of gilded carving, it's free to enter, you can see the world's second-largest collection of reliquaries exposing the bones and skulls of dead saints, see Europe's most costly chapel from the 1740s, and there's a museum where you can see the additional collection of church paintings, relics and gold. Decent toilets in the museum entrance; coffee and shade (and more toilets) in the square outside.
https://en.wikipedia.org/wiki/Igreja_de_S%C3%A3o_Roque ;
https://museusaoroque.scml.pt/en/home

The *Medeiros e Almeida* museum (*Museu Medeiros e Almeida*). Near *Marques de Pombal* Metro, at the top of the grand *Avenida da Liberdade,* this private collection of decorative arts, interiors and jewellery is spectacular, air conditioned, calm, restful and charming. (Free 1hr guided tours on the first Sat of each month at 10:00 and

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11:30). www.museumedeirosealmeida.pt/ (For a nearby lunch or dinner, visit the film institute – their garden café is Fab!: www.cinemateca.pt).

Aljube Museum of Resistance and Freedom. (*Museu do Aljube Resistência e Liberdade*). Not everyone's cup of tea – but this will give you insights into modern Lisbon like no other museum. During the Dictatorship (1926-1974) this medieval prison near the Cathedral (*Sé*) was used by the political police to interrogate and torture members of the resistance. Today the museum graphically features the stories of men and women whose struggle ultimatley led to the success of the 1974 democratic revolution. **Respected and recommended.** www.museudoaljube.pt

In Belem - do go to the ***Jeronimos* church** (for free, with typically short queues – See above), and also visit the **Museum of Contemporary Art (MAC)** (previously the '*Berardo Collection*'). The entrance to the MAC is inside the *Centro Cultural de Belém (CCB)* - the massive pink bunker of a building on the great square of Belem. The CCB contains various art projects, galleries and concert halls but the MAC collection of contemporary art is the stand-out feature, featuring pivotal art movements from ~1900 to the modern day - arranged chronologically, so that you walk through developments in Western art from one room to the next: Cubism, Dadaism, Surrealism, Abstract Expressionism, Pop Art, Minimalism, etc (Picasso, Marcel Duchamp, Max Ernst, Mondrian, Joan Miró, Francis Bacon, Yves Klein, Andy Warhol, Frank Stella, Gerhard Richter, etc, etc). Plus some impressive temporary exhibitions.

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'The SHORT LIST' for a queer night out in Lisbon.

If you're **visiting for the first time**, this *SHORT LIST* gives you a few ideas for a queer night on the LGBTQ scene - depending on your mood. (If that's not your cup of tea, or you know Lisbon's nightlife already, skip forward to the themed sections, starting with **This month's events**).

Bear in mind that the weather, time of year and day-of-the-week will affect schedules/crowds.

Most of the gay scene venues are in the adjoining districts of *Bairro Alto* and *Principe Real* (see below) where bars officially close around 02:00 (03:00 on weekends and the nights before a public holiday). But in the last few years a small number of more contemporary *queer* venues have opened around *Intendent/Graca*, and there are other venues dotted around the city. These tend to open earlier and close around 01:00, and all have performance/dance spaces.

- For the full range of queer spaces and events in Lisbon see: **Alex's LGBTQ map of Lisbon**
- To see what's on this week check out the various calendars at: **Where to hear about events**
- And follow the social media for individual venues listed in: **LGBTQ Scene:** bars, nightclubs, women's venues/networks, drag burlesque and cabaret, saunas/sex venues

18:00 options - Too early to be going out – Chill.

- Gaze at the view from the *miradouros* (viewing parks and belvederes) of *Sao Pedro de Alcantara*, *Santa Catarina, Jardim de Torel,* etc (See 'Miradouros of Lisbon': www.embracesomeplace.com/best-miradouros-lisbon-portugal)
- Visit the relaxed gardens & cafes at *Jardim Principe Real* or *Praca das Flores*.
- Go for a stroll by the river, or visit the *Amoreiras* garden near *Rato to* see the aqueduct, and drop in at *Bar Procopio* (see '**Classy Bars and *speakeasys*'** below).

19:00 options - Pre-dinner drinks, time for a stroll.

- In Principe Real, drop in at the terrace of *Bar Tres* for an early beer from 18:00 (Free cake on Sundays 18:00-20:00). ('see **'LGBTQ Scene'** below)
- In Bairro Alto, *Friends Bar* opens at 18:00 with shady seating in the street.

20:00 options - Dinner time.

- The restaurants of Bairro Alto can be characterful (maybe a bit touristy), smaller, generally not expensive. (For some simple, traditional Portuguese food, try *A Primavera*, which has a famous photo of Josephine Baker's 1939 visit: *Restaurant a Primavera. Travessa da Espera, 34, Bairro Alto.* [For more on the scandalous bisexual Josephine Baker's visit to Lisbon as a war-time spy in 1941, join me on ***'Alex's Queer Lisbon History Tour'***])

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- Restaurants in Principe Real tend to be a bit smarter, a little pricier than Bairro Alto, but also calmer (book ahead on weekends in peak season). There is a variety of good small restaurants (many with outside seating) in and around *Praca das Flores, 1200-192*, including the nearby gay-owned Swiss bistro: www.edelweiss-bistro.com
- If you fancy a drag show with your dinner book ahead at *Manny's Place.* (Tues-Sun 20:00-24:00) (see '**Drag, Burlesque and camp, colourful Cabaret'** below).

21:00 options - Still dinner time, or very early drinks.

- For a relaxed, stylish drink indoors, try *Procopio,* or if you like a game of pool, *Foxtrot* or *Pavilhão Chines*. (see '**Classy Bars and *speakeasys*'** below)
- Try a game of darts, a beer and bar-snacks at *Portuguese Pub*, Rua da Barroca, 15, Bairro Alto. Not a specifically queer space, but friendly, chilled and relaxed. www.instagram.com/pub.portugues
- For a drink outdoors, the crowd at *Friends Bar* in Bairro Alto will be warming up, and *Bar Tr3s* in Principe Real will get busier around ten-ish.
- If you fancy a drag show without having to stay up too late, it's time to get in for the early 'Café Concert' at Lisbon's most famous drag venue, *Finalmente* (19:00-0:30 [show starts at 22:30]) (see '**Drag, Burlesque & Cabaret'** below).

22:00 options - Time for an early drink.

- Around 22:00 more bars are opening in Bairro Alto and Principe Real.
- Drop in at the friendly *Bar 106* in Principe Real (opens at 21:00, but come early on a Sunday for their flirty '*message nights'*) ('see **'LGBTQ Scene'** below)

23:00 options - Time for another drink?

- Most restaurants are closing, bars are getting busy. (**N.B.** Starting in 2026, the sale of alcohol for street drinking has been banned from 23:00 to 08:00 (8am the following day) Sunday to Thursday, and from midnight to 08:00 on Friday, Saturday, & public holiday eves [Exceptions for licensed terraces, and throughout June for Lisbon's traditional *Festas*]. This is expected to impact the bar culture in *Bairro Alto* [and around *Cais do Sodre,* incl. '*Pink Street'*]. We wait to see how this develops!)
- If you want to start dancing early, head to *Purex* now – free entry, mixed male/female crowd, fun bar, DJ & a small dance floor. (see '**LGBTQ Scene':** nightclubs for dancing)

24:00 options - Time for more drinks!? (Good time to drink some water??)

- Bars are getting crowded.
- If the hectic energy of Bairro Alto is too much for you, head to the more relaxed streets and bars of Principe Real.

01:00 options - Time to think about clubbing (or bed)?

- Most bars will close at 02:00 (03:00 on weekends and the evening before a public holiday).

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- Think about getting into a club before the 01:30/02:00 rush. (‘see **‘Nightclubs for dancing’** below)
- For a night of dancing and a drag show - head for the late show at ‘*Finalmente’* (01:00-06:00 [show starts at 03:00: arrive early]).

02:00 options.

- Bars are closing at 02:00 (03:00 on weekends and before a public holiday).
- Most nightclubs have a rush at the doors before 01:30/02:00

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Four nights out in queer Lisbon (and one night in):

If *The Short List* itinerary above sounds too complicated, here are a few options for different queer nights in Lisbon: (directions: '**Alex's Map of LGBTQ Lisbon**' https://shorturl.at/fBJ19)

1 – The all-night bar crawl on the streets of *Bairro Alto*

For a hectic night stumbling from one bar to another, a night in *Bairro Alto* is a signature experience of Lisbon nightlife. A gay-friendly vibe, with several specifically gay venues (see '**LGBTQ Scene'** below, and '**Alex's Map of LGBTQ Lisbon**': https://shorturl.at/fBJ19), the streets are full of characterful restaurants and, as more restaurants close (after 22:30) more bars open. All *Bairro Alto* venues close at 02:00 in the week, and 03:00 on weekends and the night before a public holiday. The atmosphere is often hectic but always friendly.
But, starting in Feb 2026, the sale of alcohol for drinking outside has been banned in Lisbon from 23:00 to 08:00 Sunday to Thursday, and from midnight to 08:00 on Friday, Saturday, & public holiday eves [Exceptions for licensed terraces, and throughout June for Lisbon's traditional *Festas*]. This is expected to impact the party vibe in *Bairro Alto* [and around *Cais do Sodre,* incl. '*Pink Street'*]. We wait to see how this develops!)

Queer scene **dance clubs** are mostly in the nearby neighbourhood of *Principe Real* (see below) and don't get busy until around 01:30 (entry is sometimes free before 01:00, and at busy times there's often a rush to get in before 02:00).

2 – An earlier and less hectic night in *Principe Real*

A good place to stroll (rather than stumble) from one gay bar to the next is a calmer neighbourhood of *Principe Real,* where the gay bars are less hectic than *Bairro Alto* and, while the atmosphere is still fun, there's more chance of a conversation, and less chance of having beer spilled on you. There are heaps of restaurants in this middle-class residential neighbourhood, including several with outside terraces around the gardens of *Praca das Flores*. One gay bar in *Principe Real* opens early at 18:00, which is unusual in Lisbon (*Bar Tr3s*), but others open around 21:00 and everywhere gets busy after 22:30.

(These bars tend to be mostly - not exclusively - male, but, although there won't be many women in the queer bars, women are welcome everywhere and the atmosphere isn't hostile. For Lisbon venues popular with queer women, see below).

3 – Hang-outs for queer women

While *Bairro Alto's* bars will be crowded with a good mix of men and women and have a couple of women's venues (see *Purex* bar/dance venue, and *Bairrus Bodega* in the '**Women venues/events**' section), there isn't the same concentration of women's bars/venues that there are for gay men (Surprise, huh!).

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For more queer women's hangouts it's necessary to look a little further beyond *Bairro Alto/Principe Real*: The hipster *Drama Bar* in *Intendente/Graca* is a mixed venue popular with women (including events organised by the *Fabulez* party crew www.instagram.com/fabulez.community). *Drama Bar's* event space hosts varied live music nights, dance nights, shows, dinners, film nights, bingo, poetry and performances. From there it's not too far to *Damas* - a lively restaurant and live music venue, which is wonderfully gender-queer, does good food and live music and/or dance nights.
Lisbon also has a number of dynamic online women's social networks such as *Velcro, Azu-Lez, Fabulez, Censuradas, Goddess* and *Rave Girly,* which organise irregular pop-up events at various venues – Not just drunken parties, but also varied social and creative options. See '**Women's venues/events**' for more and follow their social media for up-coming shows/events, and also see **Women's groups, organisations and services**).

4 – For a night of dancing

Brace yourself for a late night –

most nightclubs in Lisbon won't get busy until around 01:30 at the earliest (on busy nights there's generally a rush to get in before 02:00); but there are a few options for earlier dancing. The following venues all have relatively mixed male/female crowds (*Construction* is the most male-dominated):

Trumps is the largest queer dance venue, with two dance floors, the youngest crowd and drag shows, until 06:00 (Ages: 18+/20s/30s); *Posh Club* is mixed, mainly 20s/30s/+, closes at 06:00, themed weekends sometimes need to be booked in advance; *Construction* caters to a slightly older (Ages: 30s/40s/+) 'shirts-off' crowd, with international guest DJs, until 06:00.

For dancing earlier in the evening –
Purex is a bar (Wed to Sat) with a small dance floor, no entry charge, owned by and popular with women, open Wed to Sat from 22:00 and closes at 02:00 (03:00 on weekends and the nights before a public holiday); *Drama Bar* in Intendente/Graca is also very mixed gender and has occasional dance nights from 21:00-01:00 (mostly Fri & Sat, but check their social media).
Lisbon also has variety of monthly queer pop-up dance party events with dedicated local followings, an active rave scene, and occasional circuit parties that stage events throughout the year - see '**Nightclubs for dancing** – Regular clubs, circuit parties, party networks and raves', or check the calendar '**What's on this month** and **What's On tonight**', and follow groups' social media to keep up with event locations, dates, hours, etc.

5 – A quiet night in. If you need a break from going out, try these:

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'Barba Rija' (Rough Beard) is a fun Portuguese web series available for free on YouTube, with English or Spanish subtitles (click on CAPTIONS on the lower right of the screen). Seven short episodes.
www.youtube.com/watch

Twenty Portuguese TV shows (with English subtitles) that you can stream
www.portugalist.com/portuguese-tv-subtitles/#more-9009

'Ficou Tudo Bem' (It All Went OK). This web series of interviews is more serious (and only available in Portuguese). It presents sincere and sometimes emotional interviews between the LGBTI+ activist Vasco Rosa and seven men and women who speak about their experiences and successes in overcoming the challenges of living LGBTI+ in Portugal. www.youtube.com/@FicouTudoBem/videos

Stream a film set in Libson. For a couple of films that you can see for *free* on your own laptop or phone, and/or a list of Lisbon's cinemas [films are usually shown in their original language, with Portuguese subtitles], see: **Films and Cinema**.

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What's on in the Week/Month Ahead, queer events Calendar & where to hear about queer events in Lisbon (& Portugal)

To stay up-to-date with your own interests in queer Lisbon (& Portugal), you'll need to follow the social media of groups, events and organisations that you can find in 'The LONG LIST' sections by reading through the section links on the first page:

- **Meeting People, Making Friends and Having Fun** - 14 pages of LGBTQ social networks & groups
- **Lisbon's LGBTQ Scene** - 17 pages of scene venues for every taste
- **Women's Groups, Organisations and Services** - 7 pages of scene and social networks
- **Trans/non-Binary Friendly Spaces** - Venues & groups that Trans friends recommend
- **Queer People of Colour (QTPOC)**, & **People from South Asia** - 8 pages groups/events
- **LGBTQ Literature**, **Film**, **Learning Portuguese**, **LGBTQ Media & Podcasts** - 12 pages
- **Community Support** - Youth/LGBTQ, Feminist, Trans/Non-binary, HIV/STI, Academic groups
- **Across Portugal** - 37 pages of local LGBTQ life beyond Lisbon

Where to hear about events this week/month: Events calendars and listings.

The **Queer Events Calendar** on the next pages feature key events across Lisbon & Portugal, but for other **calendars and event listings** this week, the following are also great places to look:
(N.B. Not every queer event will appear in calendars, so also follow the social media of groups and events you're interested in from 'The LONG LIST' sections above).

- **Queer Lisboa** – Lisbon's busiest queer social network. When you want to see a few events that are on tonight, their Meetup page includes a handy calendar/list, and their WhatsApp group (and sub-groups) are essential social networks: www.meetup.com/queer-lisbon/events/calendar/ **Respected and Recommended.**
- **Siren Call Lisboa** - events for 'FLINTA+' people. An events calendar and newsletter for Female, Lesbian, Intersex, Non-binary, Trans, and Agender people ('FLINTA' ['WTFNB' in the USA] is basically everyone except cis-men). Also includes events calendars for Setubal and Cascais. https://sirencalllisboa.wordpress.com/calendar-of-events ; www.instagram.com/sirencalllisboa
  Also, sign-up for the 'Siren Call' newsletter: https://wordpress.us19.list-manage.com/subscribe?u=d988b94f758dd4b7b56e71665&id=f074b6f15e
- **Aconchego House** - is a busy queer/trans-led community centre near the *Marques de Pombal* Metro, and has a handy calendar/events list on their home-page: www.aconchego.house/calendar **Respected and Recommended.**
- ***Dezanove.pt*** - is Portugal's queer news-site, which provides an updated list of selected events across Portugal in 2026: https://dezanove.pt/calendario-lgbtqia-2026-2443897/
- **ILGA Portugal** - is the largest LGBTQ organisation and hosts multiple events and groups listed on this page (mostly, but not all, in Portuguese): https://ilga-portugal.pt/centro-lgbti/programacao

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Mainstream (not specifically queer) sites. These pages provide summaries and calendars of mainstream events for the months ahead:

- **Municipal Agendas**. Most municipal councils (*Camaras*) have events calendars (*agendas*) on their websites. For example: in *Lisbon* see: https://informacao.lisboa.pt/agenda , and for *Oeiras Camara* www.oeiras.pt/agenda. Many *Camaras* also publish a monthly magazine on paper (see below).
- ***'Agenda Cultural'* -** is the official print events magazine for Lisbon. This free monthly guide is available across Lisbon, and the Website is in English and Portuguese. www.agendalx.pt/?archive=agenda&lang=en&s=&type=event
- ***'Viral Agenda'*** - is the cultural events magazine guide for ***Margem Sul*** (*Almada*, *Setubal* and further south), across the river from Lisbon. www.viralagenda.com/pt/setubal/almada ; www.facebook.com/agendaalmada ; www.facebook.com/groups/agendaculturalsetubal
- Agenda LS is the v
- ***'Agenda LS'*** promotes social and cultural programming along the Sintra railway line www.instagram.com/agenda.ls
- ***Lisboa by Lisboetas* -** Instagram page makes a post each month featuring key events for the month ahead www.instagram.com/lisboabylisboetas **Respected and Recommended.**
- ***Lisboa Sectreta*** - Every Thursday during the summer, their Instagram page provides a summary of selected events for the weekend ahead: www.instagram.com/lisboasecreta
- ***Atlas Lisboa*** - News, culture and events website, with a useful summary calendar for each month ahead. www.atlaslisboa.com/events-2/
- Each week, the '***1 Tostao'*** email provides a varied summary list of progressive/ cultural events in Lisbon: https://gmail.us14.list-manage.com/subscribe?u=f491255072f6a9f1de8e2d118&id=e70d613270
- ***Time Out Lisbon*** – The main listings magazine: online, and special edition hard copies. www.timeout.com/lisbon
- ***Lisbon Collective*** – a commercial guide, but useful for mainstream events and venue recommendations: www.instagram.com/lisbon_collective
- ***Visit Lisboa*** - is from the Portuguese tourism office: www.visitlisboa.com/en
- **Live music events and concerts** in Lisbon is a listing of music events (pop & classical) in 2026 (in Portuguese): https://lisboasecreta.co/concertos-musica-em-lisboa
- **Music festivals** across Portugal in 2026: www.musicfestivalwizard.com/festival-guide/portugal (in English); https://lisboasecreta.co/en/concerts-festivals-bands-artists-portugal-2026 (in Portuguese).
- **June's *Festas ('Festival of Popular Saints'* throughout June*).*** For 'What's on today' see www.instagram.com/hojenafesta ; and each year a Google spreadsheet features the schedule (2026): https://docs.google.com/spreadsheets/d/1pIPzAs4YmoHYlJvc_9-eivOI3GDvnbZT/htmlview?utm_source=ig&utm_medium=social&utm_content=link_in_bio ; and **New** in June 2026, a *Festas* App (Apple only) : https://apps.apple.com/pt/app/festas-populares/id6746389395

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Queer Events Calendar

I compile this list of queer events and key dates for the months/year ahead. I can only include events that were announced before the 1st of the month (when I do the monthly update), so some events that weren't announced until later in the month could be missed out. To stay up-to-date, follow the social media for groups/events you're interested in.

	JULY 2026	
Available **until July 3**	**'Lisbon Grrrls Roller Derby'** host '*La Moche'* from Paris for an epic summer bootcamp! Your chance to learn from one of the best in the Roller Derby game!	www.instagram.com/p/DZ52jsOjVF6/ Register now! - Tickets available until July 3rd
Continuing to July 5	**The Lisbon Players, English language theatre group** presents 'Accidental Death of an Anarchist' @Espaço Escola de Mulheres (Met: Saldanha)	www.instagram.com/p/DaAXetLE07L/
Continuing to July 19	**World Cup Football - Lisbon Fan Zone Football Arena.** Free public viewing screen, food/drink, etc in *Praca do Comercio.*	https://lisboasecreta.co/en/world-cup-soccer-lisbon-football-arena-terreiro-do-paco ; https://lisboasecreta.co/en/bars-where-to-watch-football-in-lisbon

JULY	Event Calendars for the month ahead	
July - **programme**	***ILGA Centro-LGBTQ*** **(Lisbon LGBTQ Centre from ILGA)**	https://ilga-portugal.pt/centro-lgbti/programacao/
July - **programme**	***Aconchego*** **House (Lisbon's Trans-led community centre)**	www.aconchego.house/calendar
July - **programme**	**Queer Lisbon (social network)**	www.meetup.com/queer-lisbon/events/calendar/
July - **programme**	**Siren Call (FLINTA women's events)**	https://sirencalllisboa.wordpress.com/calendar-of-events/
July - **programme**	**'The Hive' (FLINTA community)** "*Where we heal and grow in FLINTA community*.	www.instagram.com/p/DaKWLKtCvJ7/
July - **programme**	***Coletivo Gira*****, women's samba**	www.instagram.com/p/DaXodwQts-W/
July - **programme**	**'Slow Her' – women's cycling events** (incl. 18/19th weekend bikepacking) :-	www.instagram.com/p/DaTSTegiI3-/
July - **programme**	***Bailinho*** **Queer Dance**. (incl. Anniversary party!)	www.instagram.com/p/DaVrkMzCFyd/
July - **programme**	**Porto. 'Bar of Soap'**	www.instagram.com/p/DaSoqZLDXW2
July - **programme**	**Porto. 'Knoty' BDSM commmunity**	www.instagram.com/p/DaVAXg1CuHZ

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Book ahead (for Aug 20-23)	**Aveiro. *Clube Safo* Annual Summer Camp** for Lesbians: women (cis and trans), and non-binary people who identify as lesbian, bisexual. @Orbitur São Jacinto Camp, Aveiro	www.instagram.com/p/DaiQTkil31_/ ; www.instagram.com/p/DWRrRhwl3YB

JULY	**Individual Events for the months ahead – by date**	
Launching in July	**Porto. 'Manifesto Library'**. *Dua Lipa* and *Livraria Lello* launch a library of banned books in the new Cultural Auditorium of *Livraria Lello*.	www.nme.com/news/music/dua-lipa-to-open-library-of-banned-and-censored-books-in-portugal-3953615 ; www.instagram.com/p/DaFlFlpN_Eg ; https://livrarialello.pt/manifesto-library
July 1 (+ 8th & 15th)	**'I Kissed A Girl' second season watching parties** @*ILGA Centro LGBT*. Watch all 8 episodes across: July 1, 8 and 15th, starting at 19:30	www.instagram.com/p/DaFuyO3DTz2/
July 1	**The Fabulous:** Women & LGBTQIA+ Comedy Night. (First Wed of month)	www.meetup.com/lisboncomedy ; www.instagram.com/the_villain_comedy
July 2	**Santa Maria - Azores Pride.** (+ Pride March & *Arraial* in *São Miguel* on July 4).	www.instagram.com/p/DY44Cm0oRVL
July 2	**Porto Queer Book Club (2).** @Bar of Soap. 19:00-21:00	www.instagram.com/portoqueerbookclub/
July 2-4	**Porto**. **'RENT'** The Musical (in Portuguese) at *Coliseu Ageas*.	www.instagram.com/p/DSS0qTODCFf/
July 3-24	***Festival ao Largo* - a month of music, opera, dance, and ballet** (at the *Praça do CCB* in Belem, due to building works at the usual largo)	www.instagram.com/festivalaolargo/
July 3-12	**Non-Monogamy Visibility Week** from 'Poly Portugal', in collaboration with the Non-Monogamy community. Get-togethers, Talks about Trans and Non-Monogamy Rights, Sunset Games Afternoon (teenagers welcome), Picnic (children welcome), Live streams, etc	www.instagram.com/p/DZvDXXUMJPf/ ; www.instagram.com/p/DaGET57jBL3
July 3-5	**Azores/Madeira rede ex aequo Youth Meeting**. Annual inter-island LGBTI youth weekend. Ponta Delgada, São Miguel.	www.instagram.com/p/DY780p8tZZ4/ ; https://forms.gle/DnHMDiaVUUTtWnQL7 ; www.instagram.com/p/DZ7MrumtOkA
July 3	**Azores. Ponta Delgada**. Ponta Delgada Regional Library/Archive-opening of the exhibition 'FAMILY — portraits of LGBT families in Portugal'.	www.instagram.com/p/DaGYCGIoTnh
July 3	**Estoril Casino. '*MUAH! A Drag and Cabaret Affair*'**. "*Forget everything*	www.ticketline.pt/evento/muah-104642 ;

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	you know about 'variety shows', MUAH! is in a league of its own!"	www.instagram.com/p/DZnX6lPMcNN/
July 3	**Purex – Madonna party.**	www.instagram.com/p/DZ8SuyJtRmu
July 3	**Porto. Café Lusitano** – Madonna tribute night 'Confessions II'	www.instagram.com/p/DaGpdPhFYJ9
July 4	**Sintra Pride**. Meet at *Jardim da Correnteza* 15:00.	www.facebook.com/SintraFriendlylgbtiqa/ ; www.instagram.com/sintrafriendly
July 4	**Setubal. 'Not Another Drag Show'** from *Miss Velvet*, at Gatsby Cocktailarea. 20:30	www.instagram.com/p/DZx2Xe_sQbF/
July 4	**Guimarães Castelo - MIMO** performs @ Campo de São Mamede	www.instagram.com/p/DZFUQZ8DPlj/
July 4	**Matosinhos**. **Porto Queer Book Club**. An afternoon of conversation with Saleem Haddad @ the Florbela Espanca Municipal. 15:00	www.instagram.com/p/DaA1EdkjVfB/
July 4	***Censuradas* Sapphic Party**. 16:00-22:00 @ *Garagem da Vizinha*, (Metro: Picoas). LIMITED SPACES	www.instagram.com/p/DZny-37gR5N/ ; https://docs.google.com/forms/d/e/1FAIpQLSd8cpJPLP3EbLuXOdqXtiwxukLQMERz5MtgZd87pXVIeKWogw/viewform
July 4	**'This is Drag' @Posh Club. T**he biggest drag experience in Spain debuts in Portugal. 19:00-23:00.	www.instagram.com/p/DZvJxi0M3Nw ; www.instagram.com/thisisdragofficial
July 4	**Porto. Musical Theatre** piece from @odetetheslayer exploring the performativity of the werewolf and its queer dimension @ Crystal Palace Gardens: Acoustic Shell 20:00	www.instagram.com/p/DZ-EwuqCZFz/
July 4	***Museu Aljube.*** Launch of *Amor De La Calle's* 'Forbidden Notebook': fashion and dissent 'Do You Have A Cigarette?'	https://www.instagram.com/p/DaDjIFlD9H8
July 4	**Azores Pride - Sao Miguel.** Pride March & *Arraial* in *Ponta Delgada.*	www.instagram.com/p/DY44Cm0oRVL
July 4	**Big Party (with 'Make It Pop')** celebrate Madonna's new album, @Moon Club.	www.instagram.com/p/DZ7UjyGsIHr/ ; www.instagram.com/p/DZdME3XDpM3/
July 4	***Bemloka* "Confessions" Madonna Party** @ Drama Bar 20:00-01:00	www.instagram.com/p/DaFSPxBtIe0/
July 4	**Gala CriCri party** @ Mirari Rooftop	www.instagram.com/p/DZ-kaCHMN9L
July 4-18	***Festival de Almada*** Month-long festival of International theatre.	https://festival.ctalmada.pt ; www.ctalmada.pt

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July 5	**Faro. Prestige club** – 'Ice Cream Disco Cream'. Monthly dance party, + drag show; Every 1st Sunday/month	www.facebook.com/prestigedanceclub ; www.instagram.com/prestigedanceclub_faro
July 5	**Non-Monogamy Week - Talk about Trans Rights and Non-Monogany.** Part of the Non-Monogamy Visibility Week. 17:00 @ Biblioteca de Marvila, Rua António Gedeão	www.instagram.com/p/DaGET57jBL3
July 5	***Lisboa sai do armário*.** Queer Tour (in Portuguese) *de Museu de Cidade.*	https://museudelisboa.pt/pt/events/6406-percurso-lisboa-sai-armario
July 5	**Porto. 'House of Revlon' Ballroom classes,** with special guest from Brasil @alynah_knt bringing the flavor to VOGUE FUNK. Piscina, Porto	www.instagram.com/p/DaIA0TTM8eL
July 7	**The Portuguese Society for Health Literacy** @splsportugal free, online conversation about #Chemsex 21:00	www.instagram.com/p/DZ7ntJZRf4J/
July 8 (+15th)	**'I Kissed A Girl' second season watching parties** @ILGA Centro LGBT. Watch all 8 episodes on July 1, 8 and 15, starting at 7:30 PM.	www.instagram.com/p/DaFuyO3DTz2/
July 9	**Aveiro**. ***Rede ex aequo* youth group pic-nic** *@Jardim da Baixa de Santo António (Junto aos campos de ténis*). 18h00	www.instagram.com/p/DaP-6N-jafU
July 9	**Closet Cinema 'Wilde'** (1997), staring Stephen Fry. A curated film series inspired by watching films 'in the closet'. **@Drama Bar.** R. Damasceno Monteiro 75B. Free. 20:00	www.instagram.com/p/DadHPF0jZVs/ ; https://shotgun.live/en/events/closet-cinema-5
July 9	**Porto. Batalha Cinema** open air cinema shows 'Cabaret'	www.instagram.com/p/DaFj42NDLp3/
July 10	**X Velvet Salon X** from @miseenscene.lisboa, "for a hot & sweaty summer night". RSVP.	www.instagram.com/p/DaFmyTuCv7ifRo9UnOfN_SsTrVKhSH01T-XwGg0
July 10	**'Drink and Draw'** @LGBTQ Centre. Drink, scribble and celebrate an evening of creativity and exchange. Book ahead. 19:30-	www.instagram.com/p/DaJUqdPCMIu ; www.instagram.com/bosquejodrinkanddraw/
July 10	**Esposende**. *Noite de Poesia Queer* 'Queer Poetry Night' 21:30 at the Esposende Maritime Museum.	www.instagram.com/p/DaQfA3-oowm
July 10	**Lisbon Queer Book Club** (in English & Portuguese) in the independent *Bairro Alto* bookshop	www.instagram.com/p/DZz77W1CBkH/ ; www.instagram.com/p/DZ-ptnUo95s

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	@livrariautopia111. Dinner after.	
July 10-11	**Porto. *'Douro Bats'* sports weekend:** Volleyball, Football, Padel	www.instagram.com/dourobats/
July 11-12	**Faro. Two therapeutic days** hosted by *WerkRoom* to talk, learn, share: July 11 (*Free*): meeting, community and purpose. July 12 (paid): talks and sharing about identity, body, food, trauma, image and self-compassion.	www.instagram.com/p/DY7o5G6jFpo/ ; www.instagram.com/affirmativeq/ ;
July 11-12	**Lisbon Grrrls Roller Derby** host the incredible '*La Moche'* from Paris for an epic summer bootcamp! Don't miss your chance to learn from one of the best in the game.	www.instagram.com/p/DZ52jsOjVF6/ Register now.
July 11	**Barreiro. 'Mascive Club', drag show.** Rua Almirante Reis 68A, Barreiro 2830-326. 23:00-04:00	www.instagram.com/p/Dai_nnWIuKY ; www.instagram.com/masciveclubbar/
July 11	**Porto. 'Queer Hunger Games' party** from Aurora party and Douro Bats, led by Drag Queens, to close out the *Bats Intercup* tournament @ Move Club.	www.instagram.com/p/DZkH9yPozOh/
July 11	**Coimbra Gay Hikes.** On the Mondego River - from the river to the city. Book ahead.	www.instagram.com/p/DaOJKS3Anwh/
July 11	**Lisbon Temple Nights.** The Last women's sensuality event before a major rethink. Workshop 13:00-15:00; Temple 17:00-22:00. @MERA.	www.instagram.com/p/DaTZlmnkawp ; www.instagram.com/lisbontemplenights/
July 11	**Coimbra. 'Pharmacia Club' 2nd anniversary!** Neon atmosphere with gifts and shots! Pop/ Funk/ Queer Brazilian/ Tribal Ultra. 22:30-04:00	www.instagram.com/p/DafGmAXspf5/
July 11	**Munch Queer LX pic-nic** @Parque Eduardo VII. DM on the day for precise location. English speakers welcome. 18:00-20:00.	www.instagram.com/p/DaNNcmus-5s/
July 11	**Pup Play Social.** Summer's here, it's time to get - come enjoy the sun and the night's breeze with us! 20:00 dinner, 23:00 Bar Tr3s.	www.instagram.com/p/DaMEyH_sPKt/
July 11	**Dengo Club. '**Bailexperience X Suor, Clementaum'. 16:00-03:00. After Party 01:00-08:00.	www.instagram.com/dengoclub ; https://shotgun.live/en/events/bailexperience-x-suor-clementaum-br
July 11	***'Flesh Mise'*, men's sex-party. "**The Hottest Queer Party in Lisbon";	www.instagram.com/flesh_mise/ ; www.instagram.com/p/DaPzvzXMPE6rQrRA7GUf-1A0NsaP4AEz_5GF_g0

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	hosted at @miseenscene.lisboa Consent is keyword!	
July 11	***'Baile Experience'*** *Funk Brasileiro, Tribal e Techno* from 'Clementaum' and 'CyberKills' [BR].	www.instagram.com/p/DZVQ5fqMJeL ; www.instagram.com/bailexperience
July 11	**Gear Club, summer picnic** (exclusive to GCP, ECMC and SEL Members) 11:30-	www.instagram.com/p/DZhdkuQIFYS
July 11	***Bailexperience*** DJ at @dengoclub — @manoamourr mixing funk, techno, and guaracha, blend of Latin and electronic music.	www.instagram.com/p/DaDkN5QM1v1/
July 11	***Vila Nova de Famalicao*** **LGBTQIAP+ Pride March**. 15:00 *Praça D. Maria II.*	https://dezanove.pt/marcho-do-orgulho-lgbti-regressa-a-famalicao__trashed-2447245 ; www.instagram.com/humanamente.movimento
July 12	**Porto Queernic, Supporting Queer Artists** collaborate with @__allmo to celebrate the EP release from the queer artist, *M Valverde*. Before-event hangout, and from 7pm there will be pizza, and the party continues with DJ Shuggah Lickurs 'Nameless King'	www.instagram.com/p/DaBHPSmMeW9/
July 12	**Black in Portugal** presents, Caribbean culture take-over *@Fábrica Braço de Prata* for a full day of reggae, dancehall, sound system culture, art, family fun.	www.instagram.com/p/DaOExTgxBY7/
July 12	***Braga Fora do Armario*** river beach day ***@Adaúfe River Beach,*** starting at 15:30	www.instagram.com/p/Dad1TtHMLPu/
July 12	**'Queer Lisbon'** hike to the sanctuary of Peninha	Join the **'Queer Lisbon'** WhatsApp group for more info: https://chat.whatsapp.com/DRBx2AcvE0P18IveZceVFi
July 12	**Drama Bar.** 'Belle Dommage's Cabinet of Curiosities', 2nd Anniversary Special. 20:30-	www.instagram.com/p/DadcdFRNtS6
July 12	***Massa Critica Lisboa*****, Drum & Bass** special edition party for cyclists and their friends! 15:00-	www.instagram.com/p/DaDghCUCvMp/ ; www.instagram.com/massacriticalisboa/
July 15-16	***Gongada Drag*** debuts in Lisbon, from Brasil (+Porto on 17th). Drag humor, improvisation and mockery.	www.instagram.com/p/DWMToHGDrxl/
July 14	**International Non-Binary People's Day**	https://en.wikipedia.org/wiki/International_Non-Binary_People%27s_Day

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July 14	**'How to create a discrimination-free recruitment process'**, from '*Rede pela Diversidade e Inclusão LGBTI*'. 12:00-13:00.	www.instagram.com/p/DZ9xfRKjBcy/
July 15-19	**'Mr. Bear Europe 2026'** Hosted in Lisbon – Five days of parties, events and final election!	www.mrbeareurope.com ; https://euro.ursos.pt/en/programme
July 15	**'Mr. Bear Europe 2026'** **Steam & Sauna Party @**Villa 3 Caparica. 13:00. **Roll a Prize Party** @Bar Tr3s. 22:00. **Café Drag Show** @Finalmente. 23:00.	www.mrbeareurope.com ; https://euro.ursos.pt/en/programme
July 15-26	**The Lisbon Players, English language theatre group** presents 'Fallen Angels' @Teatro do Bairro	www.instagram.com/p/DZcTG6rCJsT ;www.instagram.com/p/DZXi_4pivSI/
July 15	**'I Kissed A Girl' second season watching parties** @ILGA Centro LGBT. Watch starting at 7:30 PM.	www.instagram.com/p/DaFuyO3DTz2/
July 16, 17, 18	**BROADWAY IN THE PARK.** From Musical Theatre Lisbon. Three magical nights in *Jardim do Torel* Gardens	www.bol.pt/Comprar/Bilhetes/178324-broadway_no_parque_2026-jardim_do_torel/
July 16	**'Mr. Bear Europe 2026'** **Pool Party @**Villa 3 Caparica. 13:00. **Shy Bears** @Bar Tr3s. 22:00. **Sleepless Bears** @Finalmente. 02:00.	www.mrbeareurope.com ; https://euro.ursos.pt/en/programme
July 17	**'Mr. Bear Europe 2026'** **Pool Party @**Villa 3 Caparica. 13:00. **'80s Disco** @Bar Tr3s. 22:00. **Sleepless Bears** @Finalmente. 02:00.	www.mrbeareurope.com ; https://euro.ursos.pt/en/programme
July 17	**Porto. *Gongada Drag*** debuts from Brasil at *Teatro Sá da Bandeira.*. Drag humor, improvisation, and mockery.	www.instagram.com/p/DWMToHGDrxl/
July 17	***Coletivo Gira* Women's Samba** group – July is '*sextou*' (a Brazilian slang term for 'TGIF'!) @8Marvil. (Also 24 & 31)	www.instagram.com/p/DaXodwQts-W/
July 17	**Bailinho Queer** dance classes 2nd anniversary party @Fabrica Braco da Prata. 21:00-02:00	www.instagram.com/p/DaVrkMzCFyd/
July 17	**Knoty.PT BDSM network** hosts on online class on 'Scene Negotiation'.	www.instagram.com/p/DZ4eOMtjLJ8
July 17	***Bailinho Queer* birthday party** celebrating 2 years of dance floors filled with affection, freedom and diversity. 21:00 @ *Fábrica Braço de Prata*	www.instagram.com/p/DaDCD85txs4/

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July 17	**'Portuguese and Play' lanuagae learning: 'The Dolls Are Taking Over' -** to help us learn Portuguese!	www.instagram.com/p/DaDfEr2jVBC/
July 17	**Brooke Lynn Hytes @ Trumps -** Host of Canada's Drag Race.	www.instagram.com/p/DZujjwEMZaO/
July 18	**Porto. *Mariza*** celebrates the 25th anniversary of her 'Concert in Lisbon' with Porto Sinfonietta Orchestra. 21:30. Ribeira de Gaia. Free.	www.instagram.com/p/DaAdLa1scom/
July 18	**'West Side Story'** film (2021, Steven Spielberg) @cinematecaportuguesa 18:00. (repeats 31st @15:30)	www.cinemateca.pt/Programacao.aspx ;
July 18	**'Proud Fit'** @ The Bakery Crossfit, Rua. Gomes Freire 6, 1150-175. Lisboa. 11:30-	https://proudfitlx.com/BAKERY
July 18-19	**'Slow Her' – women's cycling** weekend bikepacking **(**in English & Portuguese**).**	www.instagram.com/p/DaTSTegiI3-/
July 18	**Viana do Castelo – Alvarães. *Piquenique Inclusivo.*** @Azenha da Almerinda Picnic Park. 12:30- (From the *Minho Arco-Íris Association* in Esposende)	www.instagram.com/p/DaijVdIIn5L/
July 18	**Gulbenkian Foundation** reopens with concerts etc after a major refit	www.instagram.com/p/DZ-gkLKl4A7/
July 18	**'Mr. Bear Europe 2026'.** **Big Pool Party @** Vila Tr3s. 13:00. (Tickets in advance). **Mr. Bear Europe 2026 Election, presentation & Crowning** @ Vila Tr3s. 18:00. Tickets in advance. **Leather & Fetish Party** @ Bar Tr3s. 22:00. Free entry. **Bear Night Fever** @ Finalmente Club. 03:00.	www.instagram.com/mr_bear_europe/ ; https://euro.ursos.pt/en/programme
July 19	**'Posh Club' Lisbon, Summer Foam Party!** Starting at 16:00	www.instagram.com/p/DaBMVBSCTiW/
July 19	**Porto. Women's Cycling Network** meeting for the '*More Women Cycling Manifesto'*.	www.instagram.com/p/DaVCslZDo_8/
July 19	**Guimarães. *Marcha de Guimarães*** open online meeting for civil society, collectives and associations that wish to contribute. 21:00. (Also, September 13) meet.jit.si/marchadeguimarães	www.instagram.com/p/DZz_8aNqBZ6/ meet.jit.si/marchadeguimarães
July 19	**'Together Pool Party'** @Casa do Presidente, Monsanto. 15:30	www.instagram.com/p/Daf9kgoiP97/

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July 20	**Bailinho Queer** dance summer workshop @Aconchego House. 19:00-	www.instagram.com/p/DaVrkMzCFyd/
July 21	**'Rocky Horror Show';** screening @cinematecaportuguesa 19:30.	www.cinemateca.pt/Programacao.aspx
July 24	**Proud Fit, after-work spin** @ AMPLIFY, Av. 24 de Julho 60, 1200-109 Lisboa. 17:30.	https://proudfitlx.com/AMPLIFY
July 24	***Coletivo Gira* Women's Samba** group – July is '*sextou*' (Brazilian for 'TGIF'!) @8Marvila. (Also July 31)	www.instagram.com/p/DaXodwQts-W/
July 24, 25, 26	***'Pitch Beach'*** annual queer sports weekend.	www.instagram.com/at4sports ; https://at4s.org
July 24-26	**Madeira**. ***Saficas Madeira's 'Bichas no Mato'*** women's camping weekend. Tents up, phones down, stars out. For first-timers and seasoned campers, solo comers and full crews - relaxed activities and meals for everyone. @Chão do Pasto, Santo da Serra. (Need to bring sleeping material, food, utensils).	www.instagram.com/p/DafQc0LDIOC
July 25	**Portimao, Algarve. 'Alice's Tea Party' pop party** @ LOFT. 23:00-	www.instagram.com/p/DaGoh9wOoW4
July 25	**Porto. *BIG Party*** incredible bears Pool Party!	www.instagram.com/p/DZ5m_P0OfnM
July 25	**Porto. Queer '*Piquenique Inclusive*'** with icebreakers, raffles, and sale of queer accessories. *Parque da Cidade do Porto*, near lake 2, close to the restrooms. 14:00-19:00	www.instagram.com/reel/DaGT9WPsryB/ ; www.instagram.com/portoinclusive/
July 25	***Finalmente* launches its new show: 'Spice Girls 30'** – on stage at 03:00	www.instagram.com/p/Dad1V_qoSXx
July 25-26	***Festival Corpo* International Dance** @gardens of the *Igreja da Memoria*, *Ajuda*. 10:00-19:00	www.instagram.com/p/DaSyZoRI_Nz/
July 26	**'*By Venus*' women-only** dance night. Freedom, connection, and feminine fire! @botanicalisboa, Bairro Alto. 20:00-02:00. R&B | Hip-Hop | Afro Vibes | Brazilian Vibes | Latin Vibes.	www.instagram.com/byvenus.pt/
July 26	***'Pitch Beach' Beach Day*** 10:00-18:00 @Carcavelos beach. Bring friends, a shade umbrella and a cooler of beer!	www.instagram.com/p/DYIAIjVjaUs/ ; https://at4s.org
July 28	**Queer Book Club** from Salted Books, reading '*Chlorine*'	www.instagram.com/p/DZ4tMQkokqg/

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July 28	**Porto Queer Book Club** read "Orlando" by Virginia Woolf. (+ again on July 30th) Book in advance	www.instagram.com/p/DaU14p6sOnj/
July 29	**'Rocky Horror Show'** film outdoor screening @cinematecaportuguesa 21:30.	www.cinemateca.pt/Programacao.aspx?ciclo=2086&page=3
July 29	**Scissor Sisters** perform in **Cascais**. AGEAS Cooljazz festival.	www.ageascooljazz.pt/bilhetes.html
July 29	**Munch Queer LX** outing to see **'Rocky Horror Show';** outdoor screening @cinematecaportuguesa 21:30. Tickets in advance, social after.	www.instagram.com/p/DadkNBgjHev/
July 30	**Leiria Queer Book Club** reads 'Pageboy'.	www.instagram.com/p/DaQdbQSN7dp
July 30	**Porto Queer Book Club** read "Orlando" by Virginia Woolf. Book in advance	www.instagram.com/p/DaU14p6sOnj/
July 31	**Proud Fit** evening Cool-Down Mobility, @MUSE Movement, Lisbon.	https://proudfitlx.com/MUSE
July 31	**'West Side Story'** film (2021, Steven Spielberg) @cinematecaportuguesa 15:30	www.cinemateca.pt/Programacao.aspx
July 31	***Coletivo Gira* Women's Samba** group – July is '*sextou*' (a Brazilian slang term for 'TGIF'!) @8Marvila	www.instagram.com/p/DaXodwQts-W/
AUGUST		
Book ahead for - Aug 20-23	**Aveiro. *Clube Safo* Annual Summer Camp** for Lesbians: women, cis and trans, and non-binary people who identify as lesbian, bisexual. @Orbitur São Jacinto Camp, Aveiro	www.instagram.com/p/DaiQTkil31_/ ; www.instagram.com/p/DWRrRhwl3YB
Aug 5	**The Fabulous:** Women & LGBTQIA+ Comedy Night. (First Wed of month)	www.meetup.com/lisboncomedy ; www.instagram.com/the_villain_comedy
Aug 5	***Violeta* – Literary Community of *Clube Safo.*** Reads '*Decadencia*' by Judith Teixeira. Online. 21:00.	www.instagram.com/p/DagUrLQszhy/ ; https://clubesafo.pt/2025/04/violeta-comunidade-literaria-do-clube-safo/
Aug 5-Sept 11	***OperaFest*, Lisbon/Oeiras** - From classics to avant-garde, at the Carthusian Monastery in Caxias, Camões Theatre, Roman Theatre, and the Lisbon Cinematheque.	www.facebook.com/operafestlisboaoeiras ; https://www.operafestlisboa.com/
Aug 7	**'Goddess' - Sunset Beach Party.** (Women Only Event). @Costa da Caparica. 19:00—02:00.	https://shotgun.live/en/events/goddess-sunset-party-women-only-event ; www.instagram.com/goddess.fest

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Aug 8	**Madeira. Georgina Hudson**, Canadian drag, returns to perform in her home town for the first time, @Lust Vintage! (Also, Aug 15)	www.instagram.com/p/DaiR-utNifH/ ; www.instagram.com/thegeorginahudson/
Aug 8	**ProudFit fitness group @the beach,** with fun activities, family style dinner, movie night, dancing and overnight camping. Meco Farm, Beach & Camping, @Andy's Farm (Campo Culture).	www.instagram.com/proudfitlisbon/
Aug 12/13	**Solar Eclipse** will cross northern Iberia. Starts 18:33; **Peak eclipse: 19:30**; Ends: 20:23 100% eclipse in Bragança/ Montesinho Park/ Vimioso. Porto: 98%. Coimbra: 97.1%. Lisbon: 94.9%. Évora: 96%. Faro: 93.5%.	www.helioclipse.com/en/blog/portugal-2026-eclipse-totality-map-pin-verification/ ; www.esa.int/ESA_Multimedia/Images/2026/05/Total_solar_eclipse_12_August_2026_Map_of_totality_in_Spain
Aug 15	**Public holiday -** (*Assunção de N. Snha*)	Assumption of Mary
Aug 15	**Madeira. Georgina Hudson**, Canadian drag, returns to perform in her home town for the first time, @Lust Vintage!	www.instagram.com/p/DaiR-utNifH/ ; www.instagram.com/thegeorginahudson/
Aug 20-23	**Aveiro. *Clube Safo* Annual Summer Camp** for Lesbians: women, cis and trans, and non-binary people who identify as lesbian, bisexual. @Orbitur São Jacinto Campsite, Aveiro.	www.instagram.com/p/DaiQTkil31_/ ; www.instagram.com/p/DWRrRhwl3YB ;
Aug 22	**Pink Open Stage.** Queer performers open stage, amazing artists! All forms of Queer art: Stand-Up, Spoken Word, Dance, Singing, Drag, or anything else!!!! (Sign-up in advance) @Aconchego House. (Also on Oct 3, Dec 5)	www.instagram.com/thepinkopenstage_pt/ ; www.instagram.com/p/DafjiWxkui4/
Aug 22	**'Together' Boat Party.** 15:00-	www.instagram.com/p/DaQL9YFo9HL/ ; www.togetherparty.pt
Aug 22-30	***Vila Nova de Milfontes Redeexaequo* Annual LGBTI Summer Youth Camp**	www.instagram.com/p/DVvc1lCjb-A
Aug 29 – Sept 6	**Porto. Bear Hug Wine & Bears Retreat week**. A 'Coach Cub' event.	www.instagram.com/p/DTf-FjPkzC3/
Aug 29	**'Gear Club Portugal' monthly social drink.** Fetish wear social group.	www.facebook.com/gearclubportugal.page @ *Bar Tr3s*
Aug 31	**Porto. 'Queer Connect Social'**, with authors Rosie Turner (Girlfriend Material) and Matt Bays (How to Find and Keep a Gay Man). The first event spotlighting inspiring LGBTQIA+ artists , authors, creators, entrepreneurs, organizations, and	www.facebook.com/events/1947679772586454/ ;

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	local businesses. @*Plumas & Flores*, Rua da Torrinha 121. 19:30	
SEPTEMBER		
Sept 1-30 TBC	**Bi-sexual Visibility Month** from Biologar, Bi-fest, & ILGA (details to be confirmed).	https://bialogar.pt ; https://www.ilga-portugal.pt ; https://bi-fest.bialogar.pt ; https://www.instagram.com/bi.mosaic
Sept 2	**The Fabulous:** Women & LGBTQIA+ Comedy Night. (First Wed of the month)	www.meetup.com/lisboncomedy ; www.instagram.com/the_villain_comedy
Sept 2-6	***Serra da Estrela*. Amnesty International 2026 Young Activists Meeting** (14-24 years old)	www.instagram.com/p/DZ4rt4xjmyF/
Sept TBC	**Lisbon Queer Surf Week** from LGBTQ Backpackers	www.instagram.com/p/DWW0HHLjNkg
Sept 4-6	**Seixal. *Ney Matogrosso*** performs @ '*Festa do Avante'*! at *Quinta da Atalaia, Seixal.*	www.instagram.com/p/DZXcBk9o8cW
Sept 6	The first **International World Lesbian History Day.**	www.instagram.com/lesbian_history_day
Sept 10	**School holidays end.** Beaches and holiday venues will be quieter now.	https://anchorless.io/blog/education/school-holidays-portugal
Sept 10- Oct 3	**Broadway musical 'COME FROM AWAY'** @*Capitólio Theatre, Parque Mayer*. This inspiring musical reminds us that, even in the most difficult moments, unity and empathy make the difference. For the first time in Portugal, translated by the Lisbon Film Orchestra. (With English subtitles). 21:00. Book ahead.	www.instagram.com/p/DaKpeC1uFUf/
Sept 10, 11, 12	***TODOS Festival* – Walk of Cultures**. Arroios. Connections and conviviality living together in Arroios.	www.instagram.com/festival.todos
Sept 11, 12, 13	**Porto Pride Festival.** Three-day festival, events and activities.	https://portopride.com ; www.instagram.com/p/DU6XIckCMfj ; www.facebook.com/PridePorto
Sept 12	**Paris, France. Global Black Pride March**: 'We The People. We March'. 14:00-17:00	www.instagram.com/p/DaGDdd_kWjq
Sept 15	**Public holiday (Setubal only)**	Birthday of Bocage
Sept 18	***National Teatro Nacional D. Maria II*** in Rossio, is scheduled to reopen after 3 years of renovations, with a large-scale cultural program.	https://comunidadeculturaearte.com/teatro-nacional-d-maria-ii-reabre-em-setembro-com-tres-dias-de-festa-apos-tres-anos-de-requalificacao
Sept 18-26	***Queer Lisboa* Film Festival.** *@ Cinema São Jorge & Cinemateca Portuguesa.*	www.instagram.com/queerlisboa ; www.facebook.com/qlisboa ; www.instagram.com/queerlisboa

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Sept 19	**Santarem Pride (MOS)**	www.instagram.com/marchaorgulhosantarem
Sept 19-25	**'The Bare Necessities'** naked yoga+detox retreat for Gay/ Bi/ Trans Men	www.instagram.com/p/DVJOE5WCCzm/
Sept 21	**Leiria Pride, and after-party.** 15:30 in *Jardim da Almuinha Grande*	www.instagram.com/leiria_marcha
Sept 24-26	***Festival Política*** - program of film, performances, music, humor, exhibitions, workshops, and guided tours. Free entry; in Sao Vicente.	www.instagram.com/festivalpolitica/
Sept 25-26	***'Ano Q'. Rádio Quântica's*** annual non-profit festival of alternative, independent, international music. *@Galeria Zé dos Bois*	www.instagram.com/p/DZ-Lsx-g2gs
Sept 25-27	**'Lisbon Meets Fetish',** from Gear Club Portugal (Incl. **'Into Fetish Party'** Sept 26)	www.facebook.com/gearclubportugal.page
Sept 26	**Madeira Pride**	www.instagram.com/madeirapride/
Sept 26	**Guimarães LGBTQIA+ Pride March** – 15:00	www.instagram.com/p/DZA92bJqlxx/
Sept 26	**'Into Fetish Party'** from Gear Club Portugal (in partnership with @puppplayportugal).	www.instagram.com/p/DTDiEWICIYz/
Sept 26- Oct 3	**Faro. 'European Summer Pride'** LGBTQ+ beach party and pride event. Ten days of parties, events, tours, sports, beach days, shows, club nights, boat trips, cabaret, etc	www.instagram.com/europeansummerpride ; www.europeansummerpride.com/en
Sept 27- Oct 3	**'Last of the Summer Sun'** Naked Yoga Retreat for Gay/ Bi/ Trans Men	www.instagram.com/p/DVJPGP8iJLJ/
OCTOBER		
Continuing to Oct 3	**Faro. 'European Summer Pride'** LGBTQ+ beach party and pride event. Ten days of parties, events, tours, sports, beach days, shows, club nights, boat trips, cabaret, etc	www.instagram.com/europeansummerpride ; www.europeansummerpride.com/en
Oct 2-5	***Acampada Feminista*** (annual Feminist Camp) (in Portuguese), for women, Trans and non-binary people. From *Feminismos Sobre Rodas*. Pre-registration is essential!	www.instagram.com/p/DZM4RLBP8dM/ ; www.instagram.com/feminismossobrerodas/ ; https://docs.google.com/forms/d/1p8ecxTa1ds3z8n99LLf9dci_tfUMurHlyWomMI1iaGc/viewform?pli=1&edit_requested=true
Oct 3	**Pink Open Stage.** Queer performers open stage, amazing artists! All forms of Queer art: Stand-Up,	www.instagram.com/thepinkopenstage_pt/ ;

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	Spoken Word, Dance, Singing, Drag, or anything else!!!! (Sign-up in advance) @Aconchego House. (Also on Dec 5)	
Oct 5	**Guimarães 'Guimarães for Freedom festival'** *Alameda de São Dâmaso* Bandstand, 15:30.	www.instagram.com/guimaraespelaliberdade
Oct 5	**Public holiday** - (*Dia da Republica*)	Day of the Republic
Oct 7	**The Fabulous:** Women & LGBTQIA+ Comedy Night. (First Wed of the month)	www.meetup.com/lisboncomedy ; www.instagram.com/the_villain_comedy
Oct 7-17	**Lesvos, Greece 'EL*C Lesbian Community Conference'**, celebrating 10 years of EL*C*	www.instagram.com/elc_lesbiancommunity
Oct 8-18	**The Lisbon Players, English language theatre group** presents 'Man & Superman' @Teatro Iberico.	www.instagram.com/p/DZcTG6rCJsT
Oct 10	**Viseu Pride**.	https://jamarchavas.pt/marcha-lgbtqia-de-viseu-realiza-se-a-10-de-outubro
Oct 10	**'The Wizard of Oz - A Pop Musical'** (in Portuguese) begins @Estoril Casino	www.instagram.com/p/DaTIbOakbm4
Oct 21-26	**Autumn 'Radical Faerie Gathering':** 'Abundance', for all who want to be involved in creating a Faerie community in Portugal/Iberia.	https://mailchi.mp/71d5f8eb7a79/grfn-13606857?e=325b8b6914#Abundance-Autumn-Faerie-Gathering
Oct 25	(**Clocks go back** 1 hour at 02:00)	
Oct 28 – Nov 6 ?	***Olhares do Mediterrâneo*** – Women's Film Festival. 13th Edition	www.olharesdomediterraneo.org
Oct 31	**'Gear Club Portugal monthly social drink.** Fetish wear social group.	www.facebook.com/gearclubportugal.page @ Bar Tr3s.
NOVEMBER		
Nov 1	**Public holiday** - (*Dia de Todos Santos*)	All Saints Day
Nov 1	**Brandi Carlile** performs at *Campo Pequeno.*	https://dezanove.pt/brandi-carlile-apresenta-the-human-tour-em-lisboa-em-2026-2443091
Nov 3-7	**Porto. 'Queer Porto'** Film Festival. @ Batalha & Casa Comum	https://queerlisboa.pt/en/festivals/queer-lisboa-and-queer-porto ; www.facebook.com/qporto ; www.instagram.com/queerporto
Nov 4	**The Fabulous:** Women & LGBTQIA+ Comedy Night. (First Wed of the month)	www.meetup.com/lisboncomedy ; www.instagram.com/the_villain_comedy
Nov 15	**'Miss Drag Lisboa'** annual competition @Capitolio Theatre.	www.instagram.com/missdraglisboa
Nov 17	**Porto**. ***Les Ballets Trockadero de Monte Carlo* ('The Trocks')** perform at the *Coliseu* (+Lisbon 19-22 Nov)	www.ticketline.pt/evento/les-ballets-trockadero-de-monte-carlo-102024
Nov 19-22	***Les Ballets Trockadero de Monte Carlo*** perform at *Teatro Tivoli, Lisbon*	www.ticketline.pt/evento/les-ballets-trockadero-de-monte-carlo-102024

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Nov 29	***Lisboa sai do armário*.** Tour (in Portuguese) from *Museu de Cidade*	https://museudelisboa.pt/pt/events/6406-percurso-lisboa-sai-armario
DECEMBER		
Dec 1 (provisional)	***Gala Abraço***	
Dec 2	**The Fabulous:** Women & LGBTQIA+ Comedy Night. (First Wed of the month)	www.meetup.com/lisboncomedy ; www.instagram.com/the_villain_comedy
Dec 5	**Pink Open Stage.** Queer performers open stage, amazing artists! All forms of Queer art: Stand-Up, Spoken Word, Dance, Singing, Drag, or anything else!!!! (Sign-up in advance) @Aconchego House.	www.instagram.com/thepinkopenstage_pt/ ;
Dec 12	**'Gear Club Portugal' monthly social drink.** Fetish wear social group.	www.facebook.com/gearclubportugal.page @ *Bar Tr3s*.

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'Alex's LONG LIST' is brought to you by

Alex's Queer Lisbon History Tour

***Know the city*!**

Join us for a fun stroll to hear about Lisbon's fascinating (sometimes bizarre!) queer history. *'Alex's Queer Lisbon History Tour'* half-day walking tour brings you anecdotes from Lisbon's scandalous queer history by visiting historic sites to hear stories that will bring you closer to the city, and passes the main LGBTQ scene venues along the way.

- 17th Century cruising sites, Lisbon's first lesbian bar, the 16th Century Inquisition arresting gay men, see where the first drag show started in the 1970s, lesbians battling 1960s censorship, why '*Fado*' is a bit queer, how Lisbon Pride is different, stories from 19th Century sex-work, bisexual jazz-legend Josephine Baker spying in WWII, gay men dodging 1950s crack-downs, 18th Century lesbian nuns, a 19th Century Trans love story, how LGBT rights were established in Portugal, gay writers, disgraced politicians, queer pop stars, straight censors - all this and more, and we end with a social drink!

This fun event also passes most of the scene venues and gives you inside knowledge of today's scene and community. ***Know the City!*** Suitable for solo-travellers. 3.8km(2.3miles). 3.5 hours. Age:16+.

Click here for more info and booking:
www.tickettailor.com/events/alextoursevents

*"I set up **Alex's Lisbon Tours & Events** to share the stories I love about the city – not just the routine sights, but fun experiences in historic locations, with anecdotes and insights that bring history alive - plus opportunities to meet fellow travellers as we pass by the scene venues.*

I first came to Lisbon in 1989 and fell in love with the city. I have a post-grad degree in Cultural Studies and have lived in Lisbon since 2019. Join me on a tour and have fun getting to know Lisbon better".

Two '*Queer Lisbon*' tours are available: the half-day walking tour, and occasional Treasure Hunt group events:

'Alex's Queer Lisbon half-day walking tour - scene and history' – a fun afternoon group tour with stories from Lisbon's scandalous, celebratory (sometimes bizarre!) queer history.

'Alex's Queer Lisbon Treasure Hunt event' – a Treasure Hunt in queer history that leads small groups on an adventure around the gay-scene neighbourhoods of *Bairro Alto* and *Principe*

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Real. Your small group follows a map and directions to find the queer history locations, complete fun tasks and solve riddles! Then we all come together in the lounge/ bar/ garden/ pool of Lisbon's largest gay hotel for a 'pub-quiz' and prizes!

Other tours from 'Alex's Lisbon Tours & Events' cover key aspects of Lisbon's history – visiting historical sites to learn more about Lisbon through entertaining anecdotes and stories:

- **Lisbon History Framework: Key sites and stories in Lisbon's history.** This history 'primer' tours key sites to give you a framework and context for the city's history - plus entertaining anecdotes and scandalous stories! The Discoveries (1500), Empire of riches (1501-78), Spanish domination and Portuguese restoration (1580-1640), Gold & diamonds from Brazil (1700-), Earthquake! (1755), Napoleon invades (1807-14), Civil war (1828-34), The king's assassination and the first Republic (1808-10), Dictatorship (1926/33-1974), Revolution! (1974).
- **Belem/Ajuda away from the crowds.** The history of Lisbon in three different palaces, politics, royal murders, the palace of tents, monuments to shame, gold and diamonds, sex-scandals, the Belem executions, the launch of the Great Armada against Elizabeth I of England - and custard tarts! Key stories from Lisbon's history – away from the obvious crowded sites.
- **The Marques de Pombal: 1699-1782.** Despot? Moderniser? Manipulator? Psychopath? Subject of the world's first restraining order. Hero or Villain – this minor nobleman rose to dominate the king, establish the enlightenment in Portugal, assassinate his enemies, deal with the earthquake, rebuild Lisbon – See why his story is central to the Lisbon we know today?
- **The Carnation Revolution: April 1974**. Revolution in Western Europe! The world's longest dictatorship (1926/33-1974) is still a living memory in Portugal, and so too are the events and stories of the 1974 'Carnation Revolution', which established democracy and influences so much of Portuguese politics and society today.
- **Lisbon Earthquake 1755.** First-hand accounts, anecdotes and the sites of devastation and rebuilding: the first few days, dealing with the dead, who was blamed, who benefitted, what was lost, what survived, the alternative plans for rebuilding, and how the Lisbon we see today was created from the rubble.

Click here for tour dates & tickets, or contact me directly:

www.tickettailor.com/events/alextoursevents

Email: AlexLisbonTours@gmail.com
Tel: (Portugal) +351 910 826 218 (Call cost to the national mobile network).
Facebook: www.facebook.com/QueerLisbon
Instagram: www.instagram.com/alexlisbontoursandevents

Registered with *Turismo de Portugal*.

'Alex's Queer Lisbon Treasure Hunt - LGBTQ history event' featured as a double-page spread in the Portuguese national newspaper *Público*: '*We have always existed: a treasure hunt to discover Lisbon's queer history*' https://shorturl.at/fjlpP

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The Lisbon LGBTQ Scene: bars, drag venues, venues popular with queer women, dance clubs, saunas/sex venues.

For other cities across Portugal see 'Across Portugal: Porto, the Algarve, & Other cities & regions (incl Azores & Madeira)'.

You can also use the **search button** at the top of the screen to find info; or use the tools bar to move through pages, and to downoad a full PDF of *'Alex's LONG LIST'.*

There are three main areas of Lisbon city centre with concentrations of LGBTQ venues: *Bairro Alto*, *Principe Real* and *Intendente/Graca* (and there is also one community venue near *Marques de Pombal*, the *Centro LGBT* in *Baixa*, and another couple of venues across the river in *Almada*):-

- ***Bairro Alto*** has plenty of gay (and gay-friendly) bars and gets hectic after 23:00 - as lively mixed crowds push through packed streets from one bar to the next - especially in the summer and on weekends.

