

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The Internet and guidebooks are full of outdated info, so I update *Alex's LONG LIST* regularly for visitors, new arrivals and residents.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 featured in *Alex's LONG LIST* – this is a comprehensive list of LGBTQ 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.



Key sections on: Social opportunities, Women, Trans/non-binary people, People of Colour, Lisbon on a Budget, etc, etc. Updated every month. Covering all of Lisbon & Portugal.

For first-time visitors

- [Essential Info](#) - Basic info for a first visit: transport, timings, toilets, tourist-traps, entry fees, LGBTQ rights, alcohol and drugs info.
- [The SHORT LIST](#) - To help new visitors plan a queer night in Lisbon.
- [Five Nights Out](#) - Signature queer nights out (and one night in).

- What's on this month? - [The Months Ahead in Queer Lisbon \(& Portugal\)](#)
- [Lisbon's LGBTQ Scene](#) - 13 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](#) - Googlemap with venue info, opening hours and weblinks
- [Gay Beach Guide](#) - where to go and how to get there
- [Lisbon on a Budget](#) - the many things to do in Lisbon for *free!*
- [Meeting People, Making Friends and Having Fun](#) - 12 pages of Lisbon's LGBTQ social groups: sports/exercise, dance, music, choirs, student and special interest groups
- [Getting to Know Portugal](#) - fun and useful ways to know Portugal better
- [Women's Groups, Organisations and Services](#) - 5 pages of scene and social networks
- [Trans/non-Binary Friendly Spaces](#) - venues & groups that Trans friends recommend
- [Queer & Trans People of Colour \(QTPOC\)](#) - 5 pages of venues, groups and events
- [Across Portugal](#) (30 pages of LGBTQ beyond Lisbon) - [Map of LGBTQ Portugal](#)
 - [Porto](#) (45 entries)
 - [The Algarve](#) (29 entries)
 - [Other cities & regions](#) (112 entries)
- [Health and Wellness Services](#) - men's and women's health services
- [LGBTQ Literature, Film, Learning Portuguese, Podcasts and LGBTQ Media](#) - 7 pages
- [Community Support](#) - 7 pages of LGBTQ support, HIV support, & queer academics
- [Medium and Long-term Accommodation](#) - how and where to find housing in Lisbon
- [Alex's Queer Lisbon History Tour](#) - *Know the city!*



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

Legal rights 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 therefore extend to adoption, IVF, blood donation, civil marriage, age of consent, etc. Citizens are free to change their gender on birth certificates, etc – no medical opinion required.

www.equaldex.com/region/portugal

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.

Timings – Restaurants, bars, clubs.

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 22:30. Fri and Saturday things will get busy later. Restaurants might have longer opening-hours in the city centre, but even a short distance from the main tourist places you can be caught out by the commonplace 15:00-19:00 afternoon closing.

Lisbon Bars. *Bairro Alto* some bars have started opening earlier as they try to catch early customers, but the streets don't really get going until 22:30. And they get hectic soon after midnight, with a mixed crowd endlessly moving from one bar to the next. Officially bars (and some clubs) in residential areas should close at 02:00 (03:00 on weekends and the night before public holidays), except for late-night dance venues. So, if you want to keep going late it's best to get into a dance venue before the 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 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 19:00-01:00, and tend to be more imaginative than regular gay bars, with events, dance nights, food, and workshops, etc (see '**LGBTQ Bars: Intendente/Graca and further afield**' below).

Most of the mainstream/straight late-night live music venues and nightclubs are by the riverside - mostly around *Cais do Sodre* and the riverside.

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, 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 – keep hold of the ticket and exchange it for a drink at the bar.



Many clubs are free entry on a Thursday outside of peak season. On other days they're often 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 excellent community collective *Infraestrutura Pública*, publish a free Googlemap that is updated regularly, and printable pocket cards (with opening times etc):

Downloadable cards to download and/or print –

https://lisboaparapessoas.pt/wp-content/uploads/2025/02/sanitariospublicosgratuitoslx_cartao.pdf

Googlemap to bookmark in your phone -

https://www.google.com/maps/d/u/0/viewer?mid=1qAvck2ITJ-XPrS73hpSqkFMK7VSVsi8&fbclid=IwZXh0bgNhZW0CMTEAAR0502aOSN3Cfj-2rnCpl0i7MUfgRu2Vphs23tDAV0863nqB5dZXY2TV8ng_aem_s9NsAUgKddxjXGgOy5vyTw&ll=38.72894169605311%2C-9.139454207765757&z=12

[XPrS73hpSqkFMK7VSVsi8&fbclid=IwZXh0bgNhZW0CMTEAAR0502aOSN3Cfj-](https://www.google.com/maps/d/u/0/viewer?mid=1qAvck2ITJ-XPrS73hpSqkFMK7VSVsi8&fbclid=IwZXh0bgNhZW0CMTEAAR0502aOSN3Cfj-2rnCpl0i7MUfgRu2Vphs23tDAV0863nqB5dZXY2TV8ng_aem_s9NsAUgKddxjXGgOy5vyTw&ll=38.72894169605311%2C-9.139454207765757&z=12)

[2rnCpl0i7MUfgRu2Vphs23tDAV0863nqB5dZXY2TV8ng_aem_s9NsAUgKddxjXGgOy5vyTw&ll=38.72894169605311%2C-9.139454207765757&z=12](https://www.google.com/maps/d/u/0/viewer?mid=1qAvck2ITJ-XPrS73hpSqkFMK7VSVsi8&fbclid=IwZXh0bgNhZW0CMTEAAR0502aOSN3Cfj-2rnCpl0i7MUfgRu2Vphs23tDAV0863nqB5dZXY2TV8ng_aem_s9NsAUgKddxjXGgOy5vyTw&ll=38.72894169605311%2C-9.139454207765757&z=12)

Transport / Late Night Transport / taxis

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

The last Metro (underground) and overground trains are usually around 00:45

(quarter to 1 in the morning) - but always check in advance: www.metrolisboa.pt/en.

For Lisbon transport info in various 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, 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 – recreational drugs are Not legal in Portugal. The law does however focus on drug supply, rather than drug possession - so if you are caught with a personal amount of most drugs, you will likely just get a brief lecture and possibly have the drugs confiscated. But if you are caught passing, gifting or selling drugs, or buying drugs for someone else – no matter how small or informal (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 possession is less rigorously policed. www.portugal.com/op-ed/portugal-drug-laws-under-decriminalization-are-drugs-legal-in-portugal

(Brief statistics on the success of Portugal's progressive drugs policies:

www.statista.com/chart/20616/key-developments-since-portugal-decriminalized-drugs)



Lisbon tourist-traps, options and alternatives.

28 Tram and the funiculars and lifts (*Elevadores da Bica, Gloria, and Santa Justa*).

Please don't waste your holiday time in peak-season crowds endlessly queueing for the 28 Tram, the funicular railways (*elevadores*) at *Bica* and *Gloria*, or the *elevador Santa Justa*! These trams, funiculars and street lifts are charming fun, and these few have the best views, every clueless guidebook/website in the world sends people to these few (above), leading to long queues at busy times. There are quieter and easier trams/lifts that will give you the same experience without the wait and the crush. (On the overcrowded tram 28 you can't even see out the windows if you're standing, and at the over-priced *Santa Justa elevador* [the lovely iron cage-lift in the city centre] there are barely any windows, and you can simply walk onto the viewing platform at the top for free!)

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. And you'll have a better experience on the under-used *Elevador do Lavra* (off the east side of *Avenida da Liberdade*, across the main Avenue from the crowded *Elevador da Gloria*), with wonderful shady views from the *Jardim do Torel* gardens at the top (a popular place to watch the sun go down): www.carris.pt/viaje/carreiras/52e-ascensor-lavra Instead of the *Santa Justa elevador* iron cage-lift in the city centre (*Baixa*), **try instead** simply walking up the hill to *Largo do Carmo*, from where you can just stroll past the side of the ruined church and walk onto the lift's upper viewing platform for free!

Time Out Market and *As Bifanas do Afonso*

This food-hall opened in a characterful market building in 2014 to great enthusiasm, but since 2025 it has been 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... The market pulses with excitement, 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.

'*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 lunch (*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 *cliché* 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 (say, 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 these places get a lot of attention, can involve a lot of queueing during peak-season, and might leave you feeling underwhelmed.

Here are a few of Lisbon's headline tourist sights that, while culturally significant, are maybe just not worth the queueing for the average tourist - 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 early period, is 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 custard tarts were practically 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, somber 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 it was poorly patched-up in the 19th Century - So unless you are particularly enthusiastic about archeology, this ancient church probably doesn't have the glamour you might expect from a capital city's main church.

The Gulbenkian Collection. I Love the Gulbenkian: its varied art collection is remarkable, the building is calm and impressive with fab galleries, gardens and cafe, and it is always worth the trip, **but...** it is closed for a major refit from March 2025 until **July 2026!** (Go instead to the *Medeiros e Almeida Museum* – see below)

Try instead... (it's totally 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 gardens of the big *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 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 pay 8Euros to see their collection of church paintings and gold). Decent toilets in the museum entrance; coffee and shade in the square outside. https://en.wikipedia.org/wiki/Igreja_de_S%C3%A3o_Roque ; <https://museusaoroque.scml.pt/en/home>

The Medeiros Almeida museum (*Museu Medeiros e Almeida*). Near the *Marques de Pombal* Metro, at the top of the grand *Avenida da Liberdade*, this private collection of decorative arts, interiors and jewellery is spectacular, and always calm, restful and charming. www.museumedeirosealmeida.pt/?lang=en (For a nearby lunch or dinner, visit the film institute – their garden café is fab: www.cinamateca.pt).

Aljube Museum of Resistance and Freedom. (*Museu do Aljube Resistência e Liberdade*). Not everyone's cup of tea this - but it 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 the men and women of the resistance, whose struggle led to the success of the 1974 democratic revolution. **Respected and recommended.** www.museudoaljube.pt

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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 queer nights 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*. These tend to open earlier and close around 01:00, and all have performance/dance spaces. For more info on the full range of queer spaces and events in Lisbon take a look at [Alex's LGBTQ map of Lisbon](#), and follow venues' social media 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.embraceomeplace.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)
- Or stop in at *Shelter Bar* (opens at 18:00) for a light meal and a cold beer.
- In Bairro Alto, *Friends Bar* opens at 18:00 with shady seating in the street.

20:00 options - Dinner time. You're never far from a restaurant in Lisbon.

- The restaurants of Bairro Alto can be characterful (maybe a bit touristy), smaller, generally not expensive. (If you fancy simple, cheap and traditional Portuguese food, try *A Primavera*, which has a famous photo of Josephine Baker's 1939 visit on their back wall: *Restaurant a Primavera. Travessa da Espera, 34, Bairro Alto, 1200-176*. [For more on the scandalous bisexual Josephine Baker's visits to Lisbon in 1939 and 1941 join me on '*Alex's Queer Lisbon History Tour*']]).
- Principe Real restaurants 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 (often 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 (for a game of pool) *Foxtrot* or *Pavilhão Chines*. (see '**Classy Bars and speakeasys**' below)
- For a drink outdoors, the crowd at *Friends Bar* in Bairro Alto will be warming up, and *Bar Tr3s* in Principe Real will soon get busier.
- 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 starting to open 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 starting to get busy.
- 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 and crowded streets of Bairro Alto are too much for you, head to the more relaxed streets and gay 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 night before public holidays).
- Think about getting into a club before the 01:30/02:00 rush. ('see '**Nightclubs for dancing**' below)
- For a night of dancing and drag - 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 the night before public holidays).
- Most nightclubs have a rush at the doors between 01:30 and 02:00

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Five 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: (for directions see '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. The atmosphere is often energetic but always friendly. Most bars open around 22:00 and really get going after 23:30. Almost all *Bairro Alto* venues close at 02:00 in the week, and 03:00 on weekends and the night before public holidays.

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

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

A good place to stroll (rather than stumble) from one gay bar to the next in a calmer neighbourhood - *Príncipe Real's* 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*. Two gay bars in *Príncipe Real* open early at 18:00, which is unusual in Lisbon (*Bar Tr3s*, and *Shelter Bar*, which has a menu of light snacks), but others open around 21:00 and everywhere gets busy after 22:30.

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

3 – Hang-outs for queer women

While *Bairro Alto's* streets and 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!). For more queer women's hangouts it's necessary to look a little further beyond *Bairro Alto/Príncipe 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. (Sadly the excellent *Valsa bar* and *Coral* collective closed in December 2024 😞). But there are also a number of women's party networks such as *Velcro*, *Azu-Lez*, *Fabulez*, and *Goddess*, which organise irregular pop-up events at various venues - See '[Women's venues/events](#)' for more info 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 probably 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); *Construction* caters to a slightly older (Ages: 30s/40s/+) 'shirts-off' crowd, with guest DJs, until 06:00; *Posh Club* is mixed, mainly 20s/30s/+, closes at 06:00, themed weekends sometimes need to be booked in advance.

For dancing earlier in the evening - *Purex* is a bar (Wed to Sat) with a small dance floor, no entry charge, popular with women, opens early and closes at 02:00 (03:00 on weekends and the nights before a public holiday); *Drama Bar* in Intendente/Graca is also popular with women and has occasional dance nights from 21:00-01:00 (mostly Fri & Sat, but check their social media).

Lisbon also has variety of irregular queer pop-up [party networks](#) and occasional circuit parties that stage events throughout the year - see '[Nightclubs for dancing – Regular clubs, circuit parties, party networks and raves](#)' for more info and follow their social media to keep up with event locations, dates, hours, etc.

5 – For a camp night out - Burlesque, Cabaret, Dancing – even Dinner first if you want.

Lisbon has several good quality drag/cabaret spaces (see the 'Drag Burlesque and Cabaret' section), but if you like a camp night out there's nothing quite like *GalaCriCri!* This unique combination of cabaret, restaurant and night-club, housed in an 18th Century palace (described by The New York Times as "*a magnificent nocturnal hangout*", awarded a UNESCO prize for design in 2023, and where *Madonna* had her 65th birthday party!), is hosted by the wonderful Brazilian art-DJ duo '*Venga Venga*'.



It's the perfect fun combination of faded glamour, fine food, high camp, and wild excess where anything goes (think of Liza Minelli in the musical *Cabaret*!)

GalaCriCri performances/dancing begin after 22:00 (which is early for Lisbon) until 04:00. It's sometimes worth booking ahead in the summer (see link below). It's a journey out of the city-centre so best reached by Uber/Bolt/taxi (which are relatively cheap in Lisbon).

Address: Palacio do Grilo. Calçada do Duque de Lafões, 1, 1950-207, Beato.

Make an effort to dress-up – you can't be overdressed for *Gala CriCri*!!

(You can also go earlier for dinner in the restaurant from 19:00, which includes contemporary cabaret/event between 19:30 and 22:30. – Restaurant booking essential: <https://palaciogrilo.com/en/book>).

www.galacricri.com ; www.facebook.com/festavengavenga ; www.vengavenga.org ; www.instagram.com/palaciogrilo

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

'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?v=xXBQzChfoiM&list=PLz8iTEzJV6bY42F-EbqkaYs4WdoU9q0_n&index=2

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

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Queer Events in the Months Ahead

'Alex's LONG LIST' features a wide range of queer happenings for the months ahead. Apart from Lisbon Pride, tourist sites don't feature much info on LGBTQ events, so this is a regularly updated source of sometimes surprising and inspiring queer events across Portugal!

To keep your finger on the pulse of all the many queer events in Lisbon (& across Portugal), see these pages every month, and also follow selected social media from the hundreds of Lisbon/Portugal's queer groups, events and organisations by looking through:

- [Meeting People, Making Friends and Having Fun](#) - 12 pages of LGBTQ social groups
- [Lisbon's LGBTQ Scene](#) - 13 pages of bars, nightclubs, women's venues/events, drag burlesque and cabaret, saunas/sex venues (men's and women's)
- [Across Portugal](#) - 30 pages of local LGBTQ life beyond Lisbon
- [Women's Groups, Organisations and Services](#) - 5 pages of scene and social networks
- [LGBTQ Literature, Film, Podcasts and Media](#) - 7 pages of groups, venues and events
- [Community Support](#) - 7 pages of LGBTQ support, engagement and networking.

Apart from Lisbon Pride, mainstream tourist sites don't feature much info on LGBTQ life, but these options below list services providing summaries of forthcoming events, and the most useful sites for mainstream events:

- On Thursdays during the summer, '**Lisboa Secretas**' Instagram page provides a summary of selected events for the weekend ahead: www.instagram.com/lisboasecreta
- '**Lisboa by Lisboetas**' Instagram page makes a post each month featuring key events for the month ahead www.instagram.com/lisboabylisboetas
- Sign-up to the '**1 Tostao**' newsletter for a weekly email listing selected cultural events in the Lisbon area: www.instagram.com/umtostao ; <https://gmail.us14.list-manage.com/subscribe?u=f491255072f6a9f1de8e2d118&id=e70d613270>
- '**Visit Lisboa**' is from the Portuguese tourism office: www.visitlisboa.com/en
- '**Agenda Cultural**' (Lisbon only): www.agendalx.pt
- **Live music events 2025** (in Portuguese): <https://lisboasecreta.co/concertos-musica-em-lisboa>
- **Music festivals across Portugal 2025** (in English): www.twoguysabroad.com/portugals-must-attend-events-festivals-in-2024

SEPTEMBER		
Sept is...	Bisexual Visibility Month! https://bi-fest.bialogar.pt	www.instagram.com/bialogar/
Continuing... to Sept 16	Lisbon Opera Festival - Various venues across Lisbon & Oeiras.	www.instagram.com/operafestlisboa ; www.operafestlisboa.com
Sept 1-Dec 7	The ' Museum Out of the Closet ' challenges gender norms at Lisbon 'Costume Museum'.	https://esqrever.com/2025/08/31/que-genero-de-roupa-e-essa-o-museu-fora-do-armario-desafia-normas-de-genero-no-museu-do-traje/?utm_campaign=linkinbio&utm_medium=referral&utm_source=later-linkinbio
Sept 3	Queer Collaging Workshop @ Rhodo Bagels 19:00-21:00	www.instagram.com/p/DN2sE1i0CMT/?igsh=MTNlbmtsYXVucXNrOA%3D%3D

Sept 4	Porto. Book launch: 'Design Made in Patriarchy'. Presented by <i>Greta Feminist Books</i> . Porto Book Fair. 18:00	www.instagram.com/p/DNxopVf2loF/?igsh=ZnJtaWxheDVxbzZx
Sept 6	Desperate Housewives Kiki Ball @ Voz do Operario. 15:00-24:00	www.facebook.com/events/a-voz-do-oper%C3%A1rio/the-desperate-housewives-kiki-ball/532667846578226/
Sept 6	Quee(r)n Moustache: Cruising On The Dancefloor. @DISASTER. 22:00-06:00.	https://shotgun.live/events/quee-r-n-moustache-cruising-on-a-dancefloor?utm_source=whatsapp
Sept 6	BANANA BRUT queer party @ Ministerium Club. 11:59-onwards.	www.instagram.com/brutbanana
Sept 6	Sintra Pride March - Starting at Jardim Da Correnteza @15:00.	www.instagram.com/sintrafriendly
Sept 8	Simo's 'Sun(g)ay Funday'. Outdoor DJs & cocktails. Anjos, 14:00-sunset.	www.instagram.com/p/C_dXeOasVAf/?hl=en
Sept 9	Queer Setubal Meetup. Setúbal's 'Last Splash Bash Party'. 19:30 to 23:00	www.meetup.com/queer-setubal-meetup/events/310270848/?eventOrigin=group_upcoming_events
Sept 11-13	PitchBeach. Annual three days of queer sport, beach fun & celebration.	https://at4s.org/pages/agenda ; www.instagram.com/at4sports
Sept 12	Book launch (Lisbon): 'Design Made in Patriarchy'. Presented by <i>Well Read Lisbon (@areyouwellread)</i> . 18:00.	www.instagram.com/p/DNxopVf2loF/?igsh=ZnJtaWxheDVxbzZx
Sept 12-14	Porto Pride Festival	https://portopride.com ; www.facebook.com/PridePorto
Sept 13	Azores. Opus Diversidades - Picnic at Milícia Beach, 17:00	www.instagram.com/p/DNISNUSMbKj/
Sept 14	Porto Pride Drag Brunch. 11:00-14:00. It's music, it's glitter, it's the most glamorous closing in town!	www.instagram.com/p/DNWF8HTNlpC/?igsh=MXM1MGR1MWRzdjM1Zg%3D%3D
Sept 19	Verka Serdutchka & Band - Humor, music and fun! @LisboaAoVivo. 20:00-	www.instagram.com/p/DL5uou9sWPC/?igsh=dGNreDZlYWwzYWJt
Sept 19	GODDESS – (women only) Costa da Caparica NEW location, Speed dating, Games, After Party. 19:00-02:00(+)	www.instagram.com/p/DN3gNb61LTj/?igsh=YzhlcHlkNGRnNGZk
Sept 19-27	Queer Lisboa Film Festival @ Sao Jorge Cinema & Cinemateca	www.instagram.com/queerlisboa
Sept 19-21	Exxxotic Lisboa - Lisbon Erotic Festival	https://exxxoticlisboa.com/
Sept 20	Santarem Pride (MOS) March , and party with DJ Sapatrux . 17:00-late. www.instagram.com/p/DNwBnIOYool/?igsh=MWxpMHk3eDhsanl3MQ%3D%3D	Santarem Pride day-trip from Lisbon: www.meetup.com/lisbon-hikinggays/events/310407628/?eventOrigin=group_events_list
Sept 21	Leiria Pride March – and Party , with Sapatrux!	www.instagram.com/p/DMcbBwJNQLD/?igsh=ZHhsZ3VmMXo2YjA2
Sept 22-27	Harvest Celebration work week @ 'The Quinta', Marvão, Alentejo.	https://quintaproject.org/event/harvest-celebration-week
Sept 26	Gulosa - The official Bi-Fest party night, at <i>Palacio Grilo</i> .	www.instagram.com/p/DN8uYl3CJRE
Sept 26	Velvet Salon Sex-positive sapphic/transfeminist event.	www.instagram.com/xvelvetsalonx

Sept 26-28	Lisbon Meets Fetish , from Gear Club Portugal.	www.facebook.com/gearclubportugal.page
Sept 27	Porto. The BIG bear party. Flashback 2000s edition.	www.instagram.com/p/DOAje1IDMvu/?igsh=MW1yYzZhcW44cXNvaA%3D%3D
Sept 28	O museu fora do armário: De sodomitas a queers. History tour.	https://museudelisboa.pt/pt/eventos/10708-visita-museu-fora-armario
Sept 30-Oct2	7th Queering Afro-Luso-Brazilian Studies International Conference.	https://cecomp.lettras.ulisboa.pt/citcom-projectos.php?p=1099
OCTOBER		
Oct 1-Oct 5	Lisbon Fashion Week. #Lisbon and at modalisboa.pt	www.instagram.com/lisboafashionweek ; https://modalisboa.pt
Oct 2 – Dec 8	Lisbon Architecture Triennale https://linktr.ee/trienal.de.lisboa	www.instagram.com/trienaldelisboa
Oct 4-5	International Bisexuality+ Research Conference. Free online conference.	www.bisexualresearch.com/ibrccconference2025cfp
Oct 4	Viseu Pride	
Oct 4	Setúbal Pride. Setubal's first. Begins 16:00 in <i>Parque do Bonfim</i> , then - <i>Avenue 5 de October</i> , <i>Plaza de Bocage</i> - ends <i>Largo José Afonso</i> , with a party & music.	https://qardume.pt/marcha-2025/manifesto ;
Oct 5	Public holiday (<i>Dia da Republica</i>)	Day of the Republic
Oct 12	Voting day in the Local Elections [Autárquicas]	
Oct 18	Bragança Pride	www.instagram.com/lgbtqia_braganca
Oct 25	Into Fetish Party – from Gear Club Portugal. @xlllisbonclub	www.facebook.com/gearclubportugal.page
Oct 26	(Clocks go back 1 hour at 02:00)	
Oct 30-6 Nov	Olhares do Mediterrâneo – Women's Film Festival. 12th Edition.	www.olharesdomediterraneo.org
NOVEMBER		
Nov 1	Public holiday (<i>Dia de Todos Santos</i>)	All Saints Day
Nov 3-7	Olive Harvest work week @ 'The Quinta', Marvão, Alentejo.	https://quintaproject.org/event/olive-harvest-week-2
Nov 4-8	Queer Porto Film Festival	https://queerlisboa.pt
Nov 9	O museu fora do armário: De sodomitas a queers. History tour.	https://museudelisboa.pt/pt/eventos/10708-visita-museu-fora-armario
Nov 7-16	LEFFEST19º Lisboa Film Festival.	https://leffest.com/en
Nov 29	Gear Club Portugal monthly social drink. Fetish wear social group.	www.facebook.com/gearclubportugal.page @ Bar Tr3s.
DECEMBER		
Dec 1	Abraço Gala night.	www.abraco.pt
Dec 8	Public holiday (<i>Imaculada Conceição</i>)	Immaculate Conception

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

For updates on events, follow venues' and groups' social media.