  Starting in Feb 2026 - the sale of alcohol for street drinking has been banned from 23:00 to 08:00 (8am the following day) Sunday to Thurs, and from Midnight to 08:00 on Fri, Sat, & public holiday eves (Exceptions for licensed terraces, home delivery, and throughout June during Lisbon's traditional *Festas* festival). This is expected impact the bar culture in *Bairro Alto* (and around *Cais do Sodre,* incl. '*Pink Street')*. We wait to see how this develops!

  - *https://informacao.lisboa.pt/en/news/detail/new-rules-on-the-sale-of-drinks-for-street-consumption-1#:~:text=Lisbon%20City%20Council%20has%20approved,and%208am%20the%20following%20day*
  - https://www.lisboa.pt/horario-venda-bebidas-consumo-exterior?fbclid=IwY2xjawQCpaNleHRuA2FlbQIxMABicmlkETFKUHJCUXNmaHRCR1dWeGVPc3J0YwZhcHBfaWQQMjIyMDM5MTc4ODIwMDg5MgABHrfz8e57sPEm9oWkBDoc-mr6Ha6YYTf4JzCFNcpA9O4gG7anazWJRKIbkF2x_aem_O1yGDRcY4SesuVuGLTAKjQ
- The gay venues in the nearby neighbourhood of ***Principe Real*** are more widely spaced across a quieter residential area, tend to be a bit less hectic and attract a slightly older crowd. The three main queer dance venues (*Trumps, Construction, Posh*) are here too
- The broad neighbourhood of ***Intendente/Graca*** has recently been developing a few new queer spaces and cafes/restaurants, which all have performance/event spaces. These venues tend to be more imaginative, quirky and queer than the regular gay bars, with events, live music, dance nights, performances, food and workshops, and often have earlier opening times. (see '*Intendente/Graca* and further afield' below, & follow social media).
- There's also the excellent '*Aconchego House'* near ***Marques de Pombal***, which is a non-profit, trans-led LGBTQIA+ community venue with a relaxed café/bar on one side, and a co-working space on the other. They host regular social events, including Friday night Queer Karaoke, dance classes, meditation groups, board game nights, yoga, painting workshops, queer comedy nights, pop-up kitchen/dining experiences, and a monthly Amateur Drag Show. *Rua São Sebastião da Pedreira, 72, 1050-206, Lisboa*. www.instagram.com/aconchego.house Their events calendar is updated regularly and easy to read: www.aconchego.house/collab

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Beyond the Scene…

If you're in Lisbon or Porto for a visit, the commercial scene of bars, clubs, etc (listed on the next few pages) are more than enough to fill a week-or-two. But if you're staying longer, or just want to meet people outside of a bar or an App, you'll need to read beyond this section and follow a few social media accounts for Portugal's queer social scene...

LGBTQ social groups across Portugal are diverse and busy, with something for everyone: pop-up party networks, boardgame nights, circuit parties, adventure sports, queer women's sex networks, volunteering opportunities, rainbow family groups, queer *Fado*, a queer techno/rave scene, book groups, ex-pat groups, youth groups, LGBTQ choirs, queer Black social groups, Carnival collectives, publishing projects, hiking and outdoor groups, *Grrrls* roller derby, political groups, multiple sports groups, WhatsApp social networks, beach sports, student associations, quiz nights, Trans socials, queer picnics, Brazilian *samba* groups, Women's *maracatu*, Ballroom nights, social support organisations, *Goddess* and *Temple* nights, women's arts groups, monthly club nights, food workshops, mid-week meetups, amateur dramatics, queer Portuguese language exchanges and teachers – the list of queer groups goes on and on!

Queer life in Portugal has changed a lot over the last 20+ years and many LGBTQ people live queer lives among their families and friends. But queer social networks are still vital for building networks, building confidence, finding support, and maybe meeting the love of your life.

The commercial LGBTQ scene can be great fun, but there's more to life than bars and *Grindr.* There are more opportunities than ever to make queer friends and socialise in queer spaces – and not just in Lisbon/Porto.

So when you're ready to get more involved with the queer communities of Portugal, finish reading the 'Scene' section on the next few pages, but also have a read through other sections, like 'Meeting people, making friends and having fun' - and follow the social media accounts for everything you think might be fun –

Join in!

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The Lisbon Scene: LGBTQ Bars

To see where the scene venues are located, and to find your way around, bookmark '***Alex's Map of LGBTQ Lisbon***' on Googlemaps: **https://shorturl.at/fBJ19**

Bairro Alto.

Friends Bar.
Lively, fun bar with a youngish crowd, friendly staff, commercial music and reasonable prices. (Friends Bar is unusual in opening early at 18:00, while most bars open around 21:00). It's small inside but on warm afternoons/evenings it fills the street with tables – on weekend evenings it's impossible to move around inside!
Friends Bar, Travessa da Água da Flor, 17, Bairro Alto. Open every day 18:00-02:00 (03:00 on weekends). www.facebook.com/friendsbairroalto ; www.instagram.com/friendsbairroalto

Construction Bar.
This outpost bar from the well-established 'Construction nightclub' (see 'Nightclubs for dancing' below) serves a crowd of party-oriented boys and girls (and replaced the '*Burlesque Bar*' that was previously at this address).
Construction Bar. Rua da Rosa, 159, Bairro Alto. Wed & Thurs 20:00-02:00, Fri & Sat 20:00-03:00, Sunday 18:00-02:00. www.instagram.com/construction_bar

Side Bar.
You are the Dancing Queen! Tiny, but gloriously camp bar with mirror-balls and music. The crowd spills into the street most nights of the week and mingles with the crowds from the other nearby queer venues on this lower stretch of *Rua da Barroca* (below).
Side Bar, Rua da Barroca, 33. Bairro Alto. Open every day 18:00- 02:0 (03:00 on weekends)
www.facebook.com/side.bairroalto

Maria Caxuxa.
The bar, Maria Caxuxa, is popular with a mixed crowd, busy, lively, with DJs until 3am on weekends. A fun place for informal parties and bar-hopping between the other nearby queer bars.
Maria Caxuxa, Rua da Barroca 6-12. Thurs, Fri, Sat 22:00-02:00 (03:00 on weekends)
www.facebook.com/mariacaxuxabar

Purex.
A bar – with a dance floor! Owned and largely staffed by women, this is a popular mixed gender-diverse bar with a small dance floor (One of the few places to dance before 01:30). Free entry. Gets packed and spills in the surrounding streets. Open on Thurs, Fri and Saturdays.
Purex, Rua das Salgadeiras, 28, Bairro Alto. Wed, Thurs, Fri, Sat 22:00-02:00 (03:00 weekends/holidays). www.facebook.com/purexclube

Shelter Bar reopened in April 2026 at their new address in ***Bairro Alto*** after its previous venue in *Principe Real* closed in Jan – Now on *Rua do Diario de Noticias 4 to 6,* just round the corner from *Purex* and *Maria Caxuxa.*

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Popular and friendly bear bar with a relaxed atmosphere. DJs from 22:00 on weekends. Special event nights for Carnival, Eurovision etc. Open every day from 18:00-02:00 (03:00 on weekends).
Shelter Bar, Rua do Diario de Noticias, 4 - 6. www.facebook.com/shelterbarlisboa

Bairrus Bodega.
Portuguese wine bar in Bairro Alto, just across the road from *Purex*. Not specifically an LGBTQ venue, but very positive and popular with a queer crowd, especially women. Bairrus aims to evoke the spirit of old Portuguese taverns: so if you're interested in wine this is a good place to sample and learn from the (mostly female) bar staff.
Bairrus Bodega (it doesn't have a clear sign, but it is number **3 Rua da Barroca**), Rua da Barroca, 3, Bairro Alto. Mon-Sat 19:00 to 02:00. Closed Sundays. (Opening times fluctuate and may not be consistent). www.facebook.com/profile.php?id=100066808600258

Late Birds Hotel
Pool parties, art exhibits & residencies, live performances, drag shows, community mixers, Monday film nights - a whole range of queer events take place at this boutique gay hotel - they also organise sunset boat parties, and you can get a day-pass to use their garden/pool. The hotel is pretty-much booked by men and caters to an up-market crowd, but their events are varied and welcoming to everyone – incuding frequent events from the 'Queer Lisbon' social network (www.meetup.com/queer-lisbon).
Late Birds Hotel, Travessa André Valente 21-21A, Lisboa, Bairro Alto, 1200-024, Lisbon.
www.thelatebirdslisbon.com/eventslatebirds ; www.instagram.com/thelatebirdslisbon ; www.facebook.com/thelatebirdslisbon ; www.meetup.com/events-at-the-late-birds-gay-urban-resort/events
Film nights: www.thelatebirdslisbon.com/cinema-cycle

Sunday Tea Dance
A short walk from *Bairro Alto* really, but for a relaxed, Sunday afternoon pub-vibe with good music it can be worth it. Run by DJ Amadeo Barcelona, who previously DJd at Shelter Bar and still guest DJs at 'BIG' events.
17:00-22:00. www.instagram.com/amadeobarcelona

Rhodo Bagles. American bagel shop & cafe in Lisbon
Woman owned business. Coffee shop and occasional queer women's coffee-raves from he @fabulez.community. Tues-Sun 09:00-16:00
Rua da Boavista 178, Lisbon, 1200-070 . www.instagram.com/rhodobagels

Principe Real.

Bar 106.
Small, friendly, neighbourhood bar in Principe Real (I always seem to get chatting to people in this bar – friendly place). Famous for its Sunday evening message nights, which let you leave discrete notes for other customers to read and respond 😊 (21:00-02:00)!
Bar 106, rua São Marçal, 106. Principe Real. Tues to Thurs 21:00 to 2:00. Fri, Sat, Sunday 21:00 to 03:00. www.instagram.com/bar106lx

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Shelter Bar This popular and friendly bear bar closed this address in Jan 2026 and reopened in April 2026 at their **new** address in ***Bairro Alto*** – **Now at**: *Rua do Diario de Noticias 4 to 6,* (just round the corner from *Purex* and *Maria Caxuxa*).
Shelter Bar, Rua do Diario de Noticias, 4 - 6. Open every day from 18:00-02:00 (03:00 on weekends). www.facebook.com/shelterbarlisboa

Bar Tr3s.
Popular and friendly community-oriented bear bar open in the late afternoon, with outdoor seating until closing. Voted one of the ten best bear bars in the world by Bear World Magazine! Free cake on Sunday 18:00-20:00. Opens early, at 18:00.
Bar Tr3s, Rua Rubén a Leitão, 2A, Principe Real. Every day 18:00-02:00 (03:00 on weekends).
www.tr3slisboa.com

Bar Tr3s also runs the annual **'Lisbon Bear Pride'**, with events and parties at their ***Vila Tr3s*** gay resort and spa near the beaches south of Lisbon (and at other venues) in May/June each year.
www.lisbonbearpride.com ; www.facebook.com/LisbonBearPride ;
www.instagram.com/lisbonbearpride

Bordell D' Príncipe. Located in the former '*Bar Cru'*, which for many years was a well-known gay cruising bar, this venue claims to be inspired by bohemian 1920s queer cabaret heritage as a cocktail bar and cabaret event space.
Calçada Engenheiro Miguel Pais, 39, Príncipe Real. www.instagram.com/bordelldoprincipe

Intendente/Graca, Marques de Pombal, and across the river (Almada)

Damas (Graca)
Bar, casual restaurant and live music venue. Located between Alfama and Graca, this popular space has a fun and affordable restaurant, bar, and an event space. Not specifically LGBT, this is nevertheless popular with a very mixed queer crowd where Trans and gender non-conformity is fully embraced.
Rua da Voz do Operário, 60, Graca. Various hours: typically, 12:30-01:00 (04:00 at weekends), check online for details:
www.facebook.com/DAMASLISBOA ; www.instagram.com/damas.lisboa

Drama Bar. (Intendente/Graca)
Queer bar/performance space in Intendente/Graca, with a large basement space for dancing and events. Popular with a mixed male/female/non-binary crowd, with (early) live music and/or dance nights on Fri & Sat, and occasional burlesque/drag shows, dinners, film nights, drag bingo, and performances in the basement. (Note: There are two other bars in Lisbon called 'Drama Bar' – make sure you have the right address).
Rua Damasceno Monteiro 75B, 1170-113 Lisbon. Wed/Thurs/Fri/Sat/Sun (only) 19:00-01:00.
https://linktr.ee/needfordrama ; www.instagram.com/dramabar.lisboa ; For updates on events, join their WhatsApp group here: https://chat.whatsapp.com/Cbg2Z7Z9j8PJSC1GBxs7fn

SUNGAY FUNDAY at **SIMO's Quiosque.** Irregular (monthly-ish) outdoor sunset cocktails and DJ party at SIMO's quiosque, at the *Miradouro* (viewing park) of *Monte Agudo*, hidden away

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from the tourist bustle above *Anjos* Metro. Sunset DJ sets and the best place to enjoy a caipirinha. The Perfect way to end a summer weekend!
You'll find *Miradouro do Monte Agudo* on the steep pedestrian path that connects *Rua Heliodoro Salgado* and *Rua Ilha do Príncipe.*
Free. Monthly(-ish); usually on the first Sunday of the month, 15:00- 21:00.
Follow social media for upates and details: www.instagram.com/simos_lisboa ; www.instagram.com/explore/locations/3418182/miradouro-do-monte-agudo

L'APE (Graca).
L'Ape Italian lounge/restaurant - bar and restaurant, that explicitly describe themselves as *"LGBTQ+ Safe Places".*
Calçada do Monte 92a, 1170-251, Lisbon (near the viewpoint of *Nossa Senhora do Monte*).
Mon-Thurs 17:00-00:00, Fri-Sun 12:00-00:00 . www.instagram.com/lapeitalianlounge ; www.facebook.com/profile.php?id=100063485107480
(L'Ape also has a separate space nearby used for parties, called '*L'Ape Boteco'*, where L'Ape hosts the occasional party nights; www.facebook.com/LApe.Boteco.Italiano)

Maria Food Hub (Anjos/Intendente)
Opened in 2022, women and queer inclusive restaurant/ bar - focused on the best Portuguese food. Rua Maria Andrade 38, 1170-216, Lisboa. Open 7 days a week. 09:00-24:00.
www.instagram.com/maria_food_hub ; www.mariafoodhub.com

Aconchego House (Marques de Pombal).
Aconchego House is a non-profit LGBTQIA+ community venue and social safe-space featuring a relaxing café/bar with food and drinks on one side, and a co-working space on the other (in English and Portuguese). They host regular social LGBTQIA+ events including Queer Karaoke every Friday, weekly dance classes, meditation groups, board game nights, Portuguese immersion nights, yoga, painting workshops, pop-up kitchen/dining experiences, and a monthly Amateur Drag Show. Calendar updated regularly on their website.
Rua São Sebastião da Pedreira, 72, 1050-206, Lisboa.
www.aconchego.house/collab ; www.instagram.com/aconchego.house ;
hello@aconchego.house

Margem Sul Bar Club (Almada – across the river)
There is gay life south of the river! This small but lively bar has three spaces and regular drag shows - a show room, dance floor, and a private room with TVs.
Margem Sul, Rua da Liberdade, 11A, 2800-153, Cova da Piedade, Almada.
www.facebook.com/margem.sul.bar.club.almada

Emoçoes Bar (Almada – across the river)
Well-established drag, cabaret, karaoke, talent shows, special events. A popular basement bar and event venue in the centre of Almada. Popular with an unpretentious mixed gay/straight, male/female crowd.
Estrada Do Brejo, 16D/Cave. 2805-104, Cova da Piedade, Almada. Fri and Sat (only) 22:00-03:00. www.facebook.com/EmocoesBar ; www.instagram.com/emocoes.bar

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The Lisbon Scene: **Drag, Burlesque and camp, colourful Cabaret!**

Finalmente.
Lisbon's best known drag venue – a Lisbon institution! Small, can get super-crowded after 01:30 on weekends. Well established for over 40 years, *Finalment* means 'Finally' and was once the place where Lisbon party-goers finished an evening. Today there are many more options for a late night out, but *Finalmente* still keeps its place as a popular party favourite. Two separate shows to choose from, seven nights a week (Book ahead in summer):

- 'Café Concert' early evening (19:00-0:30 [show starts at 22:30])
- 'Finalmente Dance Club' (01:00-06:00 [show starts at 03:00]).

Finalmente, Rua da Palmeira, 38. Principe Real. www.finalmenteclub.com

GalaCriCri.
If you like a camp night out there's nothing quite like ***GalaCriCri***!
After three years residence at the *Palacio Grilo*, this unique combination of cabaret, restaurant and night-club now erupts for one-off events at various venues - still hosted by the amazing Brazilian art-DJ duo '*Venga Venga'.* This unique combination of creative glamour, high camp, and wild excess continues to enchant and thrill Lisbon.
Make an effort to dress-up – you can't be overdressed for *Gala CriCri*!!
www.instagram.com/galacricri ; www.facebook.com/festavengavenga ;
https://membrz.club/galacricri ; https://chat.whatsapp.com/HVMknMmpMYtHfqAOGMQzj9

Manny's Place
Dinner and a drag show - Tuesday through to Sunday. 20:00 to Midnight.
Different shows throughout the week – so you can go again and again!
Manny's Place, Rua da Barroca, 92, Bairro Alto.
www.mannysplacelisbon.com ; www.facebook.com/mannysplacelisbon

Trumps
The longest-running and largest of the main gay dance venues in Lisbon (along with *Posh Club* and *Construction*). Its two dance floors attract a mostly young crowd (18-30+) and have a strong tradition of chart-hits and epic drag shows.
Trumps. Rua da Imprensa Nacional, 104B, Principe Real. Open Thurs, Fri, Saturdays, and the night before public holidays, from 23:45 to 06:00 (05:00 on Thurs). Tickets on the door, no pre-sale, no guest-list. www.trumps.pt/shop

- Trumps also supports queer and drag/cabaret artists through its 'Queer Art Lab' - a platform to support, develop and empower emerging queer and drag artists through training and transformation. www.trumps.pt/queerartlab ; www.facebook.com/queerartlabnow ; www.instagram.com/queerartlabnow ; Queerartlab@trumps.pt

Latineo Intenso.

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Drag Latin party in Lisbon, hosted by @affrika_ & @lazzarka
"Get ready to sweat, twerk without fear, and set the dance floor on fire with classic reggaeton, the freshest beats, and our signature Latin sounds fused with a touch of disco and house"
www.instagram.com/latineo_intenso

***Margem Sul* Bar Club** (Almada – across the river)
There is gay life across the Tejo in Almada! This small but lively bar has three spaces and regular drag shows - a show room, dance floor, and a private room with TV.
Margem Sul, Rua da Liberdade 11A 2800-153 Cova da Piedade, Portugal
www.facebook.com/margem.sul.bar.club.almada

Emoçoes Bar (Almada – across the river)
Well-established drag, cabaret, karaoke, talent shows, special events. A popular basement bar and event venue in the centre of Almada. Popular with an unpretentious mixed gay/straight, male/female crowd.
Estrada Do Brejo, 16D/Cave. 2805-104, Cova da Piedade. Almada. Fri and Sat (only) 22:00-03:00. www.facebook.com/EmocoesBar ; www.instagram.com/emocoes.bar

The Queens Office. The Queens' Office is a Lisbon-based talent booking agency representing Drag Queens and other talent in the Portuguese and Swiss markets.
https://queensoffice.com

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The Lisbon Scene:
Scene venues and networks popular with Queer Women

To plan ahead and find your way around bookmark '**Alex's Map of LGBTQ Lisbon**' on Googlemaps:
https://shorturl.at/fBJ19

Lisbon has only a couple of regular venues specifically popular with for women (see below), but makes up for this with an increasing number of dynamic social/party networks that organise vibrant nights at various venues. These women's parties might not be so regular or routine as a bar that's open every night, but their occasional events attract enthusiastic followers and can provide especially intense nights out for those who know where to look. To stay informed about the latest events it is necessary to follow their social media and keep your eye on the latest news.
(Also - bear in mind that LGBTQ scenes vary between countries, and in Portugal most queer spaces will be more-or-less mixed sex. Apart from men-only sex clubs, women will be welcome in most every venue).
For more on the queer women's scene, parties and social opportunities in Lisbon also see **Women's groups, organisations and services**, which includes women's networks, social groups, sports teams, sex networks, social support organisations, women's Facebook, Meetup and other online groups, etc. etc.

'Siren Call Lisboa' events calendar and newsletter. New in November 2025 a regularly updated calendar of events and a newsletter for 'FLINTA+' people (Female, Lesbian, Intersex, Non-

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binary, Trans, or Agender / 'WTFNB' [in the USA]) in and around Lisbon! Your go-to for all things on Lisbon's amazing FLINTA+ scene. Includes events calendars for Setubal and Cascais.

Sign-up to their **newsletter**: https://wordpress.us19.list-manage.com/subscribe?u=d988b94f758dd4b7b56e71665&id=f074b6f15e
Follow the **website:** https://sirencalllisboa.wordpress.com
Follow their **Instagram**: www.instagram.com/sirencalllisboa/
To **add events** and news: https://docs.google.com/forms/d/e/1FAIpQLSdyG2tESFDj4JBdPtwtujFrzoKOuEAxihj9GGfxR8temkr1Qg/viewform ; or email: SirenCallLisboa@gmail.com

Purex. (Bairro Alto)
Owned and largely staffed by women, this a popular mixed gender-queer LGBTQ bar is unusual in having a dance floor where you can dance early (for free) before nightclubs open and get busy after 02:00. Gets packed and spills into the surrounding streets in the summer. *Purex,* Rua das Salgadeiras, 28, Bairro Alto. Wed, Thurs, Fri, Sat 22:00-02:00 (03:00 weekends/holidays). www.facebook.com/purexclube

Bairrus Bodega. (Bairro Alto)
Portuguese wine bar in Bairro Alto, just across Rua da Barroca from *Purex* (above). Popular with a queer, especially women's, crowd. *Bairrus* aims to evoke the spirit of the old Portuguese taverns: so if you're interested in wine this is a good place to sample and learn from the (mostly female) bar staff.
(The bar doesn't have a clear sign with the venue name, but it is **number 3, Rua da Barroca**).
Bairrus Bodega, Rua da Barroca, 3, Bairro Alto. Mon-Sat 19:00 to 02:00. Closed Sundays. (Opening times may not be consistent).
www.facebook.com/profile.php?id=100066808600258

Drama Bar (Intendente/Graça).
Queer bar/performance space in Intendente/Graça, with a large basement space for dancing and events. Popular with a mixed male/female crowd, with (early) live music and/or dance nights on Fri & Sat, and occasional burlesque shows, dinners, film nights, bingo, and performances in the basement. (Note: There are two other bars in Lisbon called 'Drama Bar' – make sure you have the right address).
Rua Damasceno Monteiro 75B, 1170-113 Lisbon. Wed/Thurs/Fri/Sat/Sun (only) 19:00-01:00. https://linktr.ee/needfordrama ; www.instagram.com/dramabar.lisboa ; Join their WhatsApp group here: https://chat.whatsapp.com/Cbg2Z7Z9j8PJSC1GBxs7fn

Date Her Lisboa. Monthly speed-dating events for women dating women – in English and Portuguese. Mostly (but not exclusively) popular with women over 30. Monthly events currently 19:00-21:00, at a venue in *Estrella*. Book in advance.
www.instagram.com/date.her.lisboa

Azu-les. 'After work for Queer Women'. This '*Queer Women's Artistic Safespace'* - organises afterwork drinks, events, exhibitions and workshops in art, photography, DJing, dance, painting, poetry, live music, and parties for lesbians and friends. (Several events have been

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hosted at *Drama Bar*). Follow their social media for news and updates: www.instagram.com/azules.events

Goddess Events. Party network exclusively for women in Portugal. "*LGBTQ+ friendly".* Popular occasional party nights at various venues. Run by women (production, bar, security, DJs), creating space where you can be yourself in a judgement-free zone, welcoming women from all walks of life. "*It's time to break free, dance, and celebrate the incredible power of womanhood. Crafted by women, for women. Unleash your inner goddess!"* https://shotgun.live/venues/goddess-eventss ; www.instagram.com/goddess.fest

Canal Censuradas. Occasional parties for women and non-binary folk, organised by Brazilian YouTube travel blogger @vickyfechine. www.instagram.com/canalcensuradas ; www.youtube.com/censuradas

***Gira Coletivo* of Women in Samba**. Since 2021 the all-women *Gira Coletivo* promotes Afro-Brazilian culture and gender equality through samba music and dance: "*We seek to break down barriers and gender stereotypes through music, encouraging women in samba. We work for gender equality, for the anti-racist fight, for the celebration of diversity*". Not specifically a queer group but has a committed and energetic queer following at their many live and interactive performances. Follow their social media for latest events. Not to be missed! www.instagram.com/gira.coletivo ; www.coletivogira97.pixieset.com/aniversrio2anoscoletivogira

Fabulez Events. ("Due to life circumstances, from **Nov 2025** *FabuLez* is taking a break from events – We hope they recover well and are back in fine form as soon as possible. X") Fabulez Events is a "*community of queer women who create fun, safe, and meaningful events […] for girls and theys".* Occasional events, at various venues, have included club nights, drag-king events, friend-dating, open-mic nights, life-drawing, clothing-swaps, murder-mystery dinners, etc, etc. Follow online for updates about next events/venues. www.instagram.com/fabulez.community

VELCRO (Graca). *Velcro* and *L'Ape* restaurant seem to have been very quiet for a while now, so I fear they may have stopped organising new events ☹
Velcro is an occasional '*lesboqueernbtransfemme'* event run by women from L'Ape Italian restaurant in Graca - "*Resistência e celebração transfeminista*"! Parties start early (around 7pm) at their *L'Ape Boteco* party venue. Follow their Instagram for updates on these occasional events. www.instagram.com/velcro_lx ; www.facebook.com/LApe.Boteco.Italiano

Lisbon Temple Nights / Temple Night of Queer & Femme. (in Portuguese and English). A major rethink and change in structure was announced in July 2026, but we wait to hear more detail. A conscious pleasure positive studio that requires sign-up on the web platform and membership (10€/month). Central Lisbon venue. Various events are organised for different demographics, including the **Temple Night of Queer & Femme** "*specifically for queer femmes, women (trans women are women, so yes you are welcome here, babe) and non-binary AFAB's (assigned female at birth). This is for you whether you are rooted in your queerness or on a (new) journey of exploring your sexuality*". https://msha.ke/lisbontemplenights ;

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www.instagram.com/lisbontemplenights ; https://linktr.ee/pleasurepositivelisbon ; https://t.me/+koX05zc2b8gwNTc6 ; www.lisbontemplenights.com/touchliteracy

Libida ('Rave Girly').
Occasional (not frequent) queer rave parties curated by @jennifercardini. Not exclusively women's events, but driven, organised and powered by women for cool people to enjoy, at various venues (occasionally in Porto). "*LIBIDA is interested in having a strong female presence on the dance floor. Let's go lesbians*!"
www.instagram.com/libida.pt

VELVET SALON. Lisbon-based space for women, non-binary & trans people to explore & connect in transfeminist & sex-positive events for sapphic-centred, play-party. Events sometimes have a mandatory dress code: Black/Leather/Alternative. Book online in advance. 15.00€. "*Please fill the online form & send this link to friends who are joining you*"
www.instagram.com/xvelvetsalonx ; velvetxsalon@gmail.com

Maria Food Hub (Anjos/Intendente) Opened in 2022; this female-run, queer inclusive restaurant/ bar is focused on Portuguese food.
Rua Maria Andrade 38, 1170-216, Lisboa. 7 days a week. 09:00 to 23:30.
www.instagram.com/maria_food_hub ; www.mariafoodhub.com ; www.facebook.com/mariafoodhub

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The Lisbon Scene: **Nightclubs for dancing** – Regular clubs, circuit parties, party networks and raves. (Also see **Women's groups, organisations and services**)

Age-checking is rare, but since 2015 the legal age for entering a nightclub is 16 years (18 in venues where there is sex on the premises), however many venues will restrict to 18 on busy nights. Keep your entry tickets! – they can usually be exchanged for a drink (sometimes two) at the bar.

To plan ahead and find your way around bookmark '**Alex's Map of LGBTQ Lisbon**' on Googlemaps: https://shorturl.at/fBJ19

Trumps (Principe Real) – is the longest-running and largest of the three main queer dance venues in Lisbon (along with *Posh Club* and *Construction*). Chart hits across its two dance floors attract a mostly young crowd (teens/20s/30s) and have a strong tradition of epic drag shows.
Rua da Imprensa Nacional, 104B, Principe Real. Open Thurs, Fri, Saturdays, and the night before public holidays, from 23:45 pm to 06:00 am (05:00 on Thurs). Tickets on the door, no pre-sale, no guest-list. Occasional promotions online: www.trumps.pt/shop

Construction (Principe Real) - One of the three largest gay dance venues in Lisbon (along with *Trumps* and *Posh*), Construction caters to a sexy 'shirts-off' crowd, mostly in their 30s/40s/50s, with regular themed nights, strippers, acts and guest DJs.

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Rua Cecílio de Sousa, 82-84, Principe Real. Open Fridays, Saturdays and the eve of public holidays, from 23:00 to 06:00.
www.facebook.com/constructionlisbon ; https://linktr.ee/Constructionlisbon ; www.instagram.com/construction.lisbon

Posh Club (Principe Real/Sao Bento) - One of the three largest gay dance venues in Lisbon (along with *Trumps* and *Construction*), Posh has a very mixed party crowd. Themed dance nights on the weekends sometimes need to be booked online in advance.
Rua de Sao Bento, 157, Principe Real. Open Saturdays from 23:45 to 06:00.
www.facebook.com/poshclublisbon

Purex (Bairro Alto) **-** Owned and mostly staffed by women, this is a popular mixed LGBTQ bar with a small dance floor, which opens early and provides a rare option for early dancing (before most dance venues get going after 01:30AM). Gets packed and spills into the surrounding streets. Popular with women and a varied, mixed-gender, queer crowd.
Rua das Salgadeiras, 28, Bairro Alto. Open Wed to Sat from 22:00-02:00 (03:00 weekends).
www.facebook.com/purexclube ; www.instagram.com/purexclube

GalaCriCri. If you like a camp night out there's nothing quite like ***GalaCriCri***!
After three years residence at the *Palacio Grilo*, this unique combination of cabaret, restaurant and night-club now erupts for one-off events at various venues - still hosted by the amazing Brazilian art-DJ duo '*Venga Venga'.* This unique combination of creative glamour, high camp, and wild excess continues to enchant and thrill Lisbon.
Make an effort to dress-up – you can't be overdressed for *Gala CriCri*!!
www.instagram.com/galacricri ; www.facebook.com/festavengavenga ; https://membrz.club/galacricri ; https://chat.whatsapp.com/HVMknMmpMYtHfqAOGMQzj9

Drama Bar (Intendente/Graca). Queer bar/performance space in Intendente/Graca, with a large basement space for dancing and events. Popular with a mixed male/female crowd, with (early) live music and/or dance nights on Fri & Sat, and occasional burlesque/drag shows, dinners, film nights, drag bingo, and performances in the basement (including events organised by the Fabulez crew: www.instagram.com/fabulez.community). (**Note**: There are two other bars in Lisbon called 'Drama Bar' – make sure you have the right address). Rua Damasceno Monteiro 75B, 1170-113 Lisbon. Wed/Thurs/Fri/Sat/Sun (only) 19:00-01:00.
https://linktr.ee/needfordrama ; www.instagram.com/dramabar.lisboa ; Join their WhatsApp group here: https://chat.whatsapp.com/Cbg2Z7Z9j8PJSC1GBxs7fn

Big Bear Party. **New** in 2025. Occasional parties in Porto and Lisbon for bears and all friends.
www.instagram.com/bigpartypt

Dengo Club. Dengo Club is a Black Queer owned platform showcasing black queer upcoming afro Latin culture in Europe. Follow online for latest dance (and other) events and locations. Based in Lisbon, with occasional events in Porto, Dengo Club started in 2021 founded by Saint Caboclo. http://dengoclub.pt ; https://shotgun.live/venues/dengo-club ; www.instagram.com/dengoclub

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(Also see the section below **'Queer & Trans People of Colour (QTPOC) groups, service and events'** for various other QTPOC organisations offering occasional dance nights).

Quee(r)n Moustache (AKA 'Queen Moustache' and 'Queer Moustache') is a queer party for all genders that erupts at varied venues, where the dance floor is a safe body-positive space for fun and healing. Follow on Instagram for updates, latest event/venue. Resident DJs AZM, Kemetic, plus queens Mary Poppers and Kiki.
It's house! it's sweaty! it's disco! It's Italo! Here and queer! out and loud! ("*If you can't afford a ticket, simply send a DM via the Instagram page*"). Follow their Insta and WhatsApp group for updates: https://chat.whatsapp.com/FKamoFC8gtS30CJtZwMPog .
www.instagram.com/queenmoustache.lx

Curvy Curvs. *"Curv Your Enthusiasm - queer oriented, body-positive, sex-positive. House / Disco / Curvy beats".* Queer grass roots dance party that moves around various venues. *Curvy Curvs* embraces and celebrates everyone: "*If you are a trans and/or POC and/or fat person on a limited budget, you can add your name to the guest list. This list is important because CURVS doesn't exist without trans, POC & fat bodies*". Follow social media for updates on latest events. (**Note:** *Curvy Curvs* was previously hosted at the *Planeta Manas* venue, which was sadly closed in 2025☹. Keep an eye on social media to see where ***Curvy Curvs*** reappears).
www.linktr.ee/curvycurvs ; www.instagram.com/curvycurvs ;
www.instagram.com/qravo.coletivo

Exotica. **New** in 2025. Born from a queer-oriented, artist-led residency at *Lux Frágil* @luxfragil, *Exotica* is "a*n experimental, community-driven club and rave party club night where music meets other art forms, where community shapes the experience, and where the dancefloor becomes a collective space… every two months, EXOTIKA is a space for collaboration, craft, and culture… An arena of queer creativity, profoundly rare, notably different.*
www.instagram.com/exotika.official ; https://exotika.club/pages/community ;
https://fuckingyoung.es/marking-one-year-of-exotika-a-conversation-with-founder-meibi

Deviants. Occasional (monthly?) Queer uplifting, high-voltage energy events from/hosted by the venue 'Those Who Dance'. No phones on the dancefloor.
Avenida Infante Dom Henrique, Armazéns 8 e 9, 1950-408, Marvila, Lisboa.
www.instagram.com/deviantslx ; www.facebook.com/p/Those-Who-Dance-61566602375484 ; www.instagram.com/thosewhodance ; www.thosewho.dance

Lisbon's Queer Rave Scene:
A few hardcore rave collectives have been active in Lisbon since 2022/3. Venues/locations can vary (a key dance space in an industrial park near the airport (*Prior Velho*) that was a key home for many queer raves sadly closed in 2025 ☹, pushed out by rising rents and successive police inspections [www.instagram.com/planetamanas]). But this scene is adaptable, moves fast, and groups/events/venues keep coming, so follow the social media of rave networks (below) to stay up to date for this dynamic scene in Lisbon.

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Qravo Coletivo. **"***Queer Antifascist Insurgency for Free Bodies - The new April 25th is queer, feminist, antiracist, anti-Zionist, and immigrant"* **.**
In Nov 2025 *Qravo Coletivo* published a review of the Lisbon rave scene: https://reset-network.eu/qravo-our-body-is-political-our-dance-is-community-resistance/?utm_source=ig&utm_medium=social&utm_content=link_in_bio&fbclid=PAZXh0bgNhZW0CMTEAc3J0YwZhcHBfaWQMMjU2MjgxMDQwNTU4AAGnM0m6o-sy9yWO_K47ZJnl8B9tjPFn0uHvMFamyVsBGyEhuRKUVtG8LpLslKE_aem_6_gcTuxzsN1xsf03JKKusQ
Organisers of ***CurvyCurvs*** night; *"Curv Your Enthusiasm - queer oriented, body-positive, sex-positive. House / Disco / Curvy beats".*
Follow social media for updates on latest events.

> ***Qravo*** **Sexy Calendar 2026**. To make 2026 very sexy, ***Qravo Coletivo*** launched a sexy calendar, full of people who put their bodies on the line, "*because our bodies are political and our existence is resistance!"* Order here: https://docs.google.com/forms/d/e/1FAIpQLSdC2cbwMgfMxPK9jEk-1y9rUSuMGTbuGKdTM7rBm3VRK6qr3w/viewform?fbclid=PAZXh0bgNhZW0CMTEAc3J0YwZhcHBfaWQMMjU2MjgxMDQwNTU4AAGnKtJMCsU3dqSyShqwItstZuJiF0Qa1_CQ-61B2_9VrR0hod14FgqIs7XILhY_aem_JXTKGwQiyBqzSigZoVV1-A

www.instagram.com/qravo.coletivo ; www.instagram.com/curvycurvs

Balagan is an Techno/House/Indy dance night that pops up at various venues for a night of banging tunes for an inclusive community of enthusiastic LGBTQ followers. "*It's queer, it's fun and it's love. Dance till you sweat*". Follow their social media and www.instagram.com/balagan_lisboa ; https://shotgun.live/venues/balagan-lisboa
WhatsApp chat group (below) for updates:
https://chat.whatsapp.com/LIuLQzy9L1p2q2N1oHb2Q3.

- Balagan also has another WhatsApp group to "*stay updated on our LGBTQIA+ events in Lisbon"*: '**Lisboa's LGBTQIA+ events'**. "*We post parties, shows and more. Are you hiring within your business and want to hire someone from our community?".* Join via this link: https://chat.whatsapp.com/Hu3uuYLbNKTLrJpcJxLZBQ

Outra Cena (Another Scene)**.** Industrial techno vibes in an old factory a few kms from the city centre (imagine a reduced version of Berlin's *Berghain*), *Outra Cena* is one of Lisbon's most divisive clubs – it's either the most *inclusive* space (Trans-welcoming, no cameras allowed, etc), or it's the most *exclusive* (getting in is a gamble based on arbitrary decisions of the door staff). I'm told it is a popular hangout for a network of club-oriented Dolls (for occasional guest-list free entry for Trans people, send an Instagram DM to @outracena_lisboa or @emmxiss). No cameras permitted.
8 Marvila. Infante D. Henrique Avenue. 1950-021, Lisbon. Fri-Sat: 01:00-06:00
www.instagram.com/outracena_lisboa/reels/?hl=en

Libida **('Rave Girly')**.
Occasional (not frequent) queer rave parties curated by @jennifercardini. Driven, organised and powered by women, for all cool people to enjoy, at various venues (occasionally in Porto). *"LIBIDA is interested in having a strong female presence on the dance floor. Let's go lesbians*!" www.instagram.com/libida.pt

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Rádio Quantica is a community radio station developed with a diverse group of artists – a safe haven for underground artists and activists. With a focus on the inclusion of communities that usually see their space limited on mainstream platforms, *Quântica* brings together labels, musicians, collectors, and activists from all backgrounds, sociocultural contexts, identities and origins - Portuguese and international. www.radioquantica.com

LUX **(**AKA **'***Lux/Fragil'***)** (near *Santa Apolonia* station) - Lisbon's smartest and most glamorous bar and nightclub, with international DJs, roof-top, river-side views, etc. Not specifically gay but very gay-friendly. This is a place to dress up, be seen and spot celebrities throwing themselves in front of cameras.
Avenida Infanta Dom Henrique, Cais da Pedra, Armazém 'A', 1950-376, Lisboa (on the riverside, near Santa Apolonia railway station). **Bar**: 22:00 to 06:00, closed on Sunday and Monday. **Club**: Thursday to Saturday from 24:00 to 06:00.
www.luxfragil.com

LUX is the home of **Exotica**. a queer-oriented, artist-led residency at *Lux Frágil* every two months: "a*n experimental, community-driven club and rave club night where music meets other art forms, where community shapes the experience, and where the dancefloor becomes a collective space… EXOTIKA is a space for collaboration, craft, and culture… An arena of queer creativity, profoundly rare, notably different.*
www.instagram.com/exotika.official ; https://exotika.club/pages/community ; https://fuckingyoung.es/marking-one-year-of-exotika-a-conversation-with-founder-meibi

Rainbow Party Lisbon is a party promotor organising queer dance-party events throughout the year in Lisbon (and occasionally other cities). Colourful events with guest DJs and energetic crowds. Famous for their summer pool parties.
www.facebook.com/lisbon.rainbowparty ; www.instagram.com/rainbowparty.lisbon

Enjoy Party is an occasional queer party that lands at various venues across Lisbon and Almada. Dedicated following. Strong Brazilian influence. Each edition has a different theme and vibe, promoted throughout the year featuring international guest DJs, gogo dancers and live performances. Some of the biggest circuit parties in Lisbon, taking over some of the largest venues, with some big names from the circuit scene.
Follow their social media to keep up to date with announcements about latest events.
www.facebook.com/enjoypartylisbonn [sic] ; www.instagram.com/enjoypartylisbon

Together Parties (from producer Stéfan Matarazzo) – *Together* hosts several circuit-party events throughout the year with big-name DJs and parties including *Xlsior* and *La Leche.* 'Together' have been staging circuit parties since 2016 and travel to major festivals in the LGBTQIA+ international scene. Follow their social media for news about occasional events in Lisbon: www.togetherparty.pt ; www.facebook.com/togetherlisboa

Extravaganza Party Lisbon (from promotor Felipe Treentin) is an occasional dance party featuring the *Extravaganza* recording label, which periodically appears at various venues. International DJs, Brazilian influence. www.instagram.com/extravaganzapartylisbon ;

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Join their WhatsApp group for news:
https://api.whatsapp.com/message/NWRYX76KWXUPH1?autoload=1&app_absent=0

Exclusive Parties – **New** in 2025. Occasional circuit party from Spain - sometimes at 'Temple Club' in Santos. Follow social media for updates:
www.fourvenues.com/en/exclusive3 ; www.instagram.com/exclusivelisboa ;
www.facebook.com/p/LGN-Lisboa-Gay-Night-100071089037743/

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The Lisbon Scene: **Saunas and sex venues** (men's and women's)

The legal age in Portugal for entering a venue where sex occurs is 18.

To plan ahead and find your way around bookmark '**Alex's Map of LGBTQ Lisbon**' on Googlemaps:
https://shorturl.at/fBJ19

Trombeta Baths. Modern gay sauna in Bairro Alto; the largest in Lisbon. Busiest on Sunday afternoon/evening, plus other days in the evening. Popular, well respected and easy to find. Rua do Trombeta, 1C. Bairro Alto. Monday-Thursday 12:00-06:00; Friday 12:00-Monday 06:00-nonstop. Admission: €20 (€16 for those under 36years). www.trombetabath.com (See a 2024 review from YouTuber 'The Gay Bear' here: www.youtube.com/watch?v=bQ5qowSLGcY)

Lisbon Temple Nights / Temple Night of Queer & Femme. A major rethink and change in structure was announced in July 2026, but we wait to hear more detail. A conscious pleasure positive studio for all women, which requires sign-up on the web platform and membership (10€/month). Central Lisbon venues. Various events are organised for different demographics, including the ***Temple Night of Queer & Femme*** - "*especifically for queer femmes, women (trans women are women, so yes you are welcome here, babe) and non-binary AFAB's (assigned female at birth). This is for you whether you are rooted in your queerness or on a (new) journey of exploring your sexuality*". https://msha.ke/lisbontemplenights ; www.instagram.com/lisbontemplenights ; https://linktr.ee/pleasurepositivelisbon ; https://t.me/+koX05zc2b8gwNTc6 ; www.lisbontemplenights.com/touchliteracy

SaunApolo56. LGBT-friendly sauna club for a liberal mixed male/female/Trans clientele (18+). Run by Kiki Pais de Sousa, who is proud to be transgender and opened SaunApolo56 in 2011 as a diverse space dedicated to well-being, pleasure and relaxation, where transsexuals, gays, lesbians and swingers are all welcome. Mon-Fri 14:00-03:00, Sat & Sunday 14:00-03:00. Rua Luciano Cordeiro 56 A, near *Marquês de Pombal*. Admission: 40€
www.saunapolo56.pt

Velvet Salon. Lisbon-based space for women, non-binary & trans people to explore & connect in transfeminist & sex-positive events for sapphic-centred, play-party. Events sometimes have a mandatory dress code: Black/Leather/Alternative. Book online in advance. 15.00€. "*Please fill the online form & send this link to friends who are joining you*"

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www.instagram.com/xvelvetsalonx ; velvetxsalon@gmail.com

Bar Cru. **(Now closed)** This gay men's cruising bar and erotic shop, **closed in August 2025**, and reopened as *'Bordell D' Príncipe'* cocktail bar (and sex shop) (see listing in Bars, above).

Drako Club.
Since 2016 - the biggest male-only naked/underwear cruising, sex club in Lisboa. With sex-shop, well-equipped playrooms, naked chill out area, etc.
Mon & Tues closed. Fri & Sat 15:00-03:00. Sun to Thurs 15:00-02:00. From 1st August-15th September: Mon-Fri 19:00-02:00. (Opening hours also vary Autumn/Winter, so check in advance).
Drako Club. Rua Nogueira e Sousa, 11 (Metro: Avenida or Marques de Pombal).
www.drako.club

Woof LX. (Now closed) Very small, but perfectly-formed, late night 'Leather bear bar' with a tiny back-room. Rua Manuel Bernardes, 2b, Principe Real. Every day; 22:00 - 04:00.
www.facebook.com/wooflx

XXL Lisboa Club. A small gay cruising club for men (in an atmospheric alleyway location) - with lockers, bar area, cabins, a labyrinth, cage and sling. Popular with both locals and visitors. Open seven days a week: 17:00-02:00 (occasionally until 4:00). Admission is "free", with a minimum spend of 6 euros on drinks. *XXL Lisboa Club*, Calçada do Tijolo, 8. Bairro Alto, Lisbon.
www.facebook.com/xllisbon : www.instagram.com/xxllisbon

***Olissipo* Sauna. New** for 2026! After the closure of their previous venue in *Rua do Telhal* (near Avenida da Liberdade), a new *Olissipo* is promised for a 2026 opening near *Avenida Infante Santo.* We wait for more news on the address and opening hours…
www.instagram.com/olissiposauna

Villa Tr3s and **3Sauna**. A gay resort and spa/sauna near the beaches south of Lisbon. From the people who run Bar Tr3s in Principe Real. Thirteen comfortable rooms with air-con, pool, bar, garden, saunas, steam room, Jacuzzis, clothing-optional, relax cabins, showers, bi-weekly '*RuPool*' shows. A day pass (20€) gives you full access from 13:00-20:00 and includes a towel (bring your essential flip-flops or buy on site for 6€).
Charneca de Caparica, Rua Teresa Leitão Barros, 4. 10-15 km south of the river, near the beach at Costa da Caparica. www.3sauna.pt ; www.villa3caparica.com/daypass

'FLESH' - from *Mise en Scene*. *Mise en Scene* is a libertine sex club with a spacious venue over two floors in Arroios. Regular nights are open to all sexes, genders and tastes, and there's a monthly queer sex party 'FLESH' with a dress code: kinky, naked, fetish, underwear, or elegant. Changing rooms available. 23:00-04:00 Thursday to Saturday. €15 (includes €5 of drinks). Follow their social media and newsletter for advance membership and news on events: https://miseenscene.pt ; www.instagram.com/miseenscene.lisboa ;
Newsletter: https://4b6eb86e.sibforms.com/serve/MUIFAKP-jHoPh_DDtUer4PCUPo7PXvSsQZfXGG4UsxjqV0ael6KGMgrw-zPVXJemJFcub1S55MqWHIUg0-

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Bi Mosaic - Bisexual Events Lisbon. **New** in Feb 2025 - Lisbon community events for the bisexual and bi-curious.

'**EDEN'** events are a "*sex-positive dance party for bisexuals, where desire blooms, music flows, and pleasure awaits … a celebration of bisexuality in all its forms, open to bisexuals of all genders. Whether you're here to dance, connect, or explore, EDEN is a space where your desires and identities are celebrated*".

'PEACH' is their bi-monthly party for bisexuals by bisexuals. "*It's sex-positive, but it's not a sex party. It's about bringing bisexuals together for connection, shared experiences and identity exploration, and gives a platform to bi+ artists!*"

www.instagram.com/bi.mosaic ; www.facebook.com/profile.php?id=61573395865243

Exotica. **New** in 2025. Born from a queer-oriented, artist-led residency at *Lux Frágil* @luxfragil, *Exotica* is "a*n experimental, community-driven club and rave party club night where music meets other art forms, where community shapes the experience, and where the dancefloor becomes a collective space… every two months, EXOTIKA is a space for collaboration, craft, and culture… An arena of queer creativity, profoundly rare, notably different.*
www.instagram.com/exotika.official ; https://exotika.club/pages/community ;
https://fuckingyoung.es/marking-one-year-of-exotika-a-conversation-with-founder-meibi

Gear Club Portugal. The gay men's fetish club of Portugal - aims to strengthen the male fetish community and overcome prejudice towards fetishism. Member of the European Confederation of Motorcycle Clubs (ECMC). Awarded the 'Sixty-Nice [sic] Club Trophy' award by ECMC in 2022. Gear Club Portugal also organises the '**Lisbon Meets Fetish'** (LMF) International Fetish Meeting. https://gearclubportugal.com ;
www.instagram.com/gearclubportugal ; www.facebook.com/gearclubportugal.page

Pup Play Portugal. Portuguese Pup Play Community and Pups (in Portuguese and English) – part of 'Gear Club Portugal'. Has a Telegram channel: https://t.me/pupplayportugal ;
www.instagram.com/pupplayportugal

Munch Queer LX. (in Portuguese and English). Munch_Queer_LX is a social gathering for people interested in kink and BDSM. Every second Saturday of the month, this social network meets in a café or public space in central Lisbon. Munch events are an informal date – no play, no pressure. Queer only, English speakers welcome, Trans welcome, zero-tolerance for discrimination and phobias. Follow social media for news, networking and other events.
www.instagram.com/Munch_Queer_LX

KNOTY Portugal. (Most events take place in Porto). (Not an exclusively LGBTQ group). "*KNOTY is the Portuguese project for those who want to learn the ropes. We are an educational project for those interested in Shibari, Rope Bondage, ropes, and BDSM, to learn or develop*

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techniques, promoting the sharing of information and connection among community members". Talks, demonstrations, markets, events, parties.
Organisers of the annual '**Kinky Markets'** in Lisbon and Porto.
www.knoty.pt ; www.instagram.com/knoty.pt ; www.facebook.com/knoty.pt

Leather scene shops. There isn't a huge leather scene in Lisbon (apart from the excellent community groups including 'Gear Club Portugal', above), and no specific leather shop. But *Drako Club* has a small shop selling fetish gear (and there are several mainstream sex-shops around the city):

- **Drako Club** has a small onsite sex shop. Rua Nogueira e Sousa 11, (near Avenida da Liberdade) www.drako.club
- **Mister Cock** is an online gay sex shop based in Porto. It used to have an actual shop in Porto, but that closed. www.mistercock.pt

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Classy Bars and *speakeasys*

To plan ahead and find your way around bookmark '**Alex's Map of LGBTQ Lisbon**' on Googlemaps: https://shorturl.at/fBJ19

The typical bars of Lisbon are small, affordable, unpretentious and lively, and in the tourist areas overpriced cocktail bars pop up every day. But for more relaxed, sophisticated drinking, cultured surroundings and mood-lighting you'll need directions to avoid tourist-traps and find the more interesting places.
None of the following bars advertise themselves as specifically LGBTQ, but all are generally welcoming and Foxtrot in particular has been a queer-friendly space since the 1970s. Don't be put off by the need to ring a doorbell for entry – they're not exclusive, but the door policy enables them to turn away large crowds and rowdy drunks. Most of these places have table service.

Foxtrot.
In Principe Real near the local gay bars and can be included in a stroll around the neighbourhood. One of the oldest (and largest) bars in Lisbon, it claims its dimly lit rooms are decorated "*like a typical English Pub*" (sort of 😊), and it does have a tiny garden, a fireplace in winter, table service, a snooker table, a smoking room, and serves steak meals until very late. Open every day 18:00-02:00 (03:00 on weekends). Ring doorbell for entry.
Travessa Santa Teresa, 28, 1200-405, Lisbon. (Recognise it by its narrow art-deco entrance).
www.barfoxtrot.pt

Bar Procopio.
This smaller bar (with curious Art Nouveaux décor) is in a quiet courtyard at the distant end of Principe Real (after *Rato* Metro station) so might involve a bit of a walk, but it is lovely combined with an early evening stroll in the nearby *Amoreiras* gardens to see the aqueduct and have a pre-drink coffee at the garden's *quiosque*. Mon-Sat 18:00-03:00. Closed Sundays and holidays.
Alto de Sao Francisco, 21 A, (off Rua João Penha), 1250, Lisboa. www.barprocopio.com
(This small courtyard, up a few steps from a quiet road is worth the hunt.
Map: https://www.google.co.uk/maps/place/Proc%C3%B3pio/@38.7218158,-9.1553773,19.5z/data=!4m6!3m5!1s0xd19337a919fc103:0xb3ec5f8a744c3f17!8m2!3d38.7218374!4d-9.1551333!16s%2Fg%2F1tfkxl00?entry=ttu&g_ep=EgoyMDI1MDUxMy4xIKXMDSoASAFQAw%3D%3D)

***Pavilhão Chines*.** (Chinese Pavilion)
I hesitate to include Pavilhão Chines here because its convenient location between Bairro Alto/Principe Real has led to over-exposure. But earlier in the evening, before the crowds arrive, its fascinating interior of museum cabinets filled with nick-nacks and stuffed animals is a fun location, they do manage the overcrowding, and there are three pool tables in the rear.
Table service. Ring doorbell for entry. Every day: 18:00-02:00.
Rua Dom Pedro V, 89/91. Príncipe Real, 1250-093.
www.facebook.com/pavilhaochines

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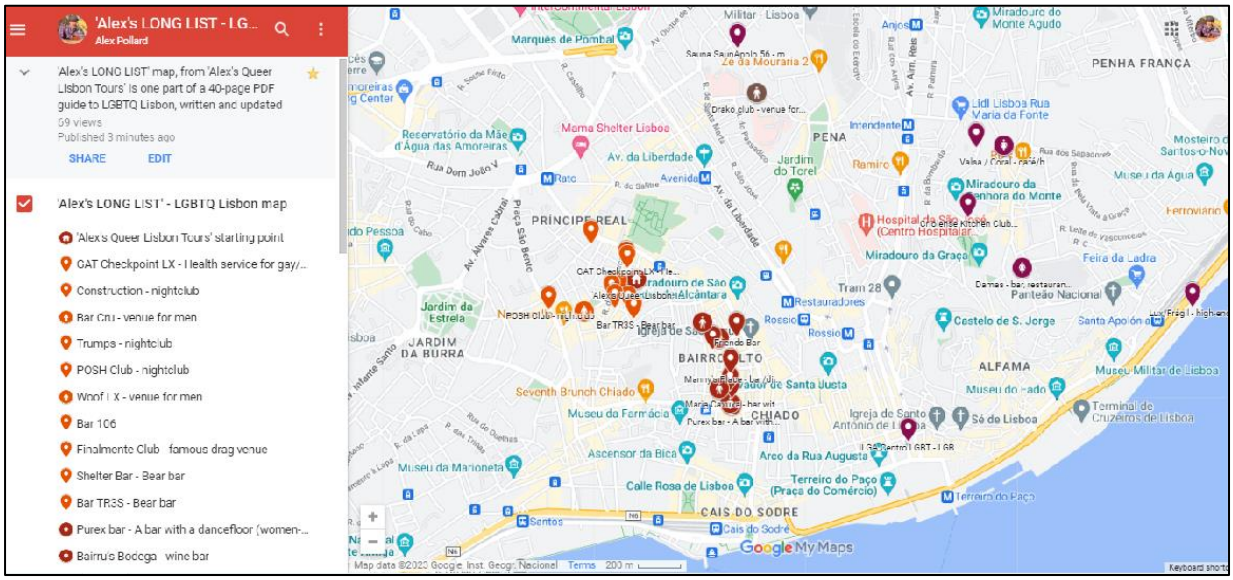
Alex's
Map of LGBTQ Lisbon

Alex's LONG LIST is more than a list of bars, clubs and other venues. But when you need a map of Lisbon's queer venues, ***'Alex's Map of LGBTQ Lisbon'*** lists 41 locations in Lisbon, with weblinks and info on opening times, etc on Googlemaps. - Bookmark it in your phone!

'Alex's Map of LGBTQ Lisbon': https://shorturl.at/fBJ19



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Gay Beach Guide (Lisbon): where to go and how to get there.

(For gay beaches **across Portugal** see the last few entries in this section, and also visit the regional sections of this guide, which feature local gay beaches in those areas: **Across Portugal** – Porto, the Algarve, Other cities & regions)

Lisbon has two types of beaches – easy-to-reach City beaches and, across the river, the Wild beaches of *Costa da Caparica* (and *Arrabida*).

City beaches of Lisbon.

The many sandy (and some rocky) beaches near Lisbon are easy to reach by the trainline that shuttles back-and-forth between the two termini at *Cais do Sodre* and *Cascais* (~40 minutes along the yellow line on the map below). The water and beaches are clean and generally well cared for (although beaches nearest the city are occasionally closed after Spring rains wash surface grime off the streets into the river).

These city beaches are easy to get to, are linked by a continuous promenade/path from Lisbon to Cascais, and can be great on quieter days, with beach umbrellas, toilets, cafes and restaurants etc. But these beaches are also popular with families and children over weekends and school holidays (Mid-June/Mid-Sept), can get super-crowded in the summer, and many of these beaches become narrow when there is a high tide. www.lisbonbeachesguide.com

None of this selected shortlist is a specifically gay beach, but each have their own character. They can be fun to explore by walking between beaches via the promenade/train stations:

- Caxias beach is one of the closest to central Lisbon, with a train station right next to the small castle that separates two beaches, and a further (narrow) beach to the right. Caxias is sometimes a bit quieter than beaches further up the line. During the summer, the small beach to the right of the castle (as you look at the sea) is probably one of the gayest beaches, and includes a concession on the sand run by queer staff, with umbrellas/sun-beds for rent and their own bar on the sand. There's also a bar/café/restaurant behind the beach, with a small grass lawn, toilets, showers, etc.
- The end of the railway line at Cascais (40 minutes from *Cais do Sodre*) has several smaller beaches in this pleasant (rather up-market) resort town, with lots of restaurants, shops, museums, parks, etc – a good option for a day out with more than just the beach.
- Carcavelos beach (15min walk from *Carcavelos* station) is the largest single expanse of sand and is lively with surfers, volley-ball players, large groups playing music, and has plenty of facilities (and a picturesque castle at one end).

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- Santo Amaro is popular, wide and lively, with a busy McDonalds in the park behind the beach, from where you can walk through the pleasant gardens to the small town centre and station of *Oeiras*.

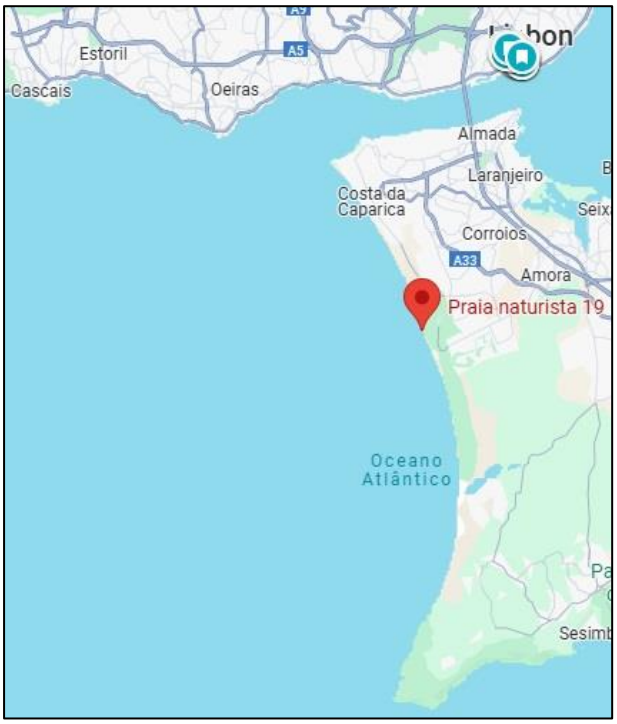
- Between the stations of *Parede* and *Estoril* the long promenade includes a stretch of coastline that is mostly rocky (with smaller sandy beaches between), so if you're happy to sit on rocks these can be the quietest areas on a busy weekend.

The following are among the easiest city beaches easily reachable along this train line: Praia de Caxias (*Caxias* station), Praia da Conceição (*Cascais* station), Praia do Tamariz (*Estoril* station), Carcavelos (*Carcavelos* station + 15mins walk), Praia de Santo Amaro (*Santo Amaro* station).

Wild beaches across the river from Lisbon - ***Costa da Caparica*** (and ***Arrabida***)

Across the river from the city is a continuous 30km (18mile) arc of sand dunes. Near the top is the (unexceptional) resort town known as *Costa da Caparica,* with multiple beach bars numbered from 1 (nearer the river mouth) to 20. **Beach number 19** (officially '*Praia de Bela Vista'*) is Lisbon's main gay beach (marked with the red pin on the map below): wide, remote, clothing optional - with discreet (but busy) sand dunes.

(In 2025 the Portuguese erotic artist *Antonio da Silva* made a film '*Spring at Beach 19'* [but bear in mind that the cruising is not generally so obvious as the porn actors in this film!]): https://antoniodasilvafilms.com/springatbeach19



The drawback of Beach 19's remote charm is its distance from public transport - but there are several ways to get there, depending on your time, budget and the traffic:

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The easiest and fastest option is to get an *Uber* or *Bolt* (which will be relatively inexpensive compared to many cities - especially if you share). Consider your timing though - at the end of a sunny weekend the demand for cars is high and traffic can bottle-neck at the main '*25 April*' bridge over the river.

There are **public transport bus options**, some starting within central Lisbon, crossing the bridge and continuing all the way to the beach-town of *Costa da Caparica* - but only one or two of these buses go all the way to Beach 19.
There used to be a much-loved 9km narrow-gauge train along the back of the beach from the town of *Costa da Caparica* to Beach 20 - but [although it's still featured in many travel guides!] the *Transpraia* train stopped in 2019 ☹). Plans to bring back the *Transpraia* train have been announced for 2026/7, but we wait to see what happens next. Watch this space…

If you have a bicycle - I like to take the 15minute ferry across the river from *Belem* to *Trafaria*, and then follow the recently extended cycle lane, almost all the way to Beach 19. It takes about an hour (+/- depending on your fitness), the bike lane is mostly flat, and you get to experience the ferry trip (occasional dolphins!), the tatty resort at *Costa da Caparica*, and the coast along the way. (**Note**: the city-bike scheme (*Gira bikes*) are not allowed on the ferries, and some bike-rentals don't allow you to take their bikes on ferries – Check before you hire a bike. Also, you cannot cycle or walk over the bridge – it's a motorway only!).
For a map of the beaches see: www.lisbongaycircuit.com/beachs [sic]
Lisbon bike lanes: www.ciclovias.pt/?lat=38.65039&lng=-9.20586&z=11&m=d&l=3
Lisbon by Bike: Routes, rentals, and rules: www.atlaslisboa.com/lisbon-by-bike/

In April 2025, a new Beach 19 transport service was announced for the summer months – but it is stopped for the winter – Check to see when it is running again. From Thursday to Sunday (in the Summer) '**Beach Society'** ran an occasional "*color filled beach bus"* on which seats could be reserved in advance (essential advance booking. 20Euros [30 for a couple]. Pick-up/drop-off points were in *Bairro Alto* [Late Birds Hotel] and *Arroios* [Maria Food Hub restaurant]. Also offered were: Umbrella & chair rental; Pet friendly; free water included Round-trip booking [essential]. (Group booking service also available). www.beach19bus.com ; www.instagram.com/dezanovebeachsociety/ ; beach19bus@gmail.com

A WhatsApp group, '*DEZANOVE Car Pool*', is also available to coordinate car-sharing: https://chat.whatsapp.com/DoEbGtoSOKs2OaMzd4s5GH .

Other options south of the river include:

Villa Tr3s and ***3Sauna***. A gay resort and spa near the beaches south of Lisbon - from the people who run *Bar Tr3s* in Principe Real. Thirteen comfortable ensuite rooms with air-con, pool, bar, garden, sauna, steam room, Jacuzzis, clothing-optional, relax cabins, showers, '*RuPool*' drag shows. A day pass (20€) gives you full access (**Note**: bring your essential flip-flops or buy them on site for 6€). *Villa Tr3s,* Charneca de Caparica, Rua Teresa Leitão Barros, 4. 10-15 km south of the river, near the beaches of Costa da Caparica. www.3sauna.pt ; www.villa3caparica.com/daypass

NATO Beach (*Praia da NATO*), officially known as '*Praia da Adiça'*, is 1.5 kilometres of wild, white sand located close to a NATO army base on top of the cliffs, and is officially a clothing-

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optional beach. It is south of Beach 19, after the tatty village of *Fonte da Telha*. In July and August, when Beach 19 and the neighbouring beach at *Fonte da Telha* get busy, it's possible to walk south to NATO Beach (if you're fit and active). Note: the sea tends to be rougher here than most of the *Costa da Caparica* beaches and there is no lifeguard. For a map see: www.lisbongaycircuit.com/beachs [sic]

***Meco* Beach** (*Praia do Meco*), officially '*Praia do Moinho de Baixo'*, this was Portugal's first legal nudist beach. *Meco* is a small village even further south than NATO Beach (above). it is the wildest beach along this stretch, with sand dunes, cliffs, pine woods and sometimes vigorous waves (but no life-guard). But *Praia do Meco* now has an extensive carpark behind the dunes and can get busy, so loses much of its charm on summer weekends, when most people choose to wear swimming costumes - fewer as you walk further south. For a map see: www.lisbongaycircuit.com/beachs [sic]

***Arrabida* beaches**
Even further south, between the beach towns of *Sesimbra* and *Setubal* is the *Arrabida* Coastal natural park with chalk cliffs, caves with bats, a mountain range, south-facing beaches, and dolphins. The beaches at the foot of the cliffs are spectacular, popular with snorkellers and people trying to escape the crowds, but they are difficult to reach by public transport, have very little parking, often involve steep climbs, and most have no services (or shade!).
www.lisbonbeachesguide.com/arrabida

Lisbon beaches guide. This useful website includes info about all beaches across the Lisbon area, from Troia in the south to the Sintra coast, and includes a section on 'Beach 19'.
www.lisbonbeachesguide.com/praias/costa-da-caparica/praia-19.html

Gay beaches across Portugal

(For more detail, visit the regional sections of this guide which feature local gay beaches: **Across Portugal** – Porto, the Algarve, Other cities & regions).

'12 gay beaches across Portugal'. This 2014 article from *Dezanove* queer news is eleven years old, but still provides useful info on popular gay beaches from the far north of Portugal to the Algarve in the south, with directions/access info. https://dezanove.pt/12-praias-gay-de-portugal-que-devias-686100?fbclid=IwY2xjawEZktBleHRuA2FlbQIxMQABHSpuaMzfo_jVXHBmDCVH6H7Lxrt4jFTDZ2Kl-5b2yZ96KSipdT7nNLrTnw_aem_TXOhb3kgvyecGiTuyRFuzg

Alma Naturista (Naturist Soul) If you're interested in nudism/naturism this website features beaches, events, and other locations across Portugal, plus social events and actions on environmentalism. https://almanaturista.pt

Naturism Portugal. Extensive list of beaches, camping sites, accommodations, clubs, informal groups of people in Portugal. https://naturism.pt

***Associação Naturista Pensamentos ao Vento* (Thoughts on the Wind Naturist Association)**
They work to open society to naturism and dispel preconceived ideas about the practice of this philosophy of life. Organises social barbecues, snail feasts, Christmas parties, darts tournaments, treasure hunts and, every Friday night walks (without social nudity).
Also organises the annual (July) 'Naturist Night Walk' in *Cabeço de Montachique* Municipal Park, north of Lisbon, and other events throughout the year:

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www.timeout.pt/lisboa/pt/noticias/nus-a-noite-no-meio-da-natureza-vem-ai-uma-caminhada-nocturna-naturista-071124
www.pensamentos-ao-vento.pt/calendario.php ;
www.facebook.com/associacao.pensamentos.ao.vento ;

Lisboa Car-Free. Not specifically queer, but a great resource if you want to plan beach days and day-trips out of the city by public transport. www.instagram.com/lisboa_carfree
This page on their Instagram profile (below) lists every post, sorted by theme (incl. beaches) and region, to help you plan your own beach-day out:
www.instagram.com/p/C5HUDwFsL9h/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA==

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Meeting people, making friends and having fun - LGBTQ social groups, sports/exercise, dance, choirs/music/theatre, arts/books, student, and biker/bear/leather/sex groups (men's & women's) - (Lisbon and across Portugal).

If you want to meet people and be more involved with queer social networks, *'Alex's LONG LIST'* has everything you need to get started…

This section has seven sub-sections:

- Social and networking groups
- Sports, exercise, gyms, hiking and wellness groups
- Dance groups and classes
- Choirs, music and theatre groups
- Arts, books and reading groups
- Student groups and associations (Lisbon and across Portugal)
- Motorbikes, Bears, leather, sex, etc groups (men's & women's)

The queer social groups listed here are usually free, are typically run by volunteers, and generally operate in English (and/or Portuguese). Some groups have been active for years, with thousands of members, others are still growing.

To stay up-to-date, follow the social media accounts for everything you think might be fun - and then you'll be ready join in.

This section doesn't include *every* queer social opportunity in Lisbon, so to cover all the options in Portugal you'll also need to also read through other sections of *'Alex's LONG LIST'* (e.g. for Youth groups or Trans support groups see: *'Community support – LGBTQ groups, cultural organisations, incl. HIV/STI support and queer academic groups'*).

N.B. Since 2025 'Meta' (Facebook / Instagram / WhatsApp / etc) **have been arbitrarily blocking/deleting/restricting accounts with queer content**, often responding to homophobic reports orchestrated by bots. This has forced some groups and organisations to open new accounts (e.g. www.instagram.com/dezanove.PT ; www.instagram.com/abraco_associacao ; www.instagram.com/lisbondarkhorsesrugby ; https://www.instagram.com/dh_rugbyteam ; www.instagram.com/xxllisbon). I update links in 'Alex's LONG LIST' as fast as possible once I know they have been closed, but please let me know at AlexLisbonTours@gmail.com if you see any dead links or new queer venues/groups/organisations.

More info on Meta's deleting here: https://dezanove.pt/sao-ja-varias-paginas-suspensas-pela-meta-a-liberdade-de-expressao-esta-mesmo-em-causa-2442877/?fbclid=IwY2xjawNUoY9leHRuA2FlbQIxMQABHgqrRlH-mFrJopp_QCqpLynyp2dPNooecPjsMJHbOs5ZCtJubpBkgxjO_xFZ_aem_UTAwgJVMph2tp5fsGIAZug

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Finding Your Queer Community…

(Spoiler Alert – It's usually easier, more gentle, and more simple than you think)

Everyone wants to find their queer community. But unfamiliar spaces can feel intimidating.

Finding community often starts with very small (but brave) steps:
- Sit at the table
- Say 'Hi' to someone you don't know (focus on people you find friendly, not just sexy)
- Say one mildly awkward sentence
- Smile and compliment someone's outfit
- Stay around after an event instead of rushing off.

Queer community usually builds through:
- Showing up more than once
- Going back when it would be easier not to. (Even when you feel awkward, you feel invisible, you almost bail out at the last minute).

Lower the pressure on yourself – It's OK if you don't immediately find:
- Familiar faces
- Casual hellos
- Knowing where everthing is and how things work
- Running into the same people.

Community takes effort - not exhausting effort, but:
- Repetition
- Tolerance of awkwardness (yours and theirs)
- Consistency when motivation dies
- Doing things even when you feel shy.

Community grows faster when you roll up your sleeves and participate.

One of the easiest ways to build community is to be somewhere regularly.

Being in a community involves supporting that community:
- You already add something by being there
- When you are ready, you can add more by contributing: your voice, your support, your ideas, by offering a lift, by saying 'Hi' to someone who is new (like you once were).

We build the spaces we wish already existed.

With thanks to 'Affirmations' LGBTQ+ Community Center www.instagram.com/goaffirmations

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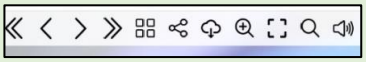
Social and Networking groups

You can also use the **search button** at the top of the screen to find info, and use the tools bar to  move through pages, and to downoad a full PDF of *'Alex's LONG LIST'.*

'Siren Call Lisboa' events calendar and newsletter. **New** in November 2025: a regularly updated calendar of events and a newsletter for 'FLINTA+' people (Female, Lesbian, Intersex, Non-binary, Trans, or Agender / 'WTFNB' [in the USA]) in and around Lisbon! Your go-to for all things on Lisbon's amazing FLINTA+ scene. Includes events calendars for Setubal and Cascais.
https://sirencalllisboa.wordpress.com

Sign-up to their **newsletter**: https://wordpress.us19.list-manage.com/subscribe?u=d988b94f758dd4b7b56e71665&id=f074b6f15e
Follow the **website:** https://sirencalllisboa.wordpress.com
Follow their **Instagram**: www.instagram.com/sirencalllisboa/
To **add events** and news:
https://docs.google.com/forms/d/e/1FAIpQLSdyG2tESFDj4JBdPtwtujFrzoKOuEAxihj9GGfxR8temkr1Qg/viewform ; or email: SirenCallLisboa@gmail.com

'Queer Lisbon'. (In English). The largest queer social network on *WhatsApp* and *Meetup,* for casual social events and activities, regular bar nights and frequent occasional events in Lisbon (beach days, regular midweek drinks, boardgames nights, Eurovision parties, etc, etc). Open to LGBTQ+ members and allies from the Portuguese and international communities.
www.meetup.com/queer-lisbon.
The 'Queer Lisbon' WhatsApp group is a major forum for social networking, news and info about events and casual social get-togethers. It has multiple sub-groups that you can join once you've first of all joined the main WhatsApp community: Join the 'Welcome Hug' group first (at the link below), and make a simple post to show you are not a 'bot', and then you can gain access to all the various sub-groups: https://chat.whatsapp.com/DSNcgO9SRiQ9bTs03BcAef
See their events calendar here: www.meetup.com/queer-lisbon/events/calendar/
The 'Queer Lisbon' WhatsApp group

- **Queer Lisbon Announcements. Greater Lisbon** – incl. Setubal, Cascais, etc.
- **Queer of Lisbon.** Free space for general chat (unmoderated)
- **Queer Women of Lisbon.** "*This is a group for queer folks in Lisbon who either identify as women or were socialised as women. Let's use this chat for all the topics that might concern all of us (anything you want to discuss) and plan some meet ups and events".*
- ***Queeremos Aprendar Portuguese.*** *"A queer group to practice Portuguese (as spoken in Portugal) because we are living in Portugal, and many must reach A2 level for permanent residency. Use this group to organise practice sessions, ask questions, practice texting, and have fun— all in Portuguese".*
- **Queer Setubal.** WhatsApp social group for anyone in the Setubal area.
- **Queer Musicians.** "*a place for queer musicians to chat, organize events and collaborate. Events can include jam sessions (in studios, parks, etc.), meeting for a bite or drinks to discuss music and the creative process, as well as organizing group trips to open mics, concerts and festivals".*
- **Queer Men of Lisbon**. "*A space for all discussion or events centred around the queer community, including gay men. Feel free to post events of interest or suggest ideas for things that you'd love to see".*
- **Queer Cascais.** If you're living in Estoril / Cascais area - join the group!
- **Queer social for Bi, Pan, Gender fluid/non-Binary folks (FLINTA).** "*a dedicated social group for queer experiences such as: People who identify or have had societal experience as women; are lesbian; non-binary or gender fluid; People who are bisexual or pansexual, of any gender identity".*

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- **Trans Lisbon. "***A social and supportive community and safe space for anyone who identifies as trans. Our community can grow stronger together!***"**
- **Padel Queens.** Weekly group for Padel players – beginners and upwards.
- **Ethically non-monogamous Queers.** ENM group in Lisbon for debates, hangouts and group events.
- **Queer Mindfulness.** Active group for regular group guided mindfulness sessions.
- **Queer Meetup Sports (All sports welcome: padel, tennis, pickle,…)** A group to find sporting partners, lesson, general info, etc.
- **Queer Meetups and Private Events**
- **Queer Adventures**
- **HIV + and –**
- **Neurodivergent Queers**
- **Artsy Crafty Queers**
- **Queer Tech**
- **Spirituality & Faith**
- **Politics and Such**
- **Queer Book Club**
- **LGBTQ Gold (50+)**
- **Queer accommodation**

LGBTQ+ from Eastern Europe in Portugal. **New** in January 2026. A Telegram group for LGBTQ+ people from Eastern Europe who live in Portugal, "*…to build a warm and supportive community where we can connect, share experiences, and make new friends*". https://t.me/+or-DjQJKyqM1OWUy

'LGBTQIA+ Expats, Immigrants & Friends in Portugal' (in English). One of the largest and busiest queer Facebook groups focussed on ex-pats/immigrants across Portugal. A good place to network and socialise. Offers support and friendship to LGBTQIA+ immigrants (or potential immigrants) arriving anywhere in Portugal. *"It's hard to be a stranger in a strange land with a new culture, neighbours, language, etc. Change can be even harder without the sense of strength that comes from being part of the LGBTQ+ community. This group offers understanding, support, friendship and camaraderie. It's a place for current or potential LGBTQ+ Portuguese residents, citizens and guests to network, share, socialize and support one another"*. www.facebook.com/groups/lgbtinportugal

Aconchego House (in English and Portuguese). Aconchego House is a non-profit LGBTQIA+ community venue and social safe-space featuring a relaxing café/bar with food and drinks on one side, and a co-working space on the other. They host regular social LGBTQIA+ events and workshops, meditation practices, and support/sharing groups. One-on-one counselling sessions also available. Current events include Queer Karaoke every Friday, weekly dance classes, board game nights, Portuguese immersion nights, yoga, painting workshops, pop-up kitchen/dining experiences, and a monthly Amateur Drag Show. Calendar updated regularly on their website.
Rua São Sebastião da Pedreira, 72, 1050-206, Lisboa.
www.aconchego.house ; www.instagram.com/aconchego.house ; hello@aconchego.house

Lisbon/Cascais LGBTQ Meetup. An LGBTQ community for internationals and locals who are open, curious, and interested in meeting new friends. The aim of the group is to unlock Lisbon for the International/national community and to share our experiences of Lisbon. (In English). www.meetup.com/lisbonlgbtqgroup

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Queer Cascais. A social group based in and around the Cascais area (incl. Estoril, Colares etc.) for the LGBTQ+ community, friends, and supporters (in English). www.queercascais.com

Queer Caparica. This small Meetup relaunched in 2024 and has ~20+ people at a variety of events (social drinks, games nights, beach days, coffee meets, etc). The organisers also have a small café in central *Almada Velha*. www.meetup.com/queercaparica

LGBTQ Gold (50+). **New** in 2026 – an informal weekly meetup for anyone over 50. One of the many sub-groups on the 'Queer Lisbon' social network on WhatsApp.
Meets at Aconchego House.
https://www.meetup.com/queer-lisbon/events/zbffwtyjcgblc

ILGA Pets. (in English & Portuguese) Monthly meetups in Lisbon parks – Social adventures with dogs and other pets. Look out for announcements in the 'Queer Lisbon' WhatsApp groups, or follow the ILGA Portugal Instagram for details for each month's ILGA Pets event. https://ilga-portugal.pt/centro-lgbti/programacao/ilga-pets-esta-de-volta ; www.instagram.com/ilgaportugal ;

Lisbon Digital Nomads. (in English & Portuguese). With 23,000 members (and counting) this is the largest DigiNomad group in Lisbon. In the past there have been active **LGBTQ sub-groups** holding monthly events for up to 200 people at a time – but these sub-groups depend on currently active volunteers to organise new events. If there isn't anyone currently organising LGBTQ events, speak to the group organisers/leadership team for support in setting up queer events. www.meetup.com/lisbon-digital-nomads ; https://www.meetup.com/lisbon-digital-nomads ; www.facebook.com/groups/532696873566509 ; www.lisbondigitalnomads.org

Lisbon Cascais Expats & Friends group. (AKA 'Expats and Locals'**)** (in English) Not a specifically LGBTQ group but has queer organisers and is often a busy forum to meet new people. Organises hiking and social events (coffee/drink), picnics, BBQs, board games, business meetups, parties, dining events, retreats, etc. www.meetup.com/lisbon-cascais-expats-friends ; www.facebook.com/groups/expatsandlocalsworld ; www.instagram.com/expatslocals
Has a general WhatsApp group: https://chat.whatsapp.com/KmOy5VHLFf11mYQ585zXyr ;
and a WhatsApp group for hiking: https://chat.whatsapp.com/GgV2nxd2D6z17AxE1QWC10 .

Queer Women & Friends in Portugal "*A community for queer women and LGBTQIA+ non-cisgender male people, female friends and allies to gather. This is a judgment free, happy place to make friends, ask questions, get recommendations, and share ideas. Whether you are a local, expat, immigrant, or planning a visit or a move, we're glad to have you here*".
www.facebook.com/groups/queerwomeninportugal

Queer Kitchen Lisbon. Occasional queer pop-up dinners in different spaces. Follow social media for details and updates. www.instagram.com/queer.kitchen.lisbon

The LGBT Centre (*Centro LGBT***)**, from ILGA (in Portuguese [plus regular 'English Evenings']). ILGA is the largest queer community organisation in Portugal and hosts the '*Centro LGBT*' offering activities/events, information/groups, support, and regular meetings to promote the social inclusion of LGBT people in Portugal. Regular social groups include - Reading Group,

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Music Group, Sports Group, Theatre group, LGBTQ Choir ('*CoLeGaS*'), Rainbow Families, Trans Intervention, Older people ('*LGBTQI+ Mais*'), Support groups and sharing.
'**English Evenings – Mix & Mingle' -** "*in consideration of the many non-Portuguese-speaking members of our LGBTI+ community*".
Rua dos Fanqueiros, 38, 3rd Left, 1100-231, Lisbon. www.facebook.com/CentroLGBTI ; www.ilga-portugal.pt
Follow social media and see their busy programme for news on current and forthcoming groups and events: https://ilga-portugal.pt/centro-lgbti/programacao

'Bi Mosaic' - Bisexual Events Lisbon. **New** in Feb 2025 - Lisbon community events for the bisexual and bi-curious. Their 'EDEN' events are a "*sex-positive dance party for bisexuals, where desire blooms, music flows, and pleasure awaits … a celebration of bisexuality in all its forms, open to bisexuals of all genders. Whether you're here to dance, connect, or explore, EDEN is a space where your desires and identities are celebrated*".
PEACH is their bi-monthly party for bisexuals by bisexuals. "*It's sex-positive, but it's not a sex party. It's about bringing bisexuals together for connection, shared experiences and identity exploration, and gives a platform to bi+ artists!"*
www.instagram.com/bi.mosaic ; www.facebook.com/profile.php?id=61573395865243

Setubal Pride. **New** in 2025 – a small but growing local group for "*created for those who are LGBTQ+ and Friends […] Allies are always welcome!".* Join them at *Gatsby Cocktailaria* for their monthly LGBTQ+ meetup. 5-8pm. AKA 'Queer Setubal' Meetup
www.facebook.com/groups/419932266720147 ; www.meetup.com/queer-setubal-meetup/

***Casa do Comum*.** Not a specifically LGBTQ space, but this excellent cultural space in Bairro Alto (with a great basement bar) has a strong queer slant to its programming and is always worth watching. Follow their social media to stay in contact with the various films, club nights, performances, live music, workshops, events, book readings, exhibitions, discussions, etc, yet – Always worth seeing what they have on. Wednesday to Sunday from 15:00.
www.casadocomum.org ; https://membrz.club/casadocomum ; www.instagram.com/casadocomum ; www.facebook.com/casadocomum

KNOTY Portugal. Not an exclusively LGBTQ space. Porto-based. "*KNOTY is the Portuguese project for those who want to learn the ropes. We are an educational project for those interested in Shibari, Rope Bondage, ropes, and BDSM, to learn or develop techniques, promoting the sharing of information and connection among community members*". Talks, demonstrations, markets, events, parties. Organisers of the annual '**Kinky Markets'** in Lisbon and Porto. Many events take place in Porto. www.knoty.pt ; www.instagram.com/knoty.pt ; www.facebook.com/knoty.pt

Rede ex aequo is the national youth association network for LGBTQ people aged 16 to 30 years. Their local centres across the country are places for mutual support, socialising and making friends: *Lisbon, Açores, Almada, Braga, Coimbra, Covilhã, Esposende, Madeira, Porto*.
https://rea.pt ; www.facebook.com/redeexaequo ; www.instagram.com/redeexaequo
Lisbon-based events and groups take place regularly at the *Centro LGBTI* (Lisboa), Rua dos Fanqueiros 40, 1100-231, Lisboa.
https://rea.pt/nucleos/lisboa ; Lisbon@rea.pt ; +351 968 781 841

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The Support and Sharing Group for Lesbian or Bisexual Women (online and in-person). (in Portuguese). This ILGA social support group is a safe space where women can express and share life experiences, feelings, doubts or questions in a confidential way, creating more self-knowledge and personal growth. https://ilga-portugal.pt/grupos-apoio-partilha

***Conversas Queer*.** Facebook group and events (in Portuguese), since 2019, with 3500 members. A friendly and popular (mostly male) group for conversations, networking and social events in Lisbon and Porto. *"…a group where everyone (tall, short, white, black, yellow, hairy, bald, shaved, hairy, fat, thin, cis, beautiful, less beautiful, young, old, men, women, transgender, pansexual, binary, non-binary, crazy, frowning, all those who see themselves in the acronym LGBT+, as well as open-minded heterosexuals) feel free to talk about the subjects that interest them, mainly, but not exclusively, Queer themes".*
www.facebook.com/groups/ConversasQueer

Neurodivergent Queers (In English) is one of the many sub-groups of the busy social network **Queer Lisbon,** on *WhatsApp* and *Meetup.* The **Queer Lisbon** WhatsApp group is a major forum (in English) for social networking, news and info about queer events and casual social get-togethers. – with eighteen sub-groups, of which **'Neurodivergent Queers**' is just one. Join the WhatsApp community, to gain access to all its sub-groups, at this link (Join the 'Welcome Hug' group first, and make a simple post to show you are not a 'bot', and then you can gain access to all the various sub-groups):
https://chat.whatsapp.com/DSNcgO9SRiQ9bTs03BcAef
See their events calendar here: www.meetup.com/queer-lisbon/events/calendar/

(see also – ***NeuroDiversus*** [in Portuguese]. **New** in 2025 **-** LGBTQIA+ community of neurodivergent people www.instagram.com/neurodiversus.comunidade).

LGBTQ+ Rainbow Families & Kids Portugal. (In English & Portuguese).
Facebook group for group for LGBTQ+ youth and allies in Portugal.
www.facebook.com/groups/261633645765202

The Rainbow (*Arco-Íris*) Family Group. (In Portuguese). The *'Arco-Íris Family Group'* is aimed at all LGBTI+ parents and people who have children and young people, or who want to start their parenting project. They meet monthly for activities aimed at children and young people, and to share experiences. www.ilga-portugal.pt/centro-lgbti/programacao/familias-arco-iris-4

Queer Tropical. (In Portuguese). Queer Tropical assists the LGBTQI+ community, especially people in vulnerable situations who need information about the processes to move from Brazil to Portugal and provides support to Brazilian LGBTQI+ people in Portugal. Queer Tropical has members and activities in Aveiro, Braga, Lisbon and Porto. (This group was very active after the 2018 Brazilian elections but has recently been quieter).
www.queertropical.org ; https://linktr.ee/queertropical ; www.instagram.com/queertropical ; https://linktr.ee/queertropical

Alex's Queer Lisbon History Tours & Events. Group walking tours and treasure hunts in Lisbon's Queer history (in English).

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(From the publisher of '*Alex's LONG LIST guide to LGBTQ Lisbon & Portugal*').
www.tickettailor.com/events/alextoursevents ; www.facebook.com/QueerLisbon

The Fabulous **- women and LGBTQ+ standup comedy** (in English). **New** in Jan 2026 – Now monthly (on the first Wed of the month) from the busy 'Lisbon Comedy' Meetup group. *"Just because we're fabulous! And funny. Most of the time. Why not be happy whenever? This is a standup comedy show featuring femmes and thems/queers. Come laugh with us and mingle. It's a Wednesday, you don't have better plans. All-inclusive event - Lesbians, gays, bi, trans, straights, Russians, Italians, Russian-italians… even cis-straight men can attend. Once in the door, you are a friend."* www.meetup.com/lisboncomedy ; www.instagram.com/the_villain_comedy

LGBTI+ Mais **(LGBTI+ seniors).** (In Portuguese). "*We organize informal social gatherings, inside and outside the Community Centre, maintaining routine socialization, and increasing social networks, conversations, visits to museums or lunches, etc*." An ILGA community group creating ties between LGBTI+ seniors, with a view to empowering them and valuing their individual and collective experience. Also combating, whenever necessary, loneliness, isolation and discrimination. https://ilga-portugal.pt/fazer-parte/grupo-senior

(In the past there was also a substantial '*LGBT Seniors Project: Countering Trends, Eliminating Stigmas*' run by 'Opus Gay' with support from Lisbon City Council, which aimed to combat the return to the closet of individuals as they age. This project ended in 2018 but much of their materials and reports are still available online: https://lgbtseniores.wordpress.com).

Poly Portugal is a discussion and support group (in Portuguese) for people interested in and/or practicing Polyamory. Some members are also interested in actively making society friendlier towards Polyamory and towards diversity in general. Organises (in partnership with 'OPEN' - Organization for Polyamory and Ethical Non-monogamy) the 'Non-Monogamy Visibility Week', with events, get-togethers, themed conversations, and even speed dating! www.polyportugal.blogspot.com

Non Monogamy Portugal / LGBT.pt **New** in March 2026. Portuguese LGBTI+ Community ENM. "Minimum requirement: Personal photos posted on the profile". (This emerging group currently appears to have two different Instagram pages, and the website is still under development). www.instagram.com/non_monogamy.pt ; www.non-monogamy.pt ; www.instagram.com/lgbti.pt

Sports, Exercise, Gyms, Hiking and Wellness groups

'All Together 4 Sports'. (In Portuguese). The Lisbon mixed-gender queer sports group, offering: Running, Futsal/Football, Swimming, Rugby and Volleyball. These inclusive sports groups are open to female, male, non-binary and Trans members, and several of the teams have female coaches. https://at4s.org/en ; www.facebook.com/AT4SPORT ; www.instagram.com/at4sports

'Pitch Beach'. *All Together 4 Sports* also organise the annual queer sports weekend, *Pitch Beach,* each summer: Three days of sports, inclusion, sunshine, pride and community with athletes, allies and friends from all over the world. 'Beach Showdown', 'Pitch Battles', Social events - '*The Summer is Ours*!'. https://at4s.org/en/pages/about-event **;** https://at4s.org/pages/agenda

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- **Dark Horses Rugby** www.facebook.com/darkhorsesrugby ; ~~www.instagram.com/darkhorsesrugby~~ ; ~~www.instagram.com/lisbondarkhorsesrugby~~ ; https://www.instagram.com/dh_rugbyteam
- **Lisboa Pool Sharks** www.facebook.com/LisboaPoolSharks ; www.instagram.com/lisboapoolsharks
- **Lisbon Foxes Football** www.facebook.com/lisbonfoxes ; www.instagram.com/lisbonfoxesfootball
- **Lisbon Crows Volleyball** www.facebook.com/lisboncrowsvolley ; www.instagram.com/lisboncrows
- **Lisbon Panthers Runners** www.facebook.com/lisbonpanthers ; www.instagram.com/lisbonpanthers
- **Tango4Fun Lisbon.** Sadly - although still live on social media – the Tango group appears to have closed ☹. www.facebook.com/tango4funlisbon (accessible to everyone and *free*. Wednesdays at Trumps nightclub, at 20:30). (In Portuguese).

Queer Runners. (*Corrida Queer em Lisboa*) (in English and Portuguese). A sociable, mixed sex runner's group. All levels and experience welcome. 5 and 7km runs start near *Santos* station on Tuesdays at 19:00. www.instagram.com/queer.runners.lisbon

ProudFIT Lisbon. (In English). Mixed-sex LGBTQIA+ CrossFit community attracting 20+ people to training sessions. Regular afternoon and early evening meetups on Fridays, Sat and Sundays, at various commercial gyms, parks and outdoor gyms. Weekly ProudfitRUN, fitness meet ups, and seasonal challenges. Open to all levels of fitness. Quarterly fitness projects: 3 sessions; 3 venues; 3 months.
www.instagram.com/proudfitlisbon ; www.proudfitlx.com ;
WhatsApp group https://chat.whatsapp.com/LrlgqIxiNKi9zmRGHTyc4W

Foca FC (AKA '**fffoca_fc**'). Lesbian-inclusive women's footbal team "*More football, more passion, more energy*". Also organises socials, bingo-nights, etc, etc.
www.instagram.com/fffoca_fc/ ;

O Relampago. Inclusive traditional neighbourhood multi-sports collective, with a strong lesbian presence in their football/Futsal teams. Not specifically an LGBTQ organisation, but active in supporting queer inclusion in: cycling, Futsal, athletics, boxing, and chess. (Famoulsy organises the annual 'Santo António Valley Ramp Climb' cycling time-trial: https://rampadovale.pt).
www.instagram.com/p/DV6z5r-DD8q ; https://adrrelampago.pt

Pink Claws FC. New in March 2026. "Ladies only football team. Straight friendly team. All levels welcome! DM to join the team or to arrange a game"
www.instagram.com/pinkclawsfc?igsh=MTlpOTI0cTgxMjhnOA%3D%3D

Wave Siblings (AKA 'Wave Sisters'). Queer Surf + Yoga camps for FLINTA people in *Costa da Caparica,* from April to October. (in English, German & Portuguese). ('FLINTA' = Female, Lesbian, Intersex, Non-binary, Trans, or Agender / 'WTFNB' in the USA).

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https://wavesiblings.com/queer-surfcamp-portugal ; www.instagram.com/wave_siblings ; (https://wavesisters.com)

Longboad Dancing Lisbon. Not specifically queer, but inclusive and popular with a queer crowd.
www.instagram.com/longboarddancinglisbon ; www.facebook.com/longboardingpt ; www.longboardingpt.com ; www.facebook.com/longboardingpt

Women's cycling groups.
-- 'Brava Women's (FLINTA inclusive) Cycling Club' **New** in May 2025. (in English and Portuguese). A community for women and those who don't see themselves in mainstream cycling. Rides: Thu 06:00 ☕ & weekend escapes. Come as you are. Ride as you feel. instagram: https://www.instagram.com/bravacyclingclub ; WhatsApp https://chat.whatsapp.com/KlLGqTTf1I7EkL5wSgVI8v
-- 'Girls Ride' www.instagram.com/girls_ride_pt
-- 'Slowher' **New** in 2026 regular Women's cycling event/community "*Rides, adventures, cakes & coffee*": www.instagram.com/slowherwomenscycling. Also has a WhatsApp https://docs.google.com/forms/d/e/1FAIpQLScwWV-rC05RsUMmgc-gxlWLe5ZUFoG2xeCaEhKBhLAoLDQy4A/viewform
-- 'Lisboa Fancy Women Bike Ride' (FWBR) this fun event, supporting women's access to cycling, took place in 22/23/24, but needs new organisers: www.facebook.com/LisboaFWBR
-- 'Cyclo Femina' cycle repair workshop by and for women, trans and non-binary people www.instagram.com/ciclofemina

Sunday Self-Defence classes, in Bairro Alto. New in April 2025. Sundays 15:00-17:00. Queer/LGBTQIA+ people and allies. Classes cost between €5 and €15 (suggested price €10), depending on each person's ability to pay. This is a space to share safety measures to prevent dangerous situations and learn basic self-defence. No prior experience or specific equipment is required, just athletic clothing, shoes, and water. Inês Freire de Andrade is the President of 'No Bully Portugal' and has practiced martial arts since childhood. She facilitates workshops on preventing and responding to bullying through empathy and collaboration. Contact Ines: 914441649. https://docs.google.com/forms/d/e/1FAIpQLSeFsGujRLpdGdBf60XCdxLfF-3h4Huv3T9BsI3UofYc8EdEcA/viewform

LGBTQ Hiking Portugal (previously '*Portugal Hiking Gays*'). (In English). Hiking and occasional social picnics events. Male and female organisers, used by mixed international crowd and Portuguese locals. Occasional women-only events. www.meetup.com/Lisbon-HikingGays.
This group was once very active, with events at least once a month and several thousands of members - but it needs more new organsiers. – Coud that be you??

Queer Adventures - Lisbon. (In English). "*A group for Queer people (LGBTQIA+) who love to live life on the adventurous side! We take on adventures designed to get us out of our comfort zones, challenge us mentally and physically, whilst creating a group that's a family".* Climbing, Kayaking, Bouldering, Coasteering, Trampoline, Axe-throwing, Ocean swimming, Hiking, Zip-lining, Parachuting, etc.

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(Previously had a Meetup page, but now organises via the 'Queer Lisbon' community and on WhatsApp): Join the 'Welcome Hug' group first (at the link below), and make a simple post to show you are not a 'bot', and then you can gain access to **Queer Adventures** and all the various sub-groups: https://chat.whatsapp.com/DSNcgO9SRiQ9bTs03BcAef

Lisbon *Grrrls* Roller Derby. (in English and Portuguese). Since their launch in 2013 *Lisbon Grrrls Roller Derby* have become famous for their feisty and competitive approach. Not a totally queer group, but certainly queer-embracing. New members are welcome at all levels from total beginner onwards. *"We speak English and Portuguese fluently, so anyone is welcome to join us".* Tues, Thurs and Sundays in *Benfica*.
https://lisbongrrrlsrollerderby.com ; www.facebook.com/LisbonGrrrlsRollerDerby ; www.instagram.com/lisbongrrrlsrollerderby

Lisbon Gay Hikes. (In English). **"***A community for gay guys who love nature hikes. We organise occasional hikes with varying levels of difficulty".* www.instagram.com/lisbon_gay_hikes

Padel Queens (in English) is a WhatsApp social group (one of many sub-groups in the 'Queer Lisbon' social network). Weekly group for Padel players – beginners and upwards. Join by first of all joining the main 'Queer Lisbon' WhatsApp group and then navigating to the list of sub-groups (Join the 'Welcome Hug' group first, and make a simple post to show you are not a 'bot', and then you can gain access to all the various sub-groups [it's a way of screening-out the bots and nuisance messages]): https://chat.whatsapp.com/DSNcgO9SRiQ9bTs03BcAef

Matchbox CrossFit. Busy commercial *CrossFit* gym that is popular with the whole LGBTQ spectrum**.**
Matchbox CrossFit. Rua Dom Luís de Noronha 25, 1050-099, Lisbon. (Metro: *Praca de Espanha*).
www.facebook.com/matchboxcrossfit ; www.instagram.com/matchboxcrossfit

Volei_praia19. (in Portuguese). **New** in July 2025. Volleyball Beach 19. "*We're looking for socializing and fun without competition. Let's give this beach a new dynamic*!"
www.instagram.com/volei_praia19

Lisbon Cascais LGBTQ Meetup. (In English). This social meet-up group was established in 2018 popular and ran a wide range of well-supported and poipular social hikes, cultural day-trips, picnics, and occasional women-only events - but their Meetup page appears to have been quiet recently ☹. www.meetup.com/lisboncascaislgbtqmeetup –
Also has a WhatsApp group for "*Ladies, Trans and Non-binary people*", which you can join directly: https://chat.whatsapp.com/GayaodoE6D9CgvGEhVz0Iv

Porto Queer Run Club. Weekly Queer run club. "*We offer both 5 km and 10 km options, catering to all fitness levels. After the run, we'll head out for a coffee. Everyone, including allies, is welcome to join!"* Every Saturday at 10:00, from *Jardim do Morro.*
www.instagram.com/portoqueerrunclub ; www.meetup.com/pt-BR/porto-queer-running-group

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Portugueses em Viagem is a commercial adventure travel agency that organizes queer and women-only expeditions in Portugal and all over the world.
www.portuguesesemviagem.com/comunidade-grupo-lgbt-join.html ;
www.facebook.com/groups/portuguesesemviagem.lgbt ;
www.instagram.com/portugueses.em.viagem ; WhatsApp +351 915 865 266

Naked Yoga Men Portugal. Not a specifically queer group – but certainly embracing. Online classes and in-person retreats. "*Yoga teacher working with masculine energy and working on the connection between men for personal development*".
www.instagram.com/naked_yoga_men_portugal ;
www.threads.net/@naked_yoga_men_portugal

Dance groups and classes

DanceQ Lisboa. (in English and Portuguese)
New in 2025. Music-video style choreography class - build your dance confidence; be part of Lisbon's queer community. Allies welcome! Hosted at *Aconchego House*.
www.instagram.com/danceq_lisboa?igsh=aGhoeWRzYXZ1bmps

Bailinho Queer. - Salsa, Bachata, Forró, Samba & Pagode. (In Portuguese and English). Regular, popular and busy queer dance group/classes. *"Our dance classes and events are a safe and welcoming space for all dancing bodies at a beautiful little party. Bailinho Queer includes a dance class, and a social dance that everyone can take part in and makes sure no one stands still! You decide how much you want to participate – the most important thing is that everyone is free to explore."* See the booking form link on their Instagram page - Spots are limited and get booked-up!
Also organises occasional one-off parties. Follow their social media to stay up-to-date. Various days/locations: follow social media for updates. www.instagram.com/bailinhoqueer

GIRA Collective of Women in Samba. (In Portuguese).
Since 2021 the all-women *Gira Coletivo* promotes Afro-Brazilian culture and gender equality through samba: "*We seek to break down barriers and gender stereotypes through music, encouraging women in samba. We work for gender equality, for the anti-racist fight, for the celebration of diversity".* Not an explicitly queer group but has a committed and energetic queer following at their many lively and interactive performances. Follow social media for latest events. www.instagram.com/gira.coletivo ;

Colombina Clandestina. (Website, workshops and events in English and Portuguese). Independent, feminist and queer art/activist collective who create epic participatory Carnival performances. They have a strong LGBTQ/Trans/non-binary presence, perform at popular Lisbon festivals, and are part of the organizing committee for Lisbon LGBTQIAP+ Pride March. Follow both their two Instagram accounts to keep up with their various occasional classes and 'bailedacolombina' party events.
'*Disobedient Bodies - Street Artistic Practices'* are a series of workshops from Colombina Clandestina in Singing/backing vocals, Percussion, and Instruments (wind/brass). At their occasional ticketed events, admission is free for Trans and non-binary people on low incomes

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if you send your name in advance (see website). www.colombinaclandestina.com ; www.facebook.com/ColombinaClandestina ; www.instagram.com/colombinaclandestina ; www.instagram.com/bailedacolombina ; alocomunidade@colombinaclandestina.com

BLOCU BLOCO. (In Portuguese).
Queer Carnival arts collective with a strong Brazilian influence. Organises hedonistic party events (plus pre-event fundraiser parties and after-parties) for Carnival, Pride and special occasions throughout the year. Follow their social media for dates/schedules. Most party events take place at the *Studios Arroz* arts collective in Beato. (Arrive early to pay 3 Euros annual membership to *Studios Arroz* at the door).
Studios Arroz, Avenida Infante Dom Henrique, 1900-320.
www.instagram.com/blocublocu ; https://shotgun.live/venues/blocu-bloco

Tango4Fun Lisbon. (In Portuguese). Sadly - although still live on social media – this event appears to have closed ☹. Accessible queer Argentine tango for everyone - and *free*. Wednesdays at Trumps nightclub, at 20:30. *"Learn to dance as leader or follower"*. Part of Lisbon's queer sports group '*All Together 4 Sports*'.
Trumps. Rua da Imprensa Nacional, 104B, 1250-127, Lisbon.
www.facebook.com/tango4funlisbon ; https://at4s.org/en/products/tango-4-fun

Choirs, music and theatre groups

Queer Musicians. (in English) this is one sub-group of the 'Queer Lisbon' social network on WhatsApp (see 'Social and Networking groups' above). *"Welcome to a place for queer musicians to chat and organize social events. Events can include jam sessions (in studios, parks, etc.), meeting for a bite or drinks to discuss music and the creative process, as well as organizing group trips to open mics, concerts, and festivals. This group is a great place to meet other musicians to collaborate with".* Join the 'Queer Lisbon' WhatsApp Community, and gain access to all its sub-groups, at this link (Join the 'Welcome Hug' group first, and make a simple post to show you are not a 'bot', and then you can gain access to all the various sub-groups):
https://chat.whatsapp.com/DSNcgO9SRiQ9bTs03BcAef

The Lisbon Players. English language amateur theatrical society, with a good reputation for high-quality shows. (Not a specifically queer group). Open to new members, volunteers, stage-hands, actors, etc. Publishes a popular newsletter. A Lisbon institution.
https://lisbonplayers.com.pt ; www.instagram.com/lisbonplayers ;
www.facebook.com/lisbonplayers

Alarido choir. This feminist and LGBT choir is composed of locals and foreigners and meets every Wednesday, 7-9pm, at *Casa do Comum* (Bairro Alto). Performances are mostly in English, although there are a few songs in Portuguese or French (and communication is mostly in Portuguese). More info and videos of performances on their Instagram:
www.instagram.com/alarido.coro ; www.facebook.com/alarido.coro

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***Baque Mulher Lisboa*.** (In Portuguese). *Maracatu* drum, dance and music group formed by women (in Portuguese). The Lisbon extension of the 'movimentobaquemulherfbv' from Recife, Brazil, created by @mestrajoanacavalcante. Performing and contributing to queer events in Lisbon since 2019.
www.instagram.com/baquemulherlisboa

CoLeGaS (LGBTQ Choir), from ILGA Portugal. (In Portuguese). With a vast repertoire of different musical arrangements of national and international hits. Anyone can sing at Colegas regardless of sexual orientation, gender identity and expression, age, or any other characteristic other than being out of tune 😊. "*If you feel like coming and singing with us, send a message or email to coro@ilga-portugal.pt to find out more*".
Rua dos Fanqueiros, 38, 3rd Left, 1100-231, Lisbon. https://ilga-portugal.pt/fazer-parte/coro ; www.facebook.com/ColegasCoroLGBTI ; coro@ilga-portugal.pt

***Colombina Clandestina*.** (Website, workshops and events in English and Portuguese). Independent, feminist and queer art/activist collective who create epic participatory Carnival performances. They have a strong LGBTQ/Trans/non-binary presence, perform at popular Lisbon festivals, and are part of the organizing committee for Lisbon LGBTQIAP+ Pride March. Follow both their two Instagram accounts to keep up with their various occasional classes and 'bailedacolombina' party events.
Colombina Clandestina run workshops in Singing/backing vocals, Percussion, and Instruments (wind/brass), called 'Disobedient Bodies - Street Artistic Practices'. At their occasional ticketed events, admission is free for trans and non-binary people on low incomes if you send your name in advance (see website). www.colombinaclandestina.com ; www.facebook.com/ColombinaClandestina ; www.instagram.com/colombinaclandestina ; www.instagram.com/bailedacolombina ; alocomunidade@colombinaclandestina.com

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Studios Arroz, Avenida Infante Dom Henrique, 1900-320.
www.instagram.com/blocublocu ; https://shotgun.live/venues/blocu-bloco

***ILGA-te* Music Group**. (In Portuguese). The *ILGA-te à Música* group meets every two weeks to practice your musical instrument together with other music lovers! Whether beginners or pros, everyone who plays an instrument meets to put into practice everything they already know, or don't yet know. https://ilga-portugal.pt/fazer-parte/grupo-musica

Musical Theater Lisbon (MTL). (Website in English & Portuguese. Most performances in Portuguese). Show productions, events, workshops, classes, discussions, celebrities - MTL aims to create a Musical Theater Industry in Portugal, building a bridge between Broadway and Lisbon. MTL works on both Production/Creation and Education: adapting Broadway musicals, creating original pieces, and nurturing the next generation through training in

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acting, singing, and dance. www.mtlisbon.org/about-mtl ; www.facebook.com/musictheaterlisbon ; info@mtlisbon.com

***ILGA Teatro*.** (In Portuguese). The ILGA Portugal theatre group was created in April 2013, giving dozens of people the opportunity to create, produce and stage a cultural expression, fostering positive and empowering social connections. With several performances at the Community Centre, theatres, schools and other cultural and community spaces. Rehearsals take place weekly on Wednesdays, from 7:00 pm to 10:00 pm, at the Palácio Galveias Municipal Library (Campo Pequeno-Lisbon). **Enrolment:** Registration for the season ahead closes at the end of each October. https://ilga-portugal.pt/fazer-parte/grupo-teatro

***Clube Safo - EmpAcTu*.** (In Portuguese). '*EmpAcTu'* is *Clube Safo's* women's theatre group. Through improvised performances that take various forms, it gives voice and expression to personal narratives, in a space that respects and values the safety of everyone in their individualities and experiences. https://clubesafo.pt/projetos/empactu ; empactu@clubesafo.pt .

Clube Safo is the largest Lesbian support and social organisation in Portugal. For more on their social and cultural events across the country see their web/social media. www.clubesafo.pt ; www.facebook.com/ClubeSafo ; www.instagram.com/clube_safo

Female Pressure (Portugal) (In Portuguese)**:** is the local branch of the international project asserting gender equity and diversity in the Music & Art scenes, queer rights, and cultural decentralization in Portugal. www.instagram.com/femalepressurept ; https://ra.co/promoters/117067 ; portugal@femalepressure.net

Fado Bicha are an explicitly queer *Fado* duo often performing in Lisbon and across Portugal. (In Portuguese). Their performances attract fun crowds of devoted fans, and if you are at all interested in *Fado* their shows are not to be missed! Follow their social media for updates. **Respected and recommended.**
www.facebook.com/fadobicha ; www.instagram.com/fadobicha

Festival de Almada. Annual live theatre festival in *Almada*, across the river from Lisbon. Despite being staged in a suburb, this is one of Europe's largest and most celebrated theatre festivals – sometimes compared to Edinburgh and Avignon for the quality and range of its theatre. Usually in mid-July. https://festival.ctalmada.pt

Arts, Books and reading groups

***'ILGA-te à Leitura'*.** (In Portuguese). The *ILGA-te à Leitura* group meets monthly to talk about books, share ideas, emotions and confusion about the pages we have read. We always end up talking late, but never too much. With books on the table and people who like to share, the late afternoon meetings always give us a lot to talk about. www.ilga-portugal.pt/fazer-parte/grupo-de-leitura

Drink and Draw. New in April 2026. Hosted at the LGBTQ Centre; from Barbara and Maria. This event arose from the desire to meet new people in an organic way and to express our artistic side. It's a free event operating on donations towards materials. All help is welcome!

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www.instagram.com/bosquejodrinkanddraw/

Queer Art Lab (QAL) is a safe space for experimentation, creation, art exhibition and intervention in the LGBTQIA+ community. (In Portuguese). This project is supported by Trumps nightclub, where most of its activities take place. It promotes different actions from exhibitions, installations, concerts, workshops, lectures, activities for the community. It is a platform to help develop, evolve and empower emerging queer artists – through training and transformation. Training is offered through the provision of spaces where artists share their work and use available internal networks to obtain income. The transformation is part of deeper work with the community and the surrounding collective to seek and create forms of intervention that are reflected in improvements in what is the quality of life of queer people.
www.trumps.pt/queerartlab ; www.facebook.com/queerartlabnow

Lisbon Global Artists Community (not specifically queer).
www.facebook.com/groups/1862404003973653

Queer poetry events (in English) **New** in Oct 2025. We're hosting Lisbon's first Queer Open Mic! Come along to share your poetry, make new friends and catch some great performances from Lisbon's creative queers.
19:00-11:00 @ Good Company Bookstore
https://luma.com/calendar/cal-5Fpdi9n494JpK7l?period=past

Student groups and associations (Lisbon and across Portugal)

For Queer Academic and Research Associations, also see **Academic Queer Research Organisations**

Erasmus Student Network (ESN) 'Queer Community' Lisbon. ESN is a non-profit international student organization made by Students for Students travelling as part of the EU Erasmus academic exchange programme. In Lisbon they have a 'Queer Community' WhatsApp group, which you can join here: https://chat.whatsapp.com/Hen71dpPlhc9mTzTozNRd4
www.esnlisboa.org ; https://linktr.ee/esnlisboacommunity

***QueerIST*:** Autonomous Section of the Students' Association of **Instituto Superior Técnico (IST).** https://queerist.tecnico.ulisboa.pt ; www.facebook.com/QueerIST ; www.instagram.com/queer.ist

Núcleo isPRIDE - AKA 'NEISPridA'. LGBTQI+ center promoting sexual and mental health, and sexuality literacy @ **ISPA – Instituto Universitário.** Events, outings, meeting, social activities, etc. www.instagram.com/neispride?igsh=YnB3MWtxZHo3ZWlu

***OutCiências*:** the queer student group of the **Faculty of Sciences** of the **University of Lisbon (FCUL).** Aims to create a welcoming space and visibility among the student community about the experiences of the LGBTQ+ community. Fun events and activities include movie sessions, debates, get-togethers, and socials with other student groups. Although mostly targeted at student youth, everyone is welcome to participate!
www.facebook.com/outciencias ; www.instagram.com/outciencias

Letras Fora do Armário. **Faculdade de Letras**, **Universidade de Lisboa**.

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www.facebook.com/letrasforadoarmario ; https://letrasforadoarmario.blogspot.com

***NuPride* FCT.** Núcleo LGBTQIA+ **Faculdade de Ciências e Tecnologia** da **Universidade Nova** de Lisboa. www.facebook.com/Nupridefct ; www.instagram.com/nupridefct ; https://discord.gg/TEKTZrZHsQ ; nupride@ae.fct.unl.pt

FAbn' Queer. Núcleo da Associação de Estudantes da **Faculdade de Arquitetura da Universidade de Lisboa** (@aefa_lisboa). **This group was active in** 2024, but appears to currently be quiet.
https://fabnqueer.wixsite.com/fabnqueer ; www.instagram.com/fabnqueer ; fabnqueer@gmail.com

Nova Pride: **This student LGBTQ Society sadly closed in March 2026, citing burnout and a lack of institutional support ☹ But if future student want to reinvigorate Nova Pride, they can contact previouspride@outlook.com for support, counsel, and bureaucratic advice.** student club of **Nova University School of Business & Economics (SBE).** Promotes LGBTQI+ awareness and educates peers on inclusion and diversity in their personal lives and careers. https://novaprideassociation.wordpress.com ; www.facebook.com/novalgbtqiclub ; www.instagram.com/novaprideassociation ; lgbtqi.club@novasbe.pt

***Jurispride*.** LGBTQIA+ student group at the **Faculty of Law, Universidade NOVA de Lisboa**. www.instagram.com/jurispride

***Equal ISA*.** Student LGBTQIA+ equality and inclusion project at the **Instituto Superior de Agronomia**. www.instagram.com/equal.isa ; forms.gle/BwNqYzudAct95ajTA

Queer UM. New in May 2026. Student initiative from the **University of Minho, Braga**. Promoting interaction and raising awareness about LGBTQIA+ community issues. www.instagram.com/queer.um

(Replaced the *Club Rainbow.* (Braga). Student initiative for the promotion of coexistence and awareness of issues related to the LGBTQIA+ community at the ***Universidade de Minho***, Braga. For updates about their information and events from lectures to round tables, register here: https://docs.google.com/forms/d/e/1FAIpQLSdsGWLCUoDYGd3JTaG-19x_EQ5cn74sC0aXJV7iDDidBW2xVw/viewform ; www.instagram.com/clube.rainbow)

***ELO.UBI* (Covilhã**). A student collective at the ***University of Beira Interior*,** promoting inclusion, equality and support for the LGBTQIA+ community and allies. We intend to combat misinformation and prejudice in academia. By promoting activities and creating support networks for an inclusive environment, embracing all people, regardless of identity and orientation. www.instagram.com/elo.ubi

Motorbikes, Bears, Leather, Sex, special interest groups (men's & women's)

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Gear Club Portugal (in Portuguese and English). The gay fetish club of Portugal - aims to strengthen the male fetish community and overcome prejudice towards fetishism. Member of the European Confederation of Motorcycle Clubs. Awarded the 'Sixty-Nice Club Trophy Award' by ECMC in 2022. Gear Club Portugal also organises the 'Lisbon Meets Fetish' (LMF) International Fetish Meeting. https://gearclubportugal.com ; www.instagram.com/gearclubportugal ; www.facebook.com/gearclubportugal.page

MAP – *Motoclube Alternativo Portugues*. LGBTQ motorbike club (in Portuguese). Open to all motorcyclists who are interested in diversity. National and international rides and meets. www.map.org.pt ; www.facebook.com/clubeMAP ; www.instagram.com/mapmotoclubealternativo

Bears on Motorbykes. Portuguese LGBTQIA+ motorcyclists' community (in Portuguese). Independent, non-profit, no quotas, or any affiliation with sponsors or brands. (in Portuguese). "*We are an open and inclusive community, where all sexualities, gender identities, nationalities, ethnicities and religions are welcome*". www.bearsonmotorbykes.com ; www.facebook.com/bearsonmotorbykes ; www.instagram.com/bearsonmotorbykes

Bi Mosaic - Bisexual Events Lisbon. **New** in Feb 2025 - Lisbon community events for the bisexual and bi-curious.
'**EDEN'** events are a "*sex-positive dance party for bisexuals, where desire blooms, music flows, and pleasure awaits … a celebration of bisexuality in all its forms, open to bisexuals of all genders. Whether you're here to dance, connect, or explore, EDEN is a space where your desires and identities are celebrated*".
'PEACH' is their bi-monthly party for bisexuals by bisexuals. "*It's sex-positive, but it's not a sex party. It's about bringing bisexuals together for connection, shared experiences and identity exploration, and gives a platform to bi+ artists!*"
www.instagram.com/bi.mosaic ; www.facebook.com/profile.php?id=61573395865243

Lisbon Bear Pride. The annual party is organised by ***Bar Tr3s*** for a week each May/June, with events and parties at their ***Vila Tr3s*** gay resort and spa, and at other venues.
www.lisbonbearpride.com ; www.facebook.com/LisbonBearPride ; www.instagram.com/lisbonbearpride

Ursos.pt 'The Bear Association of Portugal' - celebrates, supports, and strengthens the LGBTQ+ bear communit. Promoting visibility, inclusion, and well-being, creating safe spaces where larger bodies, diverse identities, and authentic expressions are respected and celebrated. Will host the '**Mr Bear Europe 2026'** competition in July 2026.
https://euro.ursos.pt ; https://www.mrbeareurope.com

Velvet Salon. Lisbon-based space for women, non-binary & trans people to explore & connect in transfeminist & sex-positive events for sapphic-centred, play-party. Events sometimes have a mandatory dress code: Black/Leather/Alternative. Book online in advance. 15.00€. "*Please fill the online form & send this link to friends who are joining you*"
www.instagram.com/xvelvetsalonx ; velvetxsalon@gmail.com

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Munch Queer LX. (in Portuguese and English). Munch Queer LX is a social gathering for people interested in kink and BDSM. Every second Saturday of the month, this social network meets in a café or public space in central Lisbon. Munch events are an informal date – no play, no pressure. Queer only, English speakers welcome, Trans welcome, zero-tolerance for discrimination and phobias. Follow social media for news, networking and other events. www.instagram.com/Munch_Queer_LX

Pup Play Portugal. Portuguese Pup Play Community and Pups (in Portuguese and English) – part of 'Gear Club Portugal'. Has a Telegram channel: https://t.me/pupplayportugal www.instagram.com/pupplayportugal

Exotica. **New** in 2025. Born from a queer-oriented, artist-led residency at *Lux Frágil* @luxfragil, *Exotica* is "a*n experimental, community-driven club and rave party club night where music meets other art forms, where community shapes the experience, and where the dancefloor becomes a collective space… every two months, EXOTIKA is a space for collaboration, craft, and culture… An arena of queer creativity, profoundly rare, notably different.*
www.instagram.com/exotika.official ; https://exotika.club/pages/community ; https://fuckingyoung.es/marking-one-year-of-exotika-a-conversation-with-founder-meibi

KNOTY Portugal. Porto-based (Not an exclusively LGBTQ group). "*KNOTY is the Portuguese project for those who want to learn the ropes. We are an educational project for those interested in Shibari, Rope Bondage, ropes, and BDSM, to learn or develop techniques, promoting the sharing of information and connection among community members".* Talks, demonstrations, markets, events, parties. Organisers of the annual '**Kinky Markets'** in Lisbon and Porto. Many events take place in Porto. www.knoty.pt ; www.instagram.com/knoty.pt ; www.facebook.com/knoty.pt

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Lisbon on a budget – things to do in Lisbon for *free!*

Having fun can be expensive - but you might be surprised by the many fun things to do in Lisbon for free (below). Also check out the section on '**Meeting people, making friends and having fun'** for Lisbon's queer social groups and events, which are usually free to take part in.

TimeOut Lisbon - free things to do in Lisbon each week.
Every week (in Portuguese), TimeOut Lisbon updates their website with a surprisingly varied list of free things Lisbon has to offer - events, festivals, museums, shows, exhibitions, workshops - you'll be surprised by the number of free things to do! (It's all in Portuguese, but Google Translate etc do a reasonable job). **Recommended**.
www.timeout.pt/lisboa/pt/coisas-para-fazer/gratis-em-lisboa-esta-semana

Lisbon Free Events and Places. (In English). Facebook group featuring a wide range of free events across Lisbon. Comedy nights, museums, gardens, exhibitions, concerts, kids activities, and more. www.facebook.com/groups/lisbonfreeeventsandplaces

***Eventos Coletivos*:** (in various languages). Reliable listings of free and inclusive not-for-profit events across Lisbon. An interesting and eclectic mix of social events, performances, workshops, shows, and demonstrations. https://eventos.coletivos.org

Lisbon Museums - for Free. Most museums in Lisbon charge for entry, but some are free, all museums have free days, and national museums are free for residents.

Museums that are always free list (regularly updated):
www.timeout.pt/lisboa/pt/museus/conheca-estes-museus-gratis-em-lisboa-e-arredores

Free days at major museums (regularly updated):
www.timeout.pt/lisboa/pt/coisas-para-fazer/guia-para-nao-pagar-entrada-nos-museus-em-lisboa

Free museums for citizens and residents '*Voucher 52*'
Since August 2024, citizens and residents now have up to 52 free entries each year (on any time/day of the week) to the 38 museums across Portugal that are managed by *Museus e Monumentos de Portugal*. Residents should simply attend any of the eligible museums with evidence of residency to obtain a (free) ticket - a dedicated App is planned for the future.
(16 museums/sites are included in **Lisbon** [+others across the country]:- Jerónimos Monastery, National Pantheon, National Coach Museum, Ajuda National Palace, Ajuda Library, Royal Treasury Museum, National Costume Museum, Royal Riding Ground, Belém Tower, National Theatre and Dance Museum, National Tile Museum, Museum of Popular Art, National Museum of Ancient Art, National Museum of Archaeology, Dr. Anastácio Gonçalves House-Museum, National Museum of Ethnology). https://turismodocentro.pt/2024/08/museus-e-monumentos-gratuitos-para-portugueses-e-residentes ; www.museusemonumentos.pt/en/pagina/bilhetes

Somersby *OutJazz* Sunday Festivals – Free festivals, every Sunday afternoon/evening from May to September (incl.). More than just 'jazz', these Sunday afternoon/evening festivals in the parks of the river-side suburban municipality of *Oeiras* feature the best of soul, funk and

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hip-hop, etc – all for free! Each month they move to a new park, and the line-up varies but typically includes a live act followed by a DJ. Great vibe for groups of friends, but also family-friendly. Beer tents, food vans, dancing on grass - music and good vibes reign! It's the perfect way to end the weekend, from 5pm until sunset (around 9pm). Check the website for this week's park venue, performers and vibe. www.outjazz.pt

NOTE: Since 2023 *OutJazz* have been encouraging spending at their events by limiting the amount of your own drinks and food you can bring in. **But**, at most [not all] of the parks you can sit just outside the event boundary and use the public park as you like! Within the festival boundary however, you can no longer bring your own alcohol - only plastic (no glass) bottles of water or juice, with a maximum capacity of 33cl and without a lid. (Glass is prohibited, but reusable cups from other events are accepted if they are calibrated at 0.30cl). Small amounts of food are permitted, but full picnics are no longer allowed.

Soak up the atmosphere at Lisbon's main 'flea market' - the *Feira da Ladra* – Every Tuesday and Saturday, from 08:00 to 17:00 (although it starts winding down once the crowds thin-out depending on the weather/time of the year). Located in *Campo de Santa Clara*, at the far end of *Alfama*, behind the monastery of *São Vicente de Fora* - this characterful out-door market of second-hand 'antiques' is the place to find 'diamonds in the dust'. The market is ideal for strolling, exploring, sitting in the gardens and people-watching, with lots of coffee /brunch/ burger/ beer options in the area. www.visitlisboa.com/pt-pt/locais/feira-da-ladra

For other Lisbon street markets ('*feiras*') around the city, see: www.visitlisboa.com/pt-pt/eventos?q%5Bcategories_id_in%5D%5B%5D=81

Lisboa Car-Free (in English), is a great resource for planning day-trips out of the city by public transport and off the 'beaten track': www.instagram.com/lisboa_carfree
This link (below) lists every post, sorted by region and theme (Beaches, Freshwater, History, Walks, Museums, Nature, Towns, Urban Art, Wine, etc) so you can plan your own public transport adventure:
www.instagram.com/p/C5HUDwFsL9h/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA==

Storytelling Lisboa. (English and Portuguese language events every month. + Podcast). The best way to get to know someone is to hear their stories. Once a month on Wednesdays, eclectic groups of curious people gather to listen to these first-person stories (7-10 min each) told in an intimate setting. Run from the amazing community 'Fabrica de Braco de Prata' arts centre in Marvila. Free - Donations welcome. Expect a friendly audience sipping wine or tea every month. Rua Fábrica de Material de Guerra 1, Lisbon, 1950-128 (side entrance into the yard). Podcast: https://podcasts.apple.com/us/podcast/what-lingers/id1776468683
www.meetup.com/storytelling-lisboa ; www.instagram.com/storytellinglisboa/?hl=en ;

Quee(r)n Moustache (AKA *'Queen Moustache'* and *'Queer Moustache'*)
Popular and fun queer party for all genders that erupts at various venues, where the dance floor is a safe body-positive space for fun and healing. ("*If you can't afford a ticket, simply send a DM via the Instagram page").* Follow on Instagram for updates about latest event/venue. "*It's house! it's sweaty! it's disco! It's italo! Here and queer! out and loud!*"

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Resident DJs: AZM, Kemetic; plus queens Mary Poppers and Kiki.
www.instagram.com/queenmoustache.lx/?igshid=MjEwN2IyYWYwYw%3D%3D

Curvy Curvs. *"Curv Your Enthusiasm - queer oriented, body-positive, sex-positive. House / Disco / Curvy beats".* Grass roots dance party that moves around various venues for occasional dance events. "*If you are a trans and/or POC and/or fat person on a limited budget, you can add your name to the guest list. This list is important because CURVS doesn't exist without trans, POC & fat bodies*". Follow social media for updates on latest events.
www.linktr.ee/curvycurvs ; www.instagram.com/curvycurvs

Tango4Fun Lisbon. (In Portuguese). Sadly - although still live on social media – this free dance class appears to have closed ☹. Accessible queer Argentine tango for everyone - and *free*. Wednesdays at Trumps nightclub, at 20:30. *"Learn to dance as leader or follower"*. *Trumps*. Rua da Imprensa Nacional, 104B, 1250-127, Lisbon.
www.facebook.com/tango4funlisbon ; https://at4s.org/en/products/tango-4-fun

Other free/low-cost opportunities, places to shop and places to stay:

Dona Ajuda (excellent charity shop near *Rato* metro)**.** https://donaajuda.pt
Pop-Up Shop Emaus, Arroios. Rua Carlos Mardel, 23, Lisbon.
www.facebook.com/popup.emaus.arroios
Buy Nothing Lisbon Project. www.facebook.com/groups/BuyNothingLisbon
Cascais second-hand marketplace. www.facebook.com/groups/1067245720014895
Free Your Stuff Lisbon. www.facebook.com/groups/392619418249931
Second Hand Furniture Portugal.
www.facebook.com/groups/secondhandfurnitureportugal
The best second-hand shops in Lisbon. This Feb 2025 online article features places to buy furniture and household stuff.
https://lisboasecreta.co/descobre-as-melhores-lojas-de-segunda-mao-de-lisboa/?fbclid=IwZXh0bgNhZW0CMTAAAR2fhOp10Q8IJWBvgpw3sJZEqASWQIpQWrqcr_ZRue47hTg5mt94vrcTaQY_aem_vdYF9M-TwgCi-5qK0mtP0w
***Humana* 'charity' Shops.** You'll see many branches of *Humana* around Lisbon. They're a useful source of second-hand clothes and shoes, but their ownership by the Danish *Tvind* organisation has been seriously criticised for operating at the edge of what a 'charity' can be, exploiting volunteers and under-paid staff, and for diverting most of their takings to the pockets of the organisation owners. The shops can be useful for cheap shopping, but be clear that they are basically a business, not a legitimate charity. https://en.wikipedia.org/wiki/Tvind ; www.humana-portugal.org
Quouch (Queer couch-surfing). An international community project connecting queer travellers and residents. There's a focus on finding accommodation, but also on making friends and hanging out. www.quouch-app.com
Couchsurfing Lisbon. www.facebook.com/groups/144567428950532

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Getting to know Portugal Better - Fun & useful ways to understand Portugal. These sites are fun, free and will help you understand Portugal better.

Comparing the Cost of Living
If you want to understand the relative costs of a city, some reliable and up-to-date data will be more useful than guessing. (Bear in mind that main tourist areas will typically be more pricey): www.numbeo.com/cost-of-living/comparison.jsp

Comparing Climates
Is it really that much hotter/ colder/ humid/ windy/ wet/ etc, etc compared to your home-town? Compare summer heat and winter cold, hours of sunshine, days of rain, humidity, water temperature, etc, etc – it's free to use and fun to explore: https://weatherspark.com/compare

LGBTQ rights in Portugal
Portugal established constitutional protection from discrimination for all sexual orientations in 2004, and added gender identity protection in 2011. LGBT equal rights and protections therefore extend to all laws, rights and responsibilities: civil marriage, age of consent, parenting, adoption, etc, etc. Citizens are free to change their gender on birth certificates – no medical opinion required (although gender is currently still defined in binary terms).
www.parlamento.pt/sites/EN/Parliament/Documents/Constitution7th.pdf (in English)

Where would you choose to live in Lisbon?
Which neighbourhoods are the quietest, have the most parks, the least hills, the most cycle lanes, the most ex-pats/ immigrants, the best schools, the most nightlife, etc? This intriguing introduction to Lisbon has the info and variables to help you explore and understand the city: www.hoodpicker.com

What are the Portuguese Like?
The *Francisco Manuel dos Santos Foundation* is an independent organisation set up to explore contemporary issues through reliable data, and bring it to public attention. These ten short volumes (in Portuguese) summarise Portugal today (2024), based on meaningful data (instead of assumptions and hear-say). **Respected and Recommended.** https://ffms.pt/en

River Beaches
You don't have to live on the coast to enjoy a summer swim in Portugal. The river beaches across Portugal are an accessible and a fun alternative to the coast: https://aquapolis.com.pt

Learning Portuguese (from Portugal)
See the '**Learning Portuguese'** section of *Alex's LONG LIST* for detailed info, resources, contacts, tools and teachers for learning Portuguese (from Portugal). The 'CIPLE exam' (A2 level) is necessary for most citizenship applications.