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

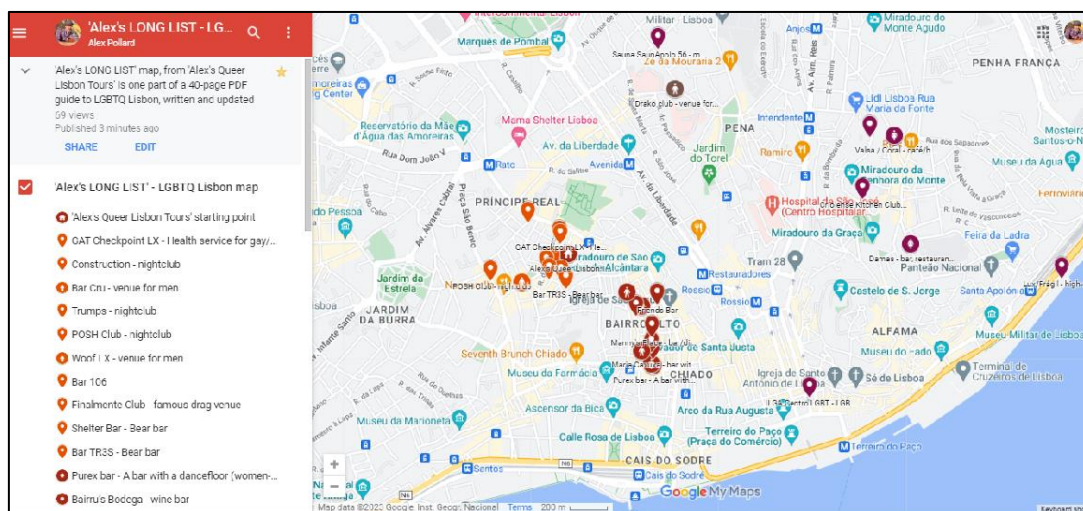
There are three main areas of Lisbon city centre with concentrations of LGBTQ venues: *Bairro Alto*, *Principe Real* and *Intendente/Graca* (and there is also one near Marques de Pombal and a couple of venues across the river in *Almada*):-

- ***Bairro Alto*** has plenty of gay (and gay-friendly) bars and gets hectic after 23:30 - as lively mixed crowds push through packed streets from one bar to the next - especially in the summer and on weekends. (A new initiative aims to develop a rainbow neighbourhood in Bairro Alto, but plans are still in development: <https://rainbowstreetlisbon.com>)
- 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 (sometimes bearish) 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/closing times. (see '*Intendente/Graca* and further afield' below, and follow social media).
- There's also the excellent '*Aconchego House*' near ***Marques de Pombal***, which is a non-profit LGBTQIA+ community venue with a relaxing café/bar with food and drinks on one side, and a co-working space on the other. They are good for a daytime queer scene, host regular social events including Queer Karaoke, dance classes, meditation groups, board game 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

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>



Meeting people and making friends - There's a lot of queer life in Lisbon, and across Portugal!

If you're in Lisbon or Porto for a visit, the commercial scene of bars, clubs, etc are more than enough to fill a week-or-two. But if you're staying longer, living in Portugal or want to meet people, you'll need to read beyond this '*LGBTQ Scene*' section and follow a few social media accounts for Portugal queer social groups...

LGBTQ social groups across Portugal are diverse and busy: 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, Argentine *tango* classes, 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 comfortably queer lives among their families and friends. But queer social networks are still vital for meeting lovers & friends, finding support and building confidence.

Today there are more opportunities than ever to meet other queers and socialise in queer spaces – and not just in Lisbon/Porto. The commercial LGBTQ scene can be great, but there's more to life than bars and *Grindr* - and everyone is welcome.

So when you're ready to get more involved with your local queer communities, finish reading the 'Scene' section on the next few pages, but also then 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! And if you don't see the queer group or event you want - get involved and make it happen!

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The Lisbon Scene: LGBTQ Bars

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 (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. Thurs, Fri, Sat 23:00-02:00 (03:00 weekends/holidays). www.facebook.com/purexclub

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

Rhodo Bagles American bagel shop & cafe in lisbon

Woman owned business. Coffee shop (with the BEST chocolate chip cookies) and occasional queer women's coffee-raves [@fabulez.community](https://www.facebook.com/fabulezcommunity). Tues-Sun 09:00-16:00

Rua da Boavista 178, Lisbon, 1200-070 . www.instagram.com/rhodobagels

Principe Real.

Bordell D' Príncipe. **New in August 2025.** This new venue claims to be inspired by bohemian 1920s queer cabaret heritage. Located in the former '*Bar Cru*', which for many years was a well-known gay cruising bar, it is now reinvented as a cocktail bar, boutique sex shop, and cabaret event space, with planned DJ sets, intimate concerts, talks related to sexuality and queer cinema, as well as drag shows, poetry nights, wine tastings and exhibitions.

Calçada Engenheiro Miguel Pais, 39, Príncipe Real. www.instagram.com/bordelltoprincipe

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

Shelter Bar.

Popular, cosy and friendly bear bar in Principe Real with a relaxed atmosphere. DJs from 22:00 on weekends. Special event nights for Carnival, Eurovision etc. Opens early, at 18:00.

Shelter Bar, Rua da Palmeira, 43A, Principe Real. 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



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. Monthly outdoor sunset cocktails and DJ party at SIMO's quiosque, at the *Miradouro* (viewing park) of *Monte Agudo*, hidden away from the tourist bustle above *Anjos*. Sunset DJ sets and the best place to enjoy a caipirinha. You'll find *Miradouro do Monte Agudo* on the steep pedestrian path that connects Rua Heliodoro Salgado and Rua Ilha do Príncipe.

Free. Monthly; usually on the first Sunday of the month, 15:00- 21:00.

Follow social media for 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 queer **Velcro** nights. Velcro is an occasional "lesboqueernbtransfemme" event: "Resistência e celebração transfeminista" parties start early (around 7pm). Follow their social media for news and updates.

www.instagram.com/velcro_lx ; 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.

<https://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

Emoções 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/EmocoiesBar ; www.instagram.com/emocoies.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. Príncipe Real. www.finalmentecub.com

GalaCriCri.

Burlesque, Cabaret, Drag – GalaCriCri is a camp night out not be missed! (This is where Madonna had her [65th] birthday party in 2023!). This unique combination of cabaret, restaurant and night-club, housed in an 18th Century palace (described by The New York Times as “a magnificent nocturnal hangout” and awarded a UNESCO prize for design in 2023), is hosted by the wonderful Brazilian art-DJ duo ‘Venga Venga’. It's brilliant fun and the



perfect combination of faded glamour, fine food, high camp, and wild excess where anything goes (think of Liza Minelli in the musical *Cabaret* – This is where Madonna had her 65th birthday!!)

GalaCriCri performances/dancing begins after 22:00 (which is early for Lisbon) until 04:00. It's sometimes worth booking ahead in the summer (see link below), and it's a journey out of the city centre and best reached by Uber/Bolt/taxi (which are relatively cheap in Lisbon). The dance space entrance is at the back/left of the courtyard at: Palacio do Grilo. Calçada do Duque de Lafões, 1. 1950-207. Beato.

Make an effort to dress-up – you can't be overdressed for Gala CriCri!! - This where Madonna chose to have her 65th birthday!

(You can also go earlier for dinner in the restaurant from 19:00 (booking essential - <https://palaciogrilo.com/en/book>) – Dinner includes a contemporary art performance between 19:30 and 22:30).

www.galacricri.com ; www.facebook.com/festavengavenga ; www.vengavenga.org
www.instagram.com/palaciogrilo ; <https://palaciogrilo.com/en/book>

Manny's Place

Dinner and a drag show, every Tuesday through to Sunday. 20:00 to Midnight.

Two different shows every week! Thurs & Sat '*Life is a Drag*', Wed & Sunday '*Man Wanted*'.

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 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

Latineo Intenso. New in 2024. 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

Angels Drag Bingo.

New in Jan 2025. Twice a month on a Friday at 21:00, this experience at the 'Upon-Angels Hotel' near *Largo Intendente* is a sell-out party with two rounds of bingo (two cards). Every night has a new theme. Popular with a mixed gay/straight locals/tourists crowd. Book ahead and prepare to '*slayyy*'! €15.00.

www.stayupon.com/en/upon-angels/experiences/angels-drag-bingo ; bond@uponangels.com



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

Emoções 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 venues, 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.

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.

Rua das Salgadeiras, 28, Bairro Alto. Thurs, Fri, Sat 23:00-02:00 (03:00 weekends/holidays).

www.facebook.com/purexclub



Bairrus Bodega. (Bairro Alto)

Portuguese wine bar in Bairro Alto, just across Rua da Barroca from *Purex* (above). Not specifically an LGBTQ venue, but very positive and 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.

(Check online - 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 (including events organised by the *Fabulez* crew [below]).

(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>

Fabulez Events.

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 (Graça).

Velcro is an occasional "*lesboqueernbtransfemme*" event run by women from *L'Ape Italian restaurant* in Graça - "*Resistência e celebração transfeminista*"! Parties start early (around 7pm) in 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

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 hosted at *Drama Bar*). Follow their social media for news and updates:

www.instagram.com/azules.events

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. 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. **New in late 2024.** Occasional parties for women and non-binary folk, organised by Brazilian YouTube travel blogger [@vickyfechine](https://www.instagram.com/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/aniversario2anoscoletivogira

Lisbon Temple Nights / Temple Night of Queer & Femme. (in Portuguese and English). 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>

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 women and 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/?hl=en ; 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](#))

Since 2015, the legal age for entering a nightclub is 16 years (18 in venues where there is sex on the premises), but many venues will restrict to 18 on busy nights.

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.

Rua Cecílio de Sousa, 82-84, Principe Real. Open Fridays, Saturdays and the eve of public holidays, from 23:00 to 06:00.

www.instagram.com/constructionlisbon ; www.facebook.com/constructionlisbon ; <https://linktr.ee/Constructionlisbon>

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 every day from 23:00-02:00 (03:00 weekends).

www.facebook.com/purexclub ; www.instagram.com/purexclub

Gala CriCri is an extravagant 'anything-goes' cabaret, burlesque, dance night, in an 18th Century palace (Palacio do Grilo - described by The New York Times as "a magnificent nocturnal hangout" and awarded a UNESCO prize for design in 2023), animated by the camp DJ/artist duo 'Venga Venga'. It is a fantastically atmospheric space dedicated to dance, where the atmosphere, setting and costumes are never boring!

Make an effort to dress-up – you can't be overdressed for *Gala CriCri*!! - This where Madonna chose to stage her birthday in 2023!

It's sometimes worth booking ahead in the summer (see link below), and it's a journey out of the city centre and best reached by Uber/Bolt/taxi. Entrance via the rear courtyard of the



Palacio do Grilo: 1 Calçada do Duque de Lafões, 1950-207 Lisboa. Thursday to Saturday: DJs from 22:00 until 04:00. www.galacricri.com/book ; www.instagram.com/galacricri ; www.facebook.com/festavengavenga ; www.vengavenga.org

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

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

(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 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! ("If you can't afford a ticket, simply send a DM via the Instagram page")*. Follow their 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"*. Grass roots dance party that moves around various venues for occasional dance events. 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 regularly hosted at the Planeta Manas venue, but Planeta Manas sadly closed in July 2025 😞). Keep an eye on social media to see where **Curvy Curvs** relocates to). www.linktr.ee/curvycurvs ; www.instagram.com/curvycurvs

Lisbon's Queer Rave Scene:



A couple of hardcore rave collectives have been active in Lisbon since 2022. Venues/locations can vary but 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 July 2025, pushed out by rising rents and successive police inspections 😞 (<https://planetamanas.com> ; www.instagram.com/planetamanas). But this scene can change fast, and groups/events/venues come and go, so follow the social media of rave networks (below) to stay up to date for this dynamic scene in Lisbon.

Balagan is an occasional 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 WhatsApp group for updates:

<https://chat.whatsapp.com/LluLQzy9L1p2q2N1oHb2Q3>.

www.instagram.com/balagan_lisboa ; <https://shotgun.live/venues/balagan-lisboa>

- In November 2024, Balagan launched their '**Lisboa's LGBTQIA+ events**' WhatsApp group - they suggest: *"Stay updated on the best LGBTQIA+ events in Lisbon! 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>

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

Rádio Quântica 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

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/enjoypartylisbon ; www.instagram.com/enjoypartylisbon

Together Parties (from producer Stéfán 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/extravanzapartylisbon ;

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/?locale=ca_ES

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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 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**—"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>

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

Bar Cru. 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 ou Marques de Pombal).

www.drako.club

Woof LX. 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. **Reopened in August 2024** after being closed for a few months. 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

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/?hl=en ; Newsletter: https://4b6eb86e.sibforms.com/serve/MUIFAKP-jHoPh_DDtUer4PCUPo7PXvSsQZfXGG4UxjqV0ael6KGMgrw-zPVXJemJFcub1S55MqWHIUg0-tr6zLLsfiRuKt7ibs4gwaxDAmo1ymsqYyDLx-GvJm0ab1-iNexqvXYli2ksfjVrwkQqb13RGn8iW_0MldbQn5mcgHisDMAaD1RDzyk_zkCQH0SaPO9JQVvIYS-ii5_?fbclid=PAZXh0bgNhZW0CMTEAAaIT9rVuObCnT1WoZeuJGrPluG-ap8DvfV7-Avfr1AtjTd8vPVHS4qKqGI_aem_mArl6XMX0dG2tVpwYhgnSQ

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, and in April 2024 launched the first '**Porto Fetish Weekend**'. <https://gearclubportugal.com> ; www.instagram.com/gearclubportugal ; www.facebook.com/gearclubportugal.page

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

Conga. **The previously announced opening of this venue has been postponed. Watch this space for an update next month.** The opening of Lisbon's new "men's playground" venue was previously announced, but is apparently delayed. "With 200m², bar, labyrinth, techno, shop, sling, private cabins, glory holes, porn cinema, giant bed. Every day, 16:00-01:00 (03:00 on weekends)" A monthly techno party is planned. www.instagram.com/conga.lisbon

Leather scene shops. There isn't a huge leather scene in Lisbon (apart from the excellent community group 'Gear Club Portugal', above), and no specific leather shop. But these two venues have small shops 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



- **Bordell D' Príncipe** cocktail bar, sex shop and cabaret venue. Previously known as '*Bar Cru Store*' erotic shop, located inside a cruising bar, this space reopened in August 2025 as the *Bordell D' Príncipe* bar/sex-shop/venue, with the strap-line '*Let's make queer Lisbon bloom!*'.
Calçada Engenheiro Miguel Pais 39, Príncipe Real.
www.instagram.com/bordelldoprincipe
- **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, but for more relaxed, sophisticated drinking, cocktails, 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. 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 is 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%2F1tfkx100?entry=ttu&_ep=EgoyMDI1MDUxMy4xIXXMDSoASAFQAw%3D%3D)

Pavilhão Chines.