Portugal - statistics & facts.
From the *Statistica* webservice: www.statista.com/topics/2481/portugal/#topicOverview

The Portuguese Space Agency
Did you know Portugal has a Space Programme?! The Portuguese Space Agency ('*Agência Espacial Portuguesa'*, established 2019) is integrated with the European Space Agency (ESA), and is currently developing a commercial launch site on Santa Maria island in the Azores. The first anticipated launch could be in 2026! https://ptspace.pt/space-2030 (English & Portuguese).

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Earthquakes in Portugal
Lisbon is very close to two tectonic fault lines (on which the Earthquake of 1755 took place - leading to the birth of seismology). Minor earthquakes happen every couple of weeks but are generally too small to be felt (around 3.0 on the logarithmic Richter Scale 1-10). Lisbon hasn't had a serious earthquake for more than 270 years, but if you're keen to know more, all the following pages are available in English & Portuguese:
IPMA (*Instituto Português do Mar e da Atmosfera*) www.ipma.pt/en/geofisica/sismicidade.
The 'Lisbon Quake' experience (https://lisbonquake.com/en-GB/blog/be-prepared) has a practical downloadable guide: www.knowriskproject.com/practical-guide.
This 2025 news article (in Portuguese) features a risk map and everything you need to prepare for an earthquake: https://amensagem.pt/2025/02/17/guia-de-sobrevivencia-sismo-para-lisboetas

Portugal Decoded
This excellent free email briefing (in English) and a Substack online magazine, make news about Portugal accessible for anyone interested in what's happening around them. Written in a simple, direct style, it briefs on the main news and events, plus occasional in-depth articles. Not specifically LGBTQ, but if you want to understand more about Portugal today this is a great place to follow. **Respected and Recommended**. https://portugaldecoded.substack.com ; www.instagram.com/portugal_decoded

'*Kit Migrante*' guide for immigrants to using the Portuguese public health system.
A comprehensive introduction to health services for immigrants, funded by the Portuguese government and published by GAT. The online **'*Kit Migrante*'** is available in multiple languages and features essential information on how and where to access health services, with a special focus on sexual health, family planning & pregnancy, HIV, mental health and vaccination.
https://kitmigrante.pt/english (Also see the **Health and Wellness** section of *Alex's LONG LIST*)

Snow in Portugal!
The highest point in mainland Portugal is the *Serra da Estrela* mountains in the centre of the country, which is 1,980m above sea level and has a small ski resort. Honestly, it's quite small with just three adult ski lifts and 6km of slopes, so don't imagine this is the Alps, but it can be fun to visit on a good year between late Nov and early March. www.skiserradaestrela.com
For weather/ski conditions follow: www.meteoestrela.pt ; www.facebook.com/meteoestrela

Google Arts & Culture – Portugal
The cultural sights, sites and highlights of Lisbon and Portugal are everywhere around us, and are brought together online, here at the Google Arts & Culture website – An extraordinary introduction to some of Lisbon and Portugal's cultural treasures:
Lisbon: https://artsandculture.google.com/entity/m04llb
Portugal: https://artsandculture.google.com/project/wonders-of-portugal ;
https://artsandculture.google.com/project/portugal-art-and-heritage

Get Lisbon
'Get Lisbon' started in 2017, aiming to develop popular knowledge about the cultural heritage of Lisbon among readers who want to know more of the history and curious facts embedded in the city. Illustrated articles are creative, appealing, historically rigorous and trustworthy.
www.getlisbon.com ; www.instagram.com/get.lisbon ; www.facebook.com/getLISBON

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'Tell me about yourself Lisboa' (*Fala-me de ti, Lisboa*).
Entertaining, easy-to-read articles about the past and present of Lisbon (illustrated with charming cartoons). Part of the online magazine '*Mensagem: About Lisbon, from Lisbon and for Lisbon*'. Follow and subscribe for regular new content. *"Beyond ordinary newspapers we work with Lisbon residents for a better city – a place for stories about the city. […]* Mensagem *was born from the desire of Lisbon residents, who happen to be journalists, to improve their city. We discover stories that inspire us all—but we do it in debates, neighborhood meetings, conferences, walks and in the city*". https://amensagem.pt/cronica/fala-me-de-ti-lisboa https://amensagem.pt/newsletter-subscricao ; www.facebook.com/MensagemdeLisboa ; www.instagram.com/mensagem.lisboa ; (English language version [selected articles] : https://amensagem.pt/eng).

Lisbon For People (*Lisboa Para Pessoas* (LPP))
Independent, online (and limited print) newspaper with a campaigning angle that highlights personal perspectives on Lisbon citizenship and community. Featuring culture, housing, transport, etc, through interviews, explainers, stories and topical discussion. Website available in PT, EN, FR, ES. Subscribe for print copies (PT or EN) 3 times a year.
https://lisboaparapessoas.pt ; https://lisboaparapessoas.pt/en/product-2/assinatura-lpp ; www.instagram.com/lxparapessoas ; www.facebook.com/lxparapessoas

The curious catalogue of Portuguese names
You may have noticed the surprising frequency with which some Portuguese names - first names and family names - appear. The frequency is largely to do with the curious system by which names are chosen from an official list of options. www.portugal.com/history-and-culture/joao-maria-and-tiago-the-rules-about-choosing-baby-names-in-portugal ; https://irn.justica.gov.pt/Portals/33/Regras%20Nome%20Proprio/Lista%20Nomes%20Pr%C3%B3prios.pdf ; https://en.wikipedia.org/wiki/Portuguese_name

Alex's Queer Lisbon History Tour
Learn more about Lisbon's fascinating (sometimes bizarre!) and always entertaining queer history, on a fun half-day walking tour. Visit historic sites to hear stories and anecdotes from queer history that will bring you closer to the city. Heart-warming dramas, compelling tragedies, scandals and surprising insights into LGBTQ lives & loves, from the 16th - 21st Century.

> 🏳️‍🌈 17thCentury cruising sites, Lisbon's first lesbian bar, the Inquisition arresting gay men in the 16thCentury, see where the first drag show started in the 1970s, lesbians battling 1960s censorship, why 'Fado' is a bit queer, how Lisbon Pride is different, stories from 19thCentury sex-work, bisexual jazz-legend Josephine Baker spying in WWII, gay men dodging 1950s crack-downs, 18thCentury lesbian nuns, a 19thCentury Trans love story, how Portugal established LGBT rights, gay writers, disgraced politicians, queer pop stars, straight censors - all this and more, and we end with a social drink!

This fun event also passes most of today's scene venues to give you inside knowledge on today's scene and community. *Know the City!*
www.tickettailor.com/events/alextoursevents

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Democracy and Government in Portugal
Lisbon has a number of accessible museums and other opportunities to learn about the government of Portugal (in English and Portuguese).
These sites feature engaging and entertaining explanations of Portuguese democracy, https://lisboasecreta.co/12-curiosidades-sobre-o-parlamento ; www.parlamento.pt/sites/en ; https://lisboasecreta.co/casa-do-parlamento ; www.presidencia.pt/en
You can visit the *Assembleia da Republica* and the *Presidential Palace* on guided tours and via virtual/online tours: www.parlamento.pt/sites/EN/Parliament/Paginas/VisitingPalace.aspx ; www.museu.presidencia.pt/pt/visitar/museu-da-presidencia-da-republica . And the interactive *Interpretation Centre* offers fun opportunities to learn about the structure and history of government www.parlamento.pt/Parlamento/Paginas/Casa-do-Parlamento-Centro-Interpretativo.aspx

Toponomia de Lisbon. Look-up your street name (any street name across Lisbon) to find out the stories of who/what streets, places and buildings are named after. https://toponimialisboa.wordpress.com (Although this article highlights some of the challenges with stresst named for people we no longer celebrate: https://gerador.eu/en/toponimia-de-lisboa-a-questao-colonial-e-a-celebracao-do-imperialismo-portugues)

The Lisbon Economy in figures. All the facts you ever wanted to know (in English) about the economy of Lisbon; neatly presented as summary graphics in a magazine format. From the *Câmara* https://issuu.com/camara_municipal_lisboa/docs/lisboa_the_economy_in_figures_2025
(But this should be read in the context of this 2023 paper exploring economic inequality in Portugal: https://repositorio.ulisboa.pt/bitstreams/d331887a-dbef-4ee8-947a-cb55591c926a/download)

What does the rest of the world say about Portugal? *Atlas Lisboa* is a useful news, culture and events website, which also includes a summary of articles about Portugal from sources around the world (updated monthly). www.atlaslisboa.com/breaking-news/

Gold in Lisbon! Gold has been mined and collected in the Lisbon region for centuries, and is still sometimes found on the *Oeiras* & *Caparica* beaches! www.mindat.org/a/gold_in_portugal

Cinema/Films set in Lisbon/Portugal.
Info on cinemas, and films set in Lisbon, which were previously here, now have their own section: **Film and Cinemas in Lisbon/Portugal, & the *Queer Lisbon/Porto Film Festival***)

The Parks and Green Spaces of Lisbon (and Portugal).
The urban centre and the suburbs of Lisbon seldom inspire thoughts of green space, but you might be surprised! (Lisbon includes Europe's largest urban forest! [46sqkm/18sqmiles]).
-- Lisbon's Parks/gardens, Green Corridors, Walking Trails & 'Horticultural parks' (allotments): www.lisboa.pt/en/themes/environment/ecological-structure/green-corridors
***Monsanto* forest park**. Walking/running trails, cycle routes, children's adventure parks, sports pitches, pic-nic sites, *miradouros*, music festivals, sports facilities, windmills, BBQ grills, cafes, horse-riding, radio-controlled car track, paintballing, bouldering walls, palace museums, etc...
-- *Monsanto* map: https://informacoeseservicos.lisboa.pt/fileadmin/espacos/ficheiros/PFMonsanto_mapa.pdf
-- *Monsanto* video: www.youtube.com/watch?v=vrN_ci5Nac0&t=8s
-- The Forests of Portugal: https://florestas.pt/

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Cycling in Lisbon/Portugal has its challenges (hills/ cobbled roads/ tram lines/ distracted tourists/ crazy drivers/ etc) but a few resources (below) can clarify Lisbon's tangle of urban cycle lanes, and the *Corredor Verde* routes give traffic-free access to *Monsanto* forest park's off-road paths: www.lisboa.pt/en/themes/environment/ecological-structure/green-corridors .

'Ciclovia' – bicycle lane/path/route. *'Ecovia'* – Countryside eco-trail. *'Ecopista'* – adapted railway line

-- **National Cycling Touring Network** (***Ecovias***). **Respected and Recommended.** The essential web-resource and downloads for cycle touring in Portugal: weekend tours, routes for e-bikes, long-distance route maps with GPS, and 10 road books in PDF format. 8150 kilometres of low-traffic routes, +450 pages of maps, +200 GPS Tracks (GPX e KML).
https://ecovias.wixsite.com/ecovias-en ; www.facebook.com/groups/ecoviasdeportugal

The annual update (March 2025) costs €150 (but by December there's usually a 45% discount, and there's a **lifetime discount of 80%** for updated editions).

And… sample downloads of the 2023 edition are *free*: https://ecovias.wixsite.com/ecovias-en .

And… you can download 50 pages of the 2023 hi-res Touring Network for *free*:
www.mediafire.com/file/stxnu6qnn3qstw1/Road+Book+Long+Distance+2023+-+50+pages.pdf/file

-- **Ciclovia.pt** www.ciclovias.pt/?lat=38.73286&lng=-9.14183&z=13&m=d&l=1 is the most detailed map of cycle routes in Lisbon, and also lists cycle routes across Portugal
www.ciclovia.pt/index.html ; **Lisbon Region *Ciclovias*** is the official map but has limited detail (use buttons on the top-left to de-clutter the screen) https://lisboa.city-platform.com/app/?a=redeciclavel ; **Lisbon Bike Map** is very old (2014) https://lisbonbikemap.com

-- ***Eurovelo* route 1**. This long-distance route follows the whole Portuguese coastline. Part of the European strategic *Eurovelo* routes: https://euroveloportugal.com/en

-- **'*Biciparks*' to store your bike.** Lisbon operates a number of secure parking garages, which are free for bicycles: www.emel.pt/pt/mobilidade/mais-mobilidade/biciparks

-- **Bikes on buses and trains.** *CP* and *Fertagus* trains will carry bikes for free (2025 update): https://ecovias.wixsite.com/home/post/bicicleta-comboio-a-combina%C3%A7%C3%A3o-perfeita. *FlixBus*, *Rede-expressos* buses: https://www.flixbus.pt/servico/viagem-bicicleta ; https://rede-expressos.pt/pt/termos-e-condicoes/bagagens ;

-- **'GIRA' city bike-sharing scheme** www.gira-bicicletasdelisboa.pt

-- **'Brava Women's (FLINTA inclusive) Cycling Club'** www.instagram.com/bravacyclingclub

-- '**Girls Ride'** www.instagram.com/girls_ride_pt

-- '**Slowher**' **New** in 2026 regular Women's cycling event/community "Rides, adventures, cakes & coffee": www.instagram.com/slowherwomenscycling

-- '**Lisboa Fancy Women Bike Ride'** (FWBR) this fun event, supporting women's access to cycling, took place in 2022/23/24, but needs new organisers: www.facebook.com/LisboaFWBR

-- '**Cyclo Femina'** "*cycle repair workshop by and for women, trans and non-binary people*". www.instagram.com/ciclofemina

-- **Urban Bicycle Mobility Association** (MUBI). Annual membership (€25) provides Civil Liability and Personal Accident Insurance: https://mubi.pt/ser-associado

-- **Portuguese Federation of Cycle Tourism and Bicycle Users**. Membership (€30) includes Civil Liability and Personal Accident insurance: www.fpcub.pt/seguros

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Lisbon Municipality – the built environment in data and maps

Manuel Banza is a data analyst working with Lisbon municipality/freguesias, universities, etc. His work features projects that explore Lisbon's built environment as a liveable city:-

Lisbon Municipality Heat Map, and accessible Heat Refuges (This maps Lisbon's heat exposure, 'heat islands', tree cover, and neighbourhoods of greatest heat risk/concern)
https://manuelbanza.github.io/refugios-climaticos-lisboa-priorizar ;
https://amensagem.pt/2026/07/03/calor-lisboa-lista-refugios-climaticos

Lisbon Municipality Shade map (easy-to-use interactive map showing how the sun falls on individual Lisbon buildings & streets on any date/time of day)
https://manuelbanza.github.io/Artigos/Refugios_Climaticos/Mapa_Sombra.html#16.5/38.732992/-9.131761

Lisbon Municipality – the 15-minute city (exploring which parts of Lisbon Municipality can reach everything needed for daily life in 15 mins - by foot or bicycle)
https://manuelbanza.github.io/lisboa-cidade-15-mins-versao-2

Global Peace Index 2026. This annual survey from an independent think-tank based in Australia, judges Portugal to be the 7th most peaceful country in the world (122 pages - Scroll to page 12 for the summary).
www.economicsandpeace.org/wp-content/uploads/2026/06/Global-Peace-Index-2026-Report.pdf

Did you know Portugal has a 'Trans' saint?! ***Santa Vilgeforte,*** meaning 'strong virgin', or *Santa Liberata,* (or *Saint Uncumber* in English, meaning 'not oppressed'), was the Christian daughter of a pagan Iberian king who offered her in marriage to another king. The beautiful princess didn't want to marry (because - depending on your perspective - she wanted to be a nun, wanted to resist male power, or because she was a lesbian). The night before the wedding, she prayed asking God to make her unattractive to her fiance, and woke up the next morning with a full beard and mustache! Her fiance refused the marriage, but her father was so angry he ordered her crucifixion - and so *Santa Liberata/ Vilgeforte* was martyred and became the patron saint of unhappily married women.
Art historians have suggested that the story of *Santa Liberata/ Vilgeforte/ Uncumber* comes from paintings and sculptures of Jesus crucified in the eastern style, wearing a long tunic similar to women's clothing. Some early images of Christ crucified are known to have been changed to create *Santa Vilgeforte* with feminine clothes and breasts.
www.publico.pt/1999/02/15/jornal/uma-santa-barbuda-e-portuguesa-129661 ;
https://pt.wikipedia.org/wiki/Vilgeforte ; www.mitologia.pt/santa-vilgeforte-uma-santa-transexual-566396 ; https://books.google.com.bd/books
(She clearly came from a dysfunctonal family - her sister, *Saint Quiteria* was also martyred after refusing to marry. As punishment, her father beheaded her, but according to legend she simply picked up her own head and walked to the nearest church, guided by an angel!
Tough women in that family! 😊).

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Women's groups, organisations, services, etc

Scene venues and online groups (mostly in English), plus local and national women's community groups and organisations (mostly working in Portuguese). There aren't a huge number of queer women's bars, but Lisbon does have a wealth of women's party networks that stage occasional (usually monthly) events at various venues, and plenty of female-led social groups. Read below and follow groups' social media to hear about next events. (For more on Women's Health [general and LGBTQ services] see: **Health and Wellness Services**)

For the full range of social opportunities also see dedicated sections for: **Women's venues/events**, **Community support groups and organisations** ; **Trans/non-Binary Friendly Spaces**, and **Queer & Trans People of Colour (QTPOC)**

You can also use the **search button** at the top of the screen to find info; and you can also use the **tool bar** to move through pages, or to download a full PDF of *'Alex's LONG LIST'*

'Siren Call Lisboa' events calendar and newsletter. **New** in November 2025, a regularly updated calendar of events and a newsletter for 'FLINTA+' people (Female, Lesbian, Intersex, Non-binary, Trans, or Agender / 'WTFNB' [in the USA]) in and around Lisbon! Your go-to for all things on Lisbon's amazing FLINTA+ scene. Includes events calendars for Setubal and Cascais.
https://sirencalllisboa.wordpress.com

Sign-up to their **newsletter**: https://wordpress.us19.list-manage.com/subscribe?u=d988b94f758dd4b7b56e71665&id=f074b6f15e
Follow the **website:** https://sirencalllisboa.wordpress.com
Follow their **Instagram**: www.instagram.com/sirencalllisboa/
To **add events** and news:
https://docs.google.com/forms/d/e/1FAIpQLSdyG2tESFDj4JBdPtwtujFrzoKOuEAxihj9GGfxR8temkr1Qg/viewform ; or email: SirenCallLisboa@gmail.com

Purex Bar (Bairro Alto)**.**
Owned and largely staffed by women, this is a popular mixed LGBTQ bar with free entry to their small dance floor (one of the few places you can dance before 02:00). Gets packed and cheerfully spills into the surrounding streets. (Look out for the plastic cups with vagina graphics and the display case of tiny vagina-shaped jewellery! 😊). (It doesn't have a name sign, but you can't miss the large doors with a woman's face painted on them, just round the corner from Rua da Barroca).
Purex Bar. Rua das Salgadeiras, 28, Bairro Alto. Open Wed-Sat, 22:00-02:00 (03:00 weekends).
www.facebook.com/purexclube ; www.instagram.com/purexclube

Bairrus Bodega (Bairro Alto).
Portuguese wine bar in Bairro Alto, just across the road from Purex. Women owned/run and popular with a queer female crowd. And if you're interested in wine this is a good place to sample and learn from the (mostly female) bar staff.

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Bairrus Bodega, Rua da Barroca, 3, Bairro Alto (It doesn't have a sign with the name on it name, but it is on the corner at number 3 Rua da Barroca). Mon-Sat 19:00 to 02:00 (03:00 weekends). Closed Sundays. (Opening times may not be consistent)
www.facebook.com/profile.php?id=100066808600258

Drama Bar (Intendente/Graca).
Queer bar/restaurant/performance space between Intendente & Graca, with basement performance/dance space. Has had a popular mixed male/female crowd (including events organised by the *Fabulez* crew: www.instagram.com/fabulez.community), with occasional live music events, occasional pop-up dinners, Quiz nights, Cabaret, Karaoke, Drag nights, etc. (There are two other bars in Lisbon called 'Drama Bar' – make sure you have the right address): Rua Damasceno Monteiro 75B, 1170-113, Lisbon. Wed/Thurs/Fri/Sat/Sun (only) 19:00-01:00. https://linktr.ee/needfordrama ; www.instagram.com/dramabar.lisboa ; Join their WhatsApp group here: https://chat.whatsapp.com/Cbg2Z7Z9j8PJSC1GBxs7fn

Azu-les.
'Queer Women's Artistic Safespace' - organises exhibitions, occasional art, photography and DJ workshops, afterwork drinks events, and parties for lesbians and friends. (Several events have recently been staged at *Drama Bar* in Intendente/Graca). Follow social media for updates: www.instagram.com/azules.events

GIRA Collective of Women in Samba.
Since 2021 the all-women *Gira Coletivo* promotes Afro-Brazilian culture and gender equality through samba: "*We seek to break down barriers and gender stereotypes through music, encouraging women in samba. We work for gender equality, for the anti-racist fight, for the celebration of diversity*". Not specifically a queer group but has a committed and energetic queer following at their many live and interactive performances. Follow their social media for latest events. www.instagram.com/gira.coletivo **Respected and Recommended**.

Bailinho Queer. Women-run queer dance classes. Regular *Salsa* and *Bachata* classes at Aconchego House, plus *Forró, Samba & Pagode.* (In Portuguese and English).
"Our dance classes and events are a safe and welcoming space for all dancing bodies at a beautiful little party. Bailinho Queer includes a dance class, and a social dance that everyone can take part in and makes sure no one stands still! You decide how much you want to participate – the most important thing is that everyone is free to explore." See the booking form link on their Instagram page - Spots are limited and get booked-up!
Also organises occasional one-off parties. Various days/locations: follow social media for videos and to stay up-to-date. www.instagram.com/bailinhoqueer

Date Her Lisboa. Monthly speed-dating events for women dating women – in English and Portuguese. Mostly (but not exclusively) popular with women over 30. Monthly events currently 19:00-21:00, at a venue in *Estrella*. Book in advance.
www.instagram.com/date.her.lisboa

Baque Mulher Lisboa.

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Maracatu Afro-Brazilian drum, dance and performance group formed by women. The Lisbon extension of the '*movimentobaquemulherfbv'* from Recife, Brazil, created by @mestrajoanacavalcante. Performing (in Portuguese) and contributing to queer events in Lisbon since 2019. www.instagram.com/baquemulherlisboa ; https://baquemulher.com.br

Queer Women of Lisbon. (in English) is a WhatsApp social group, which is one of ten sub-groups of the 'Queer Lisbon' social network (and associated Meetup group).
"*This is a group for the queer folks in Lisbon who either identify as women or were socialised as women. Let's use this chat for all the topics that might concern all of us and plan some meet ups and events".* Join the 'Queer Lisbon' WhatsApp Community, and gain access to all its sub-groups, at this link (Join the 'Welcome Hug' group first, and make a simple post to show you are not a 'bot', and then you can gain access to all the various sub-groups):
https://chat.whatsapp.com/DSNcgO9SRiQ9bTs03BcAef
(The main 'Queer Lisbon' WhatsApp group is also very active, mixed-sex and has several other sub-groups)

Libida ('Rave Girly').
Occasional (not frequent) queer rave parties curated by @jennifercardini. Not exclusively women's events, but driven, organised and powered by women for cool people to enjoy, at various venues (occasionally in Porto). "*LIBIDA is interested in having a strong female presence on the dance floor. Let's go lesbians*!" www.instagram.com/libida.pt

Goddess Events.
This party network is exclusively for women and explicitly "*LGBTQ+ friendly"*, organising occasional party nights at various venues. Run by women (production, bar, security, DJs, etc) and with a strong Black presence, "*creating space where you can be yourself in a judgment-free zone, welcoming women from all walks of life. Break free, dance and celebrate the power of womanhood. Crafted by women, for women. Unleash your inner goddess*!". Summer beach parties were a huge hit in 2025. https://shotgun.live/venues/goddess-eventss ; www.instagram.com/goddess.fest ; https://linktr.ee/goddessfest ; goddesspartypt@gmail.com

Velvet Salon.
Sex-positive events for women, non-binary & trans people to connect in Lisbon to explore & connect in transfeminist & sex-positive events for sapphic-centred, play-parties. Events sometimes have a mandatory dress code: Black/Leather/Alternative. Book online in advance. €15.00. "*Please fill the online form & send this link to friends who are joining you*". www.instagram.com/xvelvetsalonx ; velvetxsalon@gmail.com

VELCRO (Graca). *Velcro* and *L'Ape* restaurant seem to have been very quiet for a while now, so I fear they may have stopped organising new events ☹
Velcro is an occasional '*lesboqueernbtransfemme'* event run by women from L'Ape Italian restaurant in Graca - "*Resistência e celebração transfeminista*"! Parties start early (around 7pm) at their *L'Ape Boteco* party venue. Follow their Instagram for updates on these occasional events. www.instagram.com/velcro_lx ; www.facebook.com/LApe.Boteco.Italiano

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Fabulez Events. (Due to life circumstances, from **Nov 2025** *FabuLez* is taking a break from events – We hope they recover well and are back in fine form as soon as possible. x)
Fabulez Events is a "*community of queer women who create fun, safe, and meaningful events … for girls and theys"*. Occasional events have so far included club nights, a murder mystery dinner, rock-climbing, speed-dating, friend-dating, dressing-up events, movie screenings, beach days, afternoon coffee raves, drag king events, open-mic nights, etc, etc at various venues. Follow online for updates about next events/venues.
www.instagram.com/fabulez.community

Wave Siblings (AKA 'Wave Sisters'). **New** in 2026. Queer Surf + Yoga camps for FLINTA people in Costa da Caparica, from April to October. (in English, German & Portuguese). ('FLINTA' = Female, Lesbian, Intersex, Non-binary, Trans, or Agender / 'WTFNB' in the USA).
https://wavesiblings.com/queer-surfcamp-portugal ; www.instagram.com/wave_siblings ; (https://wavesisters.com)

Clube Safo.
The main national association supporting and defending the rights of lesbians in Portugal. *Clube Safo* runs social and cultural events/groups (including an improv theatre group), and has an annual camping event. Publishes a popular newsletter online (in Portuguese) twice a year https://clubesafo.pt/zona-livre. https://clubesafo.pt/eventos ; www.facebook.com/ClubeSafo ; www.instagram.com/clube_safo ; geral@clubesafo.pt

House of Fonix. **New** in April 2026. Lisbon's new Drag King Collective.
www.instagram.com/houseoffonix

Escola de Mulheres Women's theatre company and workshop (in Portuguese), created in 1995 to prioritize women's creation and work in theatre and to promote and disseminate a new dramaturgy with feminine themes and writing**.**
www.escolademulheres.com ; www.facebook.com/escolademulheres.oficina ; www.instagram.com/escolademulheres1995/

Picnic Bookclub. (in Portuguese). Clube de leitura feminista no Porto.
www.instagram.com/picnicbookclub ;

Sapphadas Podcast. **New** in April 2026.
Bilingual (EN/PT) podcast on lesbian/queer pop culture, interviews & herstory.
Sapphic bffs Daniela (Dani), a journalist born in Toronto, and Raquel (Rae), born in Madeira and studied English Lit' in Lisbon, met in 2018 at the *ILGA Centro LGBTI*. Now they've turned their friendship into a podcast. Episodes are released at the end of each month.
Listen on Spotify: https://open.spotify.com/episode/39UaqxdY4XFm27LL42bmkh
www.instagram.com/sapphadas.podcast ; www.tiktok.com/@sapphadas.podcast

ILGA Portugal - is the largest LGBTQ community organisation in Portugal and hosts the '*Centro LGBT'* (LGBT Centre), offering activities/events, and the following support groups (below) with regular meetings (In Portuguese). Rua dos Fanqueiros, 38, 3rd Left, 1100-231, Lisbon.

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New in February 2025 - ILGA launched popular 'English Evenings – Mix & Mingle' "…*in consideration of the many non-Portuguese-speaking members of our LGBTI+ community*".
www.ilga-portugal.pt ; www.facebook.com/CentroLGBTI

Centro LGBT programme - https://ilga-portugal.pt/centro-lgbti/programacao

The Support and Sharing Group for Lesbian or Bisexual Women (online and in-person) is a safe space where women can express and share life experiences, feelings, doubts or questions in a confidential way, creating more self-knowledge and personal growth. https://ilga-portugal.pt/grupos-apoio-partilha

Rainbow Families. The '*Arco-Íris Family Group'* is aimed at all LGBTI+ parents and people who have children and young people, or who want to start their parenting project. They meet monthly for activities aimed at children and young people to share experiences. www.ilga-portugal.pt/centro-lgbti/programacao/familias-arco-iris-4

LGBTQ+ Rainbow Families & Kids Portugal
Facebook group for LGBTQ+ youth and allies in Portugal. (In English and Portuguese)
www.facebook.com/groups/261633645765202

Lisbon Temple Nights - Temple Night of Queer & Femme. A major rethink and change in structure was announced in July 2026, but we wait to hear more detail.
Portugal's first conscious pleasure positive studio requires sign-up on the platform and membership (€10/month). Various events are organised for different demographics, including the *Temple Night of Queer & Femme "specifically for queer femmes, women (trans women are women, so yes you are welcome here, babe) and non-binary AFAB's (assigned female at birth). This is for you whether you are rooted in your queerness or on a (new) journey of exploring your sexuality"* Central Lisbon venue. https://msha.ke/lisbontemplenights ; www.instagram.com/lisbontemplenights ; https://linktr.ee/pleasurepositivelisbon ; https://t.me/+koX05zc2b8gwNTc6 ; www.lisbontemplenights.com/touchliteracy

The Joy Spot. (in Portuguese) The Joy Spot was created as a beautiful, safe, and judgment-free space where women's pleasure is treated with the naturalness, lightness, and respect it deserves. Here, each person can explore their relationship with their body, sexuality, and well-being at their own pace and without judgment. Not a specifically queer organisation, but welcoming and has queer focussed events.
www.thejoyspot.co/sobrenos ; www.facebook.com/the.joyspot.co ; www.instagram.com/the.joyspot

Rede ex-aequo is the national youth social support network association of younger lesbian, gay, bisexual, trans, intersex 16 to 30**,** with branches across Portugal. Social events, support groups, summer camps, etc.
www.rea.pt ; www.facebook.com/redeexaequo ; www.instagram.com/redeexaequo

Lisbon *Grrrls* Roller Derby.
Not a totally queer group – but with a strong queer presence and explicitly queer-welcoming (in English and Portuguese). New members are welcome at all levels, from total beginner

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onwards. Since their launch in 2013 *Lisbon Grrrls Roller Derby* have become famous for their feisty and competitive approach. They meet Tues, Thurs and Sundays in Benfica.
https://lisbongrrrlsrollerderby.com ; www.facebook.com/LisbonGrrrlsRollerDerby ; www.instagram.com/lisbongrrrlsrollerderby

'Bi Mosaic' - Bisexual Events Lisbon. **New in Feb 2025** - Lisbon community events with female organisers for the bisexual and bi-curious.

PEACH is their bi-monthly party for bisexuals by bisexuals. "*It's sex-positive, but it's not a sex party. It's about bringing bisexuals together for connection, shared experiences and identity exploration, and gives a platform to bi+ artists!*".
EDEN events require prior on-line registration, and are a "*sex-positive dance party for bisexuals, where desire blooms, music flows, and pleasure awaits … a celebration of bisexuality in all its forms, open to bisexuals of all genders. Whether you're here to dance, connect, or explore, EDEN is a space where your desires and identities are celebrated*".
www.instagram.com/bi.mosaic

Women's cycling groups in Lisbon. Despite the challenges of cycling in Lisbon (steep hills, cobbled roads, crazy drivers, etc) there are a number of popular cycle groups supporting women's cycling with a variety of social rides and more demanding events:
'Slowher' **New** in 2026 regular Women's cycling event/community "*Rides, adventures, cakes & coffee*": www.instagram.com/slowherwomenscycling
'Brava Women's (FLINTA inclusive) Cycling Club' www.instagram.com/bravacyclingclub
'Girls Ride' www.instagram.com/girls_ride_pt
'Lisboa Fancy Women Bike Ride' (FWBR). This fun event supporting women's access to cycling, took place in 2022/23/24, but needs new organisers: www.facebook.com/LisboaFWBR
'Cyclo Femina' "*cycle repair workshop by and for women, trans and non-binary people".*
www.instagram.com/ciclofemina

For general info on cycling in Lisbon (maps, routes, guide books, etc) also see **'Cycling in Lisbon/Portugal'** in the section **Getting to Know Portugal**.

Arquivo Sáfico - Lésbicas, Bissexuais e Companhia (in Portuguese)
Exploration, information, culture, news and ideas about Sapphic experience in Portugal.
https://arquivosafico.wixsite.com/blog/mais ; https://arquivo-lesbico.blogspot.com ; www.facebook.com/arquivosafico ; www.instagram.com/arquivosafico

Sáficas Madeira. **New** in Nov 2025. A community for LGBTQIA+ women and non-binary people in Madeira. (In English and Portuguese). "*We're on a mission to create the best community for lesbian/ bisexual/ pansexual/ queer women and non-binary people on Madeira and we need your help! Fill out the questionnaire"* (below).
www.instagram.com/saficas.madeira ;
https://tally.so/r/VLE6Ky?utm_source=ig&utm_medium=social&utm_content=link_in_bio&fbclid=PAZXh0bgNhZW0CMTEAc3J0YwZhcHBfaWQMMjU2MjgxMDQwNTU4AAGnrU_eufWsy9sX7Dtmw_B_p6NToaG3PHvIsVRFRvxbmKMmEZT97bxeMcMT7ro_aem_GvhWZf5Q48y6hQ_RfZQ3pw

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queernicportugal Porto. **New** in June 2025. Female led, queer summer picnics. **"**Queer vibes + great company. Monthly meetups. Come as you are".
www.instagram.com/queernicportugal ; https://linktr.ee/queernicportugal

The Hive - is a queer feminist community health project (in Portuguese and English) for people who identify as FLINTA (Female, Lesbian, Intersex, Non-binary, Trans, or Agender / 'WTFNB'), with a wide range of events and projects including health workshops, beach days, picnics, yoga and meditation events, co-working days, book and conversation events, and social events.

Also specifically supports people with chronic conditions including, but not limited to; PTSD, neuro-diversities, autoimmune conditions, eating disorders, anxiety and depression. "*Together we create safe spaces, lift each other's capacities and quality of life, thereby improving our communities*".

www.facebook.com/The.HealingHivePage ; www.instagram.com/the.community.hive

Porto Femme. **New** in 2025. Annual international women's film festival.
https://portofemme.com/sobre-nos ; www.instagram.com/portofemme ; www.facebook.com/portofemme

Meetup groups – Various Meetup groups organise occasional LGBTQ mixed-sex and women-only events. Join individual groups on www.Meetup.com for latest events and plans.

New in January 2025. **Queer Womxn Collective**. A welcoming space to connect, create meaningful relationships, share experiences, grow together and find joy. *"If you're a queer womxn looking to meet like-minded individuals and be part of a supportive collective, you're welcome to join us!"*
www.meetup.com/queer-womxn-collective

The following Lisbon Meetup groups have female co-organisers and have prioritised events for LBTQ women:
Lisbon Cascais LGBTQ Meetup: www.meetup.com/lisbonlgbtqgroup ; also has a WhatsApp group 'Portugal LGBTQ women community' "*for Ladies, Trans and Non-binary people*", which you can join directly: https://chat.whatsapp.com/GayaodoE6D9CgvGEhVz0Iv
Queer Lisbon: www.meetup.com/queer-lisbon (The 'Queer Lisbon' Meetup also has a very active and sociable WhatsApp group for informal/casual get-togethers and info-sharing, plus several sub-groups for women, FLINTA communities, and special interests – You can join the WhatsApp group directly at this link, and then navigate to the various sub-groups: https://chat.whatsapp.com/DSNcgO9SRiQ9bTs03BcAef)
***Saficas Madeira*: Queer women and non-binary people in Madeira**.
www.meetup.com/queer-women-non-binary-people-community-in-madeira/
LGBTQ Hiking Portugal: www.meetup.com/lisbon-hikinggays This group was once very active but needs new organsiers – Coud that be you?

Facebook groups for (queer) women – all these Facebook groups organise occasional social and support events in Lisbon / Portugal:

Queer Women and Friends in Portugal - a community for queer women and LGBTQIA+ non-cis female friends and allies to gather.
www.facebook.com/groups/queerwomeninportugal
Ladies Expats Lisbon - is a women-only friendship page with over 6,000 members.

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www.facebook.com/groups/LadiesExpatsLisbon
Portugal LGBTQ Women (PLW) - queer & non-binary women's group for meeting friends and creating community. www.facebook.com/groups/portugallgbtqwomen
New in November 2024 Now also has a WhatsApp group, which you can join directly: https://chat.whatsapp.com/GayaodoE6D9CgvGEhVz0Iv
Lesbicas em Portugal (in Portuguese). www.facebook.com/groups/272989776893825
Lisbon Expat Girls www.facebook.com/groups/lisbonexpatgirls
Women of Lisbon www.facebook.com/groups/905583376472304/
Happy in Lisbon - Expats Ladies & Local Sisters
www.facebook.com/groups/happyinlisbon

Women's (sexual and reproductive) health

(Also see the chapter: 'Health and Wellness Services - men's and women's health services')

***'Les+Saúde'* 'Access to Health' booklets** (in Portuguese)
The three *'Les+Saúde'* booklets: *'SAÚDE SEXUAL', '*MATERNIDADE' and *'ACESSO À SAÚDE* were developed (in Portuguese) by national lesbian social support organisation *Clube Safo* and clinical psychologist Sara Cristina Zeferino. The free booklets were financed by the Commission for Citizenship and Gender Equality (CIG) and are available to read online or download as PDFs:

'Les+Saúde: SAÚDE SEXUAL'
https://clubesafo.pt/site/assets/files/1787/les_saude_brochura_sexualidade_1_1.pdf
'Les+Saúde: MATERNIDADE'
https://clubesafo.pt/site/assets/files/1853/les_saude_brochura_acessoasaude-online.pdf
'Les+Saúde: ACESSO À SAÚDE (Access to Health)
https://clubesafo.pt/wp-content/uploads/2024/11/les_saude_brochura_acessoasaude-online.pdf

Saúde Sexual LGBTQIA+ is a project from Adriana, a healthcare professional, researcher and medical student completing her PhD at Uni of Lisbon. Among her several projects is a list of named gynaecologists, family doctors (GPs), endocrinologists, psychologists, infectologists and proctologists, that are known be respectful and knowledgeable in the care and support of LBTQIA+ (and non-monogamous) people. Most doctors/services are in Lisbon and Porto, but other regional cities are included. (If you know someone that should be added to this list, please contact Adriana directly via Instagram).
(Adriana also helps convene LGBTQ social activities in the small regional city of *Covilha*).
Follow on Instagram www.instagram.com/saudesexuallgbtqi , and see the updated Googledocs list of medical professionals here: **Respected and Recommended.**
https://docs.google.com/spreadsheets/d/1nr1gGx3ZCCkMquXrT9HiROELPuL2-STuRsMlSqU5eWQ/edit?gid=1446884994#gid=1446884994

Expatia (a commercial service in English) maintains a regularly updated information page on women's general healthcare in Portugal, and another on women's sexual and reproductive health:
www.expatica.com/pt/healthcare/womens-health/womens-healthcare-portugal-102895

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www.expatica.com/pt/healthcare/healthcare-services/sexual-health-portugal-105530

OMGYNO (an international commercial service – in English, Portuguese, French, Greek, Italian, Spanish) provides women's health services. OMGYNO won a recognition award from the local gay press when it opened in Portugal in 2022. www.omgyno.com

For more on LGBTQ and general health services in Portugal see the chapter: 'Health and Wellness Services - men's and women's health services')

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Trans/Non-binary friendly spaces in Lisbon

See also: **Community support groups and organisations** for Trans social support, information and networking events for Trans/Non-binary communities.

Siren Call Lisboa. **New** in November 2025 a regularly updated calendar of events and a newsletter for 'FLINTA+' people (Female, Lesbian, Intersex, Non-binary, Trans, or Agender / [Sometimes called '*WTFNB*' in the USA]) in and around Lisbon! Your go-to for all things on Lisbon's amazing FLINTA+ scene. Includes events calendars for Setubal and Cascais. :
https://sirencalllisboa.wordpress.com

Sign-up to their **newsletter**: https://wordpress.us19.list-manage.com/subscribe?u=d988b94f758dd4b7b56e71665&id=f074b6f15e
Follow the **website:** https://sirencalllisboa.wordpress.com
Follow their **Instagram**: www.instagram.com/sirencalllisboa/
To **add events** and news:
https://docs.google.com/forms/d/e/1FAIpQLSdyG2tESFDj4JBdPtwtujFrzoKOuEAxihj9GGfxR8temkr1Qg/viewform ; or email: SirenCallLisboa@gmail.com

Damas. (Graca)
Bar, casual restaurant and live music venue. Located between *Alfama* and *Graca*, this popular space has a fun and affordable restaurant/bar, and an event space for dance nights and live shows. Not specifically an LGBTQ space, this is nevertheless popular with a very mixed queer crowd where Trans and gender non-conformity is fully embraced by both staff and customers.
Damas. Rua da Voz do Operário, 60, Graca, Lisbon. Open various hours between 12:30 and 04:00 depending on the day of the week. See online for details of events.
www.facebook.com/DAMASLISBOA ; www.instagram.com/damas.lisboa

Purex. (Bairro Alto)
Owned and largely staffed by women, this is a popular mixed LGBTQ bar with a small dance floor and a diverse queer crowd. One of the few regular places where you can dance before 02:00. Gets packed and cheerfully spills into the surrounding streets.
Purex, Rua das Salgadeiras, 28, Bairro Alto. Wed, Thurs, Fri, Sat 22:00-02:00 (03:00 weekends/holidays). www.facebook.com/purexclube

Drama Bar (Intendente/Graca).
Queer bar/performance space in Intendente/Graca, with a large basement space for dancing and events. Popular with a mixed gender/non-binary crowd, with (early) live music and/or dance nights on Fri & Sat, and occasional drag shows, dinners, film nights, performances, drag bingo, etc in the basement. *"For all our events with tickets: 50% off for the Trans community. Ask for the code by DM on Instagram".*
(**Note**: There are two other bars in Lisbon called 'Drama Bar' – make sure you have the right address).
Rua Damasceno Monteiro 75B, 1170-113 Lisbon. Wed/Thurs/Fri/Sat/Sun (only) 19:00-01:00.
https://linktr.ee/needfordrama ; www.instagram.com/dramabar.lisboa ; Join their WhatsApp group here: https://chat.whatsapp.com/Cbg2Z7Z9j8PJSC1GBxs7fn

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LUX (AKA 'Lux/Fragil') (Metro: *Santa Apolonia*).
Lisbon's smartest and most glamorous nightclub, with international DJs, roof-top, river-side views, etc. Not specifically a queer venue, but a popular hangout for stylish gays and "*the posh Dolls*". This is a place to dress up, spot celebrities, and throw yourself in front of paparazzi cameras.
Avenida Infanta Dom Henrique, Cais da Pedra, Armazém 'A', 1950-376, Lisboa (on the riverside, near *Santa Apolonia* railway station). **Bar**: 22:00 to 06:00, closed on Sunday and Monday. **Club**: Thursday to Saturday from 24:00 to 06:00. www.luxfragil.com

LUX is the home of **Exotica**. a queer-oriented, artist-led residency at *Lux Frágil* every two months: "a*n experimental, community-driven club and rave club night where music meets other art forms, where community shapes the experience, and where the dancefloor becomes a collective space… EXOTIKA is a space for collaboration, craft, and culture… An arena of queer creativity, profoundly rare, notably different.*
www.instagram.com/exotika.official ; https://exotika.club/pages/community ; https://fuckingyoung.es/marking-one-year-of-exotika-a-conversation-with-founder-meibi

***Casa Independente*.** (Anjos/Intendente)
A charismatic multidisciplinary space and bar, with a diverse program including club nights, concerts, exhibitions and art residencies, with Trans/non-Binary management and staff, and which explicitly describes itself as an "*Independent and transdisciplinary space*".
Largo do Intendente Pina Manique, 45, 1100-285 Lisboa.
https://casaindependente.com ; www.facebook.com/CasaIndependente ; www.instagram.com/casa_independente ;

Outra Cena ('Another Scene'). (Marvila)
Industrial techno vibes in an old factory a few kms from the city centre (imagine a reduced version of Berlin's *Berghain*), *Outra Cena* is one of Lisbon's most divisive clubs – it's either the most *inclusive* space (Trans-welcoming, no cameras allowed), or it's the most *exclusive* (getting in is a gamble based on the arbitrary decision of the door staff). Not my scene, but I'm told it is a popular hangout for a whole network of club-oriented Dolls.
(For occasional guest-list free entry for Trans people, send an Instagram DM to @outracena_lisboa or @emmxiss).
8 Marvila. Infante D. Henrique Avenue. 1950-021, Lisbon. Fri-Sat: 01:00-06:00
www.instagram.com/outracena_lisboa/reels/?hl=en

SaunApolo56 (Marquês de Pombal).
LGBT-friendly sauna club for a liberal mixed clientele. Run by Kiki Pais de Sousa, who is proud to be transgender. Kiki opened SaunApolo56 in 2011 as a diverse space where transsexuals, gays, lesbians and swingers are all welcome in a place dedicated to well-being, pleasure and relaxation. Mon-Fri 14:00-03:00, Sat-Sunday 14:00-03:00. Admission: 40€.
Rua Luciano Cordeiro, 56 A, near Marquês de Pombal.
www.saunapolo56.pt

Lisbon Temple Nights / Temple Night of Queer & Femme. A major rethink and change in structure was announced in July 2026, but we wait to hear more detail.

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A conscious pleasure positive studio that requires sign-up on the web platform and membership (10€/month). Central Lisbon venue. Various events are organised for different demographics, including the 'Temple Night of Queer & Femme': "*specifically for queer femmes, women (trans women are women, so yes you are welcome here, babe) and non-binary AFAB's (assigned female at birth). This is for you whether you are rooted in your queerness or on a (new) journey of exploring your sexuality*".
https://msha.ke/lisbontemplenights ; www.instagram.com/lisbontemplenights ; https://linktr.ee/pleasurepositivelisbon ; https://t.me/+koX05zc2b8gwNTc6 ; www.lisbontemplenights.com/touchliteracy

Quee(r)n Moustache (AKA '*Queen Moustache'* and '*Queer Moustache'*) .
Is a queer party for all genders that erupts at varied venues, making the dance floor a body-positive safe space for fun and healing. Follow their Instagram for updates about latest event/venue. Resident DJs: *AZM, Kemetic,* plus queens *Mary Poppers* and *Kiki.*
"It's house! it's sweaty! it's disco! It's Italo! Here and queer! out and loud!"
www.instagram.com/queenmoustache.lx .
Join their WhatsApp group for updates: https://chat.whatsapp.com/FKamoFC8gtS30CJtZwMPog .
(Organisers state that people who can't afford a ticket should send a DM via their Instagram page).

Curvy Curvs. *"Curv Your Enthusiasm - queer oriented, body-positive, sex-positive. House / Disco / Curvy beats".* Grass roots dance party that moves around various venues for occasional dance events. Curvy Curvs embraces and celebrates everyone: "*If you are Trans and/or POC and/or fat person on a limited budget, you can add your name to the guest list. This list is important because CURVS doesn't exist without Trans, POC & fat bodies*". Follow social media for updates on latest events.
(**Note:** Curvy Curvs was regularly hosted at the *Planeta Manas* venue, but *Planeta Manas* sadly closed in July 2025☹. Follow social media to see where **Curvy Curvs** relocates to/pops up at). www.linktr.ee/curvycurvs ; www.instagram.com/curvycurvs

New in 2026. After several years in Spain, the '*Euforia'* Trans/non-Binary film festival arrived in Portugal in March 2026. Fingers crossed they will be back next year.
https://docs.google.com/forms/d/e/1FAIpQLSdR86eCiQyBx7a8HsiqfKJ34VtmVthc-qHWJBcru5irD_xT6A/viewform
www.instagram.com/festival_euforia ; www.facebook.com/euphoriathemovie

Colombina Clandestina.
Independent, feminist and queer art/activist collective who create epic participatory Carnival performances. They have a strong Trans/non-binary presence, perform at popular Lisbon festivals, and are part of the organizing committee for the Lisbon LGBTQIAP+ Pride March. Follow both their two Instagram accounts to keep up with their various occasional classes and 'bailedacolombina' party events.
Colombina Clandestina run workshops in Singing /backing vocals, Percussion, and Instruments (wind/brass), called 'Disobedient Bodies - Street Artistic Practices'. (Website, workshops and events in English and Portuguese). At their occasional ticketed events, admission is free for trans and non-binary people on low incomes if you send your name in advance (see website).
www.colombinaclandestina.com ; www.facebook.com/ColombinaClandestina ;

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www.instagram.com/colombinaclandestina ; www.instagram.com/bailedacolombina ; alocomunidade@colombinaclandestina.com

The Hive
A queer feminist community social health project (in Portuguese and English) with a wide range of events and projects including health workshops, beach days, picnics, yoga and meditation events, co-working days, book and conversation events, and social events for people who identify within the FLINTA spectrum (Female, Lesbian, Intersex, Non-binary, Trans, Agender / 'WTFNB').
Also specifically supports people with chronic conditions including but not limited to; PTSD, neuro-diversities, autoimmune conditions, eating disorders, anxiety and depression.
"*Together we create safe spaces, lift each other's capacities and quality of life, thereby improving our communities*".
www.facebook.com/The.HealingHivePage ; www.instagram.com/the.community.hive

Matchbox CrossFit.
Busy commercial *CrossFit* gym that is popular with the whole LGBTQ spectrum**.**
Matchbox CrossFit. Rua Dom Luís de Noronha 25, 1050-099, Lisbon. (Metro: *Praca de Espanha*). www.facebook.com/matchboxcrossfit ; www.instagram.com/matchboxcrossfit

VELCRO (Graca). Velcro and L'Ape restaurant seem not to have been active for quite a while ☹ Velcro is an occasional '*lesboqueernbtransfemme'* event run by women from L'Ape Italian restaurant in Graca - "*Resistência e celebração transfeminista!"* Parties start early (around 7pm) in their *L'Ape Boteco* party venue a few times a year. Follow their Instagram for updates on these occasional events. www.instagram.com/velcro_lx ; www.facebook.com/LApe.Boteco.Italiano

GAT Intendente.
GAT Intendente is the community-based health centre staffed by and supporting Trans/non-binary people. Serving Trans/non-binary people, sex workers (and their clients), people in migration situations, people with HIV, and people who are currently homeless. Services include Rapid, anonymous and free peer-to-peer screening for HIV, syphilis, and hepatitis; Free medical screening for other STIs; Peer-counselling; PrEP (pre-exposure prophylaxis) counselling for people interested in or already using PrEP; Vaccines and injectable antibiotics; Free condoms and lubricant; Referral (with optional follow-up) to the National Health Service for people who started treatments in another country; Outreach to apartments in Lisbon. Weekdays from 13:00 to 20:00 (booking required).
GAT Intendente. Rua Antero de Quental, 8A, 1150-043, Lisbon. (Metro - Intendente).
+351 919 613 092 (incl. WhatsApp) ; www.gatportugal.org/servicos/gat-intendente_3 ; www.facebook.com/gat.intendente ; espaco.intendente@gatportugal.org

Trans Men Store. *"The first online store aimed at trans men in Portugal!"*
https://transmenstore.com/pt/loja ; www.instagram.com/transmenstore ; www.facebook.com/transmenstore ; vendas@transmenstore.com

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Quouch (Queer couch-surfing). This is an international community project connecting queer travellers and residents. There's a focus on finding accommodation, but also on making friends and hanging out. www.quouch-app.com

Also see**:** **Community support groups and organisations** (further below) for Trans social support and occasional networking events for Trans communities.

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Queer & Trans People of Colour (QTPOC) – venues, social groups, and events in Lisbon.

This is a list of social groups/events, venues and tours that explicitly embrace, or are promoted by/to Queer/Trans People of Colour. Some of these groups are relatively new so it's best to check online that they are currently active. I have reached out to all these groups/organisations for their input. If you have any ideas, amendments, corrections, or suggestions for other content please let me know at: AlexLisbonTours@gmail.com .

For online groups addressing the needs and interests of non-hetero / Gay / LGBTQ people in Lisbon/Portugal from **South Asian communities**, please see '**Information and social networks in Lisbon/Portugal for LGBTQ people from South Asia'.**

For the full range of social opportunities also see dedicated sections for: **Women's Groups, Organisations and Services**, **Community support groups and organisations**, and **Trans/non-Binary Friendly Spaces**

'A Queer Collective Introduction in Lisbon'. 2023 article in the international ***Guap Magazine***, interviewing Lisbon's queer pace-setters, contributors and forerunners who give insights into Lisbon's queer Black creative scene. "*From fashion, music and art, this Portuguese city is full of curators of culture who are setting this scene's pace*"
https://guap.co/a-queer-collective-introduction-in-lisboa

Dengo Club.
Dengo Club is a Black Queer owned dance night and platform showcasing black queer upcoming afro Latin culture in Europe. Based in Lisbon, Dengo Club started in 2021, founded by Saint Caboclo. http://dengoclub.pt ; https://shotgun.live/venues/dengo-club ; www.instagram.com/dengoclub

Ballroom – '*And the Category is… in Portugal*'
There is a dynamic Ballroom scene in Portugal, with Balls and After Parties in Lisbon and Porto, and judges/performances appearing from houses across Europe www.facebook.com/groups/185231548339874. Balls, workshops, sharing sessions, classes and informal events erupt throughout the year so follow social media to keep up to speed. www.instagram.com/lxballroom ; www.instagram.com/vogue.ptchapter .

Bodega Portugal - Elite House of Bodega.
The Portuguese chapter of @kikihouseofbodega, the *Elite House of Bodega*: *"the up & coming legendary Kiki house that was built on family and our love for Ballroom. Constantly building and growing worldwide Ballroom".*
www.instagram.com/bodega.portugal

House of Revlon Portugal - The Iconic House of Revlon.
Nala Revlon www.instagram.com/nala.revlon is Mother of the *Houseofrevlonportugal* - and runs dance classes (*Vogue Femme Class & Cultural Sharing*) in *Porto/Vila Nova de Gaia*, and organises the ***Pump da Beat*** party.

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www.instagram.com/houseofrevlonportugal ;
www.instagram.com/pumpthebeatparty

Brasa. Bundaembrasa (Porto). A queer 'ballroom' style event that erupts approx. once a month at different venues in the city (sometimes at MAUS HÁBITOS). Queer, fashion, catwalk, in-your-face, sexy, strong Brazilian influence "*TRANS LIST: Send a DM to @bundaembrasa with name and guarantee your free entry*". Follow social media for updates. www.instagram.com/bundaembrasa

The Gorgeous House of Gucci: European Chapter 'A House Should Be A Home'. @legendarygorgeousgucci

www.instagram.com/houseofgg.europe

The Blacker the Berry.
Operating between Lisbon and Leeds (UK) since 2021, this Black-led creative collective has been championing Black LGBTI artists from across the diaspora, Africa, the Caribbean, Latin and South America. The collective hosts exhibitions, club nights, workshops and talks, and has a zine where emerging Black talent can showcase artwork.
www.instagram.com/theblackertheberryproject

Goddess Events. This party network is exclusively for women is explicitly "*LGBTQ+ friendly*", and has a strong Black presence, organising occasional party nights at various venues. Run by women (production, bar, security, DJs, etc) "*creating space where you can be yourself in a judgment-free zone, welcoming women from all walks of life. Break free, dance and celebrate the power of womanhood. Crafted by women, for women. Unleash your inner goddess*!". Summer beach parties were a hit in 2025. https://shotgun.live/venues/goddess-eventss ; www.instagram.com/goddess.fest ; https://linktr.ee/goddessfest ; goddesspartypt@gmail.com

Latineo Intenso. Drag Latin party in Lisbon, hosted by @affrika_ & @lazzarka
"Get ready to sweat, twerk without fear, and set the dance floor on fire with classic reggaeton, the freshest beats, and our signature Latin sounds fused with a touch of disco and house"
www.instagram.com/latineo_intenso?igsh=eWpncjV4NjY5bGlj

The Support and Sharing Group for Black LGBTI People, ('*Grupo de pessoas negras LGBTI*') from ILGA – this group briefly flourished with monthly on-line meetings, but is currently suspended and is currently looking for volunteers…
https://ilga-portugal.pt/centro-lgbti/programacao/grupo-de-pessoas-negras-lgbti

Afrontosas – '*we are the impossible dreams of our ancestry*'.
Afrontosas is a cultural association aiming to promote Queer blackness in Portugal and Lusophone communities. "*Afrontosas aims to encourage, promote and disseminate the artistic and educational production of black/racialized Cuír artists to create intersectional spaces for debate and dialogue between cultural agents at national and international levels*".
https://afrontosas.pt/sobre ; afrontosas.pt@gmail.com

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Black Queers of Portugal. Facebook group (in English), since August 2021.
"*We started thias a way for BLACK QUEERS living in or blaxiting to Portugal to find community. We are gay, sugar in the tank, and Black as hell at the same time! We deserve a space of our own. Here, we hope you will find community among other black queers also looking to leave the US, natives of Portugal, or others who are already settled*".
www.facebook.com/groups/1492915234376246

Black Pride Matters. Pride is Black, from Edge to Core.
New in May 2025. "*Summer is on its way (and so are we), and this year, alongside the second edition of 'Black Pride Matters' scheduled for early July, we're also hosting a series of activations in the capital in collaboration with other collectives and spaces. An exhibition in the city center to a roda de samba with Coletivo Gira in Marvila, 'Black Boys Look Blue' national soft launch, a poetry and conversation circle led by Círculo Poémia*."
www.instagram.com/portugalblackpride

BIPOC Deviants Lisboa. New in May 2025.
"*A brand new BIPOC event group for all BIPOC DEVIANTS queer / trans / kinky / nonmonogamous*". Film nights, beach days, hiking events, picnics, club nights, Xmas market, and more. www.instagram.com/p/DQ7qv2wDONA/?img_index=1 ; (find their Telegram group via their Instagram page).

Casa do Brasil de Lisboa (CBL) (Bairro Alto).
CBL is an association of immigrants, organised by Brazilians in Portugal and is open to all nationalities. Supporting integration, activism and culture in Lisbon. Actively embraces LGBTQ communities and activities.
Services are offered in an 'open house' format, without appointments, on a first-come, first-served basis - Monday to Friday, 11:00-13:00 and 14:00-17:00. Services are also provided at Cascais Citizen's Shop (*Loja da Cidadao*) on Tuesdays - goe.cascais@casadobrasildelisboa.pt. Rua Luz Soriano, 42. 1200-248. Bairro Alto, Lisbon.
https://casadobrasildelisboa.pt ; www.instagram.com/casadobrasildelisboa ; www.facebook.com/casadobrasildelisboa

Queer Tropical (This group was very active around the time of the 2018 Brazilian elections but is now more focussed on inclusion at Pride events across Portugal). Queer Tropical assists the LGBTQI+ community, especially people in situations of violence, who need information about the processes to move from Brazil to Portugal, and provides support to Brazilian LGBTQI+ people in Portugal. *"Queer Tropical is an LGBTQI+ feminist and anti-racist association. We fight to build a fair society, based on democratic values and equity among all people*". Queer Tropical has members and activities in *Aveiro, Braga, Lisbon* and *Porto*.
www.queertropical.org ; https://linktr.ee/queertropical ; www.instagram.com/queertropical ; https://linktr.ee/queertropical

DJASS – *Associação de Afrodescendentes* (Not specifically LGBTQ content, but DJASS is queer-embracing and is part of the organising committee of the Lisbon Pride March).
DJASS is an anti-racist association that fights for the rights of Africans and people of African descent in Portugal.

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www.facebook.com/associacao.djass ; www.instagram.com/djass_associacao ; https://djass.pt .

Bantumen - Lusophone Black culture. (Not specifically LGBTQ content).
Bantumen is an online magazine, focusing on Portuguese-language Black culture.
https://bantumen.com/about-us ; www.facebook.com/BANTUMEN ; www.instagram.com/bantu_men

Bantu Loja (Not specifically LGBTQ content). *Bantu Loja* is an online bookshop of Black Portuguese-language literature. From the **Bantumen** online magazine.
www.bantuloja.com ; https://bantumen.com/about-us

Black in Portugal. Since 2022 'Black in Portugal' has established itself as a hub for tourists, potential relocators, and residents. Not specifically LGBTQ, but led by women, it offers social events, parties, tours and travel agency, blog, pop-up events, etc. Also on Substack, has a WhatsApp social group (see link on Instagram page) and publishes a Google map of Black-owned businesses in Lisbon https://heathercourtney.gumroad.com/l/GoogleMapsCollections
www.blackinportugal.com ; www.instagram.com/black.in.portugal ; https://substack.com/@blackinportugal ;

Black Americans In Lisbon. (Not specifically LGBTQ) Since 2023. "*This is as a group for Black Americans living in Lisbon and for those planning to move to Portugal. We are here to learn, connect, inspire and celebrate*" www.facebook.com/groups/blackamericansinlisboa

'Lived Stories, LGBTQIA+ People Exist and Are Important' (in Portuguese). This ***Free*** E-publication from the Angolan Identity Archive (an association of LGBTQIA+ feminist women) gives voice to Angolan queer voices, to their stories of overcoming discrimination, a true celebration of diversity. Available online at: https://aiaangola.org/wp-content/uploads/2025/06/HISTORIAS-VIVIDAS-E-BOOK.pdf

GAT Africa. GAT Afrik is a confidential and free sexual health service for migrant populations of African origin with difficulties accessing healthcare. Services include Rapid, anonymous, confidential and free peer screening for HIV, hepatitis B & C, and syphilis; Peer counselling; Condoms & lube; Referral and connection to hospital and primary health care; Support in navigating social and health services; Medical and nursing consultation; Social care and referral to other services.
GAT Africa. Rua Antero de Quental, 8, ground floor, 1150-043, Lisbon. (Metro: Intendente)
www.gatportugal.org/servicos/gat-afrik_19 ; www.facebook.com/gat.afrik ; www.instagram.com/gat.afrik ; Tel: +351 915 290 975 ; gatafrik@gatportugal.org

Our Black Utopia - AKA **'Fire over 50'.** Helping Black folks move to Portugal.
(Not specifically LGBTQ content, but queer-embracing, including their May 2024 interview '*Are LGBTQ Welcome in Portugal?*': www.youtube.com/watch?v=M3QyJ2sfne0&t=135s).
Ric & Halisi, from the USA are now resident in Lisbon. They help Black folks move to Portugal through their YouTube channel, '*Ready to Retire'* toolkit and coaching, and they nurture relationships with an annual Summer Meetup.

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www.instagram.com/ourblackutopia ; www.facebook.com/groups/fireover50 ; https://ourblackutopia.thinkific.com/pages/ourblackutopia ; hello@ourblackutopia.com

The Lisbon Project. (Not specifically LGBTQ content). Practical support for migrants and refugees, to build empowered communities that integrate.
Rua Carvalho Araújo, 66-B, 1900-140, Lisboa.
www.lisbonproject.org ; www.facebook.com/LisbonProjectAssociation ; www.instagram.com/lisbonprojectassociation ; info@lisbonproject.org

PoC in Portugal. (Not specifically LGBTQ content). "*This group is for people of color, mixed families and allies of PoC looking to move or already living in Portugal. We understand that we have a unique experience in each place that we go and this group is focused on being a safe place for people of color to express their thoughts, ask questions and learn about the beautiful culture here in Portugal*" www.facebook.com/groups/pocinportugal

Afro Lisbon (Not specifically LGBTQ content).
Instagram page showcasing Afro events in Lisbon. *"Explore a rich array of Afro-cultural experiences, including music, dance, art & more".*
www.instagram.com/afrolisbon

Percorrer Lisboa (Discover Lisbon). **New** in January 2026. Three walking tours (in Portuguese) in the Black history of Lisbon, from the City Museum (*Museu de Cidade*). These popular professional tours get booked up quickly and are a valuable insight into parts of Lisbon's history that are typically under-remarked.

Lisboa africana. 24 janeiro @11:00; 28 março @15:00; 24 maio @15:00; 11 outubro @11:00. https://museudelisboa.pt/pt/events/6409-percurso-lisboa-africana
***Lisboa muçulmana*.** 31 janeiro @11:00; 31 outubro @15:00.
https://museudelisboa.pt/pt/events/6377-percurso-lisboa-muculmana
Liberdade Lisboa: Os lugares invisíveis da escravatura III. 21 junho @15:00.
https://museudelisboa.pt/pt/events/6391-percurso-liberdade-lisboa

Also,

Lisboa sai do armário. 05 julho @15:00. 29 novembro @11:00.
https://museudelisboa.pt/pt/events/6406-percurso-lisboa-sai-armario
Mulheres na cidade. 08 março @11:00. 26 setembro @11:00.
https://museudelisboa.pt/pt/events/6415-percurso-mulheres-cidade

African Lisbon Tour (Black Hills Events) (Not specifically LGBTQ content).
The Transatlantic Slave Trade and Colonization. Talking about the slave trade and colonialism continues to be a burden for most countries in the world. This 4hour walking tour covers the history of Portugal from the 15th Century, the beginning of the Transatlantic Slave Trade, to its abolition in the 20th Century. Also - check out their website/Blog and follow online for occasional '*Afro Music Parties*' (below).
https://africanlisbontour.com ; www.facebook.com/africanlisbontour ; www.instagram.com/africanlisbontour

African Lisbon Tour / Black Hills Events also organise **AfroParties** (Afrobeat, Amapiano, Afrohouse, Dancehall, etc) at various locations every month. Follow website for latest events. (Not specifically LGBTQ).

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www.eventbrite.com/o/african-lisbon-tour-black-hills-events-52446170193

Batoto Yetu. (Not specifically LGBTQ content). (Website in English and Portuguese)
The '*Batoto Yetu Portugal Cultural Youth Association'* works with young people and children interested in African culture, coming from more-or-less unfavourable economic backgrounds. They also promote the **'Platform DAM: Digital African Memory in Portugal'**, which researches and highlights the history and influence of the African presence in Portugal. This useful timeline memorialises history, encourages research, and amplifies the scope of their walking tours: '**African Presence Spaces in Lisbon'**, which reinforces the memory of African and black people in Portugal: https://dam.batotoyetu.pt/en/digital-african-memory-portugal ; https://batotoyetu.pt ; batotoyetu@gmail.com

Afro Flavours Lisbon (Not specifically LGBTQ content).
The first and only food tour in Lisbon illuminating the cuisine, culture, and history of the Diaspora. Explore. Savor. Connect
www.instagram.com/afroflavorslisbon

Bairro Arabe (Not specifically LGBTQ content). **New** in 2024
A weekly 4-hour walking tour of the amazing muslim and arab past of Lisbon.
www.instagram.com/bairroarabe ; https://bairroarabe.com

Moorish Lisbon. (Not specifically LGBTQ content).
Tour of the Muslim city of Uxbuna – led by archaeologists: In "*the streets and alleys of this ancient town, discover the old city wall and follow the footsteps of walis, muladis and enchanted Moorish princesses! The narrow ways of Alfama and Mouraria, and the best archaeological sites in the city, a hidden Lisbon, filled with little courtyards, baths, palaces and excellent views from the top of the hill".*
www.timetravellers.pt/en/moorish-lisbon

Guided tour of the slave trade. (Not specifically LGBTQ content).
A walking tour to discover the history of slavery in Lisbon. *"Do you want to know how the Atlantic slave trade shaped Portugal's development? Venture out on this tour of the city's historic centre and find out this and much more!".*
www.mylisbontours.com/slave-trade-lisbon-historical-walking-tour

If you are interested to learn more about the Black history of Lisbon, the **'Re-mapping memories. Lisbon – Hamburg'** project was a multi-year (2019-2022) project of the *Goethe-Institut Portugal*, dedicated to exploring the legacies of colonialism and anti-colonial resistance in the two port cities of Hamburg and Lisbon. Using these two centres of European imperialism, the project shows the traces of colonialism that still exist in the 21st century and aims to contribute to the decolonization of public space. (Not specifically LGBTQ content).
www.re-mapping.eu

'**Information and social networks in Lisbon/Portugal for LGBTQ people from South Asia'.**
continue on the next page, addressing the needs and interests of non-hetero / Gay / LGBTQ people from **South Asia** in Lisbon/Portugal.

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Information and LGBTQ social networks in Portugal for people from South Asia

I aim to include resources addressing the needs and interests of gay / LGBTQ (non-heterosexual) people from South Asian communities in Lisbon/Portugal. I have contacted the groups below for their input. Any comments or suggestions for additional content would be appreciated: +351 910826 218 ; AlexLisbonTours@gmail.com

I can't comment on the quality of every group included in 'Alex's LONG LIST', so please act with the usual caution and discretion when using online groups, and be sure to respect others' privacy and confidentiality.

These Facebook pages explicitly address gay / LGBTQ people from South Asia living in Portugal.

Portugal Gay Pakistani, Indian, Bangladeshi Group. New in July 2025. 680+ members. "*Welcome! We hope you can meet nice people. This group is dedicated to connecting with gay men from Pakistan, India, Bangladesh and neighbour countries, who are currently living in Portugal. Enjoy.*" www.facebook.com/groups/1431820774677064

Pakistani Gay in Lisbon. 2000+ members. For queer people from Pakistan, living in Portugal. www.facebook.com/groups/1186559235523033

Portugal Lisbon Bangladeshi Indian Pakistani Gay Group. 800 members. www.facebook.com/groups/2134733153236577

Pakistani Gay in Portugal. 820 members "*For connecting Pakistani men living in Portugal to gay guys*" www.facebook.com/groups/1274944100817338

South Asian Queers PT. New in 2026. A WhatsApp group for anyone in Portugal of South Asian background who identifies as queer. https://chat.whatsapp.com/FWvfcTbsII6DnWT34qrRXt

The following are **Not** specifically Gay / LGBTQ, but are the *largest* mainstream groups and organisations for people from South Asia. Other Facebook groups and networks are also available.

Pakistanis in Portugal. (Not specifically LGBTQ content) 137,000 members. *"This group is primarily for Pakistanis who are already present in Portugal".* www.facebook.com/groups/624618121044834

Nepalese Living In Portugal. (Not specifically LGBTQ content) "*A warm welcome to all the brothers & sisters and friends in this group of ours".*
(Private Facebook group). 46,000 members. www.facebook.com/groups/854854864676327
(Public Facebook group). 37,000 members. www.facebook.com/groups/1742920999148364

Pakistani Community in Portugal PK PT. (Not specifically LGBTQ content) 29,000 members.

Indians in Lisbon. (Not specifically LGBTQ content) 10,500 members. As well as being an online support page 'Indians in Lisbon' also organises occcasional dance, comedy, and social events - www.facebook.com/groups/316325451887798

Pakistanis in Lisbon. (Not specifically LGBTQ content) Over 11,000 members. "*Group is made to help and support all Pakistani Brothers and Sisters who live in Lisbon or are planning to move to Lisbon*" www.facebook.com/groups/437900517133888

Lovely22.PTPunjabi Lisbon WalePT (Not specifically LGBTQ content) 7,500 members. www.facebook.com/groups/630040747808532

***Comunidade Hindu de Portugal*.** (Website in Portuguese & English) (Not specifically LGBTQ content) "*A non-profit social solidarity institution, to promote Hindu culture in Portugal, as well as to carry out social, philanthropic, cultural, and educational activities".* Incorporates the *Radha Krishna Temple* in the suburb of *Lumiar*. www.facebook.com/comunidadehindu

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Across Portugal

- **National** events, **Porto**, the **Algarve**, and **Other Cities & Regions**.

Much of Portugal's queer life is, of course, centred on the largest cities, Lisbon and Porto, but there are queer venues and social networks across the country and 26 regional towns and cities organise annual Pride events! (Statistical data on Pride marches across Portugal 2000-2025: https://drive.google.com/file/d/1Z1gdaRtukfKwLJc4NHew36MCwOzEVFmy/view). In some border regions (especially the north and the Alentejo) people also make use of queer groups in Spanish cities, such as *Vigo* and *Badajoz*.

There are national Portuguese organisations that offer queer support services across the country – the ***Rede ex aequo*** network of queer youth groups, the Queer film festival on tour, national family support networks, online services and dedicated groups in the islands of the Azores and Madeira, LGBTQ (and HIV) social opportunities and support, are available across the country.

From northern city of *Viana do Castelo* to the *Algarve*, you might be surprised how English-speaking queer immigrant groups and people in rural areas have also been forming queer social networks.

The following pages list **197** LGBTQ venues, social groups, community organisations, beaches, and local events, grouped into: **Porto**, the **Algarve**, and **Other Cities & Regions**. You can also explore '*Alex's Map of LGBTQ Portugal*' on Googlemaps (**https://shorturl.at/iMYiN**), which is regularly updated.

So read on, and follow the social media accounts for your local networks/organisations - and if you know of anything else that should be added to 'Alex's LONG LIST' please email me: AlexLisbonTours@gmail.com)

The following pages feature:

- National queer events and organisations
- *Alex's Googlemap of LGBTQ Portugal*
- **198** listings grouped into ***Porto***, the ***Algarve***, and ***Other Cities & Regions*** (from North to South, + Azores and Madeira), with addresses and social media links you can follow to stay connected with queer life in:

  ● Viana do Castelo (+ Spanish Vigo) ● Braga / Esposende / Barcelos ● Guimaraes / Felgueiras / Santo Tirso / Trofa ● Vila Real ● Porto / Vila Nova da Gaia / Matosinhos ● Aveiro / Ovar / São João da Madeira ● Viseu ● Coimbra ● Covilha ● Leiria / Marinha Grande ● Castelo Branco ● Marvao (+ Spanish Extremadura) ● Silver Coast / Peniche / Caldas da Rainha ● Torres Vedras ● Santarem ● Sintra ● Cascais/Estoril ● Almada / Costa da Caparica / Setúbal ● Alentejo (Evora, Beja, Marvao/Alto Alentejo, + Spanish Badajoz) ● Algarve (Lagos, Portimão, Albufeira, Faro, Tavira) ● Azores (Faial, Terceira and Sao Miguel) ● Madeira.

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National queer events and organisations

Queer Lisbon/Queer Porto Film Festival - Sept & Oct/Nov**.** (Website in English and Portuguese) The Queer Film Festival plays for a week in Lisbon in Sept, then in Porto in Oct/Nov, and then a short-list of selected films tour regional cities. Check online for regional tour locations and dates. https://queerlisboa.pt/pt/os-festivais/queer-lisboa-e-queer-porto

Rede ex aequo. National network of LGBTQIA+ youth groups for people aged 16 to 30. Their local centres across the country are places for mutual support, socialising and making friends. Regional social centres exist in: Açores, Almada, Braga, Coimbra, Covilhã, Esposende, Madeira, Porto & Lisbon. Regular online group meetings cover parts of the country without social centres, and Trans support. (Email or call to confirm the date/time of your local meetings, as the times and dates of activities can sometimes vary, and – as ever – follow their social media for updates).
Central office: Rede ex aequo, Rua dos Fanqueiros 38, 3ºesq, 1100-231 Lisbon.
https://rea.pt/nucleos ; www.facebook.com/redeexaequo ; www.instagram.com/redeexaequo
Newsletter: https://rea.us15.list-manage.com/subscribe?u=237d0c92b1a740a9d4c58c618&id=adef700e51

> *Rede ex aequo* also provide a nationwide free listing of approved LGBTI-specific **Psychology Professionals and Services** (*Serviços de Psicologia*), with recommended services in cities across Portugal (Coimbra, Guimarães, Lisbon, Porto, Aveiro, Braga, Coimbra, Evora, Faro, Leiria, Santarem, Setubal). The list is a little untidy and it's not clear how recently it was updated, but the services included in the list were reviewed and approved when it was last updated. https://rea.pt/apoio/saude/psicologia
>
> In 2023 *Rede ex aequo* published (in Portuguese) the free 80-page PDF '***Guide to Trans Health and Laws in Portugal: Resources and Procedures'***, which features essential info, resources and contacts for support and information services across the country. https://rea.pt/imgs/uploads/guia-trans-2023.pdf

AMPLOS 'Organisation of Mothers, Fathers and relatives of lesbian, gay, bisexual and trans people'. Youth support, family support, events, activities, campaigns, local information, and affirmation for a fairer society, opposing all forms of discrimination. (*Associação de Mães e Pais pela Liberdade de Orientação Sexual e Identidade de Género*). www.amplos.pt ; www.instagram.com/amplos.bo ; www.facebook.com/profile.php?id=100069947293214

Regional and National Pride events - Throughout the year. Twenty-five cities across Portugal have Pride Days with parades and festivals of various sizes. Lisbon and Porto are the biggest of course, but all the larger regional Pride organisations are included in these pages, and new Pride events are added as we have more news about them. For an updated annual list of regional **Pride days across Portugal in 2026** see: https://jamarchavas.pt/calendario-de-marchas-lgbtqia-2026 ; www.instagram.com/p/DSQaVxgDNEI/?img_index=13 ; https://jamarchavas.pt/cartografia/militancia-queer . (Data on Pride marches across Portugal 2000-2025: https://drive.google.com/file/d/1Z1gdaRtukfKwLJc4NHew36MCwOzEVFmy/view)

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Rede de Rastreio (in English & Portuguese). STI testing and support for LGBTQ people across Portugal. *Rede da Rastreio* is the national network of free, community-based sexual health testing services for gay/bi men and transgender people. Offering testing, treatment and prophylaxis (PrEP) for HIV, hepatitis, syphilis, and supporting access to National Health Services. www.redederastreio.pt/projeto/description_1
For locations across Portugal: www.redederastreio.pt/public/uploads/pages/RRC_2023.pdf

Associação Abraço – HIV support services. Abraço's mission is to promote the quality of life of people with HIV and contribute to the eradication of HIV/AIDS through support for people infected and affected by HIV/AIDS; research; and fighting stigma and discrimination. Abraço has office bases in: Lisbon, Porto (X 2), Funchal, Aveiro, Setubal, and Braga.
https://abraco.pt/contactos ; ~~www.instagram.com/associacaoabraco~~ ;
www.instagram.com/abraco_associacao ; www.facebook.com/associacao.abraco ;
geral@abraco.pt

Positive Association ('*Associação Positivo'*). Support and Self-Help Group for people with HIV/AIDS (PLWHA), their families, friends, partners, in Lisbon and nationwide.
https://positivo.org.pt ; www.facebook.com/AssociacaoPositivo

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Alex's
Map of LGBTQ Portugal:

The next 29 pages feature 191 LGBTQ venues, social groups, community organisations, beaches, events and services across the country. These can also be viewed on ***Alex's Map of LGBTQ Portugal***, grouped as *Porto,* the *Algarve*, and *Other Cities & Regions* (including the Spanish border towns of Vigo and Badajoz).

From the north to the south of Portugal (including the Azores and Madeira), ***Alex's Map of LGBTQ Portugal*** highlights bars, nightclubs, beaches, local groups and events throughout Portugal, with weblinks and summary info.

Whether you're living regionally or just travelling to explore Portugal, ***Alex's LONG LIST*** gives you all the detail, and ***Alex's Map of LGBTQ Portugal*** gives you all the locatison where you can connect with the locals.

(Near the **Spanish border?** If you are nearby the border or travelling to Spain, you might also find ***'Plumas del Pueblo: mapa de initiativas LGTBIQA+ rurales'*** useful. This online map from *Proyecto Hortensia* (https://proyectohortensia.net) features queer groups and services, with a special focus on the needs of Trans and non-Binary people.
https://proyectohortensia.net/plumasdepueblo/ ;
www.instagram.com/proyectohortensia/ ;
www.whatsapp.com/channel/0029VbALVixADTOCji8lBw1O)

***Alex's Map of LGBTQ Portugal*:**

https://shorturl.at/iMYiN

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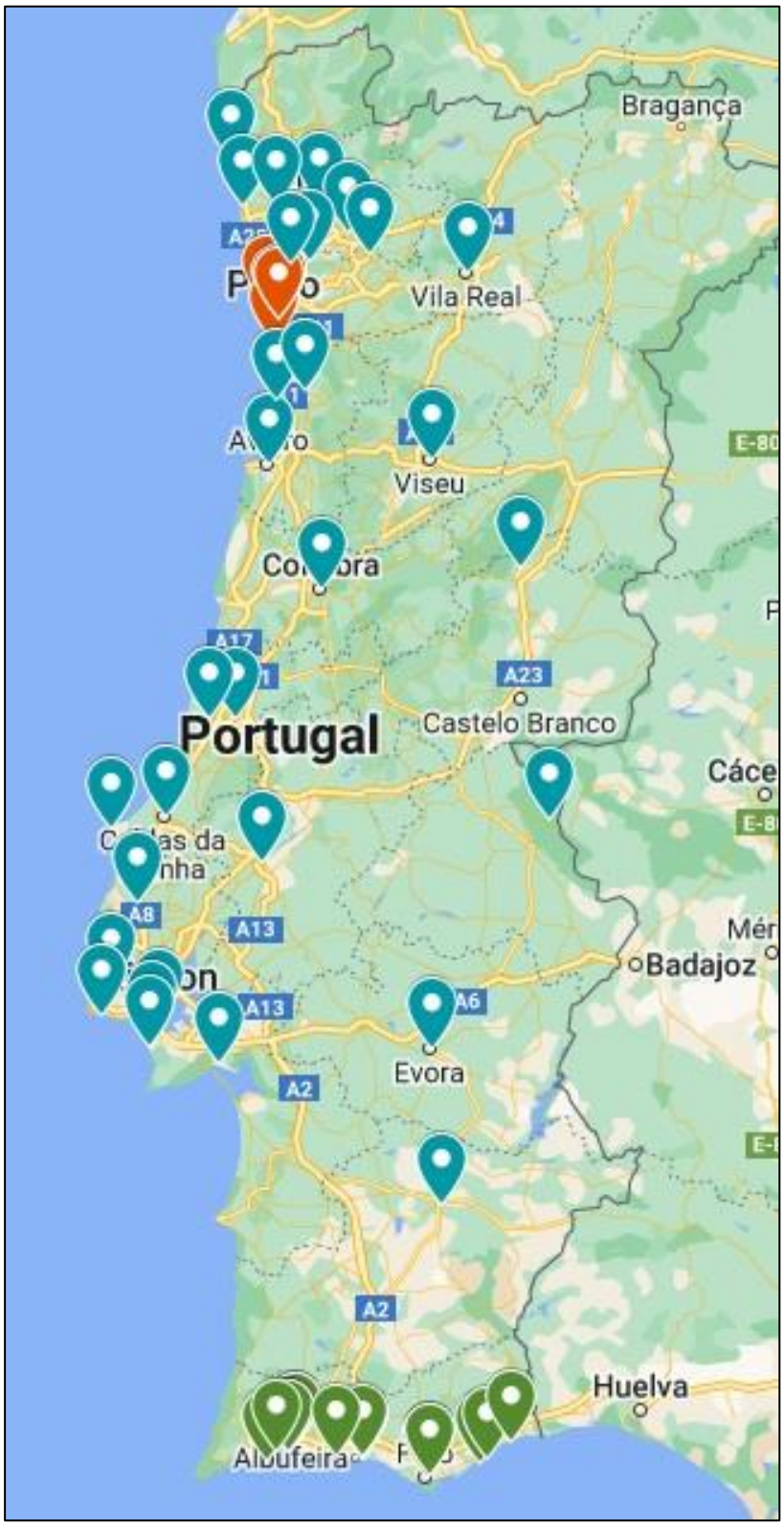

Porto (45 entries)

Algarve (29 entries)

Other Cities & Regions (North to South, + Azores & Madeira) (112 entries)

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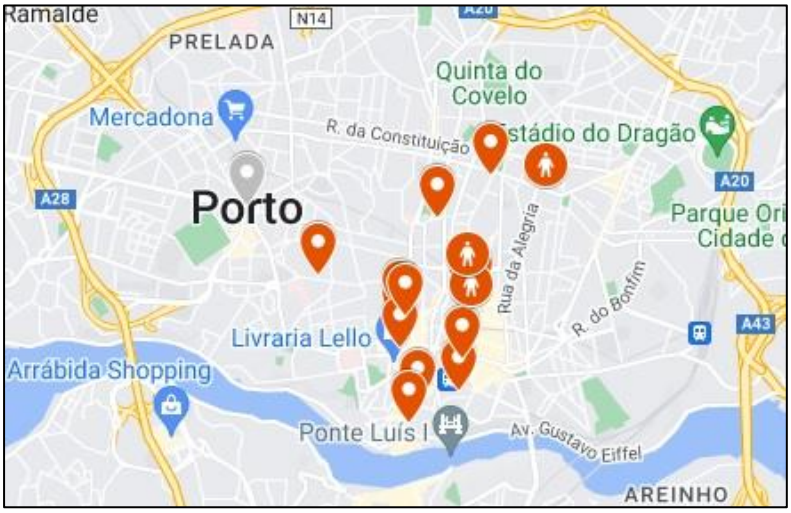
Porto / Vila Nova da Gaia / Matosinhos - 45 entries

N.B. Porto has restrictions on alcohol sales for outdoor drinking - Since June 2025 alcohol can only be sold after 21:00 (9:00pm) inside cafes, bars, restaurants and nightclubs. Many terraces will also have limited opening hours. (Two nights are excepted: June 23 [Saint John's Day] and New Years Eve).



Fabrik Bar. A gay bar that fuses swank with the industrial. Cocktails, DJ sets until late. *Rua Galeria de Paris 109, Porto*. Tue-Thu 18:00-02:00am/03:00. Fri & Sat 18:00-04:00. ; www.instagram.com/_fabrikbar ; www.facebook.com/fabrikbar (Facebook profile is not updated, but *Fabrik* is still open).

Invictus Cafe Bar. Camp little coffee bar that opens late. A great spot to gossip and drink with friends. The bar hosts a riotous live drag show, Wednesday to Sunday. Wednesday, Thursday & Sunday shows start at 01:15, Friday and Saturday at 02:30.
Rua da Conceição, 80 stores 8/9, Porto. Wed-Sun 22:30-04:00 (sometimes 03:00)
www.facebook.com/profile.php?id=100063909645696 ;
www.instagram.com/invictusbarporto

Bar of Soap. A Queer inclusive bar, that celebrates community with fun games and events, drag-king nights, pub-quizes, social events, etc. **New** in Feb 2026 started hosting the *Porto Queer Book Club.* www.instagram.com/portoqueerbookclub ; also has an Instagram group chat: www.instagram.com/j/AbZvZkQsMLGthmG0
Rua do Bolhão, 132, Porto, Portugal. Seven nights a week 17:00-Midnight (Fri & Sat 02:00)
www.facebook.com/BarofSoap ; www.barofsoap.pt ; www.instagram.com/barofsoapporto

***Café Lusitano*.** A stylish pub, club, restaurant. Not exclusively queer, but: *"the diversity of people is one of the added values of this house. Live shows". Rua de José Falcão, 137, Porto.*
Wed- Sat (only) 20:00-04:00.
www.facebook.com/cafelusitanoporto ; www.instagram.com/cafelusitano.porto

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Zoom. The largest queer dance club in Porto. This former warehouse has been turned into a nightclub with huge disco balls and dance floor. Attracts large crowds and hosts themed parties with international DJ's, go-go dancers and drag shows.
Rua de Passos Manuel 40, Porto. Friday and Saturday nights (only) 23:45-06:30. (Gets busiest after 3am once the local bars have closed). www.facebook.com/zoomporto ; https://zoomporto.wixsite.com/zoomporto

LOOK.Sharp Café Is gay-owned (not an exclusively LGBTQ venue) and occasionally organises queer *'Sneaky Drinks'* and networking events on Meetup.com, with plans for future events that include "*Queer Cinema, Queer Bingo, Speed Friending, Social Debate Sessions, Ladies and Retirees nights, and more".* (Also hosts mixed/mainstream live music, comedy nights, boardgames, quiz nights, speed-friending events, and offers co-working space). www.look-sharp.net ; www.instagram.com/looksharp.design ; www.meetup.com/looksharp ; www.meetup.com/porto-gay-lesbian-network/events

***Boteco Igrejinha*.** Brazilian bar/restaurant/snacks. Not an exclusively LGBTQ venue - but Definitely on the side of camp excess! The space is dedicated to the iconic images of figures such as Beyoncé and Britney Spears - as saints. Food and DJs downstairs on weekends. Excellent camp venue for events – sacred and profane (birthdays, friendships and anniversaries). Book ahead for larger groups: +351 928 151 343 ; info@botecoigrejinha.com ; + WhatsApp group (below). Wed to Saturday 19:00 – 02:00. Sundays 18:00 – 00:00.
Rua do Almada, 384, Porto, Portugal 4050-033
https://botecoigrejinha.com ; www.instagram.com/botecoigrejinha ; https://api.whatsapp.com/message/TTRQNNB54WJBI1?autoload=1&app_absent=0

***Bar Conceição 35*.** (No online activity since December 2024, so we wait to hear about any activities in 2026….) A cool multi-purpose venue for gay hipsters, club nights and live gigs throughout the week. During the day, a simple bar menu (wraps, tapas etc). Check Facebook for programme. *Rua da Conceição 35, Porto.* Tues-Thurs: 16:00-02:00. Fri-Sat: 16:00-04:00. www.facebook.com/barconceicao35

POSH Club Porto. After running *POSH Club Lisbon* since 2015, POSH Club Porto is now open, with theme nights every weekend, spectacular drag, and special parties for Halloween, New Year's Eve and Carnival, etc. (In the venue previously known as 'Pride Bar'). Fri-Sat: 00.00-06.00. Occasional Sunday events. Follow social media for updates. POSH Club Porto. *Rua do Bonjardim 1123, Porto, Portugal, 4000-113.*
https://poshclublisbon.com/eventos/eventos-porto-all.php ; www.facebook.com/poshporto ;

Porto Inclusive. Picnics, parties, protests, film nights, and more. For more than six years, Porto Inclusive has been forging ties within the LGBTI+ community through meetings and social events, usually outdoors and during the day. Aware winner in the annual gay press awards (https://dezanove.pt/premios-dezanove-2025-2443771) because of its clear objectives and inclusive principles, multiple LGBTQIA+ activities in Porto, its actions and solidarity in defending LGBTQIA+. **Respected and recommended.** Follow their social media to hear about

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news and events. www.portoinclusive.pt ; www.facebook.com/PortoInclusive ; www.instagram.com/portoinclusive ; portoinclusive@gmail.com
Mailing list:
https://docs.google.com/forms/d/e/1FAIpQLSfeNb1JSP7bP1WJaynqcGaqsJfBZLZRUXrp-gRhMpKce5LxmA/viewform

The Queer Agenda. **New** in December 2025. The First FLINTA Group for Porto! ('FLINTA' = Female, Lesbian, Intersex, Transgender, Agender). "*Creating community for Queer folx!"* Plans include: speed dating, crafternoons, book club, picnics, witchcraft, sport days, and so much more! www.instagram.com/thequeeragenda.pt ; www.meetup.com/the-queer-agenda

PortoPromoHomo. **New** in June 2026. A new page organising its own events, and sharing posts about other events across Porto. "*Whether you've just arrived, you're visiting, or you've been here a while and want to make new connections, this is a relaxed afternoon to enjoy good food, great coffee, and friendly conversation in the heart of Bonfim. No tickets. No pressure. Just good people, good vibes, and a chance to feel a little more at home in Porto."*
www.instagram.com/portopromohomo/

Deuxmecs Hotel. Boutique B&B accommodation in the historical center of Porto, for LGBTQIA+, Friends & allies. Also has a short guide to LGBT Porto on their website.
DEUXMECS. Rua dos Caldeireiros, 10. 4050-137 Porto.
www.deuxmecs.com ; www.instagram.com/deux.mecs

Big Bear Party. **New** in 2024. Occasional parties in Porto and Lisbon for bears and all friends.
www.instagram.com/bigpartypt?igsh=aGZ4YXFhdWE4ajFy

Porto Queer Book Club. **New** in February 2026. The first meeting, in Portuguese, at 'Bar of Soap' immediately sold out and forced a follow-up online session. Organisers are considering a parallel English language group at Rosebud Bookshop – to be announced….
www.instagram.com/portoqueerbookclub ; also has an Instagram group chat:
www.instagram.com/j/AbZvZkQsMLGthmG0

SapaPorto. Queer party night hangout in Porto; Women run, staff and DJ these events. *"Representation & Lots of Ass on the Floor".* They also have a Women-only WhatsApp group:
https://chat.whatsapp.com/H9EFAa7bDaqGrE9qUgGWuW
www.instagram.com/sapaporto

MafiaAlfabeto. **New** in November 2025. "*Interested in LGBTQ+ social events? Board games, movies, or hikes, brunch, film nights, karaoke - join the Alphabet Mafia and come break the ice!"*
www.instagram.com/mafialfabeto ; Join th WhatsApp community:
https://chat.whatsapp.com/KyEPhSnUoxlFRwm4d1aSMT

Queernicportugal (Queer Picnic), Porto. **New** in June 2025. Female led, queer summer picnics. **"***Queer vibes + great company. Monthly meetups. Come as you are*".
www.instagram.com/queernicportugal ; https://linktr.ee/queernicportugal

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Miss Madness **New** in February 2025 Advance news on Instagram promises "*a door opens to a world of music, art and diversity. It's not just fun, it's belonging. You are invited!".* Follow their progile on Shotgun for more news…
https://shotgun.live/pt-pt/venues/miss-madness

Brasa. Bundaembrasa. A queer 'ballroom' style event that erupts approx. once a month at different venues in the city (sometimes at MAUS HÁBITOS). Queer, fashion, catwalk, in-your-face, sexy, strong Brazilian influence: "TECNOMELODY | TECNOBREGA | BREGA FUNK | FUNK +18 | GUARACHA | DRUM & BASS | HARD TEK | BRUXARIA".
"*TRANS LIST: Send a DM to @bundaembrasa with name and guarantee your free entry*".
Follow social media for updates. www.instagram.com/bundaembrasa

'Smells Like Queer Spirit'. Indie Electro Disco party in Porto for queer folk and their Friends. Occasional events – usually at *Francisca* or *Bar of Soap.*
www.instagram.com/smellslike_queerspirit?igsh=NGU3MmZkdmtlbG13

KNOTY Portugal. Porto-based. (Not an exclusively LGBTQ group). "*KNOTY is the Portuguese project for those who want to learn the ropes. We are an educational project for those interested in Shibari, Rope Bondage, ropes, and BDSM, to learn or develop techniques, promoting the sharing of information and connection among community members*". Talks, demonstrations, markets, events, parties. Organisers of the annual '**Kinky Markets'** in Lisbon and Porto. Most events take place in Porto. www.knoty.pt ; www.instagram.com/knoty.pt ; www.facebook.com/knoty.pt

Maus Habitos (Bad Habits)**,** is a central arts space, venue, bar, restaurant and nightclub – the throbbing heart of Porto. Not an exclusively LGBTQ venue, but regularly hosts, promotes and stages queers events. Includes the *Saco Azul* cultural arts association at *Maus Hábitos*, which promotes the creation, programming and circulation of artistic projects.
Sign up for their newsletter. Rua Passos Manuel, 178 4º, Porto.
www.maushabitos.com ; www.instagram.com/maushabitos ; www.facebook.com/mhabitos

LGBTripeir@s Is a social, cultural and activities Meetup group: "*a group of friends that want to breathe a little more life and colour into the lives of LGBT Porto*".
www.meetup.com/lgbtripeiros ; www.facebook.com/LGBTripeiros

Porto Connect. **New** in July 2025. Monthly gatherings, drinks nights, book-swap parties, etc. "A safe space for the LGBTQIA+ community to connect, socialize, and build community through events and meetups in Porto, Portugal". www.instagram.com/lgbtqportoconnect

Porto Queer Network. This Meetup group, from the gay-owned '*LOOK.Sharp Café'* has been intermittently active, but after a long break, some networking events were organised in 2024, with plans for future events that include "*Queer Cinema, Queer Bingo, Speed Friending, Social Debate Sessions, Ladies and Retirees nights, and more*".
www.meetup.com/porto-gay-lesbian-network ; www.meetup.com/looksharp

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***'Gays do Porto a falar português'*. New** in May 2026. An informal group of gay men from the Porto region who are interested in having coffee and chatting in Portuguese. www.facebook.com/groups/2817008925308725

'Queer at Heart' - LGBTQIA+ choir in Porto. (in Portuguese). Inclusive, non-classical, groovy LGBTQAI+ singing group. Beginners welcome. "*We are a safe space where diverse voices come together to create and celebrate diversity. Weekly rehearsals and performances that transform individual voices into collective strength*". www.instagram.com/queer.at.heart

***Douro Bats* – Porto LGBTQIA+ Sports Association.** Inclusive futsal, volleyball, running and padel sports teams, created in Porto in 2021. Aims to promote inclusivity and non-discrimination in sport, targeting the LGBTQIA+ community. Organises 'The Bats InterCup', an annual inclusive tournament including 5-a-side football and volleyball.
www.dourobats.pt ; www.instagram.com/dourobats ; https://intercup.dourobats.pt/about/ ; dourobats@gmail.com

Porto Queer Professionals Database – Is a website Database administered by '*Bar of Soap'* to create a *BIG QUEER* community in Porto. "*we want to share and not just organise but tell everybody what we been up to! Tell your friends and whoever is QUEER to fill up our form*" https://sites.google.com/view/barofsoap/home (Use navigation in the Top-Left corner of the screen).

Kings of Kitéria. Occasional events from the *Kings Of Kitéria* drag-king collective - Shaking up the Drag King scene in the city of Porto since 2022.
In 2025 the Kings Of Kitéria organised the 'The King of Things Drag Show'.
www.instagram.com/kings_of_kiteria ; https://thelastseat.com/Thekingthingdragshow

***Aurora*.** is an occasional "*Queer, Pop, Drag"* party in Porto. Organisers of the 'BIG Parties'. Follow their social media for updates and news about their next fun, inclusive party.
https://shotgun.live/venues/aurora

***Fylhas do Dragao.* (Dragon Fylhas).** Radical transfeminist queer party that erupts once a month, or once a week in the summer, at *Passos Manuel*, *Pedreira* and various other venues across Porto - With open decks, occasional film sessions, workshops, performances, etc. *"Dress up – Don't be square! Arrive early - Stay late".* Follow social media for news about next events. www.instagram.com/fylhasdodragao ;
(email for free entry for trans and NB people - fylhasdodragao@gmail.com)

Porto Gay Hikes. New in June 2026.
www.instagram.com/porto_gay_hikes

Bottoms Club. *'Queer people can also defend themselves'.* 'Bottoms Club' (the name is a jokey reference to a film) is a mixed-gender self-defence course designed especially for the LGBTQIA+ community. **New** day and venue for 2026: Now based in *Campanha*, and taught by Sara Silva. More than just a self-defense space: Bottoms Club is also a place of care, sharing,

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and community building. Access scholarships available for trans people. Sunday 11:00-12:30. *Rua de Justino Teixeira 601 Pavilhão 2, 4300-280 Porto*.
(Limited places – Register at: https://docs.google.com/forms/d/e/1FAIpQLSf-YqRKrUitHEaMDVN6Oi-W0YHKuN_sii9oKLJ_qsewu_tPww/viewform) ; www.instagram.com/bttmsclub

Porto Queer Run Club. New in May 2025 Weekly Queer run club. All levels. "*We offer both 5 km and 10 km options, catering to all fitness levels. After the run, we'll head out for a coffee. Everyone, including queer individuals and allies, is welcome to join!"* Every Saturday at 10:30, and Wednesday at 19:00 – usually starting from *Jardim do Morro.*
www.instagram.com/portoqueerrunclub "*DM to join the WhatsApp community*".

Jubilant Cultural cultural association. Inclusive space for art, culture and entertainment, with food and bar. Not a specifically queer space, but explicitly outreaching 'Queer Friendly'.
Av. Fernao De Magalhães 619. Porto. www.instagram.com/jubilantcultural ;
https://drive.google.com/file/d/17RA3J3z-Bwfjd9oVVi4FM754k1Ctny6S/view

Gay Expats Porto. Since 2020, over 1100 members - helping people in the "*Porto expat gay community connect, and to help new arrivals settled and explore the city. If you have an idea for an event, big or small, you can post it here and get together!*" (n the past has also published '*The List*' PDF of queer groups/venues in the Porto area).
www.facebook.com/groups/gayexpatsporto

***Livraria Aberta*.** Popular and respected LGBT/queer bookshop, which carries books in several languages, including English. Tues-Sat: 10:00-13:30, 14:30-19:00.
Newsletter every Friday: https://livrariaaberta.substack.com **Respected and recommended.**
Rua do Paraíso, 297-299, 4000-378, Porto. www.facebook.com/livrariaaberta ;
www.instagram.com/livraria.aberta ; livraria@livrariaaberta.pt

Rosebud Bookshop. New in July 2025. Porto's English language, new & used, bookshop launched a free LGBT book club in June 2025 and may re-launch in 2026…:
www.instagram.com/p/DKhFG65IVjv/?igsh=cTU0c3NpNjU2NXFn
Rua de Cedofeita 634, Porto. Tues – Sat.
www.instagram.com/rosebud_bookshop

The 'Queer Porto Film Festival' shows at three different cinemas for a week in Oct/Nov each year (3-7 November **2026**) - plus associated cultural events, debates and parties (see their website for details and book ahead).

- *Batalha Centro de Cinema. Praçada Batalha, 47, 4000-101 Porto (São Bento / Bolhão)*
- *Reitoria da Universidade Do Porto. Praça de Gomes Teixeira, 4099-002 Porto (São Bento)*
- *Passos Manuel. Rua de Passos Manuel, 137, 4000-385 Porto (Bolhão).*

www.queerporto.pt/en ; www.facebook.com/qporto ; www.instagram.com/queerporto ; www.youtube.com/user/QueerLisboa

Queer Porto Tour. "*Tours in Porto which reveal hidden stories and highlight Queer individuals. Significant landmarks, historic sites and vibrant neighbourhoods*".
www.queerportotour.com ; www.instagram.com/queerportotour

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Porto Pride After a decade of regular events, Pride events in Porto were the subject of some controversy and conflict between different organisers in 2024/25.
For **2026:**

'Pride of Porto 2026' (*Orgulho do Porto 2026*) announced that they were planning a Pride March, which was suddenly (and controversially) scheduled at short-notice for the 25th April 2026.
www.facebook.com/OrgulhoPorto ; www.instagram.com/orgulhoporto ; mopmarchaporto@gmail.com

'Pride Porto' / 'Porto Pride' has announced September 2026 dates for a three-day city-center festival for 11, 12, 13th Sept, with a Human Rights Conference and many other activities.
www.facebook.com/PridePorto ; www.instagram.com/portopride ;
https://portopride.com
geral@portopride.com

Queer Tropical. (This group was active after the 2018 Brazilian elections, but may be less active now). Queer Tropical supports the Brazilian LGBTQI+ community in Portugal, especially people in situations of violence, who need information about the processes to move from Brazil to Portugal, and provides support to Brazilian LGBTQI+ people in Portugal. "*Queer Tropical is an LGBTQI+ feminist and anti-racist association. We fight to build a fair society, based on democratic values and equity among all people*". www.queertropical.org ; https://linktr.ee/queertropical ; www.instagram.com/queertropical ; https://linktr.ee/queertropical

L'UOMO. Gay bar, sex venue and after-party dance space. 18+.
L'UOMO. *Rua do Bolhão 37, Porto, 4000-111.* Opening times are unclear – check in advance, but potentially: 18:00-03:00 Tues-Thurs, + 24 hours over weekends. Closed Monday.
www.facebook.com/p/Luomo-100091134643495 ; www.instagram.com/luomopt

1906 Sex Club. "*A not-for-profit network since 2015, offering a private sanctuary to comfortably express sexuality and fantasies in a community that is supportive and safe".*
Moves around varied locations in Porto. www.1906club.com ; www.facebook.com/1906club

Sauna Thermas. Gay sauna with features including a Turkish bath, sauna, steam room, dark room, video room, etc. *Rua Guedes de Azevedo 205, Porto*. Mon-Thurs, 14:00-00:00. Fri-Sun, 14:00-02:00. www.facebook.com/thermas205 ; www.instagram.com/saunathermas205

Sauna Camoes. (Formerly '*Tipo sauna'*). Modern facilities. Turkish bath, Finnish sauna, cabins, drinks, TV/Video Room, lounge room. *Rua do Bonjardim 689A, 4000-291.* Sun-Thurs 14:30 pm to 21:00. Fri, Sat & Public Holiday's Eve: 14:30-01:00. www.saunacamoes.com ; www.facebook.com/profile.php?id=1426240005 ;

The Hole Cruising Club. (Their social media closed in January 2026 - it's not clear if this venue is still open or not?) Men-only basement cruising bar with lockers. Tues-Wed-Thurs 22:00-04:00. Fri 23:00-08:00. Sat 23:00-09:00. Sun 22:00-04:00. *Rua da Alegria 1018, 4000-035, Porto.* ~~www.instagram.com/theholeporto~~

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Lúmen LGBT. **New** in July/Aug 2025 *Lumen 'Liberal Nights'* (www.instagram.com/lumenlclub) started a new Instagram page *'LumenLGBT'* promoting their existing mixed-sex weekend parties) to an LGBT audience. Thurs 23:00-05:00. Fri 23:00-04:00. Sat & Sun after party 04:00-14:00. Rua da Comital 300B, Ermezinde, Porto. www.instagram.com/lumenlgbt

The Sex Museum. **New** in Sept 2025. The first and only Sex Museum in Portugal "*a unique and fun place that offers an educational and stimulating experience*".
Rua do Breiner 59, 4050-172 Porto.
https://sexmuseumportugal.com ; www.instagram.com/sexmuseumportugal ; www.facebook.com/profile.php?id=61576498105721

Mister Cock is a Porto-based online gay sex shop. (It used to have an actual shop at *Rua Joao das Regras, 176,* but that closed). www.mistercock.pt

***Rede ex aequo* Porto**. Local branch of the national '*Rede ex aequo'* youth services for people from LGBTQIA+ communities aged 16 to 30. Regular meetings twice a month at *Casa das Associações (Porto), Rua Mouzinho da Silveira 234, 4050-417* (Metro: São Bento). Email or call to check the date/time of the next meeting, as some events may vary.
https://rea.pt/nucleos/porto ; Porto@rea.pt ; +351 968 781 841

Associação Plano i (+ **'Centro Gis').** Since 2015 *Associação Plano I* has delivered a range of equal rights projects around gender, ethnicity, nationality, age, sexual orientation and (dis)abilities. www.associacaoplanoi.org ; www.instagram.com/associacaoplanoi ; www.facebook.com/CentroGis

> ***Centro Gis*** / ***Casa Arco-Íris*** - a service for LGBTI victims of domestic and/or gender-based violence - provides specialised emergency accommodation and support around legal and psychological issues. This team also develops awareness and training actions with partner organisations. www.associacaoplanoi.org/casa-arco-iris ;

Abraço Porto. Abraço supports the well-being and quality-of-life of people infected and affected by HIV/AIDS, and the prevention of HIV, hepatitis and STIs (sexually transmitted infections). Rapid tests for HIV, Syphilis, Hepatitis B and C, PrEP access, condoms and lubricant. Anonymous and free. English-speaking. Offices also in Braga / Aveiro.
Rua Vila Nova, 315, Porto, 4100-504. Tel: 22 375 6655/6
Centro de Rastreio, Rua da Torrinha, 254 D (upper level), Porto, 4050-610. Tel: 912 444 300
https://abraco.pt ; www.facebook.com/associacao.abraco ; www.instagram.com/abraco_associacao

FPCCSIDA (*Fundação Portuguesa 'Comunidade Contra a SIDA'*)**.** Porto offices of the national sexual health service, offering free, anonymous and confidential testing for HIV, hepatitis B and C and syphilis. FPCCSIDA also supported the 'IN PORTO ME' service offering medical and dental services for (especially older) people with HIV/AIDS; and the youth guidance and counselling centre 'CAOJS': www.facebook.com/fpccsida.caojs ; caojporto@gmail.com
Mon-Fri 10:00-18:00. www.fpccsida.org.pt

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Rede da Rastreio (Vila Nova de Gaia) is the national network of free, community-based sexual health testing services for gay and bisexual men, and transgender people. Offering testing, treatment and prophylaxis for HIV, hepatitis, syphilis, and supporting access to the National Health Service.
Agência Piaget para o Desenvolvimento – APDES. Alameda Jean Piaget, 242, 4405-678, Vila Nova de Gaia. **www.**apdes.pt

CISS (***Centro Integrado de Saúde Sexual do Porto***) (previously known as '**CAD - HIV/AIDS Counseling and Detection Center, Porto**') offers confidential and free STI testing, pre and post-exposure prophylaxis (PEP & PrEP), HIV support and referral – and operates as an open drop-in service (Mon-Fri), without the need for appointments.
CISS. Rua da Constituição, 1656, 4250-162 Porto. (Metro: Lapa)
https://acesportoocidental.org/pt/ciss ; Tel. 220 412 250 ; cissporto@arsnorte.min-saude.pt

Medicos do Mundo (MdM). The Porto branch of this national service offers free, anonymous and confidential testing for HIV, Hepatitis B&C, and Syphilis, psychosocial support, with hospital referral, needle exchange, harm reduction materials, and health education.
Rua dos Mercadores, 140, 1st and 3rd floor, 4050-374, Porto.
www.medicosdomundo.pt/search/node ; ~~www.facebook.com/medicosdomundo~~ ; ~~www.instagram.com/medicosdomundo~~ ; mdm.porto@medicosdomundo.pt

AMPLOS Porto. Support for the families and people close to LGBTI people and everyone who has chosen to be on the side of the fight against discrimination. www.amplos.pt ; www.facebook.com/amplosporto ; amplos.bo.porto@gmail.com

Porto Gay Circuit is a listings site, which also publishes a map of bars, clubs, saunas, restaurants, beaches, shops, etc. The website is not updated very often, but occasionally posts on main events, and publishes two maps (last updated in 2020). Follow their social media for more frequent updates.
www.portogaycircuit.com ; www.facebook.com/portogaycircuit
Maps (2020): www.portogaycircuit.com/take-a-walk-on-the-wild-side/?sfnsn=wa ; http://www.portogaycircuit.com/wp-content/uploads/2020/03/web_map_PGC_2020_light.pdf ; www.portogaycircuit.com/take-a-walk-on-the-wild-side

Visibilidade Trans Porto.
www.instagram.com/visibilidadetransporto

CaDiv-Caminhar na Diversidade, Porto. Community of LGBTQ+ Catholics in Porto.
www.facebook.com/Caminhar.na.Diversidade

Porto G – APDES. Sexual health outreach to the sex work industry in Porto.
www.portog.org/apdes ; https://www.instagram.com/portog.apdes

LGBT-popular Beaches:

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Furadouro Beach (Ovar - Aveiro district). A popular clothing-optional gay beach. Due to erosion, the sand is becoming increasingly narrow. In the centre of Furadouro, there is no shortage of bars and cafés facing the sea.

Foz do Minho Beach (Caminha). Near the mouth of the *Minho* river, in the Camarido pine forest, north of *Viana do Castelo* and *Moledo do Minho*. On one side the cold and rough water of the Atlantic, on the other, the calm fresh water of the river. Some gay visitors, including from neighbouring Galicia. Be prepared for northerly winds!

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Algarve

45 entries in Lagos, Portimão, Albufeira, Faro, Tavira.

(Local Pride organisations are included with each location listed below, and for a list of all regional **Pride days across Portugal in 2026** see: https://jamarchavas.pt/calendario-de-marchas-lgbtqia-2026 ; www.instagram.com/p/DSQaVxgDNEI/?img_index=13 ; https://jamarchavas.pt/cartografia/militancia-queer)

Associacao aeQuum and **Triângulo Community Center** (Faro). aeQuum is the main non-profit association supporting inclusion and protection of the LGBTQIA+ community across the Algarve, with social, community and business programs. Social events, film nights, drag-bingo, poetry club, dance nights – plus psychological support, youth and senior social groups, business counselling, coworking space, health advice, parent/family support. *Associacao aeQuum/Triângulo Community Center*. Rua do Compromisso, 72, 8000-343, Faro. www.aequum.eu ; www.facebook.com/aequum.eu ; geral@aequum.eu

Also runs **Portuguese Lessons for Foreigners**, a fun, colourful and inclusive way to fast-track connections to the local Portuguese community, while also supporting the 'Triângulo Community Center' https://docs.google.com/forms/d/e/1FAIpQLSe6ALoi6HDpr4EpUUEli0iv9Y-9oojVb5usWq76OCO59dIzig/viewform .

Connection Bar (Albufeira). Gay bar and nightclub, and the best-known scene venue for the LGBT community in the Algarve. Opened in 2016, Connection Bar is located on 'The Strip' inside the *Vilanova Resort, Avenida Sá Carneiro, Lot 1B, Albufeira* (second floor of the Vilanova Resort building). Every day: 20:30-02:00. (Connection Bar closes for a period over the winter - call to check opening times outside of tourist season) https://connectiongaybar.com ; www.instagram.com/connectionbar

Espelho (Albufeira). This gay-friendly bar with an undeniably camp aesthetic: leopard prints and portraits of Hollywood stars. Seven nights a week: 20:00-03:00. *Avenida Sá Carneiro 81, Albufeira, Algarve*. www.instagram.com/espelho_bar_albufeira

Dona Benta - Tasca Chique (Portimão)**.** Small gay-friendly Portuguese cafe and bar in Portimão, serving regional food - sandwiches, seafood, tapas and drinks. Seven days a week:

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Mon-Thurs, 12:00 - 15:00; 18:30-23:00. Weekends, 12:00-15:00; 18:30-23:00. *Rua da Barca 1, Portimão, Algarve.* www.facebook.com/DonaBentaTascaChique

The Loft (Portimão). Gay nightclub in the centre of Portimão, far from the traditional nightlife. The Loft has a capacity for 150 people: dance floor, VIP room and lounge. Friday and Saturday (only), 23:00 - 04:00. *Rua de Olivença 5, Portimão*.
www.facebook.com/loftportimao ; www.theloftgaybar.com ;
www.instagram.com/theloftportimao

Prestige Dance Club (Faro)**. "***Enjoy the night with friends and be yourself"*.
Largo da Madalena 11, 8000-134, Faro. Thurs 21:00-02:00. Fri & Sat 23:00-04:00
www.facebook.com/prestigedanceclub ; www.instagram.com/prestigedanceclubfaro

The Forest (Albufeira). LGBTQIA+ lounge terrace / cocktail bar and night club. *Av. Dr. Francisco Sá Carneiro, Edf. Cristina, BJ, Montechoro 8200-291, Albufeira.*
Terrace: 18:30-23:00. Club: 21:00-04:00. www.facebook.com/forestbynude ;
www.instagram.com/forestbynude

***Rede ex aequo* LGBTI youth group** (Faro). New in 2026 - this LGBTI+ youth group is part of the national *Rede ex aequo* network, providing a safe space for sharing experiences and discussing sexual orientation, gender identity and expression, for young people between the ages of 16 and 30. There are no fixed schedules defined for the core group's activities at this time but meetings will take place monthly at the *WerkRoom* in Faro and news is availabel online at these links: https://rea.pt/nucleos/faro ; www.instagram.com/redeexaequo

WerkRoom (Faro) (in English and Portuguese) is an inclusive and welcoming space where everyone and, in particular the LGBTQIA+ community, where people can express themselves, share experience, and strengthen bonds. New in 2026 – WerkRoom hosts the *Rede ex aequo* LGBTI youth group meetings; and hosts the monthly 'Grupo+' support group for people with HIV/AIDS. The project is run by volunteers, with the goal of promoting physical and mental well-being, education and creativity through events, workshops, discussions, film, literature, music, arts — building community, strengthening resilience and social transformation. Also incudes a co-working space.
Rua do Compromisso 72, Faro, 8000-252, Portugal.
www.werkroom.pt ; www.facebook.com/werkroomfaro ; www.instagram.com/werkroomfaro
werkroomfaro@gmail.com

Dark. (Albufeira). Small men-only cruising bar. Underwear or naked cruising on 2 levels in a discrete location. *Páteo Sá Carneiro, Cristina Building, 8200-291, Albufeira.* Tues-Sunday (Contradictory info online - check they are open before going): 22:00-04:00.
www.instagram.com/darkbynude

Vila Foia (Monchique). Cosy and secluded hotel and retreat centre in the green hills near Monchique, at the foot of the Fóia and Picota mountains, with excellent hiking and mountain-biking nearby. A 30-minute drive from the Algarve coast, or 45 minutes from the west coast. Pool, bar, gardens, yoga sessions, jacuzzi and massages are open to non-residents at a day-rate. The hotel occasionally hosts LGBT yoga retreats and other queer events, with plans to

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expand activities in 2025. In 2024 Vila Foia organised the first ever 'High Heels on High Hills' sunset party to great acclaim! Licensed for weddings.
Vila Foia. Corte Pereiro, Apt. 241, Monchique 8550-257.
www.vilafoia.com ; www.facebook.com/vilafoia ; www.instagram.com/vilafoia ; info@vilafoia.com

Gay locals & expats Algarve. Facebook meeting place and activities for residents and visitors across the Algarve. www.facebook.com/groups/483248730505685
Also has a WhatsApp group:
https://chat.whatsapp.com/CydXQ7gVEdoEQGyllnzKJJ?fbclid=IwY2xjawFaQvJleHRuA2FlbQIxMAABHSYnnohjKT0dkBVXaQcqIo2U6vR4IfRWrrBE_UDOx-4rpSn7GZ4DQdJU_Q_aem_M0RWFHi0eJmXJiDHfaU22g

East Algarve Rainbow Club (Tavira - East Algarve). (in English). A small, informal, but active social group for the LGBTQ+ expat/immigrant and local community who are living full-time or part-time in the Eastern Algarve (or plan to do so soon). A welcoming space with fun local events, including the monthly 'Sunday Funday cocktails', pickleball, wine-tasting, bingo events, etc.
www.facebook.com/groups/364697145921115

Queer and Friends Algarve. (Lagos). Social LGBTQ+ community group that meets on the 1st Thursday of every month from 18:00-21:00 in the basement of 'Beer & Co' in Lagos (*Rua Marreiros Netto, 45*), and hosts an outdoor event on the 3rd Saturday of every month.
www.meetup.com/algarve-lgbtq-meetup-group

Algarve Pride. '*Marcha Orgulho Lgbtqi+ Algarve*'. (Faro). Organised by a partnership of the main local LGBTQ organisations, the last two years have been staged in Faro.
www.facebook.com/marchalgbtqialgarve ; www.instagram.com/marchalgbtqialgarve

Pride Lagos. Organised by a diverse group of ex-pats/immigrants and Portuguese locals - one of the last Portuguese Prides of the year (September). Also organises and publicises events throughout the year. Parties, performances, volunteering opportunities, boat trips, Carnaval, theatricals, rural parties, etc.
https://pridelagos.org (in English); https://pridelagos.org/casa (in Portuguese).
www.facebook.com/PrideLagosPortugal ; www.instagram.com/pridelagosportugal ; contact@pridelagos.org

Queer Lagos (LGBTQIA+). (Lagos) **New** in August 2024, This group welcomes all LGBTQIA+ members and friends, and aims to provide social events and activities to bring the Lagos queer community of friends and neighbours together to socialize. www.meetup.com/queer-lagos-lgbtqia

GALA - a celebration of LGBTQIA+ community in the Algarve. (in English**)** 'GALA' is an online social group for LGBTQIA+ members living in or traveling to the Algarve. The intent is for people to meet and get to know other LGBTQIA+ people in the area.
www.facebook.com/groups/GALAPT

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Algarve and Alentejo Gay Guide. Tourism guide - for places, activities, services and culture for LGBTQIA+ across The Algarve. www.algarvegayguide.org ; www.facebook.com/AlgarveGayGuide ; www.instagram.com/algarvegayguide

***Grupo de Jovens da APF* (*Associação para o Planeamento da Família*) Algarve** - is a youth group that actively embraces and supports LGBTQ issues. www.instagram.com/grupodejovensapfalgarve

***Centro Integrado de Saúde Sexual* (CISS)** (also/previously known as '**CAD, Center for Counselling and Early Detection of HIV/AIDS**'), (Faro) from ARS Algarve public health service, provides confidential, anonymous and free screening for sexually transmitted infections. Rua Brites de Almeida, 6, 3 Left, Faro (close to Jardim da Alagoa). www.arsalgarve.min-saude.pt/saude-publica/centro-de-aconselhamento-e-deteccao-precoce-da-infeccao-vihsida-cad/#content ; cadalgarve@arsalgarve.min-saude.pt ; Tel. 289 812 528

MAPS Algarve. (Faro) HIV community services and support in the Algarve - in the areas of HIV/AIDS, sexuality, substance abuse, homelessness, ethnic minorities, and other social emergencies. www.mapsalgarve.org ; www.facebook.com/MAPS.algarve

Grupo+ (Faro) (in English and Portuguese) The monthly 'Grupo+' support group for people with HIV/AIDS is hosted at *WerkRoom;* an inclusive and welcoming space where everyone and, in particular the LGBTQIA+ community, can express themselves, share experience, and strengthen bonds. (Werkroom also hosts the *Rede ex aequo* youth group).
Rua do Compromisso 72, Faro, 8000-252, Portugal.
www.werkroom.pt ; www.facebook.com/werkroomfaro ; www.instagram.com/werkroomfaro
werkroomfaro@gmail.com

Rede da Rastreio (Algarve) is the national network of free, community-based sexual health testing services for gay and bisexual men, and transgender people. Offering testing, treatment and prophylaxis for HIV, hepatitis, syphilis, and supporting access to SNS Health Services.

> ***Associação para o Planeamento da Família* – APF.** (Albufeira/ Faro/ Loulé/ Olhão/ Silves) - Rua Monsenhor Henrique Ferreira da Silva, 9, 8005-137 Faro. Tel: 289 863 300. www.apf.pt ; www.facebook.com/apfamilia ; www.instagram.com/apfalgarve
>
> ***Movimento de Apoio à Problemática da Sida* – MAPS**. (Faro/ Lagoa/ Lagos/ Loulé/ Olhão/ Portimão/ Tavira/ V. R. S. António) Av. Cidade de Hayward, Blocos C1-D2, Cave, 8000-074, Faro. Tel: 289 887 190. www.mapsalgarve.org/site ;

LGBT-popular Beaches:
For a useful summary of the most LGBT-popular beaches on the Algarve (Tavira, Alvor, and Lagos) see: www.algarveportugaltourism.com/turismo/praias/gay.html

> **Naked Man Beach (*Praia do Homem Nu*)** (Tavira) One of three beaches on Tavira island where naturism is accepted, 'Naked Man Beach' has been popular with gay men since the 1980s. For more info and access directions see: https://dezanove.pt/206960.html

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Praia do Barril (Santa Luzia - Tavira) A clothing-optional beach on a small peninsula near Santa Luzia. A popular place for cruising - generally on the east side of the beach. From Santa Luzia, you can take the touristic train, and cross the estuary to Praia do Barril.

Cacela Velha Beach (*Praia de Cacela Velha*) (Tavira) Considered by some to be the best gay beach in the country. See the web link below for more info and access directions. https://dezanove.pt/195581.html

Praia Sao João de Arens (Between Portimão and Alvor) A secluded beach popular with LGBTQ+ beachgoers throughout the year. Surrounded by cliffs, it can be challenging to reach via the tricky path, so appropriate shoes are essential! If the tide is low, you can also explore other beaches along the coast. It can be difficult to park nearby – so you may need to park along the coast and walk a bit.

Submarine Beach (Alvor). When *Praia de João de Arens* (above) is full, this is a nearby beach popular with gay men and straight naturists – but the beach disappears at high tide so be prepared! When the tide allows, arches and other openings give access to small hidden caves. Submarine beach is 13 minutes' drive from Portimão, via *Av. das Comunidades Lusíadas*. You can also take the bus-train for 45 mins to the 'Prainha' stop, from where the beach is a 15 min walk.

Praia Grande de Pêra (Western Algarve, between *Armação de Pêra* and the *Salgados* lakes) Large sandy area where naturism is accepted. Framed by an area of dunes and another by cliffs. Popular with gay tourists.

Praia do Canavial (Lagos - Ponta da Piedade). Secluded and peaceful, this dramatic beach outside of Lagos is close to Ponta da Piedade. The walk down limestone cliffs to the secluded beach can be steep, and the beach is reduced to a thin strip when the tide is in!

Meia Praia (Lagos). Meia Praia beach is one of the Algarve's most popular family beaches, but the far eastern end, where it becomes known as '*Praia do Vale da Lama*' is also one of the region's main gay and (unofficial) naturist beaches. Note - there are no services at this beach, so bring your own water, etc!

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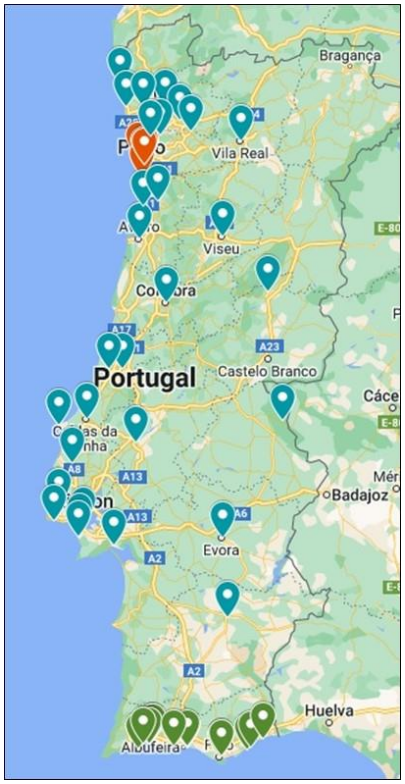
Other cities & regions of Portugal - 114 entries, from North to South, + Azores and Madeira:



● Viana do Castelo, + Vigo, Spain. ● Braganca. ● Braga / Esposende / Barcelos. ● Guimaraes / Felgueiras / Santo Tirso / Trofa. ● Vila Real. ● Aveiro / Ovar / São João da Madeira. ● Viseu. ● Coimbra. ● Covilha. ● Leiria / Marinha Grande. ● Castelo Branco ● Marvao / Spanish Extremadura. ● Silver Coast / Peniche / Caldas da Rainha. ● Torres Vedras ● Santarem. ● Sintra. ● Cascais/Estoril. ● Almada / Costa da Caparica / Setúbal ● Alentejo (Evora, Beja, Marvao/Alto Alentejo, + Spanish Badajoz). ● Azores (Faial, Terceira and Sao Miguel). ● Madeira.

(Local Pride organisations are included with each location listed below, but if you want a list of all the regional **Pride days across Portugal in 2026** see: https://jamarchavas.pt/calendario-de-marchas-lgbtqia-2026 ; www.instagram.com/p/DSQaVxgDNEI/?img_index=13 ; https://jamarchavas.pt/cartografia/militancia-queer)

(Near the **Spanish border?** If you are nearby the border (or travelling to Spain) you might also find ***'Plumas del Pueblo: mapa de initiativas LGTBIQA+ rurales'*** useful. This online map from *Proyecto Hortensia* (https://proyectohortensia.net) features queer groups and services across Spain, with a special focus on the needs of Trans and non-Binary people. https://proyectohortensia.net/plumasdepueblo/ ; www.instagram.com/proyectohortensia/ ; www.whatsapp.com/channel/0029VbALVixADTOCji8lBw1O)

Viana do Castelo, + **Vigo**, Spain.

Gays of Viana (AKA 'Queers of Viana') (in English) is an informal, mixed sex community of expats and immigrants who meet socially. You can find them by making a request post for *'Gays of Viana'* in the Facebook group 'LGBTQ+ Expats & Immigrants Portugal'. There's also a

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WhatsApp group for social events and activities (such as a community garden project in Areola).
www.facebook.com/groups/lgbtinportugal

Coletivo 4900 - Feminist collective of *Viana do Castelo*. Organisers of the 'Queer Garden' picnic (in partnership with *Rede Ex Aequo* LGBT youth group https://rea.pt/nucleos/braga).
www.instagram.com/coletivo4900/ districtcoletivo4900@gmail.com

Café bar Plaff (Vigo, Spain). Atmospheric café bar in the old town. Ideal for a quiet coffee during the week, Plaff becomes one of the most fun bars at weekends.
Café bar Plaff. Olive 8, Casco Vello, Vigo, Spain.
www.facebook.com/cafebar.plaff

El Mono Vintage Bar (Vigo, Spain). Tapas bar and restaurant: breakfasts, daily menu, snacks and dinner/cocktails or drinks. 10:00-midnight (01:00 on Sat). Closed Sundays.
El Mono Vintage Bar. Velázquez Moreno 37, Vigo, Spain
www.facebook.com/ELMONOVINTAGE ; www.instagram.com/elmonovintage

Discoteca Roy Bleck (Vigo, Spain). Dance club and nightclub. Every day 00:00 to 06:30.
Discoteca Roy Bleck. C/ Oporto, N12, Vigo.
www.instagram.com/discoroybleck

Centro LGBTIQ+ de Vigo (Vigo, Spain). Workshops, Talks, Stage. Offices @pvlse_vigo. LGTBIFOBIA Observatory. Rua Hernan Cortes, 8, Vigo, Spain.
www.facebook.com/pvlselgbt ; www.instagram.com/centrolgtbivigo

Avante LGBT+ (Vigo, Spain)**.**
Community fighting for LGBTQ rights in Vigo. 'Avante LGBT+' and 'Nós Mesmas' (below) together organise the **'Vigo Pride'** each June.
Avante Vigo. Fragoso Avenue, 47, Vigo, Spain 36210.
https://avantelgbt.com ; www.facebook.com/profile.php?id=61554040073124

Nos Mesmas (Vigo, Spain). Feminist association fighting for the rights of LBTIQA+ women Trans and non-Binary people from Vigo. Offers free social, legal and psychological care for the LGTBI+ community, as well as a Trans Group, Family Group and cultural and social activities.
Nos Mesmas. Rúa Conde de Torrecedeira, 19, baixo, Vigo, Spain 36202 www.nosmesmas.org ; www.facebook.com/asociacionnosmesmas ; www.instagram.com/asociacion_nosmesmas

Sauna Azul (Vigo, Spain)**.** Afternoon/early evening sauna for men.
Sauna Azul. Rúa do Roupeiro, 6 Dcha. Bajo, 36201, Vigo (Pontevedra).