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.

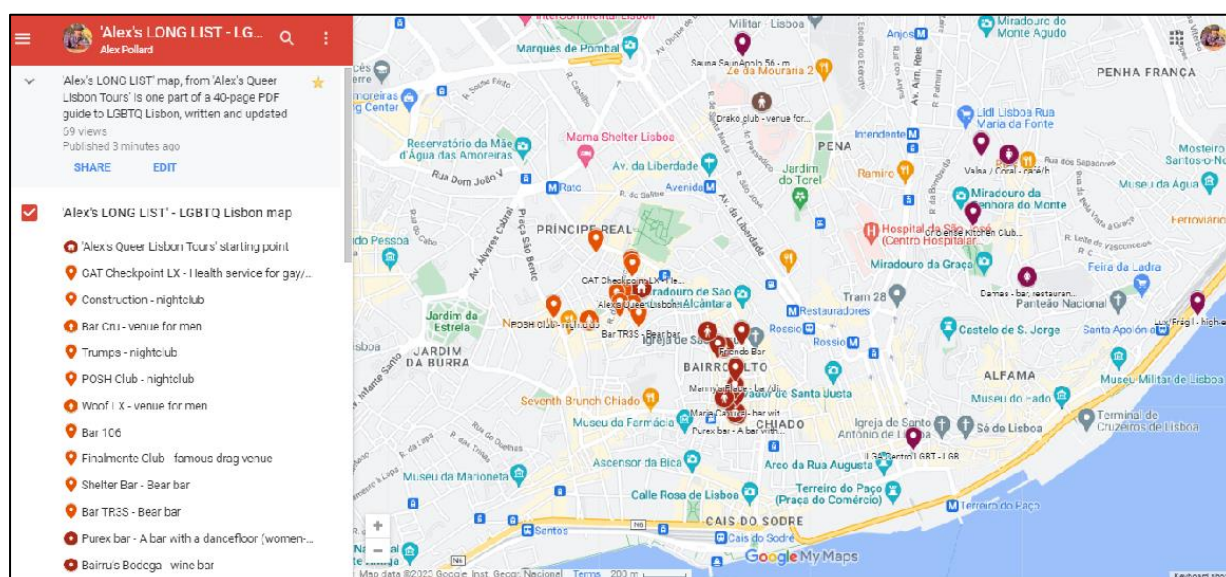
www.facebook.com/pavilhaochines

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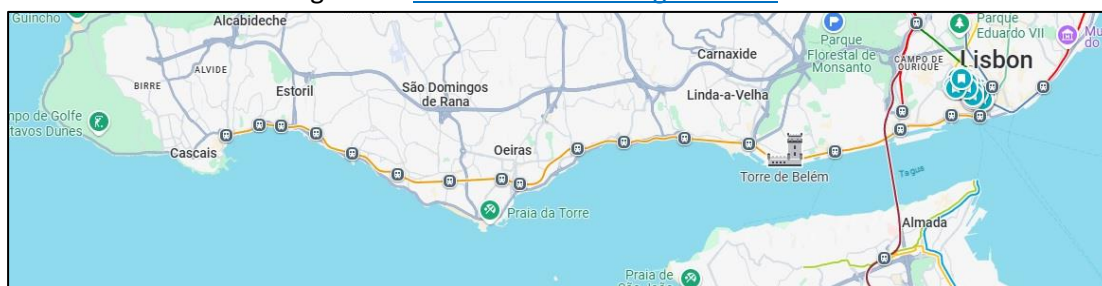
Gay Beach Guide (Lisbon): where to go and how to get there.

(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: [Across Portugal – Porto, the Algarve, Other cities & regions](#))

City beaches of Lisbon.

There are many sandy (and some rocky) beaches near Lisbon that 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/children over weekends and school holidays, 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. Here 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) includes a concession on the sand run by queer staff, with umbrellas/sun-beds for rent and their own bar. This is probably one of the most gay beaches, popular with locals and foreigners. There's also a bar/café/restaurant just behind the beach, with a small 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 posh) resort town, with lots of restaurants, shops, museums, parks, etc – a good option if you want 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).
- [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 of *Oeiras* (also on the train-line).

- Between the stations of *Parede* and *Estoril* the long promenade begins with sand but also passes a stretch of coastline that is mostly rocky (with some smaller sandy beaches), so if you're happy to sit on rocks this can be the quietest area on a busy weekend.

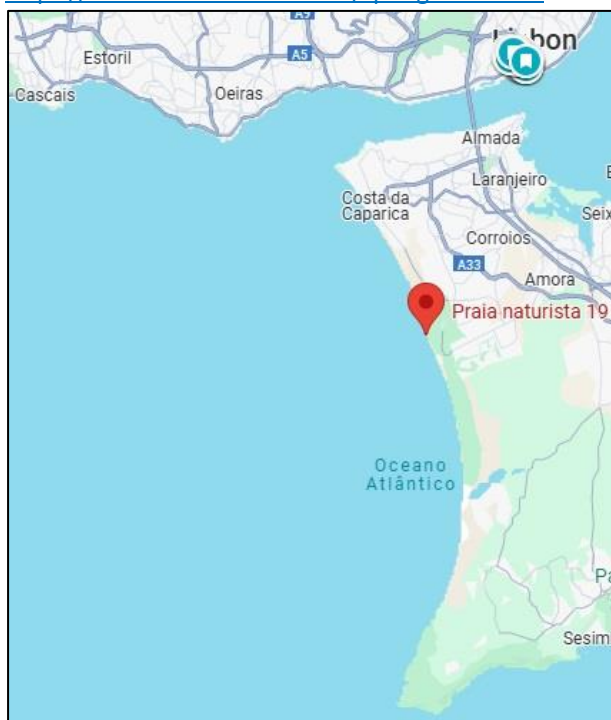
The following are among the easiest city beaches to reach by train: [Praia de Caxias](#) (Caxias station), [Praia da Conceição](#) (Cascais station), [Praia do Tamariz](#) (Estoril station), [Carcavelos](#) (Carcavelos station + 15mins walk), [Praia de Santo Amaro](#) (Santo Amaro station).

Costa da Caparica – wild beaches across the river from Lisbon.

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*, followed by 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 generally not 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:

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 resort/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 over the bridge - it's a motorway).

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 - but it is unclear if this is still operating - Call them first to check. From Thursday to Sunday (inclusive) '**Beach Society**' announced 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 ; beach19bus@gmail.com

A WhatsApp group, '*DEZANOVE Car Pool*', to coordinate car-sharing was also announced but has not been very active.

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

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-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 more rough 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 Meço* 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]

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/praiia-19.html

Gay beaches across Portugal

(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=IwY2xjawEZktBleHRuA2FibQixMQABHSpuaMzfo_jVXHBmDCVH6H7Lxrt4jFTDZ2KI-5b2yZ96KSipdT7nNLrTnw_aem_TXOhb3kgvyecGiTuyRFuzg

Alma Naturista (Naturist Soul) If you're a keen naturist this website features nudist beaches, events, and other locations across Portugal, plus social events and actions on environmentalism. <https://almanaturista.pt>

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=MzRIODBiNWFIZA==

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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 Oeiras municipality feature the best of soul, funk and 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 bottles of water or juice, with a maximum capacity of 33cl and without a lid. (Glass bottles are prohibited. Reusable cups from other events are accepted only 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. 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 page (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=MzRIODBiNWFIZA==

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!*"
Resident DJs: AZM, Kemeti; plus queens Mary Poppers and Kiki.
www.instagram.com/queenmoustache.lx/?igshid=MjEwN2lyYWYwYw%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 quest 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). 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>

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

Dona Ajuda (excellent charity shop near *Rato* metro). <https://donaajuda.pt>

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

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

The best second-hand shops in Lisbon. This Feb 2025 online article lists places to buy furniture and household stuff.

https://lisboasecreta.co/descobre-as-melhores-lojas-de-segunda-mao-de-lisboa/?fbclid=IwZXh0bgNhZW0CMTEAAAR2fhOp10Q8IJWBvgpw3sJZEgASWQlpQWqrqr_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 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

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Meeting people, making friends and having fun - LGBTQ social groups, sports, dance, music, choirs, books, art, student groups, bikers bears & leather, and special interests in/around 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, special interest groups

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 new/small and growing.

When you're interested, follow the social media accounts for everything that you think might be fun - and then you'll be ready join in.

This section doesn't list *every* queer social opportunity in Lisbon, so to cover all the options and groups in Portugal you 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').

Social and Networking groups

Lisbon is a popular location for international workers, digital nomads and summer visitors, so - in addition to the local social groups operating in Portuguese - many of these groups operate in English and have developed to support new arrivals (as well as Portuguese locals).

'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/GbH45cWqlr4FbVnlkXXRHg>

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 Aprender 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".*
- **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**

'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 counseling



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

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.

www.meetup.com/queercaparica

ILGA Pets. Relaunching in June 2025. (in English & Portuguese) Monthly meetups in Lisbon parks – Social adventures with dogs and other pets. Follow the ILGA Portugal Instagram for details for each month's ILGA Pets event. www.instagram.com/ilgaportugal ; <https://ilga-portugal.pt/centro-lgbti/programacao/ilga-pets-esta-de-volta>

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 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 new queer events.

www.meetup.com/lisbon-digital-nomads

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 New in Oct 2024. 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, Music Group, Sports Group, Theatre group, LGBTQ Choir ('CoLeGaS'), Rainbow Families, Trans Intervention, Older people ('LGBTQI+ Mais'), Support groups and sharing.

New in Feb 2025 - '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. www.facebook.com/groups/419932266720147

Casa do Comum. Not a specifically LGBTQ space, but this excellent cultural community 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.

www.casadocomum.org ; <https://membrz.club/casadocomum> ; www.instagram.com/casadocomum ; www.facebook.com/casadocomum

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

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. www.ilga-portugal.pt/centro-lgbti/grupos-de-encontro-e-partilha/mulheres

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:

<https://chat.whatsapp.com/GbH45cWqlr4FbVnlkXXRHg>

(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).

(From the publisher of ‘*Alex’s LONG LIST guide to LGBTQ Lisbon & Portugal*’).

www.tickettailor.com/events/alexcoursevents ; www.facebook.com/QueerLisbon

The Fabulous - standup comedy in English w/ women and LGBTQ+ comedians (in English)
Monthly LGBTQ/women comedy event (in English) 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

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

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, Volleyball and Tango! 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

All Together 4 Sports also organise the annual queer sports weekend, '**Pitch Beach**', each year (2025 Sep 11-13) <https://at4s.org/en/pages/about-event> ; <https://at4s.org/pages/agenda>

- **Dark Horses Rugby** www.facebook.com/darkhorsesrugby ; www.instagram.com/darkhorsesrugby
- **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** www.facebook.com/tango4funlisbon (accessible to everyone and free. Wednesdays at Trumps nightclub, at 20:30)



Queer Runners. (*Corrida queer em Lisboa*) (in English and Portuguese). **New in Summer 2024.** 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. **New in Summer 2024.** (In English). Mixed-sex LGBTQIA+ CrossFit community already attracting 20+ people to training sessions. Regular Friday meetups at 18:30, at EMBODY LISBOA - R. Ferreira Lapa 26, 1150-155.

Open to all levels of fitness. www.instagram.com/proudfitlisbon

LGBTQ Hiking Portugal (previously '*Portugal Hiking Gays*'). (In English). Hiking and occasional social picnics events every 3 or 4 weeks. Male and female organisers, used by mixed international crowd and Portuguese locals. Occasional women-only events.

www.meetup.com/Lisbon-HikingGays

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, etc www.meetup.com/queer-adventures-lisbon

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 **new (July 2024)** 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. <https://chat.whatsapp.com/GbH45cWqlr4FbVnlkXXRHg>

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.matchboxcrossfit.com (website may not be working, but social media are); 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). A popular and well-established social meet-up group since 2018 that does lots of social hikes, cultural day-trips, picnics, and occasional women-only events. www.meetup.com/lisboncascaislgbtqmeetup
New in November 2024 – also has a WhatsApp group for Ladies, Trans and Non-binary people, which you can join directly: <https://chat.whatsapp.com/GayaodoE6D9CgvGEhVz0lv>

Porto Queer Run Club. **New in May 2025** 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 queer individuals and 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

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

Tango4Fun Lisbon. (In Portuguese). Accessible Queer Argentine tango for everyone and *free*. Wednesdays at Trumps nightclub, at 20:30. “Learn to dance as lead or follow, without discrimination”. Part of ‘All Together 4 Sports’ Lisbon queer sports group (see ‘Sports, Exercise and Wellness’ above).
Trumps. Rua da Imprensa Nacional, 104B, 1250-127, Lisbon.
www.facebook.com/tango4funlisbon ; tango4fun@at4s.org

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).
An art/activist collective who create contemporary 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 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 *Studios Arroz* membership at the door).

Studios Arroz, Avenida Infante Dom Henrique, 1900-320.

www.instagram.com/blocublocu ; <https://shotgun.live/venues/blocu-blocu>

Bailinho Queer. (In Portuguese). **New in 2024.** *"Our danceclasses 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."* Book ahead - Spots are limited!