Rede da Rastreio is the Portuguese national network of free, community-based sexual health testing services for gay and bisexual men, and transgender people. Offering testing, treatment and prophylaxis for HIV, hepatitis, syphilis, and supporting access to the National Health Service.
Gabinete de Atendimento à Família – GAF. Rua da Bandeira, 342, 4900-561, Viana do Castelo.

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Tel: 258 829 138 www.gaf.pt

Braganca

***Arco Iris em Braganca*.** Active LGBT and feminist group.
www.instagram.com/arco_iris_em_braganca ; arcoirisbraganca@gmail.com

***Marcha LGBTQIA+ Bragança*.** Organizing Committee for the LGBTQIA+ Parade in Bragança, for its wide dissemination and so that everyone can join this cause!
www.instagram.com/lgbtqia_braganca ; https://www.facebook.com/profile.php
co.marchalgbtq.bgc@gmail.com

Braga / Esposende / Barcelos

Magenta Rainbow (Braga). **New** in June 2026. **"***Fewer swipes. More people. More stories. More moments! A group 🏳️‍🌈 for those seeking friendship, community, and an excuse to leave the house!*" www.instagram.com/p/DaTtorXjAzH ;
https://docs.google.com/forms/d/e/1FAIpQLSfbjxjqo1LHu-RBznpQOQe19Mo4TYPr3Vci2F1OC1yJT_48AQ/viewform

TUCK'IT is party collective recently started to create a queer safe space in Braga's nightlife culture. "*Monthly glamour, fun, bops and some alcohol*". https://dezanove.pt/tuckit-criar-para-nos-o-que-tanto-2040476 ; www.instagram.com/tuckit.events ;
tuckit.events@gmail.com

Braga Fora do Armário (BFP). **'**Braga Out of The Closet' is a collective of activists for the promotion and defence of LGBT rights in Braga. Organisers of **Braga Pride** '*Marcha pelos Direitos LGBTQIAP+ de Braga*'.
www.facebook.com/BragaForaDoArmario ; https://www.instagram.com/bragaforadoarmario ; bragaforadoarmario@gmail.com
Now with two **new** (Jan 2026) WhatsApp groups:

- Social Events group - https://chat.whatsapp.com/LMpQSXnmyhfEqky0z2AsfP ;
- BFP Collective organisers group for Braga Pride - https://chat.whatsapp.com/Docn0hT90703slhURdEjXy

Queer UM. **New** in May 2026. Student initiative from the **University of Minho, Braga**. Promoting interaction and raising awareness about LGBTQIA+ community issues.
www.instagram.com/queer.um

(Replaced the *Club Rainbow* student project, which closed in Sept 2025 due to work pressures on the volunteers. www.instagram.com/clube.rainbow)

The Petunia Project. A higher education initiative promoting the inclusion of LGBTI+ people, with a focus on transgender and gender-diverse individuals. "*We are a higher education initiative with the great goal of promoting inclusion and celebrating the diversity of LGBTQIA+ people across the 24 municipalities of the Braga and Viana do Castelo Districts*"
www.instagram.com/petunia.project

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***Rede ex aequo* Braga**. Local branch of the national '*Rede ex aequo'* youth services for people from LGBTQIA+ communities aged 16 to 30. Email or call to confirm the date of meetings and evets, as activities vary across times and dates. https://rea.pt/nucleos/braga ; www.instagram.com/rea_braga ; braga@rea.pt ; +351 968 781 841

Queer Tropical. (Braga). (This group was very active around the time of the 2018 Brazilian elections but may be less active now). *Queer Tropical* assists the Brazilian LGBTQI+ community in Portugal, especially people in situations of violence, who need information about the processes of moving from Brazil to Portugal, and provides support to Brazilian LGBTQI+ people in Portugal. "*Queer Tropical is an LGBTQI+ feminist and anti-racist association. We fight to build a fair society, based on democratic values and equity among all people".* www.queertropical.org ; https://linktr.ee/queertropical ; www.instagram.com/queertropical ; https://linktr.ee/queertropical

Bussola. is a support and inclusion office for the LGBTQIA+ community, combatting discrimination and violence, and promoting well-being and equality, gender identity and expression. (Based in Guimaraes, but also operating in neighbouring municipalities). www.somoscpf.pt/bussola ; www.facebook.com/bussola.cpf .
Services include 'Compass' offering free psychological support (online and in person) for LGBTI+ people and families - online and in person. www.instagram.com/bussola.cpf

***Rede ex aequo* (**Esposende**)**. Local branch of the national '*Rede ex aequo'* youth services for people from LGBTQIA+ communities aged 16 to 30. Regular meetings at CIT Esposende Tourist Information Centre. https://rea.pt/nucleos/esposende ; esposende@rea.pt ; +351 927 551 548

***Minho Arco-iris* / Nucleo LGBT de Esposende / Marcha Esposende**. **New** social media in 2025. Organises bi-weekly gatherings on Friday evenings in the city center and Summer picnics on Esposende and surrounding towns (e.g. Alvarães, Viana do Castelo) (in partnership with *Casa da Juventude de Esposende*). Other events include occsional workshops, walks, movie screenings, and dinners, in addition to meetings to prepare for the annual **Pride** march, followed by a party at *Cardume Colab* Café. "*We aim to create community, awareness, and visibility, we prepare activities to break isolation in safe spaces for Queer people. We affirm the Minho Region as a space of civic engagement around sexual orientation, identity and gender equality. Come join us*!" www.instagram.com/minhoarcoiris ; www.instagram.com/marchaesposende ; ~~www.instagram.com/nucleolgbtdeesposende~~ ; ~~www.facebook.com/nucleolgbtesposende~~ ;

Abraço Braga. Abraço supports the well-being and quality-of-life of people infected and affected by HIV/AIDS, and the prevention of HIV, hepatitis and STIs (sexually transmitted infections). Rapid tests for HIV, Syphilis, Hepatitis B and C, condoms and lubricant. Anonymous and free. Also in Porto / Aveiro.
Praceta Padre Diamantino Martins, nº 17, 4700-438 Braga. Tel: 917 778 781.
https://abraco.pt ; www.facebook.com/associacao.abraco ; www.instagram.com/centrocomunitarioabraco ; ccbraga@abraco.pt

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Barcelos Pride (‘***Marcha do Orgulho LGBT+ de Barcelos***‘) **(**Barcelos**).** Since 2020 - Organisers also stage occasional events throughout the year.
www.facebook.com/marchaorgulholgbtbarcelos ;
www.instagram.com/marchaorgulholgbtbarcelos

***Medicos do Mundo* (MdM).** The Barcelos branch of this national service offers free, anonymous and confidential testing for HIV, Hepatitis and Syphilis screening, psychosocial support, with hospital referral, harm reduction materials, and health education.
Campo 25 de Abril, nº 41, 4750-127, Barcelos.
www.medicosdomundo.pt/search/node?keys=Barcelos ;
www.facebook.com/medicosdomundo ; www.instagram.com/medicosdomundo ;
mdm.barcelos@medicosdomundo.pt

UMAR Braga aims to be a space for feminist activism and support for the welfare of all women. www.facebook.com/umarbraga

LGBT-popular Beaches:

Pedrinhas Beach (Apulia/Ofir - Esposende). Between the beaches of Ofir and Apúlia, in Esposende municipality. Access is via a wooden walkway that crosses the pine forest, a few metres north of the *Pacha* nightclub. The northerly wind can be fresh, so people often shelter among the natural vegetation and dunes.

Guimaraes / Felgueiras / Santo Tiro / Trofa / Famaliacao

Bussola is a support and inclusion office for the LGBTQIA+ community, combatting discrimination and violence, and promoting well-being and equality, gender identity and expression. www.somoscpf.pt/bussola ; www.facebook.com/bussola.cpf .
Services include ‘Compass’ offering free psychological support for LGBTI+ people and families - online and in person. www.instagram.com/bussola.cpf

Guimarães LGBTQIA+. Local organisation that supports and defends all LGBTQIA+ people in Guimarães. **Guimaraes Pride March**, parties, events and get-togethers.
www.facebook.com/GuimaraesLGBTQIAmais ; www.instagram.com/guimaraeslgbtqiamais ;

***Guimarães Pela Igualdade*. New** in May 2026. Platform for Gender Equality and LGBTQIA+ Rights. “Cradle of Freedom, Seed of Equality. United for a just society!”www.instagram.com/guimaraespelaigualdade?igsh=Znp1ZnliZzNtanh6

Guimarães Drag Fest. A celebration of inclusion, facilitating artistic and social contributions in a space that values art and existence. Events for International Women’s Day and Pride. (From the CAAA - Centre for Art and Architecture Affairs). www.instagram.com/guimaraesdragfest

***Marcha do Orgulho de Guimarães*.** The annual Pride march is followed by the ‘LGBTQIA+ Assembly’ at *Plataforma das Artes*, followed by a dinner, and the annual **Guimarães Drag Fest**. The Guimaraes Pride March organisation is made up of several associations with the support of: *Casa da Juventude de Guimarães, Inclusion Center, Guimarães LGBTQIA+, Center for Independent Living, Felgueiras Fora do Armário, Movimento Virgínia Moura, 8M*

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Guimarães, Guimarães pela Palestina, Plataforma Artigo 65º, Headbangers Antifascists, and *Núcleo Antifascista de Guimarães,* among others.
www.facebook.com/marchadoorgulhodeguimaraes ;
www.instagram.com/marchadoorgulhodeguimaraes

Núcleo de Inclusão, Comunicação e Media (*'Palavras Infini'*). The Inclusion Centre hosts a ***LGBTQI+ Pride Diversity Party*** each year, celebrating diversity and inclusion in a night of music, dance and good vibes. (Sometimes in partnership with *Convívio* cultural association).
www.nucleodeinclusao.pt ; www.facebook.com/nucleodeinclusao ;
www.instagram.com/nucleo.inclusao ; sexualidadeeafetos@pluralesingular.pt

Felgueiras Fora Do Armário. **(**Felgueiras**).** Activists for the promotion and defence of the rights of LGBTQIA+ people in Felgueiras. Organisers of the **Felgueiras Pride** LGBTQIA+ Rights March in 2024 and 25. www.instagram.com/felgueirasforadoarmario

Marcha do Orgulho do Santo Tirso. **(**Santo Tirso**)**. Organised by the humanamente.movimento , 2024 was the second **Santo Tirso Pride March**, which ended with the *BichaFest* party. www.instagram.com/marchadoorgulho.santo_tirso ;
www.instagram.com/humanamente.movimento

Marcha do Orgulho LGBTQIA+ da Trofa. **(**Trofa**)**. 2024 was the first Trofa Pride March.
www.instagram.com/marchadatrofa

Humanamente Movimento (Humanly Movement) (Famalicão**)** - Movement for the Defense of Human Rights. Organisers of 'Vila Nova de Famalicão LGBTQIAP+ March. "Founded in 2021, we fight, mobilize, and transform. No rights less, no person forgotten!"
www.instagram.com/humanamente.movimento/

Vila Real

LGBT+ Vila Real is the social collective and organisers of Vila Real Pride March since 2022. Has a WhatsApp group: https://chat.whatsapp.com/DjAHaOFE1Fo84RMQ6rIlk1
www.facebook.com/lgbtvilareal ; www.instagram.com/lgbtvilareal ; lgbtvilareal@gmail.com

Bussola is a support and inclusion office for the LGBTQIA+ community, combatting discrimination and violence, and promoting well-being and equality, gender identity and expression. (Based in Guimaraes, but also operating in neighbouring municipalities).
www.somoscpf.pt/bussola ; www.facebook.com/bussola.cpf .
Services include '*Compass'* offering free psychological support (online and in person) for LGBTI+ people and families - online and in person. www.instagram.com/bussola.cpf

Catarse (Catharsis) **/ Movimento Social** is a social activist organisation in pursuit of equality. Not a specifically LGBTQ organisation, but Catharsis opposes any attack on human freedom/dignity. www.facebook.com/catarsemovimento

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***Kura Alma*: Queer Sanctuary** (Valpaços, Northern Portugal) **New** in 2025 - Kura-Alma is a "*home for the weird, odd & peculiar human beings*" - a 'Queer Sanctuary' collective welcoming a kinder, compassionate future that actively seeks to contribute to a sustainable, safer & more inclusive existence. There are opportunities to visit and/or stay at Kura Alma for short, medium and long-term visits. *"We specially invite folks who are queer, trans, non-binary, Black, Indigenous, people of color, disabled, parents, are/have been system-impacted, are immigrants, and anyone who has experienced systemic oppression and/or gender-based violence to join our team".*
From August 1st (2025) until early October Kura-Alma will be developing their site and calling for volunteers to help build.
Kura-Alma have also organised queer events in Lisbon including the '*Daddy Issues'* queer bingo staged at *Casa do Comum* in 2025. https://kura-alma.com ; www.instagram.com/kuraalmasanctuary ; www.facebook.com/profile.php?id=61555495725872

Aveiro / Ovar / São João da Madeira

CASA Colectivo Aveiro Sem Armários The home of the LGBTI+ community of Aveiro, a place to share experiences and support, alongside organizing events for the queer public. www.facebook.com/AveiroSemArmarios

***Orgulho Aveiro / Marcha LGBTI em Aveiro*.** (AKA *Marcha do Orgulho LGBTQIAPN+ de Aveiro*). Aveiro Pride Marches end with a post-Pride party at the gay-friendly *Insonia* Bar. www.facebook.com/lgbtiaveiro ; www.instagram.com/orgulho_aveiro ; www.instagram.com/insoniabaraveiro

Golden Flamingos. (Aveiro) **"***Disco parties with a 70s vibe; Drag queens, DJs & glitter everywhere, in iconic venues. Don't miss out - your life will never be the same!*". With *DJ Mari Boop* and drag hostess *Leleia Glitter*. Follow social media for updates on venues and dates. www.instagram.com/thegoldenflamingos

Queer Tropical. (Aveiro). Support for Brazilian LGBTQI+ community in Portugal. Assists the Brazilian LGBTQI+ community, especially people in situations of violence, who need information or support about the processes of moving from Brazil to Portugal, and provides support to Brazilian LGBTQI+ people in Portugal. www.queertropical.org ; https://linktr.ee/queertropical ; www.instagram.com/queertropical ; https://linktr.ee/queertropical

***Abraço Aveiro*.** Abraço supports the well-being and quality-of-life of people infected and affected by HIV/AIDS, and the prevention of HIV, hepatitis and STIs (sexually transmitted infections). Rapid tests for HIV, Syphilis, Hepatitis B and C, condoms and lubricant. Anonymous and free. Also in Porto / Braga.
37, R/, Shop D, 3800-137. Monday to Friday. 12pm to 8pm. Tel: 937 157 270.
https://abraco.pt ; www.facebook.com/associacao.abraco ; www.instagram.com/centrocomunitarioabraco ; maisabraco@abraco.pt

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Prisma Vozes Diversas. **New** in 2025 – a queer/LGBTQIAPN+, mixed-sex vocal group. "We sing with soul and harmony". From the casadasartesaveiro
www.instagram.com/prisma.vozesdiversas ; www.instagram.com/casadasartesaveiro

Ovar Pride. **(**Ovar**)** 2025 was the third '*Marcha do Orgulho LGBTQIA+ de Ovar*', and the following picnic. Ovar Pride also organise occasional social events throughout the year.
www.instagram.com/marchalgbtqiadeovar

***Marcha do Orgulho LGBTQIA+ SJM*'. (**São João da Madeira**).** Co-organized by ***EcosAção*,** a group from São João da Madeira committed to LGBTI+ action, sharing and support, the Municipal Council, and the *Ecos Urbanos* Youth Association. The march takes place at night, followed by a party, art fair and performances.
EcosAção : www.instagram.com/ecosacao ; www.facebook.com/ecos.urbanos
EcosAção also has a WhatsApp group: https://chat.whatsapp.com/BcL51pn5VgD0dvLbygRsou

Viseu (and Beiras generally)

Inércia do Tempo (Time Inertia). **New** in February 2025 - a new LGBTQIA+ association in Viseu, promoting, protecting, and defending the rights of LGBTQIA+ people. The focus areas for the new Association are planned around: Community and Rights, Transformation and Awareness, Expression and Visibility.
www.facebook.com/inerciadotempo ; www.instagram.com/inerciadotempo ;
inerciadotempo@gmail.com
Become a member at: https://docs.google.com/forms/d/e/1FAIpQLSeSI3Kf3Vh-KDoRqDSvqWTtTHnYKY5hVMVXZeGE8QEV0qYW8w/viewform?fbzx=8680895238065847274

LGBTI Viseu. Active and dynamic social and political association in Viseu that defends the rights of the LGBTQIAP+ population. Social events, parties, film screenings, debates, Blog, political representation, etc. Access to low-cost in-person and on-line psychotherapy for LGBTI+ people and their families.
https://lgbtiviseu.org ; http://facebook.com/lgbtiviseu ; www.instagram.com/lgbtiviseu ;
lgbtiviseu@gmail.com

Beiras Gay Hikes. **New** in June 2026. The Instagram page is very new; we wait to see what events they organise. www.instagram.com/beirasgayhikes/

Descentracenas (Decenters) is a monthly LGBTQIA+ podcast that addresses Queer Culture, Activism and Human Rights with resident activists from *Clube Safo, LGBTI Leiria* and *LGBTI Viseu*. https://tr.ee/v12vq9ZOE2

***Já Marchavas* Platform** (*Plataforma Já Marchavas*). Since 2018, *Já Marchavas* has been organizing the **March for LGBTQIA+ rights in Viseu** - as well as other causes such as feminist and anti-racist demonstrations, Palestine and housing rights.
Já Marchavas is a civic movement and collective, focused on street actions, occupation of public space in the defence of human rights. It includes several associations such as *SOS Racismo*, *UMAR*, *Olho Vivo,* among others. Political parties and individuals are also part of it.

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https://jamarchavas.pt ; https://jamarchavas.pt/evento/7-a-edicao-da-marcha-de-viseu-pelos-direitos-lgbtqia

Rede da Rastreio is the national network of free, community-based sexual health testing services for gay and bisexual men, and transgender people. Offering testing, treatment and prophylaxis for HIV, hepatitis, syphilis, and supporting access to the National Health Service. **Associação Existências.** Projeto beSafe. Instituto Piaget de Viseu, Estrada do Alto do Gaio, 3515-776 Galifonge, Lordosa. www.existencias.net/areas-intervencao/saude-sexual-e-reprodutiva

Guarda

Guarda Pride.
"In the countryside, inclusion and pride also have a place!". **New** in June 2025.
www.instagram.com/guardalgbt

Coimbra

PATH - Plataforma Anti Transfobia e Homofobia.
Activist collective that organises the Coimbra Pride March (May 17th, IDAHOBIT), with monthly community events, including the '*Fora do Armário'* (Out of the Closet) parties every month, Book Club, and regular Boardgame Afternoons. They explicitly welcome English-speakers. https://linktr.ee/PATHcoimbra ; www.instagram.com/pathcoimbra ; www.facebook.com/pathmarchacoimbra ; geralpathcoimbra@gmail.com

Pharmacia LGBT Club.
The first LGBT bar in Coimbra: Pharmacy LGBT Club! Launched on the 55th anniversary of the Stonewall Riots. "*A place of belonging, sharing experiences and learning. In Coimbra, a city known for its activist movements. Invisibility no longer serves us, so Pharmacy LGBT Club represents a victory for the whole community – an act of political and social activism where no one can deny our existence in the heart of the city. A place where we can be, without fears, remorse or prejudice".* Weekly events include Women's **'***Sáfic Nights'*, drag nights, party nights, Trans/non-Binary nights, Rock nights, and other themed events.
Pharmacia LGBT Club. Praça da República N.º 9-11, Coimbra. Mon-Sat, 22:00-04:00.
www.instagram.com/pharmacialgbtclub ;
www.facebook.com/profile.php?id=61561601420752 ; pharmacialgbtclub@gmail.com

QuartaQueer... t*he party is for TODXS!* This occasional party night of camp excess from Brazilian Drag Queen *'Raphaelly Delgado'* is a party for everyone that wants to dance! Follow social media for updates www.instagram.com/quartaqueer

Coimbra Gay Hikes. **New** in September 2025. Hiking & Trails for gay men in Coimbra & surroundings. Nature, Friendship, Pride.
www.instagram.com/coimbra_gay_hikes

***Rede ex aequo* Coimbra**. Local branch of the national '*Rede ex aequo'* youth services for people from LGBTQIA+ communities aged 16 to 30. Usually meets at: *Federação das*

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Associações Juvenis do Distrito de Coimbra (FAJDC), Instituto Português da Juventude, Rua Pedro Monteiro 73, Coimbra. Call or email in advance for info on the next meeting and events. https://rea.pt/nucleos/coimbra ; coimbra@rea.pt ; +351 968 781 841

Rede da Rastreio is the national network of free, community-based sexual health testing services for gay and bisexual men, and transgender people. Offering testing, treatment and prophylaxis for HIV, hepatitis, syphilis, and supporting access to the National Health Service. **Associação Existências.**
Coimbra: Projeto Adão e Eva II. Av. Emidio Navarro, 81, 2ºA, 3000-151 Coimbra |Tel.: 239 837 033. www.existencias.net/areas-intervencao/saude-sexual-e-reprodutiva

Coimbra International - Immigrants in Coimbra. Not a specifically LGBTQ group, but has queer organisers. Community and international connection. Organized by the '*Aguas da Azenha'* community space in Rua Quebra Costas, 6 (first floor to the right). Every Friday 16h-22h. www.facebook.com/groups/coimbrainternational

Casa do Cinema de Coimbra. Not specifically LGBTQ, but often shows queer movies, especially the more indie ones. **Note**: subtitles are typically in Portuguese, and PT films do not usually have subtitles. *Estúdio 2, Galerias Avenida - Av. Sá da Bandeira, 33, 3000-315, Coimbra.* www.caminhos.info/casa ; www.instagram.com/casa.cinema.coimbra

UMAR Coimbra aims to be a space for support intervention in the welfare of all women. www.facebook.com/nucleoumarcoimbra

LGBT-popular Beaches:

***Cova-Gala* Beach** (Figueira da Foz) The nudist area is located to the south of the *Orbitur* campsite. The existence of piers/piers has created small beaches, popular with naturists. There are dunes and forest. Access is via the National Road 109.

***Palheirão* Beach** (between *Tocha* and *Mira*) A well-kept secret! Palheirão Beach has a sandbank of almost five kilometres and is popular with queer communities and naturists.

Covilha

Nosso Bar."*Freedom, Music, Friends".* Not an explicitly queer bar, but popular and welcoming of queer crowds and hosts Pride parties, with a busy schedule of special events and parties. Tuesday-Saturday, 20:00-02:00. Rua do Norte, 14, Covilhã 6200-153.
www.instagram.com/nossobarcovilha

Saudesexuallgbtqi. This page usefully features updates on queer life in the Covilha region, including the recent (Feb 2025) launch of their Sunday afternoon 'Conversations and Games' LGBTQIA+ board-games group. This page is also an established source of sexual health info for men and women across Portugal.
www.instagram.com/saudesexuallgbtqi ; linktr.ee/saudesexuallgbtqi

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***Rede ex aequo* Covilha**. (Covilha). Local branch of the national '*Rede ex aequo'* youth services for people from LGBTQIA+ communities aged 16 to 30. Usually meets at: *Centro Cultural e Desportivo Oriental de São Martinho, Rua Conselheiro Santos Viegas 38, 6200-385, Covilhã*. Call or email in advance for info on the next meeting and events.
https://rea.pt/nucleos/covilha ; covilha@rea.pt ; +351 968 781 841

***Covilha a Marchar*.** (Covilha). Collective and social network – organisers of **Covilha Pride**.
www.facebook.com/covilhaamarchar ; www.instagram.com/covilhaamarchar ; covilhaamarchar@gmail.com

Malta das Cores. **New** in March 2026. The Colorful Crew of Covilhã! Leisure, mental health, and the LGBTQIAPN+ community. Outings, Dinners, Board Games, Hikes and more. No one is left out. www.instagram.com/maltadascores

ELO.UBI (**Covilhã**). **New** in November 2024. A student collective at the ***University of Beira Interior*,** promoting inclusion, equality and support for the LGBTQIA+ community and allies. We intend to combat misinformation and prejudice in academia. By promoting activities and creating support networks for an inclusive environment, embracing all people, regardless of identity and orientation. www.instagram.com/elo.ubi

International Seminar – Interdisciplinary LGBTQIA+ Visibility. Annual, one-day social scientific conference on various disciplines exploring the experience of lesbian, gay, bisexual, trans, and queer people. Organised by Henrique Pereira at the University of Beira Interior (UBI, Covilhã) with the participation of 'Grupo ELO – Coletivo de Estudantes LGBTQIA+ na UBI' https://2lgbtqi.ubi.pt

Leiria / Marinha Grande

Glitz Club. *Glitz... Drag up your life*. "*The best club and drag show of Leiria*"
Rua da Granja, n°4, Boa Vista, Portugal, 2420-397. Leiria. Saturdays (only) 23:00-04:00.
www.facebook.com/GLITZCLUBLEIRIA ; www.instagram.com/glitzclubleiria ; www.youtube.com/watch?v=lff9_aFRwLo

Leiria Drag FEST. Now in its sixth year, this sell-out festival event is organised by *Glitz Club* (above). In the last few years it has been staged at the *José Lúcio da Silva* Theatre between February and May . The event is open to the whole community of LGBTQ and allies.
www.facebook.com/leiriadragfestival ; www.instagram.com/leiriadragfestival ; www.teatrojlsilva.pt/evento/leiria-drag-festival-4/

Queer Book Club Leiria. (in Portuguese) **New** in 2025. Livros, conversas, comunidade. Monthly books reading, social events, sungeons & dragons, poetry, etc.
www.instagram.com/queerbookclub_leiria ; also has a Discord page.

***Centro Fora do Amario*.** In 2022/23 this social research project from the *Politecnico de Leiria* (IJP-IPLeiria), aimed to increase knowledge of the specific needs of the local LGBTQIA+ population and to train intermunicipal communities, creating a network for monitoring, identifying needs and gaps, for public and social services, or the community itself, to fill. The

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project aimed to empower a territory that generally does not have sufficient responses for the LGBTQIA+ population and families. https://ijp.ipleiria.pt/projetos/centro-fora-do-armario

Movimento LGBTI Leiria. Community support and activism. *"Fight discrimination, eliminate phobias, ensure rights and celebrate the diversity of love!"* (Co)organisers of **Leiria Pride.** www.facebook.com/movimento.lgbti.leiria ; www.instagram.com/lgbti_leiria

Marcha Pelos Direitos LGBTQIA+ de Leiria. **Leiria Pride**. Pre-march parties the night before and post-march events too. Co-organised by *LGBTI Leiria, Amnistia Internacional Leiria, Associação de Estudantes da ESTG, Associação de Estudantes da Escola Superior de Educação e Ciências Sociais'* and *Associação de Estudantes da ESSLei.* www.facebook.com/leiriamarcha ; www.instagram.com/leiria_marcha ; www.instagram.com/amnistialeiria ; www.instagram.com/ae.estg ; www.instagram.com/ae_esecs ; www.instagram.com/ae.esslei

Núcleo LGBTI Marinha Grande. News, events and discussions throughout the year. *"The LGBTQI+ Center of Marinha Grande aims for the eradication of discrimination against LGBTQI+ people".* https://lgbtqimarinhagrand.wixsite.com ; www.facebook.com/lgbtqimarinhagrande ; www.instagram.com/lgbtqimarinhag

Descentracenas is a monthly LGBTQIA+ podcast from *Movimento LGBTI Leiria*, which addresses Queer Culture, Activism and Human Rights with resident activists from *Clube Safo, LGBTI Leiria* and *LGBTI Viseu.*
https://tr.ee/v12vq9ZOE2

Rede da Rastreio is the national network of free, community-based sexual health testing services for gay and bisexual men, and transgender people. Offering testing, treatment and prophylaxis for HIV, hepatitis, syphilis, and supporting access to the National Health Service.
InPulsar - Associação para o desenvolvimento Comunitário. Rua Dr. José Gonçalves, 55, Piso -1, Loja 3, 2410-121, Leiria. Tel: 244 023 633. www.inpulsar.pt

Castelo Branco

Coletivo Joe are organisers of the first LGBTI+ Pride March in Castelo Branco, which was supported by the Mayor and Municipality. The march began with speeches and finished with a party 'Arraial da Inclusão' with stalls, DJs, dancing, live music and performances into the night. www.instagram.com/coletivojoe ; marchadoorgulhoalbicastrense@gmail.com

Marvao / Portalegre / Spanish Extremadura (See also – *'Alentejo (Evora, Beja, Marvao/Alto Alentejo, + Badajoz [Spain])'*, below)

The Quinta / 'Vineyard discos' (Marvao**).** (in English). The Quinta is an ecoqueer experimental space and community: connecting online and on a land project near *Marvao*, close to the Spanish border. Work-Away opportunities. This rural project has 5.5 hectares of land and room for up to 12 people to stay in reasonable comfort. (Visit the website for more information about opportunities to visit, participate and join events/experiences at *The Quinta*).

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The Quinta hosts three types of **'Vineyard Disco'** parties (potluck style - Bring food and drink to share), and a program of gatherings/work-weeks: a monthly men's GBTQ meetup; a quarterly GBTQ men's naturist weekend; a summer Vineyard Disco; and work-weeks including: Spring work-week (May), the June Eros in Nature Week (bodywork, sensuality, tantra), July Nature(ist) Summer Camp; late September Harvest celebration, and November olive harvest.
https://quintaproject.org/events ; www.facebook.com/groups/quintaLGBT ; www.instagram.com/quintalgbt ; www.workaway.info/en/host/426745449465

Senderismo Gay Extremadura (Spain). This LGTBIQ+ community group, across the border in the Spanish region of *Extremadura*, organises hikes (in Spanish) on various routes across the region. For latest news join their WhatsApp group, called '*Solo Rutas'*, at 656278705.
www.facebook.com/groups/135200729911297 ;
www.instagram.com/senderismogayextremadura

Silver Coast / Peniche / Caldas da Rainha

Rainbow Expats Silver Coast (LGTBQ+). (in English). An informal social group "*created to gather the expat and local LGTB community in the Silver Coast area and make new friends*".
www.facebook.com/groups/rainbowexpatssilvercoast

Caldas em Marcha. Organisers of the **Caldas de Rainha Pride** March and **Peniche Pride**. Plus occasional social events, including queer fance classes in 2026.
2025 saw the fourth '*Caldas em Marcha'* Pride march and party, and the third Peniche Pride.
www.instagram.com/caldas.em.marcha ;

Rede da Rastreio (Alcobaça/Bombarral/C. da Rainha/Nazaré/Óbidos/Peniche) is the national network of free, community-based sexual health testing services for gay and bisexual men, and transgender people. Offering testing, treatment and prophylaxis for HIV, hepatitis, syphilis, and supporting access to the National Health Service.
***Acompanha*.** Av. Porto de Pesca, Lote 1B, Fração E, 2520-208, Peniche.
Tel: 262 781 706 . www.facebook.com/Acompanha

Torres Vedras

IPA. (*Associacao para a Promocao da Igualidade*). The IPA organise events, parties, Yoga and Wellness classes, debates and social networking. They work to combat discrimination based on sexual orientation and gender identity in the West Region. They have a WhatsApp group that you can join:
https://api.whatsapp.com/send/?phone=351914096818&text&type=phone_number&app_absent=0 .
IPA. Rua 1º de Dezembro, nº11 , 2º andar, 2560-300, Torres Vedras.
www.somosipa.pt ; www.facebook.com/AssociacaoIPA ; www.instagram.com/associacao_ipa

Santarem

MOS (Marcha Orgulho Santarem**).** Supports and campaigns for LGBTQI+ rights. Has a partnership with *Projeto Bússola*, which provides free psychological support for LGBTI+ people and families, and support for LGBTQIAP+ victims of violence - online and in person. Also organises Santarem Pride each September.

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https://marchaorgulhosanta.wixsite.com/moss ; (www.instagram.com/bussola.cpf) ; marchaorgulhosantarem@gmail.com

Santarem Pride. The sixth '*Marcha do Orgulho LGBTQIAP+ de Santarém'* took place in 2025, with an additional pre-march market/exhibition, and a fun post march party. www.facebook.com/marchaorgulhosantarem ; www.instagram.com/marchaorgulhosantarem

Sintra

'Sintra Friendly' (*Colectivo Juvenil LGBTIQA+ de Sintra e Apoiantes rede de apoio para jovens LGBTIQA+*). Not for profit, youth community and support group. Organisers of **Sintra Pride** for the last three years '*Marcha do Orgulho LGBTIQA+ de Sintra*'. www.facebook.com/SintraFriendlylgbtiqa ; www.instagram.com/sintrafriendly ; sintrafriendlylgbtiqa@hotmail.com

Rede da Rastreio is the national network of free, community-based sexual health testing services for gay and bisexual men, and transgender people. Offering testing, treatment and prophylaxis for HIV, hepatitis, syphilis, and supporting access to the National Health Service. ***Associação Humanitária de Saúde e Apoio Social – AHSeAS***. Praça do Relógio, 11-A, 2635-457 Rio de Mouro. Tel: 211 395 124 www.facebook.com/p/Ahseas-Associa%C3%A7%C3%A3o-Humanit%C3%A1ria-de-Sa%C3%BAde-e-Apoio-Social-100069803741008

Cascais/Estoril

'Lisbon/Cascais LGBTQ Meetup'. An LGBTQ community for internationals and locals who are open, curious, and interested in meeting new friends. The aim of the group is to unlock Lisbon for the International/national community and to share our experiences of Lisbon. (In English). www.meetup.com/lisbonlgbtqgroup

'Queer Cascais'. A social group based in and around the Cascais area (incl. Estoril, Colares etc.) for the LGBTQ+ community, friends, and supporters (in English). www.queercascais.com

'Lisbon Cascais Expats & Friends group'. (AKA 'Expats and Locals') (in English). Not a specifically LGBTQ group but has queer organisers and is often a busy forum to meet new people. Organises hiking and social events (coffee/drink), picnics, BBQs, board games, business meetups, parties, dining events, retreats, etc. www.meetup.com/lisbon-cascais-expats-friends ; www.facebook.com/groups/expatsandlocalsworld ; www.instagram.com/expatslocals
Also has a WhatsApp group: https://chat.whatsapp.com/KmOy5VHLFf11mYQ585zXyr ; and a WhatsApp group for hiking: https://chat.whatsapp.com/GgV2nxd2D6z17AxE1QWC10 .

Siren Call Lisboa - events for 'FLINTA+' people. **New** in Nov 2025, an events calendar and newsletter for Female, Lesbian, Intersex, Non-binary, Trans, and Agender people ('FLINTA' ['WTFNB' in the USA] is basically everyone except cis-men). Includes a specific events calendar for Cascais. https://sirencalllisboa.wordpress.com/calendar-of-events ; www.instagram.com/sirencalllisboa

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Also, sign-up for the 'Siren Call' newsletter: https://wordpress.us19.list-manage.com/subscribe?u=d988b94f758dd4b7b56e71665&id=f074b6f15e

'Casa do Brasil de Lisboa (CBL)' (Bairro Alto and Cascais). (in Portuguese). CBL is an association of immigrants, organised by Brazilians but is open to all nationalities. Supporting integration, activism and culture in Lisbon. Actively embraces LGBTQ communities and activities. Services are offered in an 'open house' format, without appointments. Services are also provided at Cascais Citizen's Shop (Loja da Cidadao) on Tuesdays - goe.cascais@casadobrasildelisboa.pt
Rua Luz Soriano, 42. 1200-248. Bairro Alto, Lisbon.
https://casadobrasildelisboa.pt ; www.instagram.com/casadobrasildelisboa ; www.facebook.com/casadobrasildelisboa

Almada / Costa da Caparica / Setúbal / Barreiro / *Margem Sul*

Bar Club Margem Sul **(**Almada**).**
Margem Sul is a small but lively bar with regular drag shows and three spaces - a show room, dance floor, and a private room with TV. *Margem Sul, Rua da Liberdade, 11A, 2800-153. Cova da Piedade, Almada.* www.facebook.com/margem.sul.bar.club.almada ; www.instagram.com/margem_sul_club_bar

Emoçoes Bar **(**Almada**).**
Well-established drag, cabaret, karaoke, talent shows, special events. A popular basement bar and event venue in the centre of Almada. Popular with an unpretentious mixed crowd gay/straight, male/female. *Estrada Do Brejo, 16D/Cave. 2805-104, Cova da Piedade. Almada.* Fri and Sat (only) 22:00-03:00. www.facebook.com/EmocoesBar ; www.instagram.com/emocoes.bar

Queer Caparica. This small Meetup relaunched in 2024 and has up to 20+ people at a variety of events (social drinks, games nights, beach days, coffee meets, etc).
www.meetup.com/queercaparica

Palms Dr Bernard. (Costa da Caparica**).** Beachside restaurant and bar. Also offers yoga workshops, etc and has a co-workspace. Not a specifically LGBTQ venue but hosts occasional queer events and parties, such as the occasional ***'Scandal'*** **parties**
www.facebook.com/profile.php?id=100071089037743 ; www.instagram.com/scandalpartylisbon/?g=5 .
Palms Dr Bernard. Rua Muralha da Praia, Apoio 6, Praia Norte, 2825-391, Costa de Caparica.
www.facebook.com/palms.dr.bernard ; https://drbernard.pt

Villa Tr3s and **3Sauna**. **(**Costa da Caparica**)**. A gay resort and spa near the beaches south of Lisbon. From the people who run Bar Tr3s in Principe Real. 13 comfortable rooms with air-con, pool, bar, garden, saunas, steam room, Jacuzzis, clothing-optional, relax cabins, showers, bi-weekly '*RuPool'* shows. A day pass (20€) gives you full access (**Note**: bring your essential flip-flops or buy on site for 6€).
Villa Tr3s, Charneca de Caparica, Rua Teresa Leitão Barros, 4. 10-15 km south of the river, near the beach at Costa da Caparica. www.villa3caparica.com ; www.facebook.com/villa3caparica ; www.instagram.com/villa3caparica

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www.3sauna.pt ; www.villa3caparica.com/daypass

Siren Call Lisboa - events for 'FLINTA+' people. **New** in Nov 2025, an events calendar and newsletter for Female, Lesbian, Intersex, Non-binary, Trans, and Agender people ('FLINTA' ['WTFNB' in the USA] is basically everyone except cis-men). Includes a specific events calendar for Setubal. https://sirencalllisboa.wordpress.com/calendar-of-events ; www.instagram.com/sirencalllisboa
Also, sign-up for the 'Siren Call' newsletter: https://wordpress.us19.list-manage.com/subscribe?u=d988b94f758dd4b7b56e71665&id=f074b6f15e

Rede ex aequo **(**Almada**)**. Local branch of the national '*Rede ex aequo*' youth services for people from LGBTQIA+ communities aged 16 to 30. Meets twice a month, on different days of the week, at Casa Amarela, in Laranjeiro, and occasionally at other locations.
Centro Cultural e Juvenil de Sto. Amaro (Casa Amarela). Estrada dos Álamos 402, 2810-260 Laranjeiro. https://rea.pt/nucleos/almada ; almada@rea.pt

Mascive Club Bar **(**Barreiro**)** **New** in Summer 2026. "Muito mais do que um bar, um palco de expressão e celebração 🌈" Ter-Qui: 21:00 às 02:00; Sex-Sáb: 23:00-04:00.
www.facebook.com/MasciveClubBar ; www.instagram.com/masciveclubbar
Junta te à nossa comunidade no WhatsApp:
https://chat.whatsapp.com/E38lAXB35NSFLveEm5BuvB?utm_source=ig&utm_medium=social&utm_content=link_in_bio&fbclid=PAZXh0bgNhZW0CMTEAc3J0YwZhcHBfaWQPOTM2NjE5NzQzMzkyNDU5AAGnS10EBZkIFt2Hp4NtAST1yrKqw3XRStwo8sogR--Pvl4Sk6TSr6XQ-nqxymM_aem_JFpxrqGrCRcSRYfzEGxsNg

Factor Q. **New** in November 2025. Queer Feminist Community (in Portuguese) on the South Bank. Plans include: Karting in Montijo, Walks in Costa da Caparica, Sunset drinks, Cultural visits, restaurant nights, Cinema Nights, etc. www.instagram.com/fac.tor.q

Setubal Pride. **New** in 2025 – a small but growing local group "*created for those who are LGBTQ+ and Friends […] allies are always welcome!".* Join them at *Gatsby Cocktailaria* for their monthly LGBTQ+ meetup. 5-8pm. www.facebook.com/groups/419932266720147

Queer Setubal (in English) is a WhatsApp social group, which is one of ten sub-groups of the 'Queer Lisbon' social network on WhatsApp (and associated Meetup group). Join the 'Queer Lisbon' WhatsApp Community, and gain access to all its sub-groups, at this link (Join the 'Welcome Hug' group first, and make a simple post to show you are not a 'bot'):
https://chat.whatsapp.com/DSNcgO9SRiQ9bTs03BcAef .

Bar D'Elas LGBT Bar, Restaurant, and party venue.
Rua Frei Agostinho da Cruz 43. Setúbal.
www.instagram.com/bardelassetubal

Gatsby Bar. **New** in Sept 2025. Proudly camp cocktail bar. The drag queen, cabaret and nightlife scene of Setubal. Hosts special events on the first Saturday of each month, and occasional games nights.
www.instagram.com/gatsbycocktailaria ; https://gatsby.pt/eventos-especiais/ ; www.facebook.com/profile.php?id=61551210620088

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Qardume Collective. Organisers of Setubal's hugely successful first Pride and post-event parties in Oct 2025. The 2025 Pride March was a first for Setubal and a great success. Qardume's events are organised by the community, for the community. "*We fight against the violence and oppression that dehumanize our bodies, and occupy the city that belongs to us with pride, solidarity, resistance, and love*".
https://qardume.pt/marcha-2025 ; www.instagram.com/qardume ; www.facebook.com/people/Qardume-Coletivo/61579742278569

Associacao Abraço (Setubal). Abraço supports the well-being and quality-of-life of people infected and affected by HIV/AIDS, and the prevention of HIV, hepatitis and STIs (sexually transmitted infections). Rapid tests for HIV, Syphilis, Hepatitis B and C, condoms and lubricant. Anonymous and free.
Edificio Bocage, Avenida 5 de Outubro, 148, Loja L, piso 4, 2900-309, Setubal.
https://abraco.pt/o-que-fazemos/acompanhamento-social ; www.facebook.com/associacao.abraco ; www.instagram.com/centrocomunitarioabraco ; Tel: 265 228 882 ; delegagao.setubal@abraco.pt

Rede da Rastreio (Setubal, Almada) is the national network of free, community-based sexual health testing services for gay and bisexual men, and transgender people. Offering testing, treatment and prophylaxis for HIV, hepatitis, syphilis, and supporting access to the National Health Service.

GAT Almada. Community-based center for rapid, anonymous, confidential and free screening of HIV and other STIs. Services:
Screening for HIV, hepatitis B & C, and syphilis; Referral and support to the National Health Service; Support for specialist consultations and diagnostic tests; PrEP consultation; Social support for access to health care; Free condoms/ lube.
GAT Alamda. Edifício Luís de Camões; Rua Luís de Camões, nº 14, r/c, 2810-252 Almada. www.gatportugal.org/servicos/gat-almada_25 ; www.facebook.com/gat.almada ; www.instagram.com/gat.almada ; +351 910 250 553 ; gat.almada@gatportugal.org

GAT Setubal. Community-based center for rapid, anonymous, confidential and free screening of HIV and other STIs. Services:
Screening for HIV, hepatitis B & C, and syphilis; Referral and support to the National Health Service; Accompaniment to consultations and diagnostic tests; Medical and nursing consultations; PrEP consultation; Social support for access to health care; Free condoms/ lube.
GAT Setubal. Travessa das Lobas nº12, R/C, 2900-444 Setúbal
www.gatportugal.org/servicos/gat-setubal_24 ; www.facebook.com/gat.setubal ; www.instagram.com/gat.setubal ; +351 910 990 777 ; gat.setubal@gatportugal.org

Viral Agenda – Is the offical (mainstream/not specififcally queer) cultural events guide for ***Margen Sul*** (***Almada***, ***Setubal*** and **further south**). www.viralagenda.com/pt/setubal/almada ; www.facebook.com/agendaalmada ; www.facebook.com/groups/agendaculturalsetubal

LGBT-popular beaches south of Lisbon:

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Beach number 19 (officially '*Praia de Bela Vista'*) is Almada's (and Lisbon's) main gay beach: wide, remote, clothing optional - with discrete (but busy) sand dunes.
For a map and more info see: www.lisbongaycircuit.com/beachs , and for travel info on how to get there from central Lisbon see **Lisbon Gay Beach Guide** .
In 2025 the Portuguese erotic artist Antonio da Silva made a film '*Spring at Beach 19*' (but bear in mind that the cruising is generally discreet than the porn actors in his film): https://antoniodasilvafilms.com/springatbeach19

NATO Beach (*Praia da NATO*), also known as '*Praia da Adiça'*, is 1.5 kilometres of wild, wide, white sand located close to a NATO army base on top of the cliffs and is officially a clothing-optional beach. It is south of Beach 19, after the village of *Fonte da Telha*. In July and August, when Beach 19 and the neighbouring beach at *Fonte da Telha* get busy, it's possible to walk south to NATO Beach (if you're fit and active). **Note**: the sea tends to be rougher here than most of the *Costa da Caparica* beaches and there is no lifeguard. For a map see: www.lisbongaycircuit.com/beachs [sic]

Meco Beach (*Praia do Meco*), Portugal's first official nudist beach. Meco is a small village even further south than NATO Beach (above). Officially named '*Praia do Moinho de Baixo'*, it is the wildest beach along this stretch, with sand dunes, cliffs, pine woods and sometimes vigorous waves (but no life-guard). But Meco has an extensive carpark behind the dunes and can get busy, so loses much of its charm on summer weekends, and most people choose to wear swimming costumes - fewer as you walk further south. For a map see: www.lisbongaycircuit.com/beachs

Lisbon beaches guide. This useful website includes info about all beaches across the Lisbon area, from Troia in the south to the Sintra coast, and includes a section on 'Beach 19'. www.lisbonbeachesguide.com/praias/costa-da-caparica/praia-19.html

Alentejo (Evora, Beja, Marvao/Alto Alentejo, + Badajoz [Spain]).

'Um roteiro por Évora LGBTQIA+ friendly'. (Évora) In Aug 2024 the queer online newspaper *Dezanove* highlighted *"some of the LGBTQIA+ friendly places and events in Évora, where inclusion and acceptance are celebrated and where the community can find support and solidarity".*
https://dezanove.pt/um-roteiro-por-evora-lgbtqia-friendly-2233860?fbclid=IwY2xjawE1cC9leHRuA2FlbQIxMAABHejmwpqP2cnhWaio76RZXuyQ8Gm0nkU-n1e3VbS0oWKASeCMY4Oia0NNYg_aem_rRFOBQcIJaH_n2g6NSiAlA

Évora Pride. Since 2023. Founded to represent LGBTQIA rights in the Évora region. Market, March, parties, film nights, story-telling, performances, shows, debates, etc.
www.facebook.com/profile.php?id=100092505654029 ; www.instagram.com/evora_pride

Venus Initiative *(Initiative Venus / Dados de Venus).* **New** in May 2026. Promoting visibility for queer stories. "Creativity is resistance". Has a focus on queer narrative games, played online and sometimes in person in Evora and Beja, with weekly schedules throughout June.
www.instagram.com/iniciativavenus ;

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Culpa Tua. (Évora) Gay-friendly wine bar with terrace (no outdoor service).
Praça Joaquim António de Aguiar 6, 7000-510 Évora. www.facebook.com/Culpatuabar

Évora Queer. A collective of LGBTQIA+ people and allies (powered by *Opus Diversidades*).
www.instagram.com/evoraqueer
Their Instagram page started well but hasn't been active since late 2024 ☹

The Quinta / Vineyard discos (Marvao**)** (in English). 'The Quinta' is an ecoqueer experimental space and community: connecting online and on a permaculture land project near *Marvao* in *Alto Alentejo*, close to the Spanish border. This rural project has 5.5 hectares of land and room for up to 12 people to stay in reasonable comfort.
The Quinta hosts three types of **'Vineyard Disco'** parties (potluck style - Bring food and drink to share), and a program of *free* gatherings/work-weeks: a monthly men's GBTQ meetup; a quarterly GBTQ men's naturist weekend; a summer Vineyard Disco; and work-weeks including: Spring work-week (May), the June 'Eros in Nature' week (GBTQ-men's bodywork, sensuality, tantra), July 'Nature(ist) Summer Camp'; late September Harvest celebration, and November olive harvest.
https://quintaproject.org/events ; https://www.facebook.com/thequintaproject ; www.instagram.com/quintalgbt ; www.workaway.info/en/host/426745449465

Grupo de Jovens da APF Évora (Associação para o Planeamento da Família) (Alentejo) - is a youth group that actively embraces and supports LGBTQ issues.
www.facebook.com/gvapfalentejo ; www.instagram.com/grupodejovens_apfalentejo

AMPLOS Baixo Alentejo (Beja) (*'Associação de Mães e Pais pela Liberdade de Orientação Sexual e Identidade de Género'*) – has an active group in Beja, supporting LGBTQ individuals and families. www.amplos.pt/noticias/category/AMPLOS+Baixo+Alentejo ; www.facebook.com/profile.php?id=100078993481215 ; amplos.baixoalentejo@gmail.com

'*Associacao Arruca*' (Beja)**.** (Not a specifically LGBTQ group). *Associacao Arruca* aims to promote and develop cultural, social, sporting and environmental activities. Since 2021 *Associacao Arruca* have organised **Beja Pride** (below**)**. They also host live music and DJ events throughout the year.
www.facebook.com/Arruaca.Associacao.Beja ; www.instagram.com/a.arruaca

Beja Pride. Since 2021 the '*Associacao Arruca*' have organised Beja Pride, with events, a queer market, social parties, discussions, shows and a party into the night ("with financial and logistical support from the Municipality of Beja, the Union of Freguesias de Santiago Maior and São João Baptista, and the Union of Freguesias de Salvador and Santa Maria").
www.facebook.com/Arruaca.Associacao.Beja

Coletivo Feminista Bejense *'As Insuspeitas'* (Beja). LGBTQ-positive intersectional feminist collective – organises book and film events, socials, poetry, activism, etc.
www.facebook.com/profile.php?id=61556769221592 ; www.instagram.com/insuspeitas.beja

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Rede da Rastreio (Évora/Alcácer do Sal/Grândola/Odemira/Sines) is the national network of free, community-based sexual health testing services for gay and bisexual men, and transgender people. Offering testing, treatment and prophylaxis for HIV, hepatitis, syphilis, and supporting access to the National Health Service.
***Associação para o Planeamento da Família* – APF.** Alentejo. Rua Serpa Pinto, 111, 7000-537, Évora. Tel: 266 785 018 www.apf.pt

Badajoz + Cáceres & Merida (Spain)

Badajoz (just across the border into Spain) has no specifically LGBTQ bars or clubs, but has a couple of substantial annual LGBTQ events, and a number of queer-friendly venues in the city center, social events organised by informal networks and LGBTQ support service organisations. **New** in 2026, for the first time, this will include the ***'Encuentro Fetish Weekend'***, a partnership between 'Gear Club Portugal' & 'Leathermen Club Spain'.

'Queer in the World' This article from December 2023, lists some of the most popular LGBT-friendly venues in Badajoz: https://queerintheworld.com/gay-badajoz-spain-travel-guide

Los Palomos Festival (Badajoz, Spain). This annual Pride festival takes place each May/June (2026: June 6th). Originally a protest against the Major of this historic town who in 2011 referred to queers as '*Palomas Cojos'* (lame pigeons) - Los Palomas Festival is now one of Spain's main LGBTQ events with parties and activities: live shows, drag racing, karaoke, debates, parties, children's events, LGBTQ day-trips, youth events, rainbow family activities, , exhibitions, and the famous 'LGBTI Gastronomic Route' (2026 May 26-June 6).
www.facebook.com/lospalomos.badajoz ; www.instagram.com/palomosbadajoz ; https://lospalomos.com/pagina/badajoz ;

LGBTI Gastronomic Route. Hospitality establishments in Badajoz offer a variety of tapas, cakes and cocktails. You have the opportunity to try them all - Which one will you start with?
www.facebook.com/reel/968526589480237

Fancine Queer (previously 'Fancine Gay') is the International LGBTI Film Festival of Extremadura: '*Views that change the world'*. Over ten days every November, with a programme of associated debates, exhibitions, events, parties and meetings.
https://fancinequeer.com ; www.facebook.com/fancinequeer ; www.instagram.com/fancinequeer

'Encuentro Fetish Weekend' Badajoz. **New** in 2026. (March 20-22). This is a partnership between 'Gear Club Portugal' and 'Leathermen Club Spain'
https://gearclubportugal.wixsite.com/home ; https://linktr.ee/lmcspain ; www.facebook.com/leathermenclubofspain ; www.instagram.com/spanishlfc

Fundación Triángulo Extremadura. (Badajoz, Cáceres, Merida, and across Spain) The Triángulo Foundation is a non-profit organization (since 1986) with three offices in the Extremadura region - Delivering political and social rights for LGBT people. Festivals, health services, women's groups, youth work, etc.
Badajoz Museum Street, 3, 1st. 06003 Badajoz. 924 260 528

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Caceres Bishop Segura Saez Street, 15, ground floor b. 10001 Caceres. 927 700 651
Mérida C/ Villafranca de los Barros s/n (Associative Center "SUR fund"). 06800 Mérida
924 259 358
https://fundaciontriangulo.org/sedes/extremadura ;
www.facebook.com/FundacionTrianguloExtremadura ;
www.instagram.com/trianguloextremadura

***Servicio Plural*.** Is the Extremadura Service for Lesbians, Gays, Bisexuals, Trans* and Intersexual people. Their aim is to reduce the inequalities experienced by LGBTI people - a work program planned, developed and executed by **Fundación Triángulo Extremadura** (https://fundaciontriangulo.org) in collaboration with the Ministry of Health and Social Services, through the General Directorate of Social Policies, Children and Family.
https://servicioplural.org ; www.facebook.com/FundacionTrianguloExtremadura ;
www.instagram.com/trianguloextremadura

Azores (Faial, Terceira and Sao Miguel**)**

Azores Pride - The 2023 and 2024 festivals fighting for the rights of the LGBTIA+ community in the Azores, were staged twice - on the island of Terceira ***and then again*** on São Miguel.
https://prideazores.blogspot.com ; www.instagram.com/azorespride ;
www.instagram.com/azoreslgbt.oficial ; www.facebook.com/LGBTacores ;
prideazores@gmail.com

Azores LGBT - Organisers of 'Azores Pride', Azores LGBT fight for equality between genders and orientations, and combat LGBT-phobia. www.facebook.com/AzoresLGBT ;
azoreslgbt@hotmail.com

(A)MAR-Açores pela diversidade. The first support centre for the LGBTI+ population in the Autonomous Region of the Açores. www.instagram.com/stories/amarpeladiversidade

As Cores dos Açores Parties, film nights, debates, picnics, workshops, trivia nights, etc. Defending and promoting Human Rights of the LGBTI+ community and migrants. A branch of *Opus Diversidades* in the Azores.
www.facebook.com/AsCoresDosAcores ; https://as-cores-dos-acores3.webnode.pt ;
www.instagram.com/ascoresdosacores ; ascoresdosacores@opusdiversidades.org

Rede ex aequo Açores. Local branch of the national '*Rede ex aequo'* youth services for people from LGBTQIA+ communities aged 16 to 30. Meetings in Sao Miguel.
https://rea.pt/nucleos/sao-miguel ; www.instagram.com/redeexaequo.acores ;
Acores@rea.pt ; +351 968 781 841

Oblivion Sparkle Cabaret is "*a queer experimental show where drag, burlesque, and contemporary arts merge. A space where glamour meets the surreal, bodies are poetry, and performance transcends the stage*".
Occasional events, hosted by the *Vaga* art and entertainment space, home of the Anda&Fala Cultural Association: Travessa das Laranjeiras 51, Ponta Delgada, Azores 9500-318.
www.instagram.com/oblivionsparklecabaret ; https://andafala.org/Vagapdl/Agenda

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UMAR Açores. Feminist association for more than 30 years - defending women's rights in law and in life and the promotion of gender equality as its main objectives. Co-organiser of Azores Pride. Branches in Faial, Terceira and Sao Miguel.
https://umaracores.org ; www.facebook.com/umar.acores ;
www.instagram.com/umar_acores ; umaracores@gmail.com ; umar_nucleofaial@sapo.pt ;
umarterceira@gmail.com

Madeira

Queer life in Madeira is relatively limited but has seen some activity in the last few years with the '*Sáficas Madeira'* community for LGBTQIA+ women and non-binary people *"We're on a mission to create the best community for lesbian/ bisexual/ pansexual/ queer women and non-binary people"* www.instagram.com/saficas.madeira *;* a new LGBTQ venue '*Lust Vintage'* www.instagram.com/lustvintagefunchal which opened in June 2025; the '*Barreirinha'* bar/café gay-friendly space with occasional DJs and live music www.facebook.com/barreirinhabarcafe and the *Centro LGBTI da Madeira*.
(The '*GPoint'* bar has a rainbow in its logo, but appears to be mainly used by straight customers www.instagram.com/gpointfunchal).

'Gay Madeira' - see the website for latest news and updates on groups and events throughout the year: https://gaymadeira.com ; www.facebook.com/GayMadeiraIsland .

Sáficas Madeira. **New** in Nov 2025. A community for LGBTQIA+ women and non-binary people in Madeira. (In English and Portuguese): *"We're on a mission to create the best community for lesbian/ bisexual/ pansexual/ queer women and non-binary people on Madeira and we need your help!"* Events so far have inlcuded hikes, bowling nights, sports meetups, picnics, social nights, *etc.* Check out their Instagram, events calendar and fill out their anonymous questionnaire" (below).
www.instagram.com/saficas.madeira ; www.meetup.com/queer-women-non-binary-people-community-in-madeira/ ;
https://tally.so/r/VLE6Ky?utm_source=ig&utm_medium=social&utm_content=link_in_bio&fbclid=PAZXh0bgNhZW0CMTEAc3J0YwZhcHBfaWQMMjU2MjgxMDQwNTU4AAGnrU_eufWsy9sX7Dtmw_B_p6NToaG3PHvIsVRFRvxbmKMmEZT97bxeMcMT7ro_aem_GvhWZf5Q48y6hQ_RfZQ3pw

Lust Vintage Bar. **New** in June 2025 this lively and characterful cocktail bar/club parties hard at the weekends with drag shows, chart hits and a boisterous, fun crowd. Follow their social media for news about monthly special events. Tuesday to Sunday, 19:00-02:00.
Rua de Santa Maria, 23 RC, Funchal, Madeira 9060-291 (formerly *'23 Vintage Bar'*)
www.instagram.com/lustvintagefunchal ; www.facebook.com/lustvintagefunchal

Madeira LGBTQIA. **New** in December 2025. "*LGBTQIA+ Community in Madeira. Visibility • Support • Pride. Stories, events and safe places*". www.instagram.com/madeira_lgbtqia

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Madeira Pride. Pride celebration and march. The first in 2017 was organized by the local *rede ex aequo* youth association, and since 2023, the event has been organized by *Abraço*, *Opus Gay Madeira*, and *UMAR Madeira* feminist association, with the support of Funchal City Council and the Regional Secretariat for Tourism.
www.facebook.com/madeirapride ; www.instagram.com/madeirapride
geral.madeirapride@gmail.com

Opus Gay Madeira (local delegation of *Opus Diversidades*) is an active queer organisation, working to support LGBTIQ+ rights in Madeira.
www.facebook.com/ amplosporto ; opusgaymadeira@gmail.com

Ecos Acao* (ecosacao).** Active youth group against oppression, since 2021; with an active WhatsApp group. ***"*LGBTI action, sharing and support platform: We are here. We Exist; We Love. We fight for our rights, join us".*
www.instagram.com/ecosacao?igsh=aDlseG4zcThzdW5i ; WhatsApp group:
https://chat.whatsapp.com/BcL51pn5VgD0dvLbygRsou

***Rede ex aequo* Madeira**. (*'Rede ex aequo'* in Madeira appears to have been very quiet since 2024, so best to contact then directly for updates on recent activities). Local branch of the national *'Rede ex aequo'* youth services for people from LGBTQIA+ communities aged 16 to 30. Meetings at *Centro LGBTI da Madeira.*
Rua Latino Coelho 57, 9060-155, Funchal. Email or call to check on dates and times of the next meeting and events. https://rea.pt/nucleos/madeira ;
www.instagram.com/redeexaequo_madeira ; Madeira@rea.pt ; +351 968 781 841

***Centro LGBTI da Madeira*.** The local home of *Opus Gay Madeira* and R*ede ex aequo,* since 2022. At the Edmundo Bettencourt Civic Centre, Rua Latino Coelho, 57, Funchal. 09:00-19:00, Monday to Friday.
www.facebook.com/opusgaymadeira ; opusgaymadeira@gmail.com

Associacao Abraço (Funchal). Abraço supports the well-being and quality-of-life of people infected and affected by HIV/AIDS, and the prevention of HIV, hepatitis and STIs (sexually transmitted infections). Supports anonymous rapid tests for HIV, Syphilis, Hepatitis B and C, plus free condoms and lubricant. Operates a social canteen, a Psychosocial Care and Monitoring Centre, and child-support services.
Rua Bela de Sao Tiago, 17, Funchal, 9060-400. Tel: 291 236 700
https://abraco.pt/o-que-fazemos/acompanhamento-social ;
www.facebook.com/associacao.abraco ; www.instagram.com/centrocomunitarioabraco ;
delegacao.funchal@abraco.p

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Finding medium and long-term accommodation in Lisbon

However much we love Portugal, it can have challenges – and finding accommodation is often one of them – especially in Lisbon and Porto! (In 2025, the property website *Flatio* estimated the median price for a room in Lisbon was 599 euros. Up ~9% from the previous year!).

So here is a list of websites and services for finding medium and long-term accommodation (4months+). Most links refer to services in Lisbon, but many cover all of Portugal.
(Some of the Facebook groups below fluctuate in activity and the effectiveness of the group moderation, so be aware of the potential for rental scams and treat them caution)

Also, consider making a post in queer social groups. Word-of-mouth is often the most effective way to find your ideal queer-friendly rooms/apartments – Ask about accommodation by introducing yourself, adding a photo and a bit of info (see **Meeting People, Making Friends and Having Fun** for social groups and places to network).

Here are a few tips to help you avoid rental scams (adapted from the Erasmus Life Housing Guide: https://erasmuslifehousing.com/guide).

- If you are in contact with an individual, check if they work for an official organisation/ company and then ask them to continue the conversation through an official channel.
- If the rental will not be done through a rental organisation/ company, ask for a video chat to see the apartment and the person – you can also ask to see their ID to make sure this matches what they have told you.
- What is the price? Check the rent of similar rooms in the area. If the room sounds too cheap to be true, then it probably is!
- Where possible, visit the apartment to make sure it matches the pictures/ description you have been given.
- Search the address on google maps and make sure the building exists.
- If you are asked to make a payment to a bank account that is not in the name of the landlord OR to a bank account that is not in Portugal (the IBAN must start with 'PT') then this should catch your attention!

These tips cannot be 100% effective, and everyone should be wary of scams, and verify the room/landlord in every way possible.

Advice and info on renting in Lisbon/Portugal

Portugal Rental Info for Owners & Tenants (in English) **-** This excellently moderated Facebook group is for both tenants and landlords – providing up-to-date info on the rules and regulations around renting/letting. Their Files section contains useful resources in case of problems with landlords/accommodation (or renters). **Respected and recommended.** www.facebook.com/groups/762040045672380

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Lisbon Hoodpicker (in English) – is a useful and fun introduction to the varied neighbourhoods of central Lisbon. www.hoodpicker.com

Useful guides (in English) **to finding accommodation in Lisbon/Portugal.**

These sites all have guidance and info on ***how*** to find accommodation in Lisbon.

www.hoodpicker.com/posts/how-to-find-mid-term-accommodation-in-lisbon
www.portugalist.com/renting-in-portugal
www.portugalist.com/lisbon-room-rentals
www.portugalist.com/lisbon-digital-nomad
https://erasmuslifehousing.com/guide (this service is only for university students on the 'Erasmus' exchange programme, but the guide can be useful to anyone)

Specifically LGBTQ accommodation groups and services (mostly in Portuguese)

Rainbow Roomies. (in Portuguese) – This flatshares exchange was set up by the largest LGBTQ community organisation in Lisbon (ILGA) in 2023/4. It hasn't been active in 2025, but visiting the ILGA office in *Baixa* can a good place to ask about flatshares – and a good way to meet people who might know of rooms available.
https://ilga-portugal.pt/centro-lgbti/programacao/rainbow-roomies

Lisbon Queer Housing (AKA 'Queer Lisbon Housing') New in Feb 2026. This is one of many sub-groups in the 'Queer Lisbon' social network on *WhatsApp*. (They are also an active network for casual social events and frequent social activites in Lisbon). To join any of their sub-groups on WhatsApp it is necessary to first join the 'Welcome Hug' group (at the link below), make a simple post to show you are not a 'bot', and then you can gain access to all/any of the various sub-groups:
https://chat.whatsapp.com/DSNcgO9SRiQ9bTs03BcAef ;
https://chat.whatsapp.com/DyvxkWpdRYL9ajRgoWrWiF

***Arrendamento de Quartos em Lisboa* - Rooms For Rent in Lisbon (LGBTQIAP+)** (in Portuguese). https://www.facebook.com/groups/192225018237787

Quartos para alugar LGBTQI+ Portugal. (in Portuguese). A busy page with posts every day. www.facebook.com/groups/344886162630881

***Conversas Queer - Oferta & Procura*.** (in Portuguese) Sub-group of the busy 'Conversas Queer' Facebook group [mostly male].
www.facebook.com/groups/1582400831967272

Casa T (Center for Reception, Socialization, and Autonomy of Transgender People). Crisis shelter housing for trans immigrants - Founded by trans immigrants. Also supports employment and health care.
www.facebook.com/profile.php?id=100064457752786

Equipa JPVA (KWP). (in English & Portuguese) Top-of-the-market/high-end rental and house purchasing services (specifically addresses LGBTQ customers). From Joao Passos and the JPVA team (integrated in the Keller Williams network).
www.instagram.com/equipajpva ; https://jpva.pt/en ;
Lisbon - https://jpva.pt/lisboapride
Central Portugal / Coimbra – Bill&Marcus@kwportugal.pt

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Lisbon Queer Exchange. (in English) www.facebook.com/groups/lisbonqueer

Gay Expats Porto. (in English) This group actively features rentals and sales via their 'Pride Properties' www.facebook.com/groups/gayexpatsporto **Quouch.** (in English) (Queer couch-surfing) An international community project connecting queer travellers and residents. There's a focus on finding shared accommodation, but also on making friends and hanging out.
www.quouch-app.com

Accommodation sites and services targeting students and mid/longer-term rentals

(Not specifically LGBTQ. Mostly in English).