Various days/locations: follow social media for updates. www.instagram.com/bailinhoqueer

Queer-friendly Ballroom Dance Classes. (In Portuguese). **New in August 2024,** these weekly classes from *Limitelessmove* promote physical and mental well-being through dance therapy sessions and social dance classes. Taught by queer teachers, the sessions are open to anyone - no experience needed. *"Reconnect with your inner child - Let's have fun together!"*

www.meetup.com/limitelessmove

Choirs, music and theatre groups

Queer Musicians. **New in June 2024,** (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:

<https://chat.whatsapp.com/GbH45cWqlr4FbVnlkXXRHg>

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

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). An art/activist collective who create contemporary 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

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 *Studios Arroz* membership at the door).
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>

'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/clubesafo

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

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

Student groups and associations (Lisbon and across Portugal)

For Queer Academic and Research Associations, also see '[Community support - LGBTQ & HIV support and queer academic groups](#)'.

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=YnB3MWtxZH03ZWlu

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.
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](#)). **New in 2024.**



<https://fabnqueer.wixsite.com/fabnqueer> ; www.instagram.com/fabnqueer ;
fabnqueer@gmail.com

Nova Pride: 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

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-19xEQ5cn74sC0aXJV7iDDidBW2xVw/viewform> ; www.instagram.com/clube.rainbow

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

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

MAP – Motoclube Alternativo Portugues. LGBTQ motorbike club (in Portuguese). Open to all motorcyclists who are interested in diversity. National and international rides and meets. Occasional socials at Shelter Bar (Príncipe Real).
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

Gear Club Portugal. 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, and in 2024 launched the first 'Porto Fetish Weekend'.



<https://gearclubportugal.com> ; www.instagram.com/gearclubportugal ;
www.facebook.com/gearclubportugal.page

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

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

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

Comparing the Cost of Living

If you want to anticipate the relative costs of a city, some reliable and up-to-date data is more useful than guessing. (Bear in mind that main tourist areas will typically cost more):

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? 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, IVF, 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-pat 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://shorturl.at/NP3JN>

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

Earthquakes in Portugal

Portugal is close to the boundary of 2 continental tectonic plates (on which the great Lisbon Earthquake of 1755 took place - leading to the birth of siesmology). Minor earthquakes are an occasional event 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*) has a good seismic page www.ipma.pt/en/geofisica/sismicidade.

The 'Lisbon Quake' theme-park/museum (<https://lisbonquake.com/en-GB/blog/be-prepared>) has a practical downloadable guide: www.knowriskproject.com/practical-guide.

The online game 'Treme-Treme' is designed to help children understand (and prepare for) earthquakes: www.treme-treme.pt/en.

This news article from March 2025 (in Portuguese) features a risk map and everything you need to anticipate (and prepare for) an earthquake: <https://amensagem.pt/2025/02/17/guia-de-sobrevivencia-sismo-para-lisboetas>

Portugal Decoded

is an excellent free email briefing (in English) and a Substack online magazine that makes news about Portugal accessible for anyone that wants to know 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 start and follow. **Recommended.** <https://portugaldecoded.substack.com>

'Kit Migrante' guide to using Portuguese public health services.

A comprehensive introduction to health services for immigrants 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. <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 Estrala* 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 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 on the Google Arts & Culture website – An extraordinary introduction to some of Lisbon's 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>

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 2025! <https://ptspace.pt/space-2030> (English & Portuguese).

Tell me about yourself Lisboa - '*Fala-me de ti, Lisboa*'.

Entertaining, easy-to-read articles about the present and past of Lisbon (illustrated with cartoons by Nuno Saraiva). Part of the online magazine '*Mensagem: About Lisbon, from Lisbon and for Lisbon*'. Follow social media 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 with you, or what we do makes no sense, in debates, neighborhood meetings, conferences, walks and in the city". <https://amensagem.pt/cronica/fala-me-de-ti-lisboa>

(English language version [limited articles] : <https://amensagem.pt/eng>).

<https://amensagem.pt/newsletter-subscricao> ; www.facebook.com/MensagemdeLisboa ; www.instagram.com/mensagem.lisboa

Lisbon For People (LPP) - '*Lisboa Para Pessoas*'.

Independent, online (and limited print) Lisbon newspaper with a campaigning angle that highlights personal perspectives on 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



Women's groups, organisations, services, etc

Scene venues and online/Facebook 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 for updates and to hear about next events. (For more on Women's Health [general and LGBTQ services] see: [Health and Wellness Services](#))

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 display case of tiny vagina-shaped jewellery! 😊)

Purex Bar. Rua das Salgadeiras, 28, Bairro Alto. Open Thurs-Sat, 23:00-04:00.

www.facebook.com/purexclub ; www.instagram.com/purexclub

Bairrus Bodega (Bairro Alto).

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. And 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 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 so far (including events organised by the Fabulez crew: www.instagram.com/fabulez.community), with occasional live music events, Sunday night dinners, Quiz nights, Cabaret, Karaoke, Drag, 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>

Fabulez Events.

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, and an open-mic night at various venues. Follow online for updates about next events/venues. www.instagram.com/fabulez.community



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 **Recommended.**

VELCRO (Graca).

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

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

Baque Mulher Lisboa.

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 **new (July 2024)** 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: <https://chat.whatsapp.com/GbH45cWqlr4FbVnIkXXRHg>

(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) *"creating space where you can be yourself in a judgment-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 ;
<https://linktr.ee/goddessfest> ; goddesspartypt@gmail.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

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

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.

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"*.

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.

www.ilga-portugal.pt/centro-lgbti/grupos-de-encontro-e-partilha/mulheres

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, and 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.

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>

Rede ex-aequo is a 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 explicitly queer-welcoming. (in English and Portuguese) New members are welcome at all levels, from total beginner 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. Their '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"*.

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

Arquivo Sáfico - Lésbicas, Bissexuais e Companhia (in Portuguese)

Exploration, information, culture, news and ideas about Sapphic experience.

<https://arquivosafico.wixsite.com/blog/mais> ; <https://arquivo-lesbico.blogspot.com> ;
www.facebook.com/arquivosafico ; www.instagram.com/arquivosafico

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

Empauher Socials, individual and group Coaching fro LGBT++ neurodiverse humans.



New in 2025 – A small but emerging network and social group. Monthly social get-togethers, plus support and (commercial) coaching services. www.meetup.com/empauher

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.

Queer Womxn Collective. **New in January 2025.** 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 LGBTQ women:

LGBTQ Hiking Portugal: www.meetup.com/lisbon-hikinggays ;

Lisbon Cascais LGBTQ Meetup: www.meetup.com/lisbonlgbtqgroup ; **New in November 2024** – 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/GayaodoE6D9CgvGEhVz0lv>

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/GbH45cWqlr4FbVnIkXXRHg>)

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 males, 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.

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/GayaodoE6D9CgvGEhVz0lv>

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)

These three ‘*Les+Saúde*’ booklets: ‘SAÚDE SEXUAL’, ‘MATERNIDADE’ and ‘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 read online and to 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 gynecologists, 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 activiites in the small regional city of *Covilha*).

Follow on Instagram www.instagram.com/saudesexualgbtqi , and see the updated

Googledocs list of medical professionals here:

<https://docs.google.com/spreadsheets/d/1nr1gGx3ZCCkMquXrT9HiROELPuL2-STuRsMISqU5eWQ/edit?gid=1446884994#gid=1446884994>

Expatica (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

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 social spaces in Lisbon

See also: [Community support groups and organisations](#) for Trans social support and occasional networking events for Trans communities.

Damas.

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.

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.

www.facebook.com/DAMASLISBOA ; www.instagram.com/damas.lisboa

Purex.

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.

Rua das Salgadeiras, 28, Bairro Alto. Open every day from 23:00 to 4:00.

www.facebook.com/purexclub ; www.instagram.com/purexclub

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: <https://linktr.ee/needfordrama> . *"For all our events with tickets: 50% off for 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>

VELCRO (Graca).

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

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 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>

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

Colombina Clandestina.

An art/activist collective who create contemporary Carnival performance/ expression. 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 ;
www.instagram.com/colombinaclandestina ; www.instagram.com/bailedacolombina ;
alocomunidade@colombinaclandestina.com

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 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 regularly hosted at the Planeta Manas venue, but Planeta Manas sadly closed in July 2025 😞. Keep an eye on social media to see where **Curvy Curvs** relocates to).

www.linktr.ee/curvycurvs ; www.instagram.com/curvycurvs

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.matchboxcrossfit.com (website may not be working).

www.facebook.com/matchboxcrossfit ; www.instagram.com/matchboxcrossfit

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

Lisbon Queer Exchange.

Is a person-to-person local exchange on Facebook (in English): *“A Facebook exchange page for job openings, rooms available, things for sale or trade or free, discussions, stuff like that. Like a ‘Craigslist’ for queers”.* www.facebook.com/groups/lisbonqueer

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

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



See also: [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 and 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 .

I would especially like to include additional content here addressing the interests and needs of non-hetero people from **Asian communities** in Lisbon/Portugal. Any input and suggestions would be appreciated. Thanks. X.

'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.

www.instagram.com/houseofrevlonportugal ;

www.instagram.com/pumpthebeatparty

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

Queer Walks - **New in June 2024**, this monthly activity aims to promote the physical and mental wellbeing of Black LGBTQI individuals in Lisbon, with walks in the Metropolitan area on the first Sunday of the month from June to September. (in English & Portuguese)

www.eventbrite.co.uk/o/the-blacker-the-berry-project-33507039847

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, 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 Cuir 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

Black Queers of Portugal. Facebook group, since August 2021: *"We started this as 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

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@casadobrasilidelisboa.pt. Rua Luz Soriano, 42. 1200-248. Bairro Alto, Lisbon.

<https://casadobrasilidelisboa.pt> ; www.instagram.com/casadobrasilidelisboa ; www.facebook.com/casadobrasilidelisboa

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.

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 has a WhatsApp social group (see link on Instagram page).

www.blackinportugal.com ; www.instagram.com/black.in.portugal

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 counseling; 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.

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

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).

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

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

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

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

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Across Portugal - *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. In some border regions (especially the far north and the eastern Alentejo) people also make use of queer groups in larger Spanish cities, such as Vigo and Badajoz.

There are also national Portuguese organisations that offer queer support services across the country – from the *Rede ex aequo* network of queer youth groups and the Queer film festival on tour, to 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.

A number of regions have also developed informal English-speaking queer immigrant groups; from northern city of Viana do Castelo to the Algarve, you might be surprised how people in rural and regional areas have been forming queer social networks.

The following pages list **189** LGBTQ venues, social groups, community organisations, beaches, local events and services, grouped into: **Porto**, the **Algarve**, and **Other Cities & Regions**. You can also explore 'Alex's Map of LGBTQ Portugal' on Googlemaps, which is regularly updated.

So read on, and follow the social media accounts for your local networks/organisations and anything that interests you. (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 Map of LGBTQ Portugal* – on Googlemaps
- Listings for **189** LGBTQ venues, social groups, community organisations, beaches, local events and services, grouped into **Porto**, the **Algarve**, and **Other Cities & Regions** (from North to South). With addresses, opening times, 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 • Marvão (+ Spanish Extremadura) • Silver Coast / Peniche / Caldas da Rainha • Torres Vedras • Santarém • Sintra • Cascais/Estoril • Almada / Costa da Caparica / Setúbal • Alentejo (Evora, Beja, Marvão/Alto Alentejo, + Spanish Badajoz) • Algarve (Lagos, Portimão, Albufeira, Faro, Tavira) • Azores (Faial, Terceira and São Miguel) • Madeira.



National queer events and organisations

Queer Lisbon/Queer Porto Film Festival - Sept and Oct. (Website in English and Portuguese)

The Queer Film Festival plays for a week in Lisbon in Sept, then in Porto in Oct, 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-](https://rea.us15.list-manage.com/subscribe?u=237d0c92b1a740a9d4c58c618&id=adef700e51)

[manage.com/subscribe?u=237d0c92b1a740a9d4c58c618&id=adef700e51](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, 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. <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** see: <https://dezanove.pt/calendario-de-eventos-lgbtiqua-em-2320676> (2025) ; <https://lgbtiviseu.org/calendario>

Rede de Rastreio (Nationwide). (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 see:

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.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



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

The next 29 pages feature 186 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 [Galicia] and Badajoz [Extremadura]).

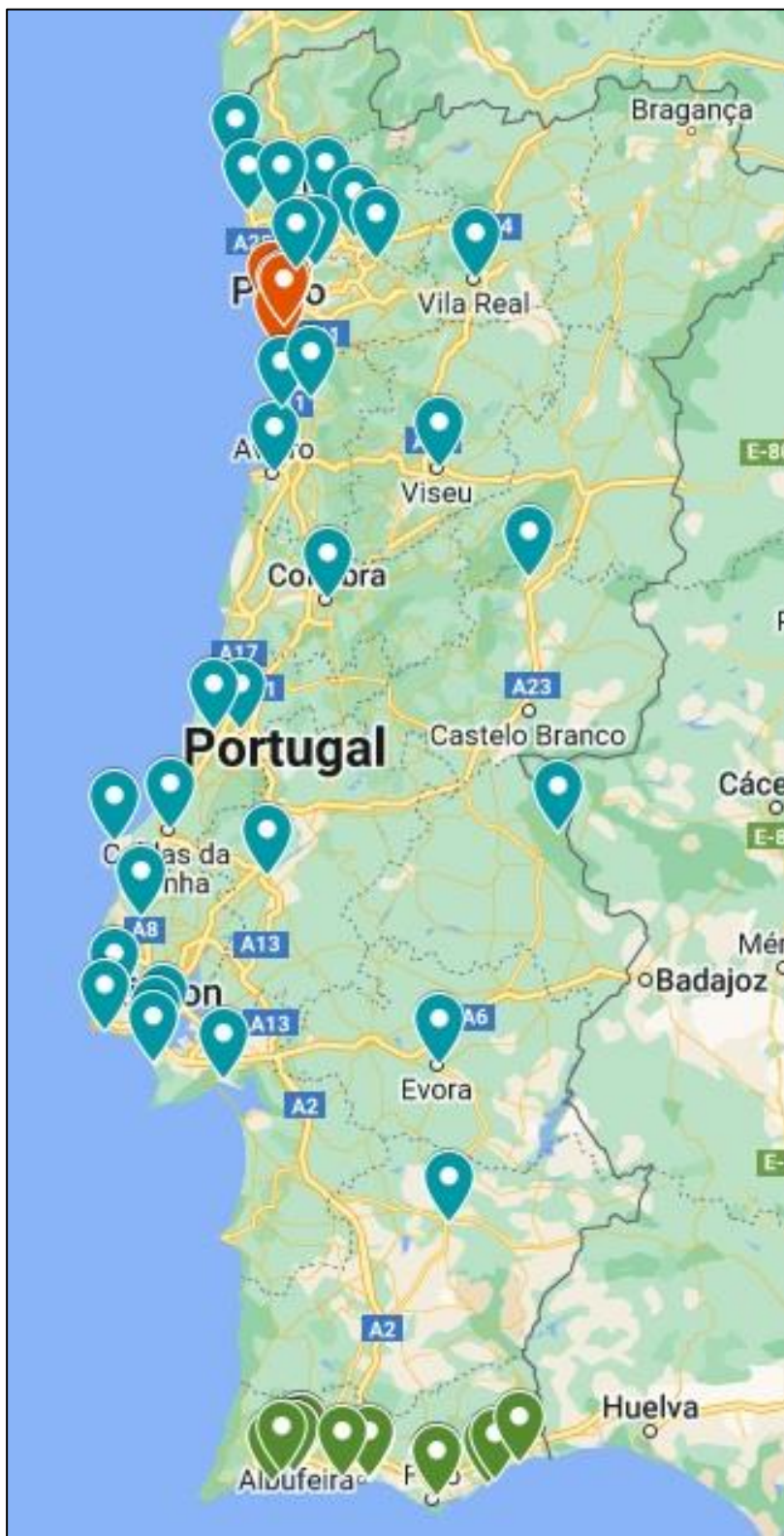
From Viana do Castelo in the North, to Tavira in the Algarve (plus the Azores and Madeira), ***Alex's Map of LGBTQ Portugal*** highlights bars, nightclubs, beaches, local groups and events throughout Portugal, with weblinks and summary info.

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 an overview of regional scene venues, plus selected opportunities to connect with the locals.

Alex's Map of LGBTQ Portugal:

<https://shorturl.at/iMYiN>

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 [Porto](#) (45 entries)

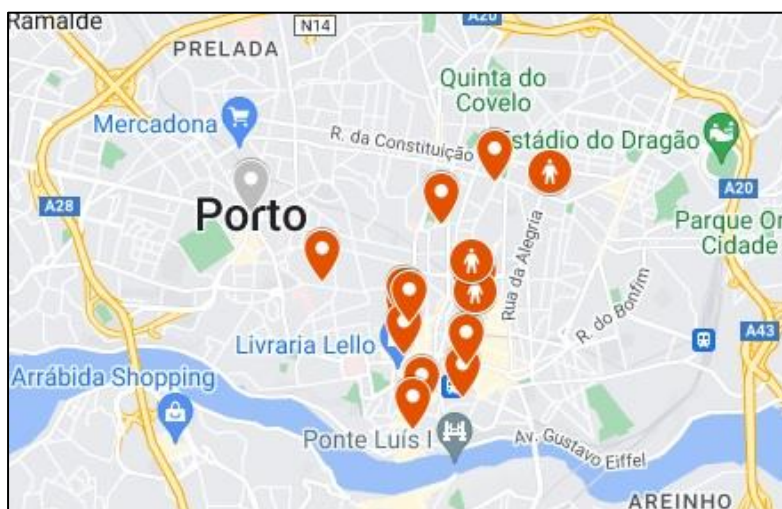
 [Algarve](#) (29 entries)

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

Porto

45 entries in Porto / Vila Nova da Gaia / Matosinhos.

N.B. Unusually for Portugal, Porto has recently introduced restrictions on alcohol sales in the city centre - Since June 2025 alcohol can only be sold after 21:00 (9:00pm) in cafes, bars, restaurants and nightclubs. (Two nights are excepted: June 23 [Saint John's Day] and New Years Eve). Many terraces will also have limited opening hours, with significant sanctions for venues breaking the rules.



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.facebook.com/fabrikbar

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.
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. Pub, Club, Restaurant. "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.cafelusitano.com ; www.facebook.com/cafelusitanoporto ;
www.instagram.com/cafelusitano.porto

POSH Club Porto. **New in summer 2024.** 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/poshclub-porto.php> ; www.poshclubporto.com ; www.facebook.com/poshporto ; www.instagram.com/poshclubporto

Bar Conceição 35. 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

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 and has occasionally organised queer '*Sneaky Drinks*' and networking events on Meetup.com in 2024, 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/porto-gay-lesbian-network

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

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



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

Miss Madness **New in February 2025!** Advance news on Instagram promises *"From February onwards, a door opens to a world of music, art and diversity. It's not just fun, it's belonging. You are invited!"*. Follow their social media for more news...
www.instagram.com/missmadnesspt

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

LGBTripeir@s Is an active 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 people in Porto"*.
www.meetup.com/lgbtripeiros ; www.facebook.com/LGBTripeiros

Porto Queer Network. This Meetup group, from the gay-owned *'LOOK.Sharp Café'* has been intermittently active, but after a long break, *'Sneaky Drinks'* and networking events were organised **new 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

Queer at Heart - LGBTQIA+ choir in Porto. Inclusive, non-classical, groovy LGBTQIA+ singing group. Beginners welcome. www.instagram.com/queer.at.heart

Douro Bats – 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. www.dourobats.pt ;
www.instagram.com/dourobats ; 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 Collective - Shaking up the Drag King scene in the city of Porto. Since 2022.

www.instagram.com/kings_of_kiteria

Aurora. is an occasional “*Queer, Pop, Drag*” party in Porto. Follow their social media for updates and news about their next fun, inclusive party. <https://shotgun.live/venues/aurora> ; www.instagram.com/auroratheparty

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 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. Follow their social media to hear about 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/1FAIpQLSfeNb1JSP7bP1WJaynqcGaqsJfBZLRUXrp-gRhMpKce5LxmA/viewform>

Bottoms Club. ‘*Queer people can also defend themselves*’. **New in Summer 2024**, ‘Bottoms Club’ (the name is a jokey reference to a film) is a mixed-gender self-defence course designed especially for the LGBTQIA+ community, at the *A Piscina* cultural centre, run by staff from the LGBT-friendly *Galdi Academi* Jiu Jitsu Academy in Vila do Conde. Access scholarships available for trans people. Saturday and Sunday 11:00-13:00 (Limited places – book ahead at apiscina.ac@gmail.com). www.instagram.com/bttmsclub ; www.instagram.com/apiscina.a.c ; www.instagram.com/galdi_academy ; www.instagram.com/p/C_V4Anhsm08/?igsh=MW5lMXZnMGFljdjFy

Porto Queer Run Club. **New in May 2025** 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 queer individuals and 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

Gay Expats Porto. Started in 2020 to help 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!” Also publishes ‘*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 LGBT book club in June 2025:
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 October each year - plus associated cultural events, debates and parties (see their website for details and book ahead). In 2024 'Queer Porto' runs from the 8th to 12th October.

- *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

'Porto Pride'/'Proudly Porto'. After a decade of regular events, Pride events in Porto were the subject of some controversy and conflict between different organisers in 2024. A '*Porto Pride*' event was staged in September 2024, and a '*Proudly Porto*' festival has been announced for 2025. <https://dezanove.pt/variacoes-acaba-com-porto-pride-lanca-2239520>

Porto Fetish Weekend. **New in April 2024** – after ten years of successful 'Lisbon Meets Fetish' events, the **Gear Club Portugal** launched its Porto event in April 2024, which quickly sold-out. Check Gear Club Portugal's social media for local membership and events.
<https://gearclubportugal.wixsite.com> ; www.facebook.com/gearclubportugal.page ;
www.instagram.com/gearclubportugal

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 ;

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

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.saunacamos.com ; www.facebook.com/profile.php?id=1426240005 ;

The Hole Cruising Club.

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.*
Check the current program and join their Telegram via their Instagram
www.instagram.com/the.hole.cruising

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

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

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/centrocomunitarioabraco

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

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?keys=porto ; 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 ; www.instagram.com/portogay

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

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>



NORI Inclusion Centre ('Núcleo Orientado para a Inclusão'). **New in Sept 2024**, NORI aims to promote inclusion, support immigrants and strengthen the LGBTQIA+ Community through promoting visibility, combating stigma, and organising events/activities that celebrate diversity and promote equal rights. They aim to provide: workshops and training on diversity and LGBTQIA+ awareness, Cultural and social events celebrating immigrant cultures and LGBTQIA+ diversity, Psychological and legal support for immigrants and LGBTQIA+, and Support groups. Future aims include the creation of a physical reception space with temporary shelter and connection to social support.

www.facebook.com/profile.php?id=61564315833984 ; www.instagram.com/nori_porto ;
geral@a-nori.com . WhatsApp group:

https://api.whatsapp.com/send/?phone=351938714320&text&type=phone_number&app_absent=0

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

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:

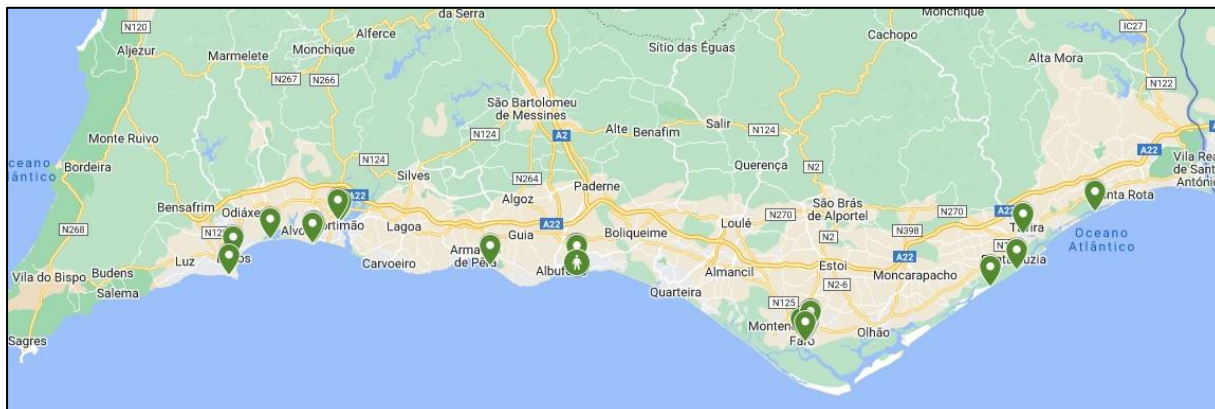
Furadouro Beach (Ovar - Aveiro district). A popular clothing-optional gay beach. Due to erosion, the sand is becoming increasingly narrow. In the centre of Furadouro, there is no shortage of bars and cafés facing the sea.

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, but if you want a list of all the regional **Pride days across Portugal** see: <https://dezanove.pt/calendario-de-eventos-lgbtiga-em-2320676> (2025) ; <https://lgbtiviseu.org/calendario>)

Associação 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.

Associação 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-9oojVb5usWq76OC059dlzig/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:



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

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 expand activities in 2025. In late summer 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/CydXQ7gVEdoEQGyIlnzKJJ?fbclid=IwY2xjawFaQvJleHRuA2FibQlxMAABHSYnnohJKT0dkBVXaQcql02U6vR4lfRWrrBE_UD0x-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). **New in January 2024.** 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

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/grupodejovensapf Algarve

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. HIV community services and support in the Algarve. www.mapsalgarve.org ; www.facebook.com/MAPS.algarve



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/apf Algarve

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>

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

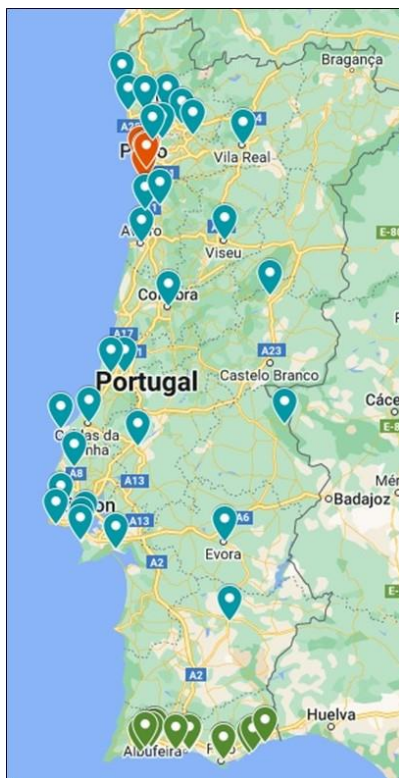


the secluded beach can be steep, and the beach is reduced to a thin strip when the tide is in!