BQuarto is the main flat-share website for Lisbon and Portugal. You can search for rooms in shared houses, or whole apartments. www.bquarto.pt

Portugal/Lisbon Long-Term Rentals Requests & Offers. (in English) Staying in Lisbon for more than 1 month? You can see ads and make requests here for mid/long-term rentals. www.facebook.com/groups/lisbonrentals Recommended.

ErasmusU (student accommodation service) is available to anyone, not only Erasmus students: https://erasmusu.com/en/erasmus-student-housing

(If you are a student in Portugal as part of the Erasmus European student exchange, you also have access to the excellent Erasmus Life Housing support services.
https://erasmuslifehousing.com ; hello@erasmuslifehousing.com)

Flatio. Rooms in (mostly) smaller apartments, sharing with the landlord. Mostly max. 180 days. www.flatio.com

Lisbon Residence Group. Large furnished, multi-occupancy flats for Digital Nomads. https://lisbonresidencegroup.pt

Movara (**New** in 2026), is a commercial service offering accommodation for extended stays for students, erasmus students, digital nomads and professionals on assignment, - or just anyone looking for mid-term accommodation. This service is a business, but has been promoted by Erasmus.
https://movaraliving.com/Home ; www.facebook.com/profile.php

Rede um quarto **(**AKA **'*Rede1/4*')** is a new (May 2025) initiative for students (only) at *Universidade Nova de Lisboa*, where property owners can list houses and rooms available to students at more affordable prices. You must be registered student at Nova University, and demand is high, but if that's you and you plan ahead, these low-rent rooms can be a great opportunity. www.redeumquarto.pt ; www.facebook.com/redeumquarto ; www.instagram.com/redeumquarto

Worktugal. Primarily a place for digital nomads to find (online/remote) work, but you can also search for accommodation on their Telegram, where you can find rentals and chat about almost anything. https://worktugal.com ; www.facebook.com/groups/worktugal ; https://go.worktugal.com/telegram

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UniPlaces is not just for students, but no viewings are allowed, so rentals are sight-unseen (and there are reports that pictures could not be relied on!) www.uniplaces.com

Sabbatical Homes. For current or ex- academics(only). Searchers are charged $20/year fee + $50 if you find a place with them. www.sabbaticalhomes.com

Nine Student Living. Registered students only; min stay 4 months. https://ninestudentliving.com

Facebook Groups (mostly in English) that feature accommodation for rent. These sites can be very useful, but some can be poorly moderated and are sometimes used by scammers demanding rent before signing contracts, etc! (Treat with caution and follow the tips from the Erasmus Life Housing Guide to help you avoid rental scams: https://erasmuslifehousing.com/guide)

Accommodation for digital nomads in Lisbon. www.facebook.com/groups/543566312667172
Facebook Marketplace Accommodation. - www.facebook.com/marketplace/lisbon
Portugal Long-Term Rentals Requests & Offers. - www.facebook.com/groups/portugalrentals/
LisbonApartments.com https://www.facebook.com/LisbonApartments/
Lisbon Shared Housing & Co-Living -www.facebook.com/groups/lisbonsharedhousing
Accommodation for digital nomads in Lisbon. www.facebook.com/groups/543566312667172
Lisbon Expat Rooms, Flats & Roommates. - www.facebook.com/groups/LisbonRoomies
Apartments & Rooms for Rent in Portugal. - www.facebook.com/groups/162054587769511
Lisbon Rooms, Apartments, flats & coliving accommodation rentals. - www.facebook.com/groups/NOMADXLISBONACCOMODATIONS
Arrendamento Quartos e Casas em Lisboa - www.facebook.com/groups/137841837075066
Casas, Apartamentos e Quartos para ARRENDAR em Lisboa e Grande Lisboa - www.facebook.com/groups/1715253015288814
Casas/Apartamentos/Quartos para arrendar em Lisboa. - www.facebook.com/groups/1110160475674286
Lisbon - Lisboa housing, Rooms, Apartments, Sublets, Roommates (In Portuguese and English). www.facebook.com/groups/1402406126479567
Accommodation In Lisbon Portugal. www.facebook.com/groups/2525549734367539
Apartments & Rooms for Rent; Greater Lisbon. www.facebook.com/groups/147726532608877
Apartments and rooms in Lisbon; flat sharing. www.facebook.com/groups/194289167860374
LISBON Rent a House, Villa, Apartment, Flat, Condo, Room, Bedspace. www.facebook.com/groups/lisbon.accommodation.group
Casas e Quartos em LISBOA. www.facebook.com/groups/292534197430149
ERASMUS In Lisbon, Room/flats to Rent. www.facebook.com/groups/1502155053399871
Houses, Apartments and Rooms for RENT in Lisbon and Greater Lisbon. www.facebook.com/groups/housesapartmentsandroomsforrentinlisbon
Lisbon Room, Apartment, Flat, Place, Roommate Studio For Rent. www.facebook.com/groups/lisbonrent

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Lisbon Apartment Rentals, Houses, Sublets and Rooms.
www.facebook.com/groups/1692738510752483
Lisbon International Accommodation.
www.facebook.com/groups/internationalfriends.lisbon.accommodation
Lisbon rooms for Grad students.
www.facebook.com/groups/lisbonerasmus2017

Portuguese mainstream property websites:

OLX - www.olx.pt
Casa Sapo - www.casa.sapo.pt
Idealista - www.idealista.pt
Custo Just - www.custojusto.pt
Imo Virtual - www.imovirtual.com
Century 21 - www.century21.pt

Apartment finder agents (mostly high-end/ top of the market)

Equipa JPVA (KWP). (in English & Portuguese) Gay-owned, from **Joao Passos** and the JPVA team (integrated into the Keller Williams network). With a good knowledge of residency rules, a wide network of contacts, and a reputation in Portuguese real estate. Top-of-the-market/high-end rental and house purchasing services (specifically addresses LGBTQ customers). From the JPVA team (integrated in the Keller Williams network).
www.instagram.com/equipajpva ; https://jpva.pt/en ;
Lisbon - https://jpva.pt/lisboapride
Central Portugal / Coimbra – email Bill&Marcus@kwportugal.pt

Fox Relocation & Real Estate, From ***Aurélien Huynen*** – A gay-owned international real estate consultancy that aims to make relocating to Portugal a smooth process. Through a network of partners, they cover most admin procedures including getting a NIF, opening bank accounts, and visa applications. They source properties to rent or buy in the Greater Lisbon area, Porto, the Silver Coast and Setúbal regions. https://foxrealestate.pt
www.linkedin.com/in/aurelienhuynen/?originalSubdomain=pt ;
Manuel Carvalho www.facebook.com/groups/162054587769511/user/100066676401241
Rui Figueiredo www.facebook.com/groups/162054587769511/user/100010699815089

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LGBTQ Literature, Film, Learning Portuguese, Podcasts and News - in English and Portuguese.

Queer Literature and Theatre in English (see below for Portuguese)

***Livraria Aberta*.** There's no specifically queer bookshop in Lisbon, but there is in Porto; their postal service/deliveries are excellent and **Livraria Aberta** carries books in several languages, including English. Newsletter (in Portuguese) every Friday: https://livrariaaberta.substack.com *Rua do Paraíso, 297-299, 4000-378, Porto.* Tues-Sat: 10:00-13:30, 14:30-19:00. www.facebook.com/livrariaaberta ; www.instagram.com/livraria.aberta ; livraria@livrariaaberta.pt **Respected and recommended.**

Lisbon Queer Book Club. **New** in Dec 2025. One of the (many) sub-groups in the 'Queer Lisbon' WhatsApp group (and Meetup group). Each month, books (in English) are shared as PDF/eBooks/ Audiobooks, and then discussed over tea/coffee at Aconchego House near Metro *Marques de Pombal*.
Join the 'Welcome Hug' group from 'Queer Lisbon', send a message to confirm that you're not a bot - and you can be added to your choice of their busy and varied sub-groups on WhatsApp : https://chat.whatsapp.com/DSNcgO9SRiQ9bTs03BcAef ;
Meetup: https://www.meetup.com/queer-lisbon/events

Porto Queer Book Club. **New** in February 2026. The first meeting, in-person, in Portuguese, was scheduled for February and immediately booked-up, forcing a follow-up online session. Organisers are considering a parallel English language group at Rosebud Bookshop – **to be announced**. www.instagram.com/portoqueerbookclub

Queer poetry events. (in English) **New** in Oct 2025. "*We're hosting Lisbon's first Queer Open Mic! Come along to share your poetry, make new friends and catch some great performances from Lisbon's creative queers".*
19:00-11:00 @ Good Company Bookstore
https://luma.com/calendar/cal-5Fpdi9n494JpK7l?period=past

Portuguese in Translation Book Club (PinT**)** (Not specifically LGBTQ content)
'PinT' is a Book Club dedicated to Portuguese-language literature **in English translation**. Discuss a selection of contemporary novels in translation with the author and translator. www.pintbookclub.com ; www.youtube.com/@PortugueseinTranslation ; www.facebook.com/pintbookclub ; www.instagram.com/portuguese_in_translation ; pintbookclub@gmail.com

English language bookshops (and café). There are four main English language bookshops in Lisbon, and one in Porto: the excellent 'Bivar Books' near Saldanha sells a wide range of second-hand books in English at reasonable prices and has been an asset to English readers

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for many years – a great place to browse and sit on the sofa for an afternoon; 'Salted Books' near Santos, opened in 2023, selling new books in English; 'Fable Café' and English bookshop in Principe Real also opened in 2023; 'Good Company Bookstore' bookstore and café in Avenidas Novas has a 'Queer Book Club'; and 'Rosebud' in Porto, was **New** in July 2025. None of these shops are explicitly queer, but all are friendly, host occasional events and readings, will search for titles, etc; and 'Fable', 'Rosebud', 'Good Company' and 'Salted' have all run queer book groups – currently or in the past.

- **Bivar Bookshop.** Rua de Ponta Delgada 34A, 1000-169. Tue-Sat 11:00-18:00. www.facebook.com/BookshopBivar .
- **Salted Books**. Calçada Marquês Abrantes, 96, 1200-720. Tue-Fri 9:30-18:30, Sat 10:30-18:30. www.instagram.com/saltedbookslisbon ; ~~www.saltedbooks.com~~ www.saltedbookslisbon.com . Salted launched a 'Lisbon Queer Book Club' (in English) in March 2026 (www.instagram.com/p/DVJtd9oiBTz/)
- **Fable Lisbon** (café and English bookshop). Rua dos Prazeres, 10A. 1200-817. Mon-Fri 10:00-18:00, Sat-Sun 10:00-20:00. www.instagram.com/fablelisbon .
- **Rosebud Bookshop (**Porto**).** **New** in July 2025. Porto's English language, new & used, bookshop. Rua de Cedofeita 634, Porto. Tues – Sat. www.instagram.com/rosebud_bookshop
    - **Good Company Bookstore** English bookstore and café located in *Avenidas Novas*. 'Queer Book Club' (in English), Wednesdays 19:00-21:00: www.eventbrite.pt/e/queer-book-club-good-company-bookstore-tickets-1974248360993?aff=erelexpmlt ; https://goodcompanybooks.com/events/queer-book-club-9

  Avenida Visconde de Valmor 2. 1000-291 Lisboa. (Metro: Campo Pequeno) Tues- Sat: 09:00-21:00. www.instagram.com/goodcompanybookstore ; https://goodcompanybooks.com

Ten LGBTQ books in Portuguese (and other languages**).** Over Christmas 2023/24 the main Portuguese queer news website, *Dezanove*, published a list of ten suggested LGBTI+ books to offer at Christmas, some of which are available in translations: https://dezanove.pt/10-sugestoes-de-livros-lgbti-para-2038001?fbclid=IwAR0j8_WTuhMuFz7vyudRVNWR-21iEQtbazhCjqpm8-Vfs9RSB1F7QAHWBbE

***QueerQuivo*.** An emotional Portuguese LGBT 'archive' available as a website and a published bilingual book in English and Portuguese. *QueerQuivo* records the lives of well-known and anonymous personalities linked to the LGBT universe of Portugal.
https://queerquivo.wordpress.com ; www.facebook.com/queerquivo
(Buy the book online for 10 Euros at: http://livrariaaberta.pt)

***'O museu fora do armário'*.** (The museum out of the closet).
Exploring the Gulbenkian collection through a queer perspective. (in English and Portuguese) What does the word 'queer' mean today? And what is queer theory? How can it be applied in a museum context? In this series of short online articles, the playwright André Murraças, who leads the projects 'O museu fora do armário' [The museum out of the closet] and 'Queerquivo' [Queerchive] answers questions and explores different ways of reading the Gulbenkian's Collection in light of queer theories.
https://gulbenkian.pt/museu/en/series/the-museum-out-of-the-closet/

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The Lisbon Players. English language amateur theatrical society, with a reputation for very high-quality performances. Open to new members, volunteers, stage-hands, actors, etc. Publishes a popular newsletter. A Lisbon institution.
https://lisbonplayers.com.pt ; www.facebook.com/lisbonplayers ;
www.instagram.com/lisbonplayers

Musical Theater Lisbon (MTL). (Website in English & Portuguese. Most performances in Portuguese). Show productions, events, workshops, classes, discussions, celebrities - MTL aims to create a Musical Theater Industry in Portugal, building a bridge between Broadway and Lisbon. MTL works on both Production/Creation and Education: adapting Broadway musicals, creating original pieces, and nurturing the next generation through training in acting, singing, and dance. www.mtlisbon.org/about-mtl ;
www.facebook.com/musictheaterlisbon ; info@mtlisbon.com

Queer Literature and Theatre in Portuguese (see above for English language)

***Livraria Aberta*.** There's no specifically queer bookshop in Lisbon, but there is in Porto; and their postal service/deliveries are excellent. Newsletter (in Portuguese) every Friday:
https://livrariaaberta.substack.com
Rua do Paraíso, 297-299, 4000-378, Porto. Tues-Sat: 10:00-13:30, 14:30-19:00.
www.facebook.com/livrariaaberta ; www.instagram.com/livraria.aberta ;
livraria@livrariaaberta.pt **Respected and recommended.**

Porto Queer Book Club. New in February 2026. The first in-person meeting in February at 'Bar of Soap' was immediately booked-up and forced a follow-up online session.
www.instagram.com/portoqueerbookclub ; also has an Instagram group chat:
www.instagram.com/j/AbZvZkQsMLGthmG0

A Estante dos Livros LGBTQ+ do Diogo. New in August 2025**.** Diogo blogs about his passion for LGBTQ+ litearture on the excellent '*Escrever*' LGBTQ news site.
https://esqrever.com/category/cultura/livros/a-estante-dos-livros-lgbtq-do-diogo/

ISTO NÃO É UMA AULA – Referências LGBT na Literatura Portuguesa (This is not a class – LGBT References in Portuguese Literature). ***Casa do Comum***, in Lisbon, in partnership with *Livraria Aberta* and mediated by Paulo Brás, stage a conversation cycle '*ISTO NÃO É UMA AULA – Referências LGBT na Literatura Portuguesa'*. Each month, starting on January 7th 2026 at 7pm, and then on the first Wednesdays of each month (Jan 7, Feb 4, Mar 4, April 1, May 6, June 3, July 1, Sept 9, Oct 7, Nov 4, Dec 2), these events explore Portuguese literature from a queer perspective - unknown and canonical authors are given a queer reinterpretation; texts range from the 19th century to today. People will not know what is to be read until the session begins. The texts are read aloud and discussed. *"We raise references for a community that, despite the history it has, often lacks the sentimentl necessary to imagine a future".*
www.instagram.com/____causascomuns____/?g=5 ; www.instagram.com/p/DSx7V0zj6fl/

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INDEXE Books is a publisher specializing in gay, lesbian, bisexual, transgender, queer and other literature. Publishing eBooks, in Portuguese at low prices since 2012, including the *Dicionário de Literatura Gay* (www.indexebooks.com/dicionario.html). They re-issue lost queer literature in Portuguese and make classics available. **Respected and recommended.** www.indexebooks.com ; www.facebook.com/indexebooks ; indexebooks.com@gmail.com

'Lived Stories, LGBTQIA+ People Exist and Are Important'. This publication from the Angolan Identity Archive (an association of LGBTQIA+ feminist women) gives voice to Angolan queer voices, to their stories of overcoming discrimination, a true celebration of diversity. Available online for ***Free*** at: https://aiaangola.org/wp-content/uploads/2025/06/HISTORIAS-VIVIDAS-E-BOOK.pdf

'História da Homossexualidade em Portugal, desde o século XIII até ao século XX',
(The History of Homosexuality in Portugal, from the 13th to the 20th Century). **New** in May 2025, the first comprehensive book dedicated to the history of homosexuality in Portugal, by Victor Correia PhD, with an extensive academic CV and author of several books on LGBTI+ themes. https://dezanove.pt/historia-da-homossexualidade-em-portugal-desde-o-seculo-xiii-ate-ao-seculo-xx-de-victor-correia-2403907 ;
https://independent.academia.edu/CorreiaVictor

Picnic Bookclub (Porto). (in Portuguese). Clube de leitura feminista no Porto.
www.instagram.com/picnicbookclub ;

Dan Lifts Books (Porto). Personal page about Books, training, music, from the co-founder of @portoqueerbookclub
www.instagram.com/dan.lifts.books/ ; dan.lifts.books@icloud.com

Pink Pony Book Club. New in July 2025. Currently organising on WhatsApp.
July 2025's book was Chapters 1 and 2 of '*Radical Intimacy*' by Sophie K Rosa.
https://chat.whatsapp.com/CoWcb5nvt0eCy9vitoCzxo

Leituras Queer: *the readings we choose matter*, from Daniel Santos Morais, is a space for promoting, sharing and disseminating Queer and Feminist works in Portuguese. Their excellent site includes books for sale online, a blog, and occasional events.
N.B. New website for 2026: https://leiturasqueer.pt
;https://leiturasqueer.wordpress.com/category/queer ; www.instagram.com/leiturasqueer ;
https://leiturasqueer.wordpress.com/category/artigos ; www.facebook.com/leiturasqueer

esQrever. The book pages of the ***esQrever*** news website are a useful and regularly updated source of news on Portuguese queer literature and related issues.
https://esqrever.com/category/cultura/livros

Queer Book Club (From '*Queer As Fuck*') (in Portuguese). After a 2-year break the Queer Book Club was back in March 2024, but appeared to have gone quiet again in 2025. Follow online to see if there is currently new activity. "*We want to talk, share and learn together, through the art of words. Books, poems, staged readings, articles, stories, zines, magazines, comics,*

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song lyrics with LGBTQIA+ themes or written by queer people are some of the formats we will use in this club". www.facebook.com/groups/queerbooksclubedeleitura

Club de Leitura LGBTI+. Lisbon Municipal Libraries (*Bibliotecas de Lisboa [BLX]*), in partnership with ILGA, hosts a free LGBTI+ reading club (in Portuguese) every month in a different venue, a different book and guest speakers. Follow online for updates and info on venue this month. https://ilga-portugal.pt/centro-lgbti/programacao/clube-de-leitura-lgbti-das-blx-7 ; www.instagram.com/bibliotecas_de_lisboa ; www.instagram.com/ilgaportugal

Ler LGBTI is an informal project of queer academic Paulo Jorge Vieira, who shares and discusses queer readings on his Instagram page **diario_de_um_leitor_pjv** www.instagram.com/diario_de_um_leitor_pjv

Porto. 'Manifesto Library'. New in June 2026*. Livraria Lello* and *Dua Lipa* launch the 'Manifesto Library' in their new Cultural Auditorium of books that were once banned and censored
www.instagram.com/p/DaFlFlpN_Eg ; https://livrarialello.pt/manifesto-library

livros.faia. Instagram, YouTube and TikToc from *Joao Faia*, sharing literature and books of all kinds, including LGBTQ literature.
www.instagram.com/livros.faia ; www.youtube.com/@livrosfaia ; tiktok.com/@joaofaia

'28 titles – One for each year'. In 2024 ILGA published a list of queer books to celebrate 24 years of ILGA Portugal and World Book Day. Most titles are available to purchase in Portuguese and English, and many are available at the *ILGA Centro de Documentacao*: https://ilga-portugal.pt/obter-informacao/centro-de-documentacao ; cdoc@ilga-portugal.pt

'12 books to help you learn more about our (and your!) history throughout the year'. ('*12 Livros para que possas aprender mais sibre a nossa (e a tua!) historia durante todo o ano'*) This Instagram post was made by *Clube Safo* (www.instagram.com/clube_safo) for LGBT+ History Month, February 2026: www.instagram.com/p/DVTuUyxl1Xf/

'100 Queer books in Portuguese to read throughout the year'. In May 2024 the Instagram page '*Testabooks'* posted a list of LGBTQ books (in Portuguese), to which many followers added suggestions and recommendations. www.instagram.com/p/C7TcmPqtKIU

'Ten LGBTQ books in Portuguese' (and other languages**).** Over Christmas 2023/24 the main Portuguese queer news website, *Dezanove*, published a list of ten suggested LGBTI+ books to offer at Christmas, some of which are available in translations: https://dezanove.pt/10-sugestoes-de-livros-lgbti-para-2038001?fbclid=IwAR0j8_WTuhMuFz7vyudRVNWR-21iEQtbazhCjqpm8-Vfs9RSB1F7QAHWBbE

QueerQuivo. Portuguese LGBT Archive – An emotional archive available as a website and a published book. *QueerQuivo* records the lives of anonymous and well-known personalities linked to the LGBT universe of Portugal.

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Buy the book online for 10 Euros at http://livrariaaberta.pt ;
https://queerquivo.wordpress.com ; www.facebook.com/queerquivo

Musical Theater Lisbon (MTL). (Website in English & Portuguese. Most performances in Portuguese). MTL aims to create a Musical Theater Industry in Portugal, building a bridge between Broadway and Lisbon. MTL works on both Production/Creation and Education: Adapting Broadway musicals, creating original pieces, and nurturing the next generation through training in acting, singing, and dance. www.mtlisbon.org/about-mtl ; www.facebook.com/musictheaterlisbon ; info@mtlisbon.com

Escola de Mulheres Women's theatre company and workshop (in Portuguese), created in 1995 to prioritize women's creation and work in theatre and to promote and disseminate a new dramaturgy with feminine themes and writing**.**
www.escolademulheres.com ; www.facebook.com/escolademulheres.oficina ;
www.instagram.com/escolademulheres1995/

Livraria das Insurgentes. Transfeminist and intersectional bookstore. Promoting female, non-binary, trans and minority voices.
Tuesdays and Thursdays: 16:00-20:00. Located on the ground floor of:
Associação Renovar a Mouraria, Beco do Rosendo 8, Lisbon.
www.facebook.com/livrariainsurgente ; www.instagram.com/intendenteinsurgente
(Also support Manasaferspace - a narco-feminist mutual aid and activist support group. www.facebook.com/manasaferspace).

GRETA is a bookshop and space for the sale of material produced by women (in Portuguese). Located in Anjos, it aims to "*make accessible high-quality publications, which don't have space to be presented to the public*". Greta states it is a safe place to meet and debate topics that concern LGBTQIA+ and immigrants.
(www.theguardian.com/books/2023/dec/28/historical-reparation-new-bookshops-europe-give-voice-female-authors)
GRETA's Book Club consists of an annual subscription to receive delivered books at home - with curation by staff members or without: www.gretalivraria.com/clube-1
GRETA. Rua Palmira 66C, 1170-287, Anjos. www.gretalivraria.com ;
www.instagram.com/gretalivraria ; www.facebook.com/gretalivrariafeminista

In June 2025, *Greta Edições* published (in Portuguese) a selection of texts written by lesbians, women and non-binary people: '*Onde é que elas andam?*' (Where are they?). This is Volume 1 of their *Fresta Collection*: texts produced by non-binary people and women who are feminist activists, to fight against silencing.
www.gretalivraria.com/greta-edicoes

'O museu fora do armário'. The museum out of the closet. Projects exploring museum collections through a queer perspective:
What does the word 'queer' mean today? And what is queer theory? How can it be applied in a museum context? In this series of short online articles, the playwright André Murraças, who leads the projects '*O museu fora do armário'* [The museum out of the closet] and '*Queerquivo'*

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[Queer{ar}chive] answers questions and explores different ways of reading the Gulbenkian's Collection in light of queer theories. [in Portuguese and English] https://gulbenkian.pt/museu/en/series/the-museum-out-of-the-closet/

'Uma outra Lisboa – De sodomitas a queers'. Another Lisbon: From sodomites to queers. Guided tours [in Portuguese] of the permanent exhibition at the Museum of Lisbon - Pimenta Palace. André Murraças offers an alternative interpretation of selected artefacts, documents and artworks that can illustrate another history: the queer history of Lisbon. https://museudelisboa.pt/pt/events/10708-visita-museu-fora-armario

'História da Homossexualidade em Portugal' **(**in Portuguese**)** (**New** in 2025). "*With this new book, which is unprecedented in terms of its subject, a gap is filled in the national and international publishing world, as it is the first time that a book has been published on the history of homosexuality in Portugal*." www.e-cultura.pt/evento/47994?fbclid=IwY2xjawJqZkhleHRuA2FlbQIxMQABHsSV8rdNR3I5rRxSusgRrxhv6-pdVtpKzmdXTEteiBuoScL5-2jQpbxcVhHI_aem_H3nLgL4AYhYfEoz-2ZLERQ

Bantu Loja is an online bookshop of Black Portuguese-language literature. (Not specifically LGBTQ content). From the **Bantumen** online magazine, focusing on Lusophone (Portuguese-language) Black culture. www.bantuloja.com ; https://bantumen.com/about-us

'*Radicais - Queers que fizeram História*' (Radicals - Queers who made History**).** A podcast from *Bruá* podcaster's '*Sapiens*' series. *Bruá* creates content for demanding audiences looking for something different in culture, history, society, a bit of everything that is irreverent, quality and innovative.
www.bruapodcasts.com ; www.facebook.com/watch/?v=3778083015744542 ;

***'ILGA Teatro'*.** The ILGA Portugal theatre group was created in April 2013, giving dozens of people the opportunity to create, produce and stage a cultural expression, fostering positive and empowering social connections (in Portuguese). With several performances at the Community Centre, theatres, schools and other cultural and community spaces. Rehearsals take place weekly on Wednesdays, from 7:00 pm to 10:00 pm, at the *Palácio Galveias* Municipal Library (*Campo Pequeno*). Enrolment and commitment are necessary for the season ahead. https://ilga-portugal.pt/fazer-parte/grupo-teatro

Cinema/Film. Where (and What) to see in Lisbon/Portugal, and the annual '*Queer Lisbon/Queer Porto Film Festival*'.

For a country with a small film industry, there are a surprising number of films (some queer) set in Portugal, and a wide range of places/cinemas to see them in (see below). Films are usually shown in their original language, with Portuguese sub-titles, so it's easy for foreigners to see international films at regular cinemas, and Lisbon also has an excellent *Cinemateca*.

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Here (below) are a short list of films set in Lisbon/Portugal; a list of Lisbon's best cinemas (multiplex, art-house and outdoor); film festivals; and info about the annual *Queer Lisbon/Queer Porto Film Festival*:

Films set in Libson

(Links to see films online for free are included below where possible, otherwise try searching on-line at www.justwatch.com or https://gayfilmsmatter.com).

- ***Dans la Ville Blanche* (1986).** Charming drama set in Lisbon before tourism. A sailor tries to live freely without obligations. **Free** on YouTube [English subtitles] www.youtube.com/watch?v=2VsKrkKboQU
- ***Capitaes de Abril* (2000).** Accurate re-enacting of key moments from the 1974 Portuguese revolution. **Free** on www.facebook.com/watch/?v=157139279037592 or www.rtp.pt/programa/tv/p4138
- ***Fast & Furious X* (2023).** The tenth film in the franchise starring Vin Diesel, which closed parts of Lisbon city centre and several Portuguese motorways to film car chases in 2022.
- ***On Her Majesty's Secret Service* (1963).** The sixth *007* film, in which James Bond [George Lazenby] is seduced by actress Diana Rigg, buys a wedding ring in *Rossio* square before marrying at the *Herdade do Zambujal,* south of *Aguas do Moura,* near Setubal.
- ***Lisbon Story* (1994)** by Wim Wenders. Lisbon charm and fado from the seminal director.
- ***The Russia House* (1990)** A Cold War classic with Sean Connery.
- ***Night Train to Lisbon* (2013)** With Jeremy Irons. Depression, dictatorship and survival.
- ***Heart of Stone* (2023)** With Gal Gadot. Spy action thriller. Netflix's most expensive film ever!
- ***Revolução sem sangue* (Revolution without blood) (2024).** Events from the April 1974 Portuguese revolution.

LGBTQ films made in Portugal:

- ***Diamantino* (2018).** "*…the funniest gender-bending, human-cloning soccer comedy you will ever see!"* **Free** on YouTube [English subtitles]. www.youtube.com/watch?v=X8wH60XdSm4
- ***A Outra Margem* (2007).** A family drama, in which family members teach each other to love their drag-queen son. **Free** on YouTube [in Portuguese only]. www.youtube.com/watch?v=HAxtvuR28Dk
- ***Duas Mulheres* (Two Women) (2009).** A married female psychiatrist develops a fascination with a call-girl who has panic attacks. **Free** on YouTube [Portuguese only] www.youtube.com/watch?v=yBqDdRqYZyA
- ***Variacoes* (2019).** Biopic of 1980s queer popstar *Antonio Variacoes* directed by João Maia. The most watched Portuguese film the year of its release. www.rtp.pt/play/p8764/variacoes
- ***Golpe do Sol* (2020).** A mixed-sex group of friends spend a week together on holiday, but are interrupted when the queer group's collective romantic past threatens to visit. www.rtp.pt/programa/tv/p41094
- ***Al Berto* (2021).** Summer 1975: a post-revolution generation explore passion, hope and new opportunities. But is the country ready to accept new love stories?
- ***The Ornithologist* (2016).** A bird-watcher is saved after capsizing his kayak, but is lost in frightening, surreal, queer erotic experiences as he tries to get back on track.
- ***20,13* (2006).** Love between two soldiers during the Portuguese Colonial Wars.
- ***O Fantasma* (2000).** Erotic drama in which a Lisbon refuse worker develops sadistic obsessions.
- ***What now? Remind me.* (2013).** Life with HIV – a first-person documentary.

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Also, see

Films by Portuguese queer director João Pedro Rodrigues:
https://pt.wikipedia.org/wiki/Jo%C3%A3o_Pedro_Rodrigues
Portuguese LGBTQ documentaries:
https://pt.wikipedia.org/wiki/Categoria:Document%C3%A1rios_com_tem%C3%A1tica_LGBT_de_Portugal

Where to see film in Lisbon.

Independent and 'art-house' cinemas.
Foreign films will be shown in their original language and sub-titled in Portuguese.

- *Cinema Nimas*. Avenida 5 de Outubro, 42 B, 1050-57 (Metro: *Saldanha*) https://medeiafilmes.com/cinemas/cinema-medeia-nimas
- *Cinema Ideal.* Rua do Loreto, 15/17. 1200-241 (Metro: *Baixa-Chiado*) www.cinemaidealemcasa.pt
- *Cinema Mundial*. Rua Martens Ferrão 12, 1050-217 (Metro: *Picoas*) https://antigocinema.site ; www.cinemaidealemcasa.pt
- *Cinemateca Portuguesa.* Rua Barata Salgueiro 39, 1269-059. (Metro: *Marques de Pombal*) A beautifully adapted 19th Century palace, with four purpose-built auditoriums (plus outdoor screen in the summer). There's also an specialist bookshop, a busy conservation programme and a great bar/café/restaurant. Films are affordable at just 3.20Euros. www.cinemateca.pt ; www.facebook.com/cinematecaportuguesa ; www.instagram.com/cinematecaportuguesa

This 2025 article describes the pros and cons of the various cinemas above in more detail:
www.timeout.pt/lisboa/pt/filmes/as-melhores-salas-de-cinema-de-lisboa

- **SuperFLINTAcine New** in March 2025. 'Super FLINTA Cine' is a FLINTA film club for fun; screening films and organisiing discussions in relaxed environments.
www.instagram.com/superflintacine

Mainstream and multiplex cinemas.
Most films will be shown in their original language and sub-titled in Portuguese, but for amimations and children's films it's best to check in advance. There are large cinemas for blockbuster films all across and around the city - mostly located in shopping centres (none in the historic centre of the city, so a Metro journey from the centre is usual). Look online for your nearest, but the most central are:

- UCI *El Corte Inglés* (Avenida António Augusto de Aguiar 31. 1069-413. Metro: *Sao Sebastiao*.) Has some luxury seats.
- Cinema City *Campo Pequeno*. (Centro Comercial Campo Pequeno. Avenida República. 1000-082. Metro: *Campo Pequeno*. Friends who are keen film buffs recommend this place. Has a luxury area.
- NOS *Amoreiras* (Avenida Engeneiro Duarte Pacheco. 1070-103). *Amoreiras* is not the easiest place to reach by Metro, but has whole luxury auditoriums with spacious seats and fewer noisy popcorn munchers.

IMAX 3D Cinema – There are three in Portugal: Lisbon, Cascais, and Porto.
Lisbon:

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- in the massive *Columbo* shopping centre, a Metro ride from the city centre. NOS Cinema, Colombo Centre, Shop Unit A203 (1st floor). Avenida Lusiada. Metro: *Colegio Militar.* www.imax.com/en/pt/theatre/cinema-nos-colombo-imax

Cascais:

- in the *CascaiShopping* complex on the highway, outside the town. NOS Cinema & IMAX, Alcabideche, Portugal. www.imax.com/en/pt/theatre/cinemas-nos-cascaishopping-imax

Porto:

- a journey from the city centre, at *Marshopping* in Matosinhos. Cinema NOS & IMAX. Avenida Óscar Lopes, Leça da Palmeira, Matosinhos, 4450-745, Porto.

Streaming services. The Spanish/Portuguese film service *FilmIn* provides online access to international films for ~40Euros a year. www.filmin.pt

Outdoor cinemas.

- Throughout the summer multiple outdoor cinemas (or varying technical efficiency) across Lisbon city centre and the suburbs, include: https://tickets.theblackcatcinema.com/events/blackcatcinema ; www.cineconchas.pt ; www.visitlisboa.com/pt-pt/eventos/cinecapitolio-rooftop ; https://cinesociety.pt/en ; and the charming *Cinealfama* film festival, which shows films projected onto homemade screens in the streets of Alfama www.cinalfama.com .

Film Festivals in Lisbon (& Porto/across Portugal).

Cinema em Portugal *(*in Portuguese) is a website dedicated to film in Portugal with listings, interviews, trailers, articles, podcast, etc, etc. https://cinemaemportugal.pt ; www.instagram.com/cinemaemportugal ; www.facebook.com/cinemaemportugal

In Lisbon the city council funds the excellent art-deco *Cinema Sao Jorge* on *Avenida da Liberdade* (https://cinemasaojorge.pt) as a home for film festivals, and the nearby *Cinemateca Portuguesa* (www.cinemateca.pt - with five screens [one outdoors in the summer]) offer year-round access to thematic showings, a specialist bookshop and an excellent restaurant/bar/café.

A shortlist of some of the many annual film festivals in Lisbon (& Porto/across Portugal):

- https://www.olharesdomediterraneo.org (Women's Film festival)
- https://portofemme.com/sobre-nos ('*Porto Femme'.* **NEW** in 2025 Women's Film Festival)
- https://queerlisboa.pt/pt/os-festivais/queer-lisboa-e-queer-porto (Queer film festival)
- https://leffest.com/en (Lisbon and Estoril Film Festival)
- https://indielisboa.com/en (Independent and short-form film)
- https://www.motelx.org/en (Horror film)
- https://doclisboa.org/en (Documentary film)
- https://www.lisbonfilmfestival.org (Independent and underground)
- https://tribecalisboa.sic.pt/en (Pop culture and entertainment)
- https://www.cinalfama.com (Films shown in the streets of *Alfama*)
- https://festadocinemafrances.com (French film. Tours cities across Portugal)
- https://festin-festival.com (Promoting film within Portuguese-speaking nations)
- https://casamericalatina.pt (Latin American film festival)

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The *Queer Lisbon / Queer Porto Film Festival*

The Queer film festival plays for eight days in Lisbon every September (18-26 Sep 2026), and then moves to Porto in October/Nov (3-7 Nov 2026). Then, selected films travel to regional cities across the country.
https://queerlisboa.pt/pt/os-festivais/queer-lisboa-e-queer-porto

Queer Lisbon Film Festival (18-26 Sep 2026) - takes over Lisbon's wonderful art-deco *Cinema Sao Jorge* and the nearby *Cinemateca Portuguesa*. Screenings seldom sell-out the huge auditoriums, and even if you're not going to see a film every night it's worth going for the atmosphere, as animated crowds sit on the steps and foyer/balcony, drinking coffee and debating the visual arts.
Films are shown at the *Cinema Sao Jorge* and the *Cinemateca* - See the website for details:

- *Cinema Sao Jorge. Avenida da Liberdad,e 175, 1250-141.* (Metro: *Avenida*)
- *Cinemateca Portuguesa. Rua Barata Salgueiro 39, 1269-059.* (Metro: *Marques de Pombal*, or *Avenida*)

www.instagram.com/queerlisboa ; www.facebook.com/qlisboa ; www.youtube.com/user/QueerLisboa

Queer Porto Film Festival (3-7 Nov 2026) **-** the Queer Porto festival is based at the art-deco *Batalha Centro de Cinema,* with two screens, exhibition space, film library, café/bar, and bookshop.
Films are usually shown at three different cinemas - See their website for details and book ahead:

- *Batalha Centro de Cinema. Praça da Batalha, 47, 4000-101 Porto* (*São Bento / Bolhão*)
- *Reitoria da Universidade Do Porto. Praça de Gomes Teixeira, 4099-002 Porto* (*São Bento*)
- *Passos Manuel. Rua de Passos Manuel, 137, 4000-385 Porto (Bolhão*).

www.queerporto.pt/en ; www.facebook.com/qporto ; www.instagram.com/queerporto ; www.youtube.com/user/QueerLisboa

Learning Portuguese – tools, teachers and tests.

This is a list of resources in Lisbon, Porto, Faro and online; including a couleo of social groups and tools that can help with learning Portuguese.
Many online Apps and services teach Brazilian Portuguese, but all the tools and resources listed below (e.g *Memrise* and *Learn European Portuguese Pronunciation*) use Portuguese spoken in Portugal.

(If you're interested in the challenges of using a gendered language (like Portuguese), these two articles are valuble:

- This excellent article (in Portuguese) from 2022 by **Andreia Friaças** won awards for addressing non-binary inclusion: 'Inclusive language is not a "whim." It's "equality and respect' *(Linguagem inclusiva não é "capricho". É "igualdade e respeito*). www.publico.pt/2022/06/22/p3/noticia/linguagem-inclusiva-nao-capricho-igualdade-respeito-2010431)
- *'Beyond the binary: queer language in Portuguese + mini guide'* (2026), from writer 'p. feijó' (www.instagram.com/bichx__/) discusses queer language and how it challenges the binary system (in conversation with Finnish writer and Lisbon resident Anna Pöysä): https://theotherlisbon.substack.com/p/queer-language-portuguese

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Portuguese classes for the Queer community, by the community: **New** in May 2026
Aconchego House has teamed up with *The Talking Sardines*, to offer inclusive Portuguese courses designed with you in mind. Learning the language also means supporting the space that holds us: 30% of all proceeds go directly to Aconchego House, funding their work with the LGBTQIA+ community.
For more info or to sign up, contact www.aconchego.house ; hello@aconchego.house.

Q**ueeremos Aprender Português!** This informal group meets every Wednesday from 18:30 to 20:30 at Aconchego to practice Portuguese by immersion! If you only speak a little Portuguese, that's fine. Although the focus is on European Portuguese, all speakers of Portuguese are welcome! Come and meet other people in the community. If you are a Portuguese teacher, you are also very welcome.
The rules are simple:

- Speak Portuguese, no other languages.
- Encourage and support other students.

Drinks available for purchase at the bar. https://luma.com/tmvsd3e4?lm_source=embed
Also has a WhatsApp group as a sub-group of the Queer Lisbon WhatsApp community:
https://chat.whatsapp.com/DSNcgO9SRiQ9bTs03BcAef

Gays do Porto a falar português **New** in May 2026
An informal group of gay men from the Porto region who are interested in having coffee and chatting in Portuguese.
www.facebook.com/groups/2817008925308725

The 'CIPLE exam' (A2 level) To secure Portuguese permanent residency or citizenship in 2025, proving A2-level language proficiency is essential, but tests need to be booked many months (up to a year!) in advance and the process can be confusing – so plan ahead!

- This site offers a countdown to the date when exams can be booked – the whiole year of dates can get booked-up in just a week or two, so plan ahead! As we go to press in early February, **2026 dates** are still not yet published... https://ciple.org/en/registration-for-the-ciple-exam
- Exam bookings are made here: https://caple.letras.ulisboa.pt/exame/2/ciple
- When exams in Lisbon are already booked-up, it can be necessary to look at 'LAPE' exam centres in regional town where demand is lower. If all of Portugal is booked-up, you can try exam centres in in other countries (Plan ahead!): https://caple.letras.ulisboa.pt/centers/index

This valuable 2023 post from the Facebook page of 'Portugal Living Magazine' usefully describes one person's experience of the process of taking the CIPLE exam, and incudes additional PDF resources:
www.facebook.com/PortugalLivingMagazine/posts/pfbid02G3VG35v8vSvNU5y73NCVJEdLDGLQWLqT13DV1byRstaqvFqWCBdZb15zB2ibqJqQl
Also, see '**Portuguese Language Tests'** below for more on the content and process of the CIPLE test.

Portuguese Host Language (PLA) language classes for residents and migrants (formerly known as 'Portuguese for Speakers of Other Languages' (PFOL) or 'Portuguese for All' (PPT)). These free courses were previously managed by the *'High Commission for Migrants (ACM - Alto Comissariado para as Migrações)'* but this work is now integrated into AIMA https://aima.gov.pt/pt/lingua-portuguesa .
Portuguese Host Language (PLA) courses are typically available as evening classes at schools, with a total 150 hours of face-to-face classes (consistent attendance is an assessed requirement). The courses generally start once (or twice) a year, typically starting in Sept, and are used by people of all abilities, so they may not suit everyone (and they get booked-up about **a *year* in advance,** so plan ahead and check each school). For more info (in Portuguese and English) see:

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https://aima.gov.pt/pt/lingua-portuguesa/cursos-de-portugues-lingua-de-acolhimento-pla , and for a list of schools across Portugal offering the PLA course, contact AIMA's Portuguese Language Promotion Services Directorate (SPLPt) via lingua.portuguesa@aima.gov.pt

Some tools for learning Portuguese (Portuguese from Portugal)**.**

Memrise App. Many online language apps and services teach Brazilian Portuguese, but *Memrise* is one of the few that teaches Portuguese from Portugal: www.memrise.com

Learn European Portuguese Pronunciation. This free, easy-to-use complete guide to (European) Portuguese pronunciation includes audio files, videos and verb conjugation. https://european-portuguese.info

Portuguese classes for the Queer community, by the community: **New** in May 2026
Aconchego House has teamed up with *The Talking Sardines*, to offer inclusive Portuguese courses designed with you in mind. Learning the language also means supporting the space that holds us: 30% of all proceeds go directly to Aconchego House, funding their work with the LGBTQIA+ community.
For more info or to sign up, visit www.aconchego.house ; hello@aconchego.house.

Queeremos Aprendar Português is a social conversation practice group for queer people learning Portuguese. https://luma.com/tmvsd3e4?lm_source=embed
Also has a WhatsApp group as a sub-group of the 'Queer Lisbon' WhatsApp community: https://chat.whatsapp.com/DSNcgO9SRiQ9bTs03BcAef

Gays do Porto a falar português **New** in May 2026
An informal group of gay men from the Porto region who are interested in having coffee and chatting in Portuguese.
www.facebook.com/groups/2817008925308725

Portuguese and Play is a language project helping people to integrate into Portuguese culture in a fun way through Puzzle Hangs, a Literary Club, and 'language lessons' - Come for the puzzles, stay for the Portuguese - or the other way round!
www.instagram.com/portuguese_and_play

Daily Nata. Mini-lessons, Weekly Story-Based Lessons, and Interactive Exercises – in European Portuguese.
https://dailynata.com/?fbclid=IwY2xjawOegxhleHRuA2FlbQIxMABicmlkETEzekFmcGNTcnhMU0NyUE44c3J0YwZhcHBfaWQQMjIyMDM5MTc4ODIwMDg5MgABHmnczQQ7br_jjNtQ_f0AZ5CstkO4uR40_-Eihip0V9l8XjYJw9BA65z1M_oj_aem__LjbRactmGddhCoj6jqj8w

Online Portuguese Platform. In the past, the High Commission for Migrants *(Alto Comissariado para as Migrações - ACM)* ran a free online platform (in English, Arabic and Spanish) for learning Portuguese, but with the replacement of the ACM by AIMA, the unreliable and frustrating, **site has been deleted.**

Portuguese Teachers and Schools

Portuguese teachers offering (on-line) language classes and reaching out to LGBTQ students

Portuguese with Leo www.portuguesewithleo.com
Learn Portuguese with Pedro www.facebook.com/pedroaamoreira
Practice Portuguese www.practiceportuguese.com

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In Faro (central Algarve) the 'AEQUUM LGBTQ centre' runs ***'Portuguese Lessons for Foreigners'*** – "*a fun, colourful and inclusive way to help fast-track connections to the Portuguese community and society, while also supporting the 'Triângulo Community Centre"*. https://docs.google.com/forms/d/e/1FAIpQLSe6ALoi6HDpr4EpUUEli0iv9Y-9oojVb5usWq76OCO59dIzig/viewform .
www.aequum.eu ; www.facebook.com/aequum.eu ; geral@aequum.eu

Language schools. There are heaps of language schools in Lisbon and major cities across Portugal, most of which offer A2 courses sufficient to prepare for the CIPLE exam, which is necessary for Citizenship or Permanent Residency applications. But these are commercial courses and some can be costly!

Português et Cetera – School of Portuguese Language and Culture. Women-owned, LGBTQI+-friendly language school offering on-line and in-person classes, including summer-schools. Has several teachers from LGBTQ communities.
www.portuguesetcetera.com

Portuguese Connection, based in Principe Real, state that they "f*ully identify with the causes of the LGBTQ community*" and have LGBTQ staff members. They offer a range of accredited in-person and on-line classes. www.portugueseconnection.pt

Their on-line '**CIPLE School**' course (150 hours; 6 hours a week for 25 weeks, via Zoom) leads directly to the A2 Portuguese Certificate without needing to do the A2 exam (But is not cheap: ~5000Euros!). www.cipleschool.com

Portuguese Language Tests.

This valuable 2023 post from the Facebook page of 'Portugal Living Magazine' usefully describes one person's experience of the process of taking the CIPLE exam, and incudes additional PDF resources:
www.facebook.com/PortugalLivingMagazine/posts/pfbid02G3VG35v8vSvNU5y73NCVJEdLDGLQWLqT13DV1byRstaqvFqWCBdZb15zB2ibqJqQl

PDF: Reading competency:
https://caple.letras.ulisboa.pt/.../exem.../CIPLE_CL_PIE.pdf
PDF: Oral Competency: https://caple.letras.ulisboa.pt/files/exemplos/CIPLE_CO.pdf
Sign up for the exam (N.B. It's necessary to book several Months (up to a year!) in advance of exam dates! See above.**)** : https://caple.letras.ulisboa.pt/exame/2/ciple

Test your Portuguese knowledge for free. This page from the 'Lets Learn Portuguese' website requires you to create a free account first, but usefully enables you to test your knowledge.
www.letslearnportuguese.com/test-your-level-for-free/?fbclid=IwY2xjawGCAFNleHRuA2FlbQIxMAABHQruHeL29P_lYAZIH_LAJCHtqS4Kfs8rMM81cGadOAIbmRrsCRAXeIfvOA_aem_woJKDKwiSO8lOe8YzOcLTA

Portuguese Listening practice – TV, Podcasts and Radio.

These Portuguese **Web and TV shows** allow you to practice listening to Portuguese while reading **subtitles in English**

- ***'Barba Rija'*** (Rough Beard) is a fun Portuguese web series on YouTube about gay Bears, and has English (or Spanish) subtitles (click on CAPTIONS on the lower right of the screen). Seven short episodes.

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www.youtube.com/watch?v=xXBQzChfoiM&list=PLz8iTEzJV6bY42F-EbqkaYs4WdoU9q0_n&index=2

- **Twenty Portuguese TV shows with English subtitles** that can be streamed. www.portugalist.com/portuguese-tv-subtitles/#more-9009
- **Portuguese Lab: Portuguese by Ear – Basic Listening Practice** www.youtube.com/watch?v=FxkmCXVmZL0&list=PL_0UGouJ5VPl4joNNvQptv4_pEvb4tApS
- **Portuguese Songs for Language Learners (with lyrics).** Thirteen YouTube videos of Portuguese songs spanning several genres and eras. https://portuguesepedia.com/portuguese-songs-for-language-learners/?fbclid=IwY2xjawJZVq1leHRuA2FlbQIxMQABHTaOWS3uutcrQcgluPMSTHZ0NCVqKn2R36aA0EUVS_ZW7QyIgBC9ZXOoIQ_aem_jraltstD5O4MLZWneieQpg&sfnsn=wa

During the CIPLE exam listening clips from the **radio** program *Portugueses no Mundo* have sometimes been used. You can practice listening to these radio programmes for free on the RTP website:

- https://www.rtp.pt/play/p518/portugueses-no-mundo?fbclid=IwZXh0bgNhZW0CMTAAAR2Dc2Fv-3fBAyvIp8WhgPuFHoSAAcyaWI8iZP9pMsi3OHJy5qEmVtRwsQQ_aem_KAlrqefpyx9XKHU_lg0OSA

These **podcasts** focus on LGBTQ and gender issues and are a useful opportunity to practice listening to Portuguese, while keeping up-to-date with local LGBTQ issues:

- ***Dar Voz A esQrever***. A popular, fun and award-winning podcast on LGBTI and Gender issues (from the *esQrever* queer news/culture/info website – below). www.esqrever.com ; https://esqrever.com/category/podcast-dar-voz-a-esqrever
- ***Bialogar Podcast*** **-** the Bisexual visibility podcast. www.instagram.com/bialogar
- ***'Radicais - Queers que fizeram História'*** (Radicals - Queers who made History). A podcast from *Bruá* podcaster's '*Sapiens'* series. www.bruapodcasts.com/podcasts-originais/sapiens ; www.facebook.com/watch/?v=3778083015744542
- Also, see the **Portuguese Films** section for films you can stream with subtitles.

Queer Media – podcasts and news. These queer news sites are mostly in Portuguese, but Google/other text translation engines and browser extensions generally do a good job.

Dezanove**.** The main online news source specifically for LGBTQ communities in Portugal. Follow them online to keep up-to-date with queer issues and events in Portugal. www.dezanove.pt ; www.facebook.com/dezanove ; ~~www.instagram.com/dezanovePT~~ www.instagram.com/dezanove.PT ; dezanovept@gmail.com

New in Oct 2025 – now has a WhatsApp channel too: www.whatsapp.com/channel/0029VbBQ48tBadmflsMvda1F?fbclid=IwY2xjawOdBmZleHRuA2FlbQIxMABicmlkETFGZFhYdnY2Tkl3MTFnU3ZZc3J0YwZhcHBfaWQQMjIyMDM5MTc4ODIwMDg5MgABHvfW4veyzdpoxhhHdJkdPHKVpS9lMaZVrraC8mxc7ZhioXBkbFjTMwand7oY_aem_9Vgt6v5iS6sZgzRbr_1xAw

Sapphadas Podcast. **New** in April 2026.

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Bilingual (EN/PT) podcast on lesbian/queer pop culture, interviews & herstory.
Sapphic bffs Daniela (Dani), a journalist born in Toronto, and Raquel (Rae), born in Madeira and studied English Lit' in Lisbon, met in 2018 at the *ILGA Centro LGBTI*. Now they've turned their friendship into a podcast. Episodes are released at the end of each month.
Listen on Spotify: https://open.spotify.com/episode/39UaqxdY4XFm27LL42bmkh
www.instagram.com/sapphadas.podcast ; www.tiktok.com/@sapphadas.podcast

Portugal Pride. New in May 2025. This website, Facebook and Instagram page offers news and aims to be a focus for news and an inclusive meeting point for LGBTQ Portugal.
www.portugalpride.pt ; www.facebook.com/PortugalPride.pt ;
www.instagram.com/portugalpride.pt

esQrever **-** and podcast **'*Dar Voz A esQrever*'. S**ince 2014 this Portuguese LGBTQ news/culture/info website has focused on LGBTI and gender issues. ***esQrever*** is open to community participation and includes the popular, award-winning podcast '***Dar Voz A esQrever'.*** www.esqrever.com ; www.facebook.com/esqrever ; www.instagram.com/esqrever
'*Dar Voz A esQrever*' podcast**:** https://esqrever.com/category/podcast-dar-voz-a-esqrever

Divergente. (in English and Portuguese). Digital magazine of narrative and investigative journalism since 2014. (Not specifically LGBTQ, but engaged and supportive). Divergente is nonprofit and does not accept advertisements.
English - https://divergente.pt/en ; **Portuguese -** https://divergente.pt
www.facebook.com/Divergente.pt1 ; www.instagram.com/divergente.pt

Bear Fur and Sparkles **Podcast. New** in Feb 2026 (in English). This fun conversational podcast (in English) about "*starting over, geographically, emotionally, and culturally, after the age of 40*", is from the US gay radio host Fernando Ventresca, who immigrated to Portugal from San Francisco in 2024: https://carmenfernandiego.substack.com/p/bear-fur-and-sparkles ;
www.instagram.com/fernandoforreal

Fernando also hosts the 'Just Go Already' Substack:
https://carmenfernandiego.substack.com ;

Oriana Magazine **New in** February 2025, in Lisbon. "*Oriana* is a digital magazine by and for women, creating a diverse space for reflection, sharing, and discovery of culture, art, and thought - a refuge where each reader can recognize themselves. We believe in the power of diversity**".**
https://revistaoriana.com ; www.instagram.com/revista_oriana

Ultra Violeta *podcast* (in Portuguese), from Miguel Agramonte. **New** in December 2025.
"relaxed conversation about Queer themes, to navigate different realities that could be yours, or someone you know, shared by more or less anonymous people."
https://open.spotify.com/show/57nntQJud2ROCZbmxQSmDS

Bialogar Podcast**. New** in Oct 2024, the Bisexual visibility podcast in Portuguese.
www.instagram.com/bialogar

Radicais - Queers que fizeram História' (Radicals - Queers who made History). A podcast from *Bruá* podcaster's '*Sapiens'* series.

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www.bruapodcasts.com/podcasts-originais/sapiens ;
www.facebook.com/watch/?v=3778083015744542

TimeOut Lisbon – gay pages. Honestly - they're not updated very often, but they sometimes have interesting articles. www.timeout.pt/lisboa/pt/gay

Catarinas. Feminist and anti-racist, independent news and journalism website.
https://catarinas.info ; www.facebook.com/portalcatarinas ;
www.instagram.com/portalcatarinas

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LGBTQ Health and Wellness services in Lisbon (for men & women)

Specialist LGBTQ support services (for men and women) are listed below:- Sexual Health and HIV services; Women's health (sexual, reproductive, general, and mental); GPs (General Practitioner/ family doctors); Dentists; LGBTQ Mental Health Services; Massage therapy/ bodywork/ spiritual health.

Key information on health services for migrants is summarised in the info box below.

If you have a complex and/or specialised health concern (and the money to pay), this health concierge may be useful to you. '**Serenity Portugal**' have a good reputation, and have been described by several Trans/Non-binary residents as *"very trans and queer friendly"* and *"great resources for queer folks in Portugal",* for their support in accessing appropriate and respectful help and care. **Serenity** is a commercial medical concierge business (in Portugal, the UK & Spain) that helps paying customers navigate healthcare services. https://serenity-portugal.com

It is not necessary to use a concierge service to access health care in Portugal (see the info box and 'Kit Migrante' info below), but for complex and/or sensitive issues **Serenity** has helped some people.

Key information on how to access services, and the '*Kit Migrante*'

There is no charge for an **ambulance** (or any emergency service) in Portugal - Call **112** for any emergency.

All registered residents of Portugal, citizens of the European Union, and countries with a reciprocal health agreement, have access to the free public **National Health Service (*Serviço Nacional de Saúde/*SNS**). Residents (even if they have private health insurance) should obtain a health service user number (***Número do Utente,*** or *SNS number*) from their local *Centro da Saude* (which provides GP/family doctor/Primary Care services), and should download the '**SNS24**' App to their mobile phone (a Portuguese [+351] phone number is essential for receiving communications about appointments etc). Private insurance healthcare is also available, but it is important to have a *Número do Utente*/*SNS* number.

How to use the public health system:

Once you have registered with the National Health Service (*Serviço Nacional de Saúde/*SNS) and got your SNS number (AKA 'Número do Utente') (as explained above) - if you need non-emergency medical care for any reason, your first step is to call the national **SNS24 helpline** on **808 24 24 24** (or use the **'**SNS24' App). The SNS24 helpline is staffed by bi-lingual (English/Portuguese) healthcare professionals who will take your details, ask for the nature of your medical need, and will advise you on the best next steps, directing patients to the most appropriate local doctor, clinic or hospital emergency department, and if necessary, can fast-track cases for urgent attention before you arrive.

A comprehensive introduction to health services for migrants is funded by the Portuguese government and published by GAT. The online ***'Kit Migrante'*** is available in multiple languages and features essential information on how and where to access health services, with a special focus on sexual health, family planning & pregnancy, HIV, mental health and vaccination. The guide explains who has access to free care, how/where to regster, what services are available, how to access them, and an extensive list of contacts and support organisations. (Access for undocumented migrants were debated in parliament in 2025, so an update may be published in 2026, but access for legal residents is unlikely to change).

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For concerns about possible **sexually transmitted infections (STI/STD)** - in Lisbon, Almada and Setubal, specialist sexual screening/check-ups for **gay and bisexual men** are available at the dedicated '**GAT Checkpoint LX'** services (in English and Portuguese) (see below)**.**
Across Portugal - the ***Rede da Rastreio*** (**Screening Network**) is the national network of free, community-based sexual health testing services for gay and bisexual men, and transgender people, offering testing and treatment for HIV, hepatitis, syphilis, & access to National Health Services: www.redederastreio.pt/organizacoesparticipantes . Or contact SNS24, as above.

Health and support **services for people with HIV** are provided by the national health service and also by specialist community and charitable services that are supported by government funding (see pages below). (For a list of specialist groups and services, also see the 'Community support' section).

Specialist medical and support services for **Trans/non-Binary people** are available in Lisbon at '**GAT Intendente'** in Lisbon (below), staffed by professionals from the populations it serves. (see the 'Community support' section)

Women's health services are available from the National Health Service (SNS), and private healthcare services. Your *Centro da Saude*/GPs can refer directly to a public gynaecologist for contraception, menopause, infertility, pregnancy, and those who wish to end pregnancy - but waiting times can be lengthy, depending on where you live. For emergencies, contact SNS24 who will direct you to the appropriate public hospital. Private insurance typically covers gynaecology (but always check). Private gynaecologist appointments do Not need a referral from your *Centro da Saude*/GP.

For useful guides to **Lesbian/queer women's healthcare** in Portugal see the *'Les+Saúde'* 'Access to Health' booklets (in Portuguese) in the next pages below. For general guides to women's health (in English) see '*Women's (sexual, reproductive and mental) health',* in the next few pages.

For **pregnancy** healthcare and support in Portugal see: www2.gov.pt/en/guias/apoio-a-familia/assistencia-na-gravidez

Abortion (*interrupção voluntária da gravidez*) services in Portugal are available up to the 10th week (incl. a three-day waiting period), from both the free public health services and private services.

Sexual Health and HIV services

- **Accessing PrEP (pre-exposure prophylaxis)**

A request for PrEP can be made at HIV testing centres, health centres or directly at hospitals that have PrEP consultation, but appointments may be some time away (up to 6 months and there can be long delays in starting prescriptions). If you are having trouble getting a first appointment try another medical service organisation (below) that might have a sooner appointment, or, for those with private health insurance, *TrofaSaúde* hospitals in Lisbon and across the North of the country, offer PrEP consultations: www.trofasaude.pt/artigos/consulta-de-profilaxia-pre-exposicao-prep. The medicines prescribed are covered by the same SNS costs – you just need to provide your SNS user number. Private doctors can also prescribe PrEP.

This **2026** article from one of the main queer news sources explored how and where to access PreP: https://dezanove.pt/como-aceder-a-prep-em-portugal-2446606/

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- **HIV services: an introduction -** 'Kit Migrante'.

A comprehensive introduction to HIV services (and other health services) for migrants is available online. 'Kit Migrante' is available in multiple languages and features essential information on how and where to access health services, with a special focus on HIV, sexual health, family planning & pregnancy, mental health and vaccination. The individual guides explain how/where to register, what services are available, how to access them, and includes an extensive list of contacts and support organisations.
All migrants residing in Portugal, regardless of their administrative situation (legal or illegal), have free access to health care for HIV and Viral hepatitis.
https://kitmigrante.pt/english ; https://kitmigrante.pt/en-hiv

- **GAT Checkpoint LX – specialist STI testing by and for gay/bisexual men in Lisbon**

'Checkpoint LX' is the excellent community-based sexual health testing and counselling centre for men who have sex with men, staffed entirely by bi-lingual (Portuguese and English) professionals from queer communities (Women and straight people can also use this service, but cannot make appointments – for women's sexual health services see below). Website available in English and Portuguese.
Run by Group of Activists in Treatments (GAT), 'Checkpoint LX' offers screening, treatment, and access support to PrEP, MPOX vaccination, plus counselling, housing, and anti-discrimination services from other Lisbon neighbourhood centres in Mouraria, Intendente, Almada, and Setubal. GAT also has other centres for gay/bi men in Almada and Setubal, and services specifically supporting Trans people and sex workers, people in African migration situations, people with HIV, and people who use drugs. (see below). **Respected and recommended.**
Travessa Monte do Carmo, 2. 1200-277, Principe Real, Lisbon.

Other HIV and Sexual health services operate from public and private hospitals across the city - for a full list see: www.portugalgay.pt/guide/2_12. For HIV and STI services across Portugal see below.

www.checkpointlx.com/checkpointlx ; www.gatportugal.org ;
www.checkpointlx.com/public/uploads/infosaude/PrEP_2023.pdf

- **GAT Intendente – specialist services by and for Trans/Non-binary people**

GAT Intendente is the community-based health centre supporting Trans/non-Binary people, sex workers (and their clients), people in migration situations, people with HIV, and people who are currently homeless. (Although the centre is targeted at these populations, it is also available to everyone). Services include: Peer counselling; Rapid, anonymous and free peer-to-peer screening for HIV, syphilis, and hepatitis; Free medical screening for other STIs; Free condoms and lubricant; PrEP (pre-exposure prophylaxis) counselling for people interested in or already using PrEP; Vaccines and injectable antibiotics; Referral (with optional follow-up) to the National Health Service for people who have started treatments in another country; Outreach to apartments in Lisbon. Weekdays from 13:00 to 20:00 (booking required).
GAT Intendente. Rua Antero de Quental, 8A, 1150-043, Lisbon. (Metro - *Intendente*).
www.gatportugal.org/servicos/gat-intendente_3 ; www.facebook.com/gat.intendente ;
www.instagram.com/gat.intendente ; +351 919 613 092 (incl. WhatsApp).
espaco.intendente@gatportugal.org

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- **GAT in Mouraria – Community center by and for people who use drugs (PUD)**.

Harm and risk reduction, STI screening and peer support.
GAT Mouraria. Calçada de Santo André, 79, 81-83, 1100-496, Lisboa (Metro: Martim Moniz).
www.gatportugal.org/servicos/gat-in-mouraria_18 ; www.facebook.com/gat.inmouraria ; www.instagram.com/gat.inmouraria ; +351 912 870 382 ; in.mouraria@gatportugal.org

- **GAT Afrik – Sexual health support service by and for migrants of African origin,**

and those with difficulties in accessing other types of health service.
GAT Africa. Rua Antero de Quental, 8, ground floor, 1150-043, Lisbon. (Metro: Intendente)
www.gatportugal.org/servicos/gat-afrik_19 ; www.facebook.com/gat.afrik ; www.instagram.com/gat.afrik ; Tel: +351 915 290 975 ; gatafrik@gatportugal.org

- **GAT Alamda**.

Community-based center for rapid, anonymous, confidential and free screening of HIV and other STIs. Services: Screening for HIV, hepatitis B & C, and syphilis; Referral and support to the National Health Service; Support for specialist consultations and diagnostic tests; PrEP consultation; Social support for access to health care; Free condoms/ lube.
GAT Alamda. Edifício Luís de Camões; Rua Luís de Camões, nº 14, r/c, 2810-252 Almada.
www.gatportugal.org/servicos/gat-almada_25 ; www.facebook.com/gat.almada ; www.instagram.com/gat.almada ; +351 910 250 553 ; gat.almada@gatportugal.org

- **GAT Setubal**.

Community-based center for rapid, anonymous, confidential and free screening of HIV and other STIs. Services: Screening for HIV, hepatitis B & C, and syphilis; Referral and support to the National Health Service; Accompaniment to consultations and diagnostic tests; Medical and nursing consultations; PrEP consultation; Social support for access to health care; Free condoms/ lube.
GAT Setubal. Travessa das Lobas nº12, R/C, 2900-444 Setúbal
www.gatportugal.org/servicos/gat-setubal_24 ; www.facebook.com/gat.setubal ; www.instagram.com/gat.setubal ; +351 910 990 777 ; gat.setubal@gatportugal.org

- ***Associação Abraço*** **– HIV support services**

Abraço's mission is to promote the quality of life of people with HIV and contribute to the eradication of HIV/AIDS through support for people infected and affected by HIV/AIDS; research; and fighting stigma and discrimination. Abraço has offices in Lisbon, Porto (X 2), Funchal, Aveiro, Setubal, and Braga.
Largo Jose Luis Champalimaud, 4A, 1600-110 (Bairro do Rego), Lisboa. Tel: 217 997 500 / 599
https://abraco.pt/contactos ; ~~www.instagram.com/associacaoabraco~~ ; www.instagram.com/abraco_associacao ; www.facebook.com/associacao.abraco ; geral@abraco.pt

- ***Rede de Rastreio*** – **Nationwide.** (in English & Portuguese).

STI testing etc for gay/bi men and Trans people across Portugal. *Rede da Rastreio* is the national network of free, community-based sexual health testing services for gay/bi men and transgender people. Offering testing, treatment and prophylaxis for HIV, hepatitis, syphilis, and support access to the National Health Services. www.redederastreio.pt/projeto/description_1
For locations across Portugal see: www.redederastreio.pt/public/uploads/pages/RRC_2023.pdf

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- **Positive Association (*'Associação Positivo'*) – Nationwide.**

Support and Self-Help Group for people with HIV/AIDS (PLWHA), their families, friends, partners, in Lisbon and nationwide. https://positivo.org.pt ; www.facebook.com/AssociacaoPositivo

- ***CAD Centro Anti-Discriminação VIH*** **– Nationwide.**

The HIV Anti-Discrimination Centre (CAD) is a project from '***Ser+***' (Portuguese Association for the Prevention and Challenge of AIDS. www.sermais.pt) and GAT (Treatment Activists Group. www.gatportugal.org). From offices in Cascais and Lisbon, they offer support, activism, training and discrimination prevention services – in English and Portuguese. https://cad.vih.pt ; www.facebook.com/cadvih ; www.instagram.com/cadvih

- **FPCCSIDA (***A Fundação Portuguesa 'A Comunidade Contra a SIDA'*) **– Nationwide.**

A national sexual health service, offering free, anonymous and confidential testing for HIV, hepatitis B and C and syphilis. FPCCSIDA also support the youth guidance and counselling centre 'CAOJS': www.facebook.com/fpccsida.caojs . Mon-Fri 10:00-18:00. www.fpccsida.org.pt

- **'HIV + and –'** (in English)

is one of the many sub-groups of the busy social network **Queer Lisbon,** on *WhatsApp* and *Meetup.* The **Queer Lisbon** WhatsApp group is a major forum (in English) for social networking, news and info about queer events and casual social get-togethers. – with eighteen sub-groups, of which **'HIV + and –'** is just one. Join the WhatsApp community, to gain access to all its sub-groups, at this link (Join the 'Welcome Hug' group first, and make a simple post to show you are not a 'bot', and then you can gain access to all the various sub-groups): https://chat.whatsapp.com/DSNcgO9SRiQ9bTs03BcAef

Women's (sexual, reproductive, general, and mental) health

- ***Expatia*** (a commercial service in English) maintains a regularly updated information page on women's general healthcare in Portugal, and another on women's sexual and reproductive health:
  - www.expatica.com/pt/healthcare/womens-health/womens-healthcare-portugal-102895
  - www.expatica.com/pt/healthcare/healthcare-services/sexual-health-portugal-105530

- ***OMGYNO*** (an international commercial service – in English, Portuguese, French, Greek, Italian, Spanish) provides women's health services. OMGYNO won a recognition award from the local gay press when it opened in Portugal in 2022. www.omgyno.com

- ***'Les+Saúde'*** **'Access to Health' booklets** (in Portuguese)

  These three *'Les+Saúde'* booklets: *'SAÚDE SEXUAL'* (Sexual Health), 'MATERNIDADE', *'ACESSO À SAÚDE* (Access to Health) were developed (in Portuguese) by national lesbian social support organisation *Clube Safo* and clinical psychologist Sara Cristina Zeferino. The free booklets were financed by the Commission for Citizenship and Gender Equality (CIG) and are available to read online or download as PDFs:
  - *'Les+Saúde: SAÚDE SEXUAL'* (Sexual Health)

  https://clubesafo.pt/wp-content/uploads/2024/11/les_saude_brochura_sexualidade_1_1.pdf

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- *'Les+Saúde: MATERNIDADE'* (Maternity)
  https://clubesafo.pt/wp-content/uploads/2024/11/brochura_-maternidade-1.pdf
- *'Les+Saúde: ACESSO À SAÚDE* (Access to Health)
  https://clubesafo.pt/wp-content/uploads/2024/11/les_saude_brochura_acessoasaude-online.pdf

- ***Saúde Sexual LGBTQIA+*** is a project from Adriana, a healthcare professional, researcher and medical student completing her PhD at Uni of Lisbon. Among her several projects is a list of named gynaecologists, family doctors (GPs), endocrinologists, psychologists, infectologists and proctologists, that are known be respectful and knowledgeable in the care and support of LBTQIA+ (and non-monogamous) people. Most listed names are in Lisbon and Porto, but other regional cities are included. If you know someone that should be added to this list please contact Adriana directly via Instagram.
  Follow ***Saúde Sexual LGBTQIA+*** on Instagram www.instagram.com/saudesexuallgbtqi , and see the updated Googledocs list of medical professionals here:
  https://docs.google.com/spreadsheets/d/1nr1gGx3ZCCkMquXrT9HiROELPuL2-STuRsMlSqU5eWQ/edit?gid=1446884994#gid=1446884994

- **The Hive -** is a queer feminist community health project (in Portuguese and English) for people who identify as FLINTA (Female, Lesbian, Intersex, Non-binary, Trans, or Agender / 'WTFNB'), with a wide range of events and projects including health workshops, beach days, picnics, yoga and meditation events, co-working days, book and conversation events, and social events.
  Also specifically supports people with chronic conditions including, but not limited to; PTSD, neuro-diversities, autoimmune conditions, eating disorders, anxiety and depression.
  "*Together we create safe spaces, lift each other's capacities and quality of life, thereby improving our communities*".
  www.instagram.com/the.community.hive ; www.facebook.com/The.HealingHivePage

GPs (General Practitioner/Family doctors).

Saúde Sexual LGBTQIA+ is a project (in Portuguese and English) from *Adriana*, a healthcare professional, researcher and medical student completing her PhD at Uni of Lisbon. Among her several projects is a list of named family doctors (GPs), gynaecologists, endocrinologists, psychologists, infectologists and proctologists, that are known to be respectful and knowledgeable in the care and support of LBTQIA+ (and non-monogamous) people. Most listed medics are in Lisbon and Porto, but there are other regional cities included. If you know someone that should be added to this list please contact Adriana directly via her Instagram.
Follow ***Saúde Sexual LGBTQIA+*** on Instagram www.instagram.com/saudesexuallgbtqi , and see the updated Googledocs list of medical professionals here:
https://docs.google.com/spreadsheets/d/1nr1gGx3ZCCkMquXrT9HiROELPuL2-STuRsMlSqU5eWQ/edit?gid=1446884994#gid=1446884994

In Oct 2023 a post in the Facebook group 'LGBTQIA+ Expats, Immigrants & Friends in Portugal' asked for recommendations of '*gay-friendly private GPs in the Lisbon area*'. These are the GPs' suggested at that time by members of that group; both speak English:

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- **Doctor João Coelho** at CUF Alvalade & Descubertas. www.cuf.pt/medicos/joao-figueira-coelho
- **Doctor Andrew French** at CUF Cascais. www.cuf.pt/medicos/andrew-t-french

Dentists.

In June 2024 a post in the Facebook group 'LGBTQIA+ Expats, Immigrants & Friends in Portugal' asked for "*recommendations for an LGBT-friendly dentist in Lisbon*". This is the Dentist suggested at that time by members of that group:

- **Dr. Andre Rodrigues** - speaks English and is one of the lead dentists at Malo Clinic. www.maloclinics.com/membro-da-equipa/19

LGBTQ Mental Health Services.

The ***'Rede ex aequo'* youth network** is a nationwide support, isolation-breaking and activism network for young lesbian, gay, bisexual, trans, intersex people aged 16 to 30.
They provide a nationwide free listing of approved LGBTI-specific 'Psychology Professionals and Services', with recommended services in cities across Portugal (Coimbra, Guimarães, Lisbon, Porto, Aveiro, Braga, Coimbra, Evora, Faro, Leirei, Santarem, Setubal). The list is a little untidy and it's not clear how recently it was updated, but the services included in the list were reviewed and approved when it was last updated.
Central office: *Rede ex aequo*, Rua dos Fanqueiros 38, 3ºesq, 1100-231 Lisbon).
https://rea.pt/apoio/saude/psicologia ; https://rea.pt/nucleos ;
www.facebook.com/redeexaequo ; www.instagram.com/redeexaequo
Newsletter: https://rea.us15.list-manage.com/subscribe?u=237d0c92b1a740a9d4c58c618&id=adef700e51

> In 2023 *Rede ex aequo* published (in Portuguese) the free 80-page PDF '***Guide to Trans Health and Laws in Portugal: Resources and Procedures'***, which features essential info, resources and contacts for support and information services across the country (In Portuguese): https://rea.pt/imgs/uploads/guia-trans-2023.pdf

Saúde Sexual LGBTQIA+ is a project from Adriana, a healthcare professional, researcher and medical student completing her PhD at Uni of Lisbon. Among several projects she runs is a list of named psychologists, gynaecologists, family doctors (GPs), endocrinologists, infectologists and proctologists, that are known be respectful and knowledgeable in the care and support of LGBTQIA+ (and non-monogamous) people. Most named services are in Lisbon and Porto, but other regional cities are included. If you have useful contacts that could be added to her list, please contact Adriana directly.
Follow ***Saúde Sexual LGBTQIA+*** on Instagram www.instagram.com/saudesexuallgbtqi , and see the updated Googledocs list here:
https://docs.google.com/spreadsheets/d/1nr1gGx3ZCCkMquXrT9HiROELPuL2-STuRsMlSqU5eWQ/edit?gid=1446884994#gid=1446884994

SOMA Health Programme (in English & Portuguese). From **Aconchego House,** a Trans-led non-profit association and a safe haven for the Queer community - particularly those who feel unseen, misunderstood, or oppressed. SOMA understands that healing happens within systems, not outside of them. Therapy through Aconchego House is offered with awareness of

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inequality, trauma, and personal experience. For this reason, SOMA operates a sliding cost scale depending on your resources. "*Wherever you find yourself, you are deserving of support and space to heal. Get in touch to find out how to schedule your sessions*": www.aconchego.house/care ; www.facebook.com/aconchegohouselisboa ; www.instagram.com/aconchego.house

Queer therapists and Therapy services

In 2024, posts in the 'Queer Lisbon' WhatsApp social group and the Facebook group 'LGBTQI+ - Expats & Immigrants' asked for recommendations of 'affordable LGBT+friendly or specialised therapists' in the Lisbon area. These are contacts suggested by members of those groups:

- **Sara Cristina Zeferino.** '*Re(Nascer)*'.
  Clinical Psychologist. LGBTQI+ affirmative health service. www.renascer-psicologia.com
  (Sara Cristina Zeferino is also the author of the *Club Safo*/Commission for Gender Equality booklets '*Les+Saúde*' 'Access to Health' aimed at queer women: https://clubesafo.pt/les-saude).
- **Flavio Epstein.** Clinical and health psychologist. English and Portuguese speaking.
  www.flavioepstein.com
- **Ema Fontes.** *'Psicologia LGBT+ & Hetero friendly'.* Psychotherapy for LGBTQ+ people. Psychotherapy for non-monogamous people, in transition or questioning.
  www.facebook.com/psicologaemafontes ; www.linkedin.com/in/ema-fontes-38231827
  'Non-Mono Lab' - Laboratory for reflection, exploration and expansion on Non-Monogamy. From Ana Vaz & Ema Fontes. www.instagram.com/labnaomono; https://docs.google.com/forms/d/1asf1-CqEt-kBnFWzzR1FujaTZuRep1PAHyyeY32i8-8/viewform?edit_requested=true
- **Rita Torres - Psicologia Clínica / Terapia Sexual / Formação**
  Based in Santarem. www.facebook.com/ritanetorres ; ritaztorres@gmail.com
- **ILGA Portugal**
  ILGA is the largest LGBT+ support organisation in Portugal and offers a variety of support groups (in Portuguese): https://ilga-portugal.pt/centro-lgbti/grupos-de-encontro-e-partilha (sas@ilga-portugal.pt).
  In 2025 ILGA relaunched its Psychological Support Service (in Portuguese and English). https://ilga-portugal.pt/ter-apoio/preciso-de-ajuda-psicologica .
  (The Psychological Support Service has sometimes had to be been temporarily suspended due to a lack of funding/resources, so best to contact them direclty for advice on the current situation, and/or contact one of the following other organizations with LGBTI+ psychological support services: *Aconchego House* (Lisbon), *Casa Qui, Opus Diversidades, IPA* (Torres Vedras), *Plano I* (Porto), *Projeto Bússola* (Guimarães & Santarem), *Açores Pela Diversidade* (Açores), *Associação aeQuum* (Algarve). https://ilga-portugal.pt/ter-apoio/preciso-de-ajuda-psicologica
- **LGBTI+ Domestic Violence Service.**
  Contact ILGA's LGBTI+ Victim Support Service (sav@ilga-portugal.pt) - or the national Domestic Violence Victim Information Telephone Line, free, (24 hours): 800 202 148
  Specialist LGBTQ support services and accommodation are available in Lisbon and Porto for the LGBTQ victims of domestic violence.
- **Aconchego House** is a non-profit LGBTQIA+ community venue and social safe-space featuring a relaxing café/bar with food and drinks on one side, and a co-working space on

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the other. They host regular social LGBTQIA+ events and workshops, meditation practices, and support/sharing groups. One-on-one counselling sessions also available.
Current social events include Queer Karaoke every Friday, weekly dance classes, board game nights, Portuguese immersion nights, yoga, painting workshops, pop-up kitchen/dining experiences, and a monthly Amateur Drag Show.
https://www.aconchego.house/care ;
www.instagram.com/aconchego.house ; hello@aconchego.house

Spiritual health / Massage therapy / Bodywork / etc

- **The Hive** (Lisbon) - is a queer feminist community health project (in Portuguese and English) for people who identify as FLINTA (Female, Lesbian, Intersex, Non-binary, Trans, or Agender / 'WTFNB'), with a wide range of events and projects including health workshops, beach days, picnics, yoga and meditation events, co-working days, book and conversation events, and social events. Also specifically supports people with chronic conditions including, but not limited to; PTSD, neuro-diversities, autoimmune conditions, eating disorders, anxiety and depression. "*Together we create safe spaces, lift each other's capacities and quality of life, thereby improving our communities*".
www.facebook.com/The.HealingHivePage ; www.instagram.com/the.community.hive

- **Gay Massage Lisbon** (previously 'Rainbow Bodywork'). Deep tissue, Mindful and Relaxing massage: "*A celebration of the healing power of touch and its ability to bring greater ease, balance, and vitality to our bodies and minds. … My practice is queer-friendly and warmly welcomes all bodies and orientations*". https://gaymassagelisbon.com

- **Queer Mindfulness.** Hosts weekly online meditations for the global queer population (donation based); and organises in-person retreats in Portugal. Sign-up online for their newsletter. www.queermindfulness.eu

- **Queer Essence** (Porto and online)
A group for queers & friends who have an interest in spirituality and conscious practices. We host guided meditations in English, some in person in Porto and some online, operating on donations. Regular group meditation events. Join their WhatsApp group for updates: https://chat.whatsapp.com/BqmAf4CRcfs9et1JXa7pgh

- **Neurodivergent Queers** (In English) is one of the many sub-groups of the busy social network **Queer Lisbon,** on *WhatsApp* and *Meetup.* The **Queer Lisbon** WhatsApp group is a major forum (in English) for social networking, news and info about queer events and casual social get-togethers. – with eighteen sub-groups, of which **'Neurodivergent Queers'** is just one. Join the WhatsApp community, to gain access to all its sub-groups, at this link (Join the 'Welcome Hug' group first, and make a simple post to show you are not a 'bot'): https://chat.whatsapp.com/DSNcgO9SRiQ9bTs03BcAef
Also, these Portuguese national neurodiversity / autism orgs have LGBT content:
https://vozdoautista.pt/sexualidade ; https://neurodiversityprideday.com/portugal/

- **Kura Alma: Queer Sanctuary** (Valpaços, Northern Portugal) **New** in 2025 Kura-Alma is a "*home for the weird, odd & peculiar human beings*" - a 'Queer Sanctuary' collective

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welcoming a kinder, compassionate future that actively seeks to contribute to a sustainable, safer & more inclusive existence. There are opportunities to visit and/or stay at Kura Alma for short, medium and long-term visits.
"We specially invite folks who are queer, trans, non-binary, Black, Indigenous, people of color, disabled, parents, are/have been system-impacted, are immigrants, and anyone who has experienced systemic oppression and/or gender-based violence to join our team"
https://kura-alma.com ; www.facebook.com/profile.php?id=61555495725872 ; www.instagram.com/kuraalmasanctuary ;

- **The Quinta / 'Vineyard discos'** (Marvao, Alto Alentejo). (in English) The Quinta is an ecoqueer experimental space and community: connecting online and on a permaculture land project near *Marvao* in Alto Alentejo, close to the Spanish border. This rural project has 5.5 hectares of land and room for up to 12 people to stay in reasonable comfort. The Quinta hosts various types of gatherings:- **'Vineyard Disco'** parties (potluck style - Bring food and drink to share), and a program of *free* gatherings/work-weeks: a monthly men's GBTQ meetup; a quarterly GBTQ men's naturist weekend; summer Vineyard Discos; and work-weeks including: Spring work-week (May), the June 'Eros in Nature' week (GBTQ-men's bodywork, sensuality, tantra), July 'Nature(ist) Summer Camp'; late September Harvest celebration, and November olive harvest.
https://quintaproject.org/events ; www.facebook.com/groups/quintaLGBT ; www.instagram.com/quintalgbt ; www.workaway.info/en/host/426745449465

- **Waking Life festival** (Crato, Alto Alentejo). "High weirdness served lakeside. A worldbuilding experiment", which hosts an annual festival on its ecosystem restoration project. Not a specifically queer project, but certainly embracing. *"An emergent, tensional community, building a temporary autonomous zone that breaks down and fuels an evolving rural micro-ecosystem, where a collective body can imagine the world… Keep it groovy. Rave on".* Next convergence: 17-22 June 2026.
https://wakinglife.pt/about ; www.instagram.com/wakinglife.pt ; https://wakinglife.pt/get-involved

Donating Blood.

Anyone can donate blood in Portugal (excepting health risks). The Portuguese 'Institute of Blood and Transplantation' (*Instituto Portugués do Sangue e Transplantacão)* provides the service in hospitals, clinics and mobile units across the country. The National Health Service (SNS) needs 495 liters of blood every day, and has over 250,000 donors, but needs more.

Donating blood is simple and painless:

- present photo ID (Passport, Resident's card, or Driver's license)
- complete a questionnaire
- be assessed by a healthcare professional who will check weight, height, hemoglobin and blood pressure.

The entire process, from registration and clinical screening to collection and a meal, takes approx. **30 minutes**.

Group donations (e.g. friends, flatmates, co-workers) can be scheduled.

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Aside from the satisfacion of saving lives, other benefits for donors include:

- exemption from SNS subscription fees (co-payments/*Taxas moderadoras*)
- time off from work to donate blood
- free parking at SNS facilities when donating
- - and you get a free mini health-check each time you go!

Find your most convenient blood donation centre at www.dador.pt

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Community support:

Youth and LGBTQ groups
Feminist activism and support
Trans/Non-binary services and support
HIV/STI services and support
Academic queer groups

Local and National LGBTQ community groups and organisations offering a wide range of services, support groups, activities and specific needs. (Mostly – but not all – in Portuguese). This section is divided by specific focus (Youth/general LGBTQ groups, Feminist activism and support, Trans/non-Binary support, HIV/STI services & support, and Academic queer research orgs), but for the full range of social support opportunities also see dedicated sections for: **Women's groups, organisations and services**, **Trans/non-Binary Friendly Spaces**, and **Queer & Trans People of Colour (QTPOC)**

Youth and LGBTQ support groups (Lisbon and Nationwide)
(see also Student groups and associations)

ILGA Portugal - the largest queer community organisation in Portugal, hosts the '*Centro LGBT*' (LGBT Information Centre) offering activities/events, support and information/groups, and regular meetings to promote the social inclusion of LGBT people and their families in Portugal. **New** in February 2025 - ILGA announced the launch of 'English Evenings – Mix & Mingle' "*in consideration of the many non-Portuguese-speaking members of our LGBTI+ community*". Social groups include: - Rainbow Families, Trans Intervention, Older people (*LGBTQI+ Mais*), Reading Group, Music Group, Sports Group, Theatre group, LGBTQ Choir (*CoLeGaS*), Support groups and sharing. LGBTI Helpline: Fridays and Saturdays from 20:00-23:00 - Tel: 00 351 218 873 922 and 00 351 969 239 229. Rua dos Fanqueiros, 38, 3rd Left, 1100-231, Lisbon. www.ilga-portugal.pt ; https://ilga-portugal.pt/centro-lgbti/info-util ; www.facebook.com/CentroLGBTI ; www.instagram.com/ilgaportugal
Centro LGBT programme, and support groups - https://ilga-portugal.pt/centro-lgbti/info-util ; https://ilga-portugal.pt/centro-lgbti/programacao ; https://ilga-portugal.pt/grupos-apoio-partilha

Opus Diversidades - political lobbying and representation, psychological support and therapy, training on LGBT rights, combats sexism, supports immigration rights, LGBTQI+ Seniors, and runs a shelter for vulnerable/homeless gender-nonconforming people. www.opusdiversidades.org ; www.facebook.com/opusdiversidades ; www.instagram.com/opusdiversidades

Clube Safo - is a social association that supports and defends the rights of lesbians in Portugal. The Association aims to support and defend the rights of lesbians, a space for social, cultural and political intervention. Local meetings, social events, national representation, and publishes a newsletter twice a year (in Portuguese) https://clubesafo.pt/zona-livre . www.clubesafo.pt ; www.facebook.com/ClubeSafo ; www.instagram.com/clube_safo

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Rede ex aequo is the national youth association network for LGBTQ people aged 16 to 30 years. Their local centres across the country aim to be places for mutual support, socializing and making friends, with social events, support groups, summer camps, etc. Their local centres across the country are places for mutual support, socialising and making friends: Açores, Almada, Braga, Coimbra, Covilhã, Esposende, Madeira, Porto.
Regular Lisbon-based events and groups are at the *Centro LGBTI* (Lisboa): Rua dos Fanqueiros 40, 1100-231, Lisboa. https://rea.pt/nucleos/lisboa ; Lisbon@rea.pt ; +351 968 781 841

Rede ex aequo also runs the **National Nucleus of Trans Youth,** with groups, events and resources across the country (see the dedicated **Trans/Non-binary section** below): https://rea.pt/nucleos/trans.

https://rea.pt/nucleos ; www.facebook.com/redeexaequo ; www.instagram.com/redeexaequo
Newsletter: https://rea.us15.list-manage.com/subscribe?u=237d0c92b1a740a9d4c58c618&id=adef700e51

'Siren Call Lisboa' events calendar and newsletter. **New** in November 2025 A regularly updated calendar of events and a newsletter for 'FLINTA+' people (Female, Lesbian, Intersex, Non-binary, Trans, or Agender / 'WTFNB' [in the USA]) in and around Lisbon! Your go-to for all things on Lisbon's amazing FLINTA+ scene. Includes events calendars for Setubal and Cascais.
https://sirencalllisboa.wordpress.com

Sign-up to their **newsletter**: https://wordpress.us19.list-manage.com/subscribe?u=d988b94f758dd4b7b56e71665&id=f074b6f15e
Follow the **website:** https://sirencalllisboa.wordpress.com
Follow their **Instagram**: www.instagram.com/sirencalllisboa/
To **add events** and news: https://docs.google.com/forms/d/e/1FAIpQLSdyG2tESFDj4JBdPtwtujFrzoKOuEAxihj9GGfxR8temkr1Qg/viewform ; or email: SirenCallLisboa@gmail.com

Casa Qui **-** offers support for people 18-30 who are affected by homeless or violence due of rejection of their sexual orientation/gender, and support victims of same-sex domestic violence/homelessness - mainly through autonomous housing apartments. They also provide training and professional support around LGBTI+ issues in mental health and sexuality.
Victim Support free psychological and judicial support to young people targeted by family violence, domestic violence, bullying at school and/or in situations of crisis/vulnerability.
Supported Apartments for LGBTI+ youth victims of family violence and/or homelessness. The Social Clinic free or subsidised LGBTI+ Psychology, Psychiatry and Child/Adolescent Psychiatry.
The LGBTI+ Employability Network supports LGBTI+ people in vulnerable situations to find employment with employers that have Diversity and Inclusion policies. Professional Training on the needs of LGBTI+ child/youth, Trans people and same-sex domestic violence.
www.casa-qui.pt ; www.facebook.com/casa.qui.associacao ; www.instagram.com/casaqui_

Associação Plano i (+ 'Centro Gis')**.** Based in Matosinhos, Porto. Since 2015 *Associação Plano I* has delivered a range of equal rights projects around gender, ethnicity, nationality, age, sexual orientation and (dis)abilities. www.associacaoplanoi.org ; www.instagram.com/associacaoplanoi ; www.facebook.com/CentroGis

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Centro Gis / ***Casa Arco-Íris*** - a service for LGBTI victims of domestic and/or gender-based violence - provides specialised emergency accommodations and support around legal and psychological issues. This team also develops awareness and training actions with partner organisations. www.associacaoplanoi.org/casa-arco-iris ; www.facebook.com/CentroGis

Sunday Self-Defence classes in Bairro Alto. New in April 2025. Sundays 15:00-17:00. Queer/LGBTQIA+ people and allies. Classes cost between €5 and €15 (suggested price €10), depending on each person's ability to pay. This is a space to share safety measures to prevent dangerous situations and learn basic self-defence. No prior experience or specific equipment is required, just athletic clothing, shoes, and water. Inês Freire de Andrade is President of 'No Bully Portugal' and has practiced martial arts since childhood. She facilitates workshops on preventing and responding to bullying through empathy and collaboration. Contact Ines: 914441649. https://docs.google.com/forms/d/e/1FAIpQLSeFsGujRLpdGdBf60XCdxLfF-3h4Huv3T9BsI3UofYc8EdEcA/viewform

Sintra Friendly. (*Colectivo Juvenil LGBTIQA+ de Sintra e Apoiantes rede de apoio para jovens LGBTIQA+*). LGBTIQA+ Youth Collective of Sintra and Supporters network for LGBTIQA+ young people (in Portuguese).
www.facebook.com/SintraFriendlylgbtiqa ; www.instagram.com/sintrafriendly

AMPLOS **-** Organisation of Mothers, Fathers and relatives of lesbian, gay, bisexual and trans people who act for a fairer society, opposing all forms of discrimination. (*Associação de Mães e Pais pela Liberdade de Orientação Sexual e Identidade de Género*) www.amplos.pt ; www.instagram.com/amplos.bo ; www.facebook.com/profile.php?id=100069947293214

LGBTQIA+ Expats, Immigrants & Friends in Portugal - This Facebook group offers support, friendship and camaraderie to LGBTQIA+ immigrants and ex-pats arriving in Portugal. It's a place for current or potential LGBTQIA+ immigrants, residents, citizens and guests to network, share support and socialize. www.facebook.com/groups/lgbtinportugal

Queer As Fuck. LGBTQIAP+ Activism, Community and Culture. "*The world's favourite wet nightmare since 2017".* Various events including film nights, quiz nights, book events and occasional drag king workshops.
www.instagram.com/queerasfuck.pt ; www.facebook.com/queerasfvckpt

Female Pressure (Portugal): is the Portuguese branch of the international project to assert gender equity and diversity in the Art & Music scene, Queer rights, and cultural decentralization. www.instagram.com/femalepressurept ; https://ra.co/promoters/117067 ; portugal@femalepressure.net

LGBTQ Portuguese Deaf Assoc (*Departamento LGBTQ + FPAS* - *Federação Portuguesa das Associações de Surdos***).** Launched in 2022. LGBTQ support and various actions in Portuguese Sign Language. Hosts the annual LGBT+ Deaf People's Gathering '*Encontro das Pessoas Surdas LGBT+*'.

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Also see **'Deaf Pride Lisbon 2025'**, below. www.facebook.com/lgbtq.fpas ; www.fpasurdos.pt/pt/noticias/comunidade-surda-lgbtqia ; https://dezanove.pt/1a-conferencia-de-pessoas-surdas-lgbt-1802387

Deaf Pride Lisbon (in English & Portuguese). 2025 was the first 'Deaf Pride Lisbon 2025'. With a Conference, Beach days, Parties, Nights-out, Tours (in English & Portuguese). .
'The European Organizational Commission for LGBTQIA+ Deaf People', was established in 2025 by the LGBTQ Department (@lgbtq_fpas) of Portuguese Federation of Deaf Associations (FPAS). It advocates for the rights and inclusion of LGBTQIA+ Deaf individuals across Europe. Its mission is to create an inclusive space where Deaf LGBTQIA+ people feel represented, supported, and protected from discrimination. The Deaf LGBTQIA+ community faces unique challenges, such as communication barriers and a lack of accessibility in traditional social movements. This commission works to fight exclusion, promote inclusive policies, and support initiatives that ensure equal access to education, culture, and healthcare. To provide visibility, accessibility, and foster unity among Deaf LGBTQIA+ communities across Europe, emphasizing that true diversity and inclusion begin with communication. *"For a Europe where sign language and diversity are celebrated!"*
www.instagram.com/deafpridelisbon ; deafpridelisbon@gmail.com

Bloco LGBTI+ is the queer sub-group of *Bloco de Esquerda*, one of the main leftwing political parties in Portugal, which has been clear, active and vocal in its support for LGBTQ rights and has had more than one leader who was from LGBTQ communities.
www.facebook.com/profile.php?id=100077201749201

Feminist activism and support

(Lisbon and Nationwide)

A Feminista Zangada (The Angry Feminist). News, events, updates, history, protest.
www.instagram.com/afeministazangada

Mantains a Googledoc with contact details for feminist organisations across Portugal: https://docs.google.com/spreadsheets/d/1J2fEul5My_iTymaKbNS9kr3do4GPN84VOEWU0ZU72AU/edit?fbclid=PAZXh0bgNhZW0CMTEAc3J0YwZhcHBfaWQMMjU2MjgxMDQwNTU4AAGnZgtvVlNf_jPDwsahJ5TZZOjutADt4w2fDMzwvWlNJDzBIHeqlwBFF-FvDGI_aem_7FdEfIc_URjlnleHfUmOmw&gid=0#gid=0

***Lisboa Feminista*.** A good source of information on events and activism.
www.facebook.com/FeministLisbon ; www.instagram.com/feministlisbon_lxfeminista ; rotas.mulheres.sem.fronteiras@gmail.com

Oriana Magazine **New in** February 2025, in Lisbon, "*Oriana* is a digital magazine by and for women, creating a diverse space for reflection, sharing, and discovery of culture, art, and thought - a refuge where each reader can recognize themselves. We believe in the power of diversity**".**
https://revistaoriana.com ; www.instagram.com/revista_oriana

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Portuguese Feminists - feminist communication platform.
www.facebook.com/feministas.pt ; www.feministas.pt ; geral@feministas.pt

Plataforma Portuguesa para os Direitos das Mulheres. PpDM is the largest Portuguese civil society organization for women's human rights.
https://plataformamulheres.org.pt ; www.facebook.com/plataforma.direitos.mulheres ; www.instagram.com/plataformamulheres

Ja Macharavas – Intersectional Feminist, LGBTQI+, Ecologist, Antifascist, Antiracist, Democratic, Inclusive, Participative collective resource on action. Follow for all progressive political activities in Portugal. www.facebook.com/jamarchavas ; https://www.instagram.com/jamarchavas ; marchaviseu@gmail.com

Por Todas Nós - Movimento Feminista ('For All of Us' – Feminist Movement) - www.facebook.com/groups/PORTODASNOS ; and this page serves as a complement to the main Facebook group page, allowing further reach without losing the safer closed group: www.facebook.com/groups/PORTODASNOS/.
mportodasnos@gmail.com

Feminismos Sobre Rodas
Organisers of the annual 'Acampada Feminista (Feminist Camp)
https://www.instagram.com/feminismossobrerodas/ ; https://docs.google.com/forms/d/1p8ecxTa1ds3z8n99LLf9dci_tfUMurHlyWomMI1iaGc/viewform?pli=1&edit_requested=true ; acampadafeminista@gmail.com

CSA A Gralha (The Crow) - Porto
Self-managed transfeminist social center | Wed-Sat:17:00-23:30| mutual support · activities · social library.
www.instagram.com/csa.a.gralha/ ;

Rebenta Coletivo - Transfeminist Collective. "With dissent and love".
Newsletter: https://docs.google.com/forms/d/e/1FAIpQLSfmLflJmGJ7nyOO-VV-j86jbjpeejknHzK1SqykZdF_U866RA/viewform
WhatsApp Group:
https://chat.whatsapp.com/Hj52CEfTqTEIvllHPVeb6W?utm_source=ig&utm_medium=social&utm_content=link_in_bio&fbclid=PAZXh0bgNhZW0CMTEAc3J0YwZhcHBfaWQMMjU2MjgxMDQwNTU4AAGnGEYp7pgMabgejm_mvYCtYzbt7RcMQYqMaQDW9UEzDgpVo1SnBomVXc0t0Ws_aem_o0W9cHZ6GwdO9ZiV0zI-6A

Trans and Non-binary groups (Lisbon and Nationwide)

(Trans/Non-binary support is also integrated and available at many other LGBTQ groups and community support organsiations)

(The challenges of non-binary inclusion when using a gendered language, like Portuguese, are explored in this excellent 2022 article [in Portuguese], *'Inclusive language is not a whim. It's equality and respect' (Linguagem inclusiva não é "capricho". É "igualdade e respeito*), which won awards for its author Andreia Friaças: www.publico.pt/2022/06/22/p3/noticia/linguagem-inclusiva-nao-capricho-igualdade-respeito-2010431)

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National Nucleus of Trans Youth ('*Núcleo Nacional de Jovens Trans*'**).** This is the dedicated Trans branch of the national '*Rede ex aequo'* youth service for anyone aged 16 to 30. They meet online every-other Friday on the Zoom platform. Activities are announced on their social media (Facebook, Instagram and Twitter), and on their events page, in their newsletter and on their Telegram channel. To participate in activities, send an email to comunicacao.rea.pt or send a private message to social networks.
Rede ex aequo also have local groups and events throughout the year that meet in-person across the country https://rea.pt/nucleos, **Local Trans Youth Meetings** and an annual national event, the 'National Trans Youth Meeting'. You can find more information about these events here.
https://rea.pt/nucleos/trans ; trans@rea.pt ; +351 968 781 841

In 2023 *Rede ex aequo* published (in Portuguese) the free 80-page PDF '**Guide to Trans Health and Laws in Portugal: Resources and Procedures'** ['*Guia Sobre Saúde e Leis Trans em Portugal*'], which features essential info, resources and contacts for support and information services across the country (in Portuguese): https://rea.pt/imgs/uploads/guia-trans-2023.pdf

Trans, Non-binary and Questioning Support Group (from ILGA). This regular on-line support and sharing group is for trans, non-binary people and people who are questioning their identity. It provides mutual support, exchange of experiences, and online dating. "*All the doubts, discoveries, concerns and thoughts you may have and feel have space here. There are no right or wrong ways when we talk about gender*". Fortnightly on Saturdays, from 2:30 pm to 4:30 pm. (in Portuguese).
https://ilga-portugal.pt/grupos-apoio-partilha

GRIT – Trans Reflection and Intervention Group (*Grupo de Reflexão e Intervenção Trans*). GRIT is the special interest group of ILGA Portugal, fighting for the legal, clinical and social rights of the Trans, non-binary and gender diverse populations. Support and Sharing Group every two week "*debates, training, workshops and conversations, and the promotion of dissemination, awareness-raising and socializing activities"* https://ilga-portugal.pt/fazer-parte/intervencao-trans

Transparente is the main Portuguese digital platform for the promotion and respect for the inclusion of sexual and gender diversity. The website has three main areas: Learning, Services and Information. A good place to start, with a directory of accessible services and information for anyone starting on their journey.
www.transparente.com.pt ; www.facebook.com/transparenteprojeto ; www.instagram.com/plataforma.transparente

***Associação Anémona*.** Association for the promotion and defence of rights and healthcare for Trans and non-binary people in Portugal. Building bridges between the transgender community and health services. The *Anémona* project aims to facilitate the process and, to this end, is building a contact network of trans friendly doctors. Funded by the Portuguese government. www.instagram.com/associacaoanemona ; https://docs.google.com/forms/d/e/1FAIpQLSf5VCLmQTOecUfj2cOrdoT9npiq5Lwes2x1UWYg8YWO_35PSQ/viewform ; geral@anemona.pt

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Aconchego House (in English) is a non-profit LGBTQIA+ community venue and social safe-space featuring a relaxing café/bar with food and drinks on one side, and a co-working space on the other. They host regular social LGBTQIA+ events and workshops, meditation practices, and support/sharing groups. One-on-one counselling sessions also available.
Current social events include Queer Karaoke every Friday, weekly dance classes, board game nights, Portuguese immersion nights, yoga, painting workshops, pop-up kitchen/dining experiences, and a monthly Amateur Drag Show. https://www.aconchego.house/care
Rua São Sebastião da Pedreira, 72, 1050-206, Lisboa.
www.aconchego.house ; www.instagram.com/aconchego.house ; hello@aconchego.house

Aconchego House also host (in partnership with AMPLOS www.instagram.com/amplos.bo ; www.amplos.pt/para-familiares) the monthly **Trans Youth & Parents Support Group.**
The group helps families navigate questions around identity, communication, school, health, and emotional wellbeing, offering tools and knowledge that empower parents while centring the needs and voices of trans youth.
AMPLOS publish a 100-page '***Guia Para Famílias De Pessoas Trans'*** (A Guide for Families of Trans People)
https://static1.squarespace.com/static/637fc319d85c037faa38c040/t/63977539b4e60b5031b6b489/1670870335588/AMPLOS-Amp_Fam_GuiaTrans_AF_Single+%281%29.pdf

Serenity Portugal is a commercial medical concierge business with a good reputation among many Trans/non-Binary people in Lisbon for their support in accessing appropriate and respectful help and care (in Portugal, the UK & Spain). They have been described by several Trans/non-Binary residents as *"very trans and queer friendly"* and *"great resources for folks in Portugal"*. https://serenity-portugal.com

Apoio a Transexuais de Portugal. The first Portuguese group dedicated to supporting transsexuals. www.facebook.com/groups/1777686392483314

TransParadise Portugal. Website and Instagram page, advocating for transgender migrants in Portugal. *"An oasis of resistance and radical imagination, forging trans futures through art, politics, and communication*".
www.instagram.com/transparadiseportugal ; www.transparadise.org

Transmutarredeativista. (Transmute Activist Network). Intersectional Trans, non-Binary and Intersex activist network. Active in the March 30th 'Trans Visibility Marches' and organises post march social events. www.instagram.com/transmutarredeativista

Coisas Trans. Supportive Instagram page and social network.
www.instagram.com/coisas_trans

Casa T (Center for Reception, Socialization, and Autonomy of Transgender People) – Crisis shelter housing for trans immigrants - Founded by trans immigrants; also supports employment and health care. www.facebook.com/profile.php?id=100064457752786

(**New** in 2025) **AMPLOS:** '*Associação de Mães e Pais pela Liberdade de Orientação Sexual e Identidade de Género'* (Associaltion of Mothers and Fathers for Freedom of Sexual Orientation and

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Gender Identity), run a monthly **Trans Youth & Parents Support Group** at Aconchego House. The group supports families navigating questions around identity, communication, school, health, and emotional wellbeing, offering tools and knowledge that empower parents while centring the needs and voices of trans youth. Message them for dates/times.
www.amplos.pt/para-familiares ; www.amplos.pt/perguntas-frequentes-pessoas-trans ; www.instagram.com/amplos.bo
AMPLOS also publish a 100-page '***Guia Para Famílias De Pessoas Trans***' (A Guide for Families of Trans People)
https://static1.squarespace.com/static/637fc319d85c037faa38c040/t/63977539b4e60b5031b6b489/1670870335588/AMPLOS-Amp_Fam_GuiaTrans_AF_Single+%281%29.pdf

Ação Pela Identidade **(**Action for Identity**)**. *"Our mission is to represent the interests of transgender and intersex people, especially those with an intersectional identity. Our vision is a society informed about the diversity of gender and sexual characteristics, with an intersectionality perspective*". https://apidentidade.wordpress.com ; www.facebook.com/apidentidade ; www.instagram.com/apidentidade

Despeitafest. Since August 2023, this occasional non-profit fundraising party project has aimed to help trans people access gender affirmation surgery.
www.instagram.com/despeitafest

New in November 2025: **'Siren Call Lisboa' events calendar and newsletter.** A regularly updated calendar of events and a newsletter for 'FLINTA+' people (Female, Lesbian, Intersex, Non-binary, Trans, or Agender / 'WTFNB' [in the USA]) in and around Lisbon! Your go-to for all things on Lisbon's amazing FLINTA+ scene. Includes events calendars for Setubal and Cascais.
https://sirencalllisboa.wordpress.com

Sign-up to their **newsletter**: https://wordpress.us19.list-manage.com/subscribe?u=d988b94f758dd4b7b56e71665&id=f074b6f15e
Follow the **website:** https://sirencalllisboa.wordpress.com
Follow their **Instagram**: www.instagram.com/sirencalllisboa/
To **add events** and news:
https://docs.google.com/forms/d/e/1FAIpQLSdyG2tESFDj4JBdPtwtujFrzoKOuEAxihj9GGfxR8temkr1Qg/viewform ; or email: SirenCallLisboa@gmail.com

HIV and STI Support Services

(Lisbon and Nationwide)

- **HIV services – an introduction. The '*Kit Migrante*'**

A comprehensive introduction to HIV and other health services for migrants is available online. 'Kit Migrante' is available in multiple languages and features essential information on how and where to access health services, with a special focus on HIV, sexual health, family planning & pregnancy, mental health and vaccination. The individual guides explain how/where to register, what services are available, how to access them, and includes an extensive list of contacts and support organisations.
All migrants residing in Portugal, regardless of their administrative situation (legal or illegal), have free access to health care for HIV and Viral hepatitis.

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https://kitmigrante.pt/english ; https://kitmigrante.pt/en-hiv/

- **GAT Checkpoint LX (Lisbon) – specialist service by and for gay and bisexual men.**

Checkpoint LX is the excellent community-based sexual health testing and counselling centre for men who have sex with men, staffed entirely by bi-lingual (Portuguese and English) professionals from queer communities (Women and straight people can also use this service, but cannot make appointments). Website available in English and Portuguese.
Run by 'Group of Activists in Treatments' (GAT), it offers screening, treatment, and access support to PrEP (which is freely accessible in Portugal), MPOX vaccination, plus counselling, housing, and anti-discrimination services from other Lisbon neighbourhood centres in Mouraria, Intendente, Almada, and Setubal. GAT also has other centres for gay/bi men in Almada and Setubal, and services specifically supporting Trans people and sex workers, people in African migration situations, people with HIV, and people who use drugs. (see below). **Respected and recommended.**
Travessa Monte do Carmo, 2. 1200-277, Principe Real, Lisbon. (Metro - *Rato*).
www.checkpointlx.com/checkpointlx ; www.gatportugal.org ;
www.checkpointlx.com/public/uploads/infosaude/PrEP_2023.pdf

- Other HIV and Sexual health services operate from public and private hospitals across Lisbon - for a full list see: www.portugalgay.pt/guide/2_12.
- For local LGBTQ health services across Portugal, see individual towns in the chapter '**Across Portugal**'.

- **GAT Intendente (Lisbon) – specialist service by and for Trans/non-Binary people**

GAT Intendente is the community-based health centre supporting Trans/non-Binary people, sex workers (and their clients), people in migration situations, people with HIV, and people who are currently homeless. (Although the centre is targeted at these populations, it is also available to everyone). Services include: Peer counselling; Rapid, anonymous and free peer-to-peer screening for HIV, syphilis, and hepatitis; Free medical screening for other STIs; Free condoms and lubricant; PrEP (pre-exposure prophylaxis) counselling for people interested in or already using PrEP; Vaccines and injectable antibiotics; Referral (with optional follow-up) to the National Health Service for people who have started treatments in another country; Outreach to apartments in Lisbon. Weekdays from 13:00 to 20:00 (booking required).
GAT Intendente. Rua Antero de Quental, 8A, 1150-043, Lisbon. (Metro - *Intendente*).
www.gatportugal.org/servicos/gat-intendente_3 ; www.facebook.com/gat.intendente ;
www.instagram.com/gat.intendente ; +351 919 613 092 (incl. WhatsApp).
espaco.intendente@gatportugal.org

- **GAT in Mouraria (Lisbon) – Community services by and for people who use drugs (PUD)**.

Harm and risk reduction, STI screening and peer support.
GAT Mouraria. Calçada de Santo André, 79, 81-83, 1100-496, Lisboa (Metro: Martim Moniz).
www.gatportugal.org/servicos/gat-in-mouraria_18 ; www.facebook.com/gat.inmouraria ;
www.instagram.com/gat.inmouraria ; +351 912 870 382 ; in.mouraria@gatportugal.org

- **GAT Afrik (Lisbon) – Sexual health support service by and for migrants of African origin,** and those with difficulties in accessing other types of health service.

GAT Africa. Rua Antero de Quental, 8, ground floor, 1150-043, Lisbon. (Metro: Intendente)

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www.gatportugal.org/servicos/gat-afrik_19 ; www.facebook.com/gat.afrik ; www.instagram.com/gat.afrik ; Tel: +351 915 290 975 ; gatafrik@gatportugal.org

- **GAT Alamda**.

Community-based center for rapid, anonymous, confidential and free screening of HIV and other STIs. Services: Screening for HIV, hepatitis B & C, and syphilis; Referral and support to the National Health Service; Support for specialist consultations and diagnostic tests; PrEP consultation; Social support for access to health care; Free condoms/ lube.
GAT Alamda. Edifício Luís de Camões; Rua Luís de Camões, nº 14, r/c, 2810-252 Almada.
www.gatportugal.org/servicos/gat-almada_25 ; www.facebook.com/gat.almada ; www.instagram.com/gat.almada ; +351 910 250 553 ; gat.almada@gatportugal.org

- **GAT Setubal**.

Community-based center for rapid, anonymous, confidential and free screening of HIV and other STIs. Services: Screening for HIV, hepatitis B & C, and syphilis; Referral and support to the National Health Service; Accompaniment to consultations and diagnostic tests; Medical and nursing consultations; PrEP consultation; Social support for access to health care; Free condoms/ lube.
GAT Setubal. Travessa das Lobas nº12, R/C, 2900-444 Setúbal
www.gatportugal.org/servicos/gat-setubal_24 ; www.facebook.com/gat.setubal ; www.instagram.com/gat.setubal ; +351 910 990 777 ; gat.setubal@gatportugal.org

- **Rede de Rastreio (Nationwide).** (in English & Portuguese).

STI testing etc for gay/bi men and Trans people across Portugal. *Rede da Rastreio* is the national network of free, community-based sexual health testing services for gay/bi men and transgender people. Offering testing, treatment and prophylaxis for HIV, hepatitis, syphilis, and support access to the National Health Services.
www.redederastreio.pt/projeto/description_1
For locations across Portugal see:
www.redederastreio.pt/public/uploads/pages/RRC_2023.pdf

- **Associação Abraço – HIV support services (Nationwide)**

Abraço's mission is to promote the quality of life of people with HIV and contribute to the eradication of HIV/AIDS through support for people infected and affected by HIV/AIDS; research; and fighting stigma and discrimination. Abraço has offices in: Lisbon, Porto (X 2), Funchal, Aveiro, Setubal, and Braga.
Largo Jose Luis Champalimaud, 4A, 1600-110 (Bairro do Rego), Lisboa. Tel: 217 997 500 / 599
https://abraco.pt/contactos ; ~~www.instagram.com/associacaoabraco~~ ; www.instagram.com/abraco_associacao ; www.facebook.com/associacao.abraco ; geral@abraco.pt

- **Positive Association (*'Associação Positivo'*) (Nationwide)**

Support and Self-Help Group for people with HIV/AIDS (PLWHA), their families, friends, partners, in Lisbon and nationwide. https://positivo.org.pt ; www.facebook.com/AssociacaoPositivo

- **CAD. *Centro Anti-Discriminação VIH* (Nationwide)**

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The HIV Anti-Discrimination Centre (CAD) is a project from '***Ser+***' (Portuguese Association for the Prevention and Challenge of AIDS. www.sermais.pt) and GAT (Treatment Activists Group. www.gatportugal.org). From offices in Cascais and Lisbon, they offer support, activism, training and discrimination prevention services – in English and Portuguese. www.gatportugal.org/servicos/centro-antidiscriminacao_8 ; https://cad.vih.pt ; www.facebook.com/cadvih ; www.instagram.com/cadvih

- **FPCCSIDA (***A Fundação Portuguesa 'A Comunidade Contra a SIDA'*) **(Nationwide)**

A national sexual health service, offering free, anonymous and confidential testing for HIV, hepatitis B and C and syphilis. FPCCSIDA also support the youth guidance and counselling centre '**CAOJS**': www.facebook.com/fpccsida.caojs . Mon-Fri 10:00-18:00. www.fpccsida.org.pt

- **GAT *Par a Par*** (Peer to Peer)**.**

Service managed by peers (HIV+, MSM, Migrants, Trans, People who use drugs, etc.) trained to manage cases with people from these communities who need structured and/or prolonged support in matters of access, adherence and retention in health care. www.gatportugal.org/servicos/gat-par-a-par_17 ; Tel: +351 910 122 120 / +351 910 693 160 ; parapar@gatportugal.org

- **'HIV + and –'** (In English) is one of the many sub-groups of the busy social network **Queer Lisbon,** on *WhatsApp* and *Meetup.* The **Queer Lisbon** WhatsApp group is a major forum (in English) for social networking, news and info about queer events and casual social get-togethers – with eighteen sub-groups, of which ***'HIV + and –'*** is just one.
  Join the WhatsApp community, to gain access to all its sub-groups, at this link (Join the 'Welcome Hug' group first, and make a simple post to show you are not a 'bot'): https://chat.whatsapp.com/DSNcgO9SRiQ9bTs03BcAef

Academic Queer Research Organisations

These are academic research groups working in LGBTQ/ feminist/ gender issues. (For LGBTQ student social societies see Student Groups)

ILGA Study Support. ILGA actively supports the academic inclusion of LGBTQ perspectives and the development of research questionnaires and interviews that contribute to the advancement of knowledge, science, information and professionalism. Their web pages and academic archive support LGBTQ research recruitment and dissemination. https://ilga-portugal.pt/obter-informacao/apoio-a-estudos

ILGA also provides '**LGBTI+ Training Days'** (*Jornadas Formação LGBTI+*) aimed at healthcare professionals and students in the fields of Psychology, Medicine, Pharmacy or Nursing. https://ilga-portugal.pt/formacao-lgbti-2024

Gentopia. *Associação para a Diversidade e Igualdade de Género*. Since 2018, this research group in areas of psychology, feminism, diversity, gender, sexualities, aging, gender identity, and gender violence, researches needs and promotes gender equality and diversity. Funded by the Portuguese Government.

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If you have any kind of functional diversity (disability) 'LGBTI People and Functional Diversity', is organised by Gentopia (funded by the Commission for Citizenship and Gender Equality): www.gentopia.pt/pessoas-lgbti-diversidade-funcional
www.gentopia.pt ; www.facebook.com/gentopia.adig ; gentopia.adig@gmail.com

Quir Research Hub. An intersectional, interdisciplinary line of critical queer studies research. Part of the CITCOM research group based at the Center for Comparative Studies (CEComp-FLUL) of the University of Lisbon. www.instagram.com/quir.hub ; quir.hub@gmail.com ; https://quirhub.substack.com/?utm_source=ig&utm_medium=social&utm_content=link_in_bio&fbclid=PAZXh0bgNhZW0CMTEAc3J0YwZhcHBfaWQMMjU2MjgxMDQwNTU4AAGnWNweWiS0zHgRYrmQZQ0vmGKY50TeIXhPmrlg7HtJGTukHogBdUK8FEK-hm0_aem_340nZzUO41T8alRqzfSyaw

LGBTQIA+ ≥50 anos. *'Rumo a Estruturas Residenciais Afirmativas para Adultos Mais Velhos LGBTQIA+'* (Towards Affirmative Residential Structures for Older LGBTQIA+ Adults) is a research project "focused on identifying the characteristics of a residential care facility that promotes affirmative care for older LGBTQIA+ adults. Join us!" www.facebook.com/profile.php?id=61581452106517 ; rita.carvalho@ua.pt

Portuguese Sociology Association - Sexuality and Gender Thematic Section ('*Associação Portuguesa de Sociologia - Secção Temática Sexualidade e Género*'**).** A network of researchers in these areas (created 2018) due to their growing relevance in Portuguese Sociology. https://aps.pt/seccao-tematica-sexualidade-e-genero **;** www.facebook.com/aps.genero

CIEG - Centre for Interdisciplinary Studies in Gender (*Centro Interdisciplinar de Estudos de Genero***).** Academic study centre for social research in gender – based in the University of Lisbon (ISCSP), with involvement from other universities. https://cieg.iscsp.ulisboa.pt ; www.facebook.com/cieg.iscsp.ulisboa

Doctoral Feminist Studies. Faculty of Arts and Centre for Social Studies - University of Coimbra. Interdisciplinary aims in a wide range of issues and methodologies relevant to Feminist Studies/Women's Studies/Gender Studies.
www.ces.uc.pt/doutoramentos/estudosfeministas ; doutoramentos@ces.uc.pt

Doctoral Programme in Human Sexuality. (PDSH) is a pioneer course that offers advanced knowledge and research in human sexuality. From the University of Porto, Faculty of Psychology and Education Science (and other research centres: CPUP, CIIE, EPIUnit, UMIB).
https://sigarra.up.pt/fpceup/en/cur_geral.cur_view?pv_curso_id=15825

TRACE - Queer Citizenship over Time. (*Rastrear a Cidadania Queer ao Longo do Tempo Envelhecimento, Preconceito de Idade E Políticas LGBTI+ Relacionadas com a Idade na Europa***).** Long-running (2023-2027), European sociological research in Queer experience and ageing in southern Europe - based in University of Coimbra. Recent publications include 'Agroqueer: LGBTQI+ Lives in Rural Portugal Over Time'.
https://trace.ces.uc.pt ; www.facebook.com/trace.ces ; trace@ces.uc.pt

Project Remember. ***Vivências de Pessoas LGBTQ Idosas no Portugal Democrático [1974-2020].*** (Experiences of LGBTQ People over 60 in Democratic Portugal). University of Coimbra. "*With an emphasis on care, well-being and mental health, the REMEMBER project aims to analyse*

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the present and the daily management of intimate life of those who grew up after the revolution". www.ces.uc.pt/ces/projectos/remember ; www.facebook.com/projetoREMEMBER ; remember@ces.uc.pt

Also see:

- The 2024 report '*Ageing as LGBTQ+ In Portugal - a guide for health professionals and carers*' : www.ces.uc.pt/ficheiros2/sites/remember/files/Guide_Ageing%20as%20LGBTQ%2B%20in%20Portugal_2024.pdf
- The 2015 report *'Growing Old Out of the Closet'* from Opus Gay/Diversidades: https://dezanove.pt/antonio-serzedelo-os-casais-heterossexuais-podem-entrar-nos-lares-os-casais-lgbt-nao-sao-separados-838916

The Gender and Sexualities Working Group (GT-G&Ss) is part of the **Portuguese Association of Communication Sciences** (SOPCOM).
https://sopcomgtgss.wordpress.com ; www.facebook.com/sopcomgtgss

LGBTQ Archives:

- ILGA Portugal maintains (since 1997) the *Gonçalo Diniz Documentation Center* (CDOC), aiming to collect, recover, preserve, organize and make available to different audiences a vast collection of materials concerning the rights of LGBTI+ people and their families. cdoc@ilga-portugal.pt https://ilga-portugal.pt/obter-informacao/centro-de-documentacao/
- **New** in 2025 *Sérgio Vitorino* donated an archive of unpublished LGBTI+ material (magazines, photos, protest materials, etc) to the Lisbon Municipal Newspaper Library, which is now available to view online: https://drive.google.com/drive/folders/1w-Qtr1PmtLQsH-ac32nkT47V1-a6L1qF https://mailchi.mp/divergente/newsletter-memoria-arquivo-direitos-lgbti-portugal-sergio-vitorino?fbclid=IwY2xjawP8cYJleHRuA2FlbQIxMABicmlkETIwSnFWbkcyRGYwSGdHSkRxc3J0YwZhcHBfaWQQMjIyMDM5MTc4ODIwMDg5MgABHmF3yIeulNlCtZjw7Zceet2upYfdFYcNOPbAGmr_FFyTLHCptW4X15ELD4J5_aem_19xfk_5aM25D14upEqulnQ

Victor Correia PhD, is an academic with an extensive CV and author of multiple books on LGBTI+ literary and cultural history in Portugal, including, **new** in May 2025, *'História da Homossexualidade em Portugal, desde o século XIII até ao século XX'* (The History of Homosexuality in Portugal, from the 13th to the 20th Century) - the first comprehensive book dedicated to the history of homosexuality in Portugal. Among his many other titles are several explorations of homosexuality in the works of Fernando Pessoa.
https://independent.academia.edu/CorreiaVictor

REDI.lgbti.pt NEW in May 2025. *REDI Portugal – Rede pela Diversidade e Inclusão LGBTI* (Network for LGBTI Diversity and Inclusion), is the first business ecosystem in Portugal focused on promoting diversity and LGBTI inclusion in the workplace.

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www.redi-lgbti.pt ; www.instagram.com/redi.lgbti.pt ; www.linkedin.com/company/redi-pt-lgbti ; **Newsletter**: https://redi-lgbti.us13.list-manage.com/subscribe?u=b90d967fa56b6db0661343202&id=29eb84eaff

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’Alex’s LONG LIST’
is brought to you by

Alex’s Queer Lisbon History Tour

***Know the city*!**

Would you have fun learning more about Lisbon and its fascinating (sometimes bizarre!) queer history? *‘Alex’s Queer Lisbon History Tour’* is an entertaining half-day walking tour that brings you anecdotes from Lisbon's scandalous queer history by visiting historic sites to hear stories that will bring you closer to the city.

- 17thCentury cruising sites, Lisbon’s first lesbian bar, the Inquisition arresting gay men in the 16thCentury, see where the first drag show started in the 1970s, lesbians battling 1960s censorship, why ‘*Fado’* is a bit queer, how Lisbon Pride is different, stories from 19thCentury sex-work, bisexual jazz-legend Josephine Baker spying in WWII, gay men dodging 1950s crack-downs, 18thCentury lesbian nuns, a 19thCentury Trans love story, how LGBT rights were established in Portugal, gay writers, disgraced politicians, queer pop stars, straight censors - all this and more, and we end with a social drink!

This fun event also passes most of today's scene venues and gives you inside knowledge of today’s scene and community. ***Know the City!*** Suitable for solo-travellers. 3.8km(2.3miles). 3.5 hours. Age:16+.

Click here for more info and booking:
www.tickettailor.com/events/alextoursevents

*“I set up **Alex’s Lisbon Tours & Events** to share the stories I love about the city – not just the routine sights, but fun experiences in historic locations, with anecdotes and insights that bring history alive - plus opportunities to meet fellow travellers as we pass by the scene venues.*

I first came to Lisbon in 1989 and fell in love with the city. I have a post-grad degree in Cultural Studies and have lived in Lisbon since 2019. Join me on a tour and have fun getting to know Lisbon better“.

Two ‘*Queer Lisbon*’ tours are available: the half-day walking tour, and occasional Treasure Hunt group events:

‘Alex's Queer Lisbon half-day walking tour - scene and history’ – a fun afternoon group tour with stories from Lisbon's scandalous, celebratory (sometimes bizarre!) queer history.

‘Alex's Queer Lisbon Treasure Hunt event‘ – a Treasure Hunt in queer history that leads small groups on an adventure around the gay-scene neighbourhoods of *Bairro Alto* and *Principe*

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Real. Your small group follows a map and directions to find the queer history locations, complete fun tasks and solve riddles! Then we all come together in the lounge/ bar/ garden/ pool of Lisbon's largest gay hotel for a 'pub-quiz' and prizes!

Message me on WhatsApp: https://wa.me/351910826218

Other tours from 'Alex's Lisbon Tours & Events' cover key aspects of Lisbon's history – visiting historical sites to learn more about Lisbon through entertaining anecdotes and stories:

- **Lisbon History Framework: Key sites and stories in Lisbon's history.** This history 'primer' tours key sites to give you a framework and context for the city's history - plus entertaining anecdotes and scandalous stories! The Discoveries (1500), Empire of riches (1501-78), Spanish domination and Portuguese restoration (1580-1640), Gold & diamonds from Brazil (1700-), Earthquake! (1755), Napoleon invades (1807-14), Civil war (1828-34), The king's assassination and the first Republic (1808-10), Dictatorship (1926/33-1974), Revolution! (1974).
- **Belem/Ajuda away from the crowds.** The history of Lisbon in three different palaces, politics, royal murders, the palace of tents, monuments to shame, gold and diamonds, sex-scandals, the Belem executions, the launch of the Great Armada against Elizabeth I of England - and custard tarts! Key stories from Lisbon's history – away from the obvious crowded sites.
- **The Marques de Pombal: 1699-1782.** Despot? Moderniser? Manipulator? Psychopath? Subject of the world's first restraining order. Hero or Villain – this minor nobleman rose to dominate the king, establish the enlightenment in Portugal, assassinate his enemies, deal with the earthquake, rebuild Lisbon – See why his story is central to the Lisbon we know today.
- **The Carnation Revolution: April 1974**. Revolution in Western Europe! The world's longest dictatorship (1926/33-1974) is still a living memory in Portugal, and so too are the events and stories of the 1974 'Carnation Revolution', which established democracy and influences so much of Portuguese politics and society today.
- **Lisbon Earthquake 1755.** First-hand accounts, anecdotes and the sites of devastation and rebuilding: the first few days, dealing with the dead, who was blamed, who benefitted, what was lost, what survived, the alternative plans for rebuilding, and how the Lisbon we see today was created from the rubble.

Click here for tour dates & tickets:

www.tickettailor.com/events/alextoursevents

or contact me directly: AlexLisbonTours@gmail.com

Tel: (Portugal) +351 910 826 218 (Call cost to the national mobile network).
Facebook: www.facebook.com/QueerLisbon
Instagram: www.instagram.com/alexlisbontoursandevents

Alex's Lisbon Tours & Events is registered with *Turismo de Portugal*.

'Alex's Queer Lisbon Treasure Hunt - LGBTQ history event' featured as a double-page spread in the Portuguese national newspaper *Público*: '*We have always existed: a treasure hunt to discover Lisbon's queer history*' https://shorturl.at/fjlpP

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'Alex's LONG LIST' can be read on mobiles and other screens at the link below (and also downloaded as a PDF from the same link [200 pages. 3.9MB]).

(This edition was updated before the 9th of July 2026**)**

https://heyzine.com/flip-book/f6351ffa61.html

You can help make '*Alex's LONG LIST*' even better!

'*Alex's LONG LIST guide to LGBTQ Lisbon & Portugal*' is updated every month – so if you have any corrections, updates, or suggestions on how it could be improved, please feel free to email me.

'The LONG LIST' aims to include every LGBTQ venue, social group, organisation and service in Portugal (and borders) so that everyone can find opportunities to live their best queer life.

Email me at: AlexLisbonTours@gmail.com

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