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!

Other cities & regions of Portugal - from North to South

112 entries from North to South, + [Azores](#) and [Madeira](#):



- Viana do Castelo, + Vigo, Spain. ● Braga / Esposende / Barcelos. ● Guimaraes / Felgueiras / Santo Tirso / Trofa. ● Vila Real. ● Aveiro / Ovar / São João da Madeira. ● Viseu. ● Coimbra. ● Covilha. ● Leiria / Marinha Grande. ● Castelo Branco ● Marvão / Spanish Extremadura. ● Silver Coast / Peniche / Caldas da Rainha. ● Torres Vedras ● Santarém. ● Sintra. ● Cascais/Estoril. ● Almada / Costa da Caparica / Setúbal ● Alentejo (Evora, Beja, Marvão/Alto Alentejo, + Spanish Badajoz). ● Azores (Faial, Terceira and São 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** see: <https://dezanove.pt/calendario-de-eventos-lgbtica-em-2320676> (2025) ; <https://lgbtiviseu.org/calendario>)

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'.

www.facebook.com/groups/lgbtinportugal

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/pvlseigbt ; 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 LBTIQ+ 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.
Tel: 258 829 138 www.gaf.pt

Braga / Esposende / Barcelos

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

Queer Braga Archive. Recently launched in Dec 2023 by queer psychologist and activist Dr.
Carlos Marinho, the 'Queer Braga Archive' is part of his Blog exploring queer relationships and
gathering personal testimonies of queer life in and around Braga.
<https://todoomundoexplica.blogspot.com/2023/12/arquivo-queer-braga-um-apelo.html> ;
www.facebook.com/CresSendo.On ; www.instagram.com/arquivo_queer_braga

Braga Fora do Armário. 'Braga Out of The Closet' is a collective of activists for the promotion
and defence of LGBT rights in Braga. Organisers of the 12th **Braga Pride** in 2024: '**Marcha
pelos Direitos LGBTQIAP+ de Braga**'.
www.facebook.com/BragaForaDoArmario ; bragaforadoarmario@gmail.com



Clube Rainbow. Student initiative, for coexistence and awareness of issues related to the LGBTQIA+ community at the *Universidade de Minho*, Braga.

www.instagram.com/clube.rainbow

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 events, 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 LGBTQIA+ 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 LGBTQIA+ people in Portugal. "Queer Tropical is an LGBTQIA+ 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

Nucleo LGBT de Esposende / Marcha Esposende. Summer picnics (in partnership with Casa da Juventude de Esposende); Organisers of the annual **Pride** march followed by a party at *Cardume Colab* Café. www.instagram.com/nucleolgbtdeesposende ; www.instagram.com/marchaesposende

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

Barcelos Pride ('Marcha do Orgulho LGBT+ de Barcelos') (Barcelos). Now in its fifth year, 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

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

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 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 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 Infinitas'). 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 ; sexualidadeefetos@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. 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

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

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



Marcha LGBTI em Aveiro. 2024 was the sixth year of Aveiro Pride marches and ended with a post-Pride party at the gay-friendly *Insonia* Bar. www.facebook.com/lgbtiaveiro ; www.instagram.com/insoniabaraveiro

Golden Flamingos. (Aveiro) **New in Sept 2024** - “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

Prisma Vozes Diversas. **New in 2025** – a queer/LGBTQIAPN+, mixed-sex vocal group. “We sing with soul and harmony”. From the [casadasartessaveiro](https://www.casadasartessaveiro.com) www.instagram.com/prisma.vozesdiversas ; www.instagram.com/casadasartessaveiro

Ovar Pride. (Ovar) 2024 was the second ‘*Marcha do Orgulho LGBTQIA+ de Ovar*’, and the following picnic. 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 third march, in 2024, took place at night, followed by a party, art fair and performances.

EcosAção : www.instagram.com/ecosacao ; www.facebook.com/ecos.urbanos

Ecosacao also has a WhatsApp group: <https://chat.whatsapp.com/BcL51pn5VgD0dvLbygRsou>

Viseu

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



Descentracenas 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.

<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
geralpathcoimbra@gmail.com

Pharmacia LGBT Club.

New in July 2024 - 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 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... *the 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

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 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. Emídio 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 no 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

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.

Palheiro Beach (between *Tocha* and *Mira*) A well-kept secret! Palheiro Beach has a sandbank of almost five kilometres and is popular with queer communities and naturists.

Covilha

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



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

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 two years it has been staged at the *José Lúcio da Silva* Theatre in February. The event is open to the whole community of LGBTQ and allies.

www.facebook.com/leiriadragfestival ; www.instagram.com/leiriadragfestival

Fora do Amario. This social research project (2023) from the *Politecnico de Leiria* (IJP-IPLeiria), aims 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 project aims to empower a territory that currently does not have sufficient responses for the LGBTQIA+ population and their 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 4th **Leiria Pride** in 2024. 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

Marvão / Portalegre / Spanish Extremadura (See also – ‘Alentejo (Evora, Beja, Marvão/Alto Alentejo, + Badajoz [Spain])’, below)

The Quinta / ‘Vineyard discos’ (Marvão). (in English). The Quinta is an ecoqueer experimental space and community: connecting online and on a land project near *Marvão*, 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*).

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 LGBTIQ+ 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). A small, 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**.

2024 saw the third '*Caldas em Marcha*' Pride march and party, and the second 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. (Associação para a Promoção da Igualdade). 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.

<https://marchaorgulhosanta.wixsite.com/moss> ; (www.instagram.com/bussola.cpf) ;
marchaorgulhosantarem@gmail.com

Santarem Pride. The fifth '*Marcha do Orgulho LGBTQIAP+ de Santarém*' took place in 2024, 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 LGBTQIA+ de Sintra e Apoiantes rede de apoio para jovens LGBTQIA+*). Not for profit, youth community and support group. Organisers of **Sintra Pride** for the last three years '*Marcha do Orgulho LGBTQIA+ de Sintra*'.

www.facebook.com/SintraFriendlylgbtqi ; www.instagram.com/sintrafriendly

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%BAd-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> .

'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



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

Emoções 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 had 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 www.3sauna.pt

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

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. www.facebook.com/groups/419932266720147



Queer Setubal (in English) is a **new (July 2024)** 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: <https://chat.whatsapp.com/GbH45cWqlr4FbVnlkXXRHg>.

Setúbal LGBTQ Meetup Group. (in Portuguese and English)

This was once an active 'LGBTQ' community group, but the original organisers stepped down in June 2025. In July 2025 someone in Colorado took over ownership of many groups under the Meetup banner of 'OurGayLives', and changed the group into an exclusively Gay male space, hostile to "LGBTQIA+ entitlement".

Associação 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.

Edifício 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 ; delegacao.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 Almada. 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

LGBT-popular beaches south of Lisbon:



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>

New in April 2025, a new Beach 19 transport service has launched: From Thursday to Sunday (inclusive) '**Dezanove Beach Society**' has announced a WhatsApp group (Dezanove Beach Society) to coordinate car-sharing and an occasional "*color filled beach bus*" on which seats can be reserved in advance (essential advance booking. Pick-up/drop-off points are in Bairro Alto [Late Birds Hotel] and Arroios [Maria Food Hub restaurant]; Umbrella & Chair Rental; Pet Friendly; 20Euros (30 for a couple); free water included; Round-trip Booking [essential]). (Group booking service also available).

www.beach19bus.com ; beach19bus@gmail.com

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

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/praias-19.html

Alentejo (Evora, Beja, Marvao/Alto Alentejo, + Badajoz [Spain]).

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> ; www.facebook.com/groups/quintaLGBT ;
www.instagram.com/quintalgbt ; www.workaway.info/en/host/426745449465

Évora Pride. Since 2023. Founded to represent LGBTQIA rights in the Évora region. Market, March, parties, story-telling, performances, shows, debates, etc.

<https://evorapride.webflow.io> ; www.facebook.com/profile.php?id=100092505654029 ;
www.instagram.com/evora_pride

'Um roteiro por Évora LGBTQIA+ friendly'. (Évora) In **Aug 2024** queer online news *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=IwY2xjawE1cC9leHRuA2FlbQlXMAABHejmwpgP2cnhWaio76RZXuyQ8Gm0nkU-n1e3VbS0oWKASeCMY4Oia0NNYg_aem_rRFOBQcIJaH_n2g6NSiAIA

Évora Queer. A collective of LGBTQIA+ people and allies (powered by Opus Diversidades).

www.instagram.com/evoraqueer ; <https://rainbowportal.opusdiversidades.org>

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

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

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

'Associação Arruca' (Beja). (Not a specifically LGBTQ group). *Associação Arruca* aims to promote and develop cultural, social, sporting and environmental activities. Since 2021 *Associação 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 '*Associação 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). (New in 2024) 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

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.

This 2023 article from 'Queer in the World' 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 (2025: May 27-June 7th). 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 ten days of parties and activities: live shows, drag racing, karaoke, debates, pre- and post- parties, children's events, LGBTQ day-trips, youth events, rainbow family activities, comedy shows, exhibitions, and the famous 'LGBTI Gastronomic Route'. <https://lospalomos.com> ; <https://lospalomos.com/pagina/badajoz> ; www.facebook.com/lospalomos.badajoz ; www.instagram.com/palomosbadajoz

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? <https://lospalomos.com/pagina/ruta-tapa-tarta>

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

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

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 ;
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 ;
www.instagram.com/azoreslgbt.official ; 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

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>

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

Gay Madeira. Queer life in Madeira is relatively limited but has seen some activity in the last few years and a new LGBTQ venue (*Lust Vintage* www.instagram.com/lustvintagefunchal) opened in June 2025; the *Barreirinha* bar/café is said to be among the more gay-friendly spaces with occasional DJs and live music (www.facebook.com/barreirinhabarcafe); and the *GPoint* bar has a rainbow in its logo (but is mainly used by straight customers) (www.instagram.com/gpointfunchal).

See the 'Gay Madeira' website for latest news and updates:

<https://gaymadeira.com> ; www.facebook.com/GayMadeiraIsland .

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 Pride. 2024 saw the eighth Madeira Pride celebration and march. The first in 2017 was organized by the local *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/opusgaymadeira ; 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. 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 *Rede ex aequo*, since 2022. At the the Edmundo Bettencourt Civic Centre, Rua Latino Coelho, 57, Funchal. 09:00-19:00, Monday to Friday.

<https://rea.pt/nucleos/madeira> ; 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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Health services in Portugal - Key information 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.

If you need non-emergency medical care for any reason, first of all call the national **SNS24 helpline** on **808 24 24 24** (or use the SNS24 App). The national 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 highlight 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 register, what services are available, how to access them, and an extensive list of contacts and support organisations. (The laws on access for undocumented migrants were being debated in parliament in Jan 2025, so an update may be published in **2025**, but the rules for legal residents are unlikely to change).

<https://kitmigrante.pt/english>

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 a 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, & supporting 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 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. ('[Community support](#)')

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 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.

For useful guides to **Lesbian/queer women's healthcare** in Portugal see the '*Les+Saúde*' 'Access to Health' booklets (in Portuguese) in the next section 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 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.



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. (Also, see the info box above)

Sexual Health and HIV services

- **Accessing PrEP (pre-exposure prophylaxis)**

A request for PrEP can be made at HIV testing centres, health centers or directly at hospitals that have PrEP consultation, but appointments may be some time away (up to 6 months). 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.

- **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, Príncipe 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 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 – 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 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 Almada. 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 Setúbal. 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, Setúbal, 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.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

- **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:
<https://chat.whatsapp.com/GbH45cWqlr4FbVnlkXXRHg>

Women's (sexual, reproductive, general, and mental) health



- **Expatica** (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
 - '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 gynecologists, 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-STuRsMISqU5eWQ/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.facebook.com/The.HealingHivePage ; www.instagram.com/the.community.hive



GPs (General Practitioner/Family doctors).

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 family doctors (GPs), gynecologists, endocrinologists, psychologists, infectologists and proctologists, that are known be respectful and knowledgeable in the care and support of LBTQIA+ (and non-monogamous) people. Most names 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-STuRsMISqU5eWQ/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 by members of that group; both speak English:

- **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 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' 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. <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, gynecologists, 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-STuRsMISqU5eWQ/edit?gid=1446884994#gid=1446884994>

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.renascere-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 (It had been temporarily suspended due to a lack of funding). <https://ilga-portugal.pt/ter-apoio/preciso-de-ajuda-psicologica> Services are available in Portuguese and English.

Other organizations with LGBTI+ psychological support services include *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 the other. They host regular social LGBTQIA+ events and workshops, meditation practices, and support/sharing groups. One-on-one counseling 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

- **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>

- **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

- **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: <https://chat.whatsapp.com/GbH45cWqlr4FbVnIkXXRHg>

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

- **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"

<https://kura-alma.com> ; www.facebook.com/profile.php?id=61555495725872 ;
www.instagram.com/kuraalmasanctuary ;

- **The Quinta / 'Vineyard discos'** (Marvão). (in English) The Quinta is an ecoqueer experimental space and community: connecting online and on a permaculture land project near *Marvão* 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

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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.**

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.
Buy the book online for 10 Euros at <http://livrariaaberta.pt> ;
<https://queerquivo.wordpress.com> ; www.facebook.com/queerquivo

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.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 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 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; and Fable Café and English bookshop in Principe Real, which also opened in 2023, and **Rosebud** in Porto, which is **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. - Fable and Rosebud have both run queer book groups at times.

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 .

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. **New in July 2025.** Porto's English language, new & used, bookshop. Rua de Cedofeita 634, Porto. Tues – Sat.
www.instagram.com/rosebud_bookshop ;

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-21iEQtbazhCjqp8-Vfs9RSB1F7QAHWBbE

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

'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/>

Queer Literature and Theatre in Portuguese (see above for English)

Livraria Aberta. There's no specifically queer bookshop in Lisbon, but there is in Porto; 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.**

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

Pink Pony Book Club. **New in July 2025.** Currently organising on WhatsApp.

July's book was Chapters 1 and 2 of 'Radical Intimacy' by Sophie K Rosa.

20:30 at Drama Bar

<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.

<https://leiturasqueer.wordpress.com/category/queer> ; www.instagram.com/leiturasqueer ; <https://leiturasqueer.wordpress.com/category/artigos> ; www.facebook.com/leiturasqueer



Livraria Aberta. There's no specifically queer bookshop in Lisbon, but there is in Porto and their postal service/deliveries are excellent - **Livraria Aberta** is the popular and respected LGBT/queer bookshop, which 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.

New in Jan 2025 In partnership with **Livraria Aberta** and mediated by Paulo Brás, **Casa do Comum**, in Lisbon, will stage the conversation cycle '*ISTO NÃO É UMA AULA – Referências LGBT na Literatura Portuguesa*' (This is not a class – LGBT References in Portuguese Literature). Each month in 2025, starting on January 8th, and always on Wednesdays at 7pm (Jan 8, Feb 5, Mar 5, April 2, May 7, June 4, July 2, Sept 10, Oct 1, Nov 5, Dec 3), this event will explore the Portuguese literature in an innovative and inclusive way from a queer perspective. Amidst unknown and canonical authors asking for a queer reinterpretation, we will read texts that range from the 19th century to 2024. 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 sentimental necessary to imagine a future"*.

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 is **back in March 2024**. *"We want to talk, share and learn together, through the art of words. Books, poems, staged readings, articles, stories, zines, magazines, comics, 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

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 Documentação*:

<https://ilga-portugal.pt/obter-informacao/centro-de-documentacao> ; cdoc@ilga-portugal.pt



'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-21iEQtbazhCjgpm8-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.

Buy the book online for 10 Euros at <http://livrariaaberta.pt> ; <https://queerquivo.wordpress.com> ; www.facebook.com/queerquivo

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/gretalivriariefeminista

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. Two 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'*



[Queerchive] 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. (New for 2024/2025). 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=IwY2xjawJqZkhleHRuA2FlbQlxMQABHsSV8rdNR3l5rRxSugRrxhv6-pdVtpKzmdXTeteiBuoScL5-2jQpbxcVhHl_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). New in Sept 2024. 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 ; www.instagram.com/p/DAb8B6AIVaw/?img_index=1

'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>

Queer Film in Lisbon, Porto and across the country.

Portugal has an excellent infrastructure for seeing film, and an annual Queer Film Festival that tours the country. In Lisbon, the excellent *Cinemateca Portuguesa* near Avenida da Liberdade, is not far from the huge Art Deco *Cinema Sao Jorge*, which is dedicated to film festivals, including the annual *Queer Film Festival*, which plays in both venues for eight days every September, and then moves to Porto in October.

After showing in Lisbon, and then again as the *Queer Porto Film Festival*, a short-list of selected films travel to regional cities across the country. <https://queerlisboa.pt/pt/os-festivais/queer-lisboa-e-queer-porto>



There's also the annual 'Porto Femme – International Women's Film Festival' (in English & Portuguese) <https://portofemme.com/sobre-nos>

Queer Lisbon Film Festival takes over the wonderful art deco *Cinema Sao Jorge* on Avenida da Liberdade and the nearby *Cinemateca Portuguesa* for eight days in September. Keep an eye out for the posters and programmes in the weeks before. 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, foyers, balcony and local cafes drinking coffee and discussing.

Cinema Sao Jorge, Avenida da Liberdade 175, 1250-096 Lisboa.

www.facebook.com/qlisboa ; www.instagram.com/queerlisboa ;
www.youtube.com/user/QueerLisboa

The **Cinemateca Portuguesa** in Lisbon is a beautifully adapted 19th Century palace, with four purpose-built auditoriums, plus an outdoor screen in the summer. (Not specifically queer – but has a catalogue of queer films, shows occasional queer-themed seasons, and hosts part of the annual Queer Lisbon Film Festival). There's also an excellent specialist bookshop, a busy conservation programme and a great bar/café and restaurant. Films are affordable at just 3.20Euros.

Cinemateca Portuguesa, Rua Barata Salgueiro 39, 1269-059 Lisboa (Metro: Marques de Pombal) www.cinemateca.pt ; www.facebook.com/cinematecaportuguesa ;
www.instagram.com/cinematecaportuguesa

9th Olhares do Mediterrâneo | Women's Film Festival takes place annually and tours southern European nations each year. www.olharesdomediterraneo.org/submissions-2025 ;
<https://cinemasaojorge.pt/evento/olhares-do-mediterraneo-womens-film-festival>

LEFFEST19º is the annual 'Lisboa Film Festival'. Nov 7–16 2025. <https://leffest.com/en>

Learning Portuguese – tools, teachers and tests.

This is a list of language teachers in Lisbon, Porto, Faro and online across Portugal; plus tools that can help with learning Portuguese.

Many online Apps and services teach Brazilian Portuguese, but *Memrise* and *Learn European Portuguese Pronunciation* (below) are among the few on-line tools that use Portuguese spoken in Portugal.

The 'CIPLE exam' (A2 level) is necessary for most citizenship applications.

Portuguese language classes for residents and migrants were previously managed by the old '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 (formerly known as 'Portuguese for Speakers of Other Languages' (PFOL) or 'Portuguese for All' (PPT)) are typically available as evening classes at schools and total 150 hours of face-to-face classes (consistent attendance is an assessed requirement). The courses generally start once (or twice) a year (registration can begin in May/June for classes starting in Sept, but they get booked-up years in advance, so plan ahead and check each school), are used by people of mixed abilities, and get booked-up quickly, so they may not suit everyone. For more info (in Portuguese and English) see: <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

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>

Queeremos Aprender Português is a social conversation practice group for queer people learning Portuguese, organised as one of the sub-groups of the 'Queer Lisbon' WhatsApp group: <https://chat.whatsapp.com/GbH45cWqlr4FbVnlkXXRHg>

Online Portuguese Platform. In the past, the *High Commission for Migrants (ACM - Alto Comissariado para as Migrações)* 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/pedroamoreira
Practice Portuguese	www.practiceportuguese.com

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-9oojVb5usWq76OCO59dlzig/viewform> .
www.aequum.eu ; www.facebook.com/aequum ; 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 sometimes 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 "*fully 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.

CIPLE exam: 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 includes additional PDF resources:

www.facebook.com/PortugalLivingMagazine/posts/pfbid02G3VG35v8vSvNU5y73NCVJEdLDGLQWLqT13DV1byRstaqvFqWCBdZb15zB2ibqJqQl

PDF: Reading competency:

https://caple.lettras.ulisboa.pt/.../exem.../CIPLE_CL_PIE.pdf

PDF: Oral Competency: https://caple.lettras.ulisboa.pt/files/exemplos/CIPLE_CO.pdf

Sign up for the exam (N.B. It's necessary to book several Months in advance of exam dates!) : <https://caple.lettras.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=IwY2xjawGCAFNleHRuA2FlbQlxMAABHQruHeL29P_IYAZIH_LAJCHtqS4Kfs8rMM81cGadOAblmRrsCRAXelfvOA_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 is about gay Bears, and has English (or Spanish) subtitles (click on CAPTIONS on the lower right of the screen). Seven short episodes.
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 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=IwY2xjawJZVq1leHRuA2FlbQlxMQABHTaOWS3uutcrQcgluPMSTHZ0NCVqKn2R36aAOEUVS_ZW7QylgBC9ZXOoIQ_aem_jraltstD5O4MLZWneieQpg&sfnsn=wa

During CIPLE classes listening clips from the **radio** program *Portugueses no Mundo* have sometimes been used. You can listen to these radio programmes for free on the RTP website:

- https://www.rtp.pt/play/p518/portugueses-no-mundo?fbclid=IwZXh0bgNhZW0CMTAAR2Dc2Fv-3fBAyvp8WhgPuFH0SAAcyaWI8iZP9pMsi3OHJy5qEmVtRwsQQ_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.** **New in Oct 2024**, the Bisexual visibility podcast.
www.instagram.com/bialogar
- **'Radicais - Queers que fizeram História'** (Radicals - Queers who made History). **New in Sept 2024**, a podcast from *Bruá* podcaster's '*Sapiens*' series.
www.bruapodcasts.com/podcasts-originais/sapiens ;
www.facebook.com/watch/?v=3778083015744542

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 ;
dezanovept@gmail.com

esQrever - and podcast '**Dar Voz A esQrever**'. Since 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>

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). **New in Sept 2024**, a podcast from *Bruá* podcaster's '*Sapiens*' series.
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 have 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

Divergente. (in English and Portuguese). Digital magazine of narrative 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

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Community support: LGBTQ groups, cultural organisations, incl. Youth support, HIV/STI support services, and queer academic 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).

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 ; www.facebook.com/CentroLGBTI ; www.instagram.com/ilgaportugal
Centro LGBT programme - <https://ilga-portugal.pt/centro-lgbti/programacao>

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

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 take place at the *Centro LGBTI* (Lisboa): Rua dos Fanqueiros 40, 1100-231, Lisboa. <https://rea.pt/nucleos/lisboa> ; Lisbon@rea.pt ; +351 968 781 841
<https://rea.pt/nucleos> ; www.facebook.com/redeexaequo ;
www.instagram.com/redeexaequo

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>

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/centro-lgbti/grupos-de-encontro-e-partilha/pessoas-trans-nao-binarias-questionamento>

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>

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’**, which features essential info, resources and contacts for support and information services across the country. <https://rea.pt/imgs/uploads/guia-trans-2023.pdf>

Newsletter: <https://rea.us15.list-manage.com/subscribe?u=237d0c92b1a740a9d4c58c618&id=adef700e51>

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/transparenteprojecto ; www.instagram.com/plataforma.transparente

Associação Anémoma. 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 *Anémoma* 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/1FAIpQLSf5VCLmQTOecUfj2cOrdoT9npig5Lwes2x1UWYg8YWO_35PSQ/viewform ; geral@anemona.pt

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). **New in March 2024.** Intersectional Trans, non-Binary and Intersex activist network. www.instagram.com/transmutarredeativista

Coisas Trans. Supportive Instagram page and social network.
www.instagram.com/coisas_trans

Casa T – Crisis shelter housing for trans immigrants - Founded by trans immigrants; also supports employment and health care. www.facebook.com/profile.php?id=100064457752786

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

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

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

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/SintraFriendlylgbtqi ; www.instagram.com/sintrafriendly

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 counseling 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

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+*’.



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. The focus: 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

Lisboa Feminista. A good source of information on events and activism.
www.facebook.com/FeministLisbon ; www.instagram.com/feministlisbon ; lfeminista@rotas.mulheres.sem.fronteiras@gmail.com

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

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

STI and HIV Support Services (Lisbon and Nationwide)

○ HIV services – an introduction.

A comprehensive introduction to HIV 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 (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)
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 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 Almada. 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.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)**

The HIV Anti-Discrimination Centre (CAD) is a project from 'Ser+' (Portuguese Association for the Prevention and Challenge of AIDS. www.sermas.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:

<https://chat.whatsapp.com/GbH45cWqlr4FbVnlkXXRHg>

Academic Queer Research Organisations

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.



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

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 Género*). 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>

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 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

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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 2024, the property website *Idealista* 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.

Also, consider making a post in social groups. Word-of-mouth can often be the most effective way to find your ideal queer-friendly rooms/apartments – Ask about accommodation by introducing yourself with a photo and a bit of info (see [Meeting People, Making Friends and Having Fun](#) for social groups and places to network).

(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)

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



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> (a service specifically 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)

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> ; <https://jpva.pt/lisboapride>

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

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 be 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>

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)
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. Crisis shelter housing for trans immigrants - Founded by trans immigrants. Also supports employment and health care.
www.facebook.com/profile.php?id=100064457752786

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).

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 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)

Rede um quarto is a new (May 2025) initiative for students (only) at *Universidade Nova de Lisboa*, where property owners can 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

BQuarto is the main flat-share website for Lisbon and Portugal. You can search for rooms in shared houses, and whole apartments. www.bquarto.pt

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

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>

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://ninstudentliving.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
Worktugal. Primarily a place 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>
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
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) 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.

www.instagram.com/equipajpva ; <https://jpva.pt/en>

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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'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.

- 17th Century cruising sites, Lisbon's first lesbian bar, the Inquisition arresting gay men in the 16th Century, 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 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/alextooursevents



*"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/alextooursevents

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

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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You can read 'Alex's LONG LIST' on mobiles and other screens at the link below (and also download a PDF from the same link [147 pages. 3MB]).

(This edition was updated **September 2025**)

<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.

You can email me at: AlexLisbonTours@gmail.com

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