

Information and resources  
**FOR  
JOBSEEKERS**

Restarting Career  
After 45

Partners:



*Coimbra District  
Portugal*



### Free services to find a job:

- **Job Insertion Office**  
Fundação Bissaya Barreto – Coimbra – 239800450  
gipfbb@fbb.pt - www.fbb.pt
- **Employment Centres**  
Bairro da Pedrulha, 3020-317 – Coimbra – 239860800  
carla.pimenta@iefp.pt -- www.iefp.pt
- **IEFP - National Institute for Employment and Professional Training**  
Bairro da Pedrulha, 3020-317 – Coimbra – 808200670  
carla.pimenta@iefp.pt - www.iefp.pt
- **IAPMEI – Institute for Small and Medium Sized Companies**  
Estrada do Paço do Lumiar, Campus do Lumiar - Edifício A  
1649-038 – Lisboa – 213836000  
info@iapmei.pt- www.iapmei.pt

### Free services to start a new business:

- **Incubadora Pedro Nunes**  
Rua Pedro Nunes, 3030-199 – Coimbra – 239700962  
info@ipn.pt- www.ipn.pt
- **JADRC - Jovens Associados para o Desenvolvimento Regional do Centro**  
Rua Manuel Madeira, Ed. Delta - 2º Dtº, 3025-047 – Coimbra  
239494305 -- jadrc@jadrc.pt – www.jadrc.pt
- **IAPMEI – Institute for Small and Medium Sized Companies**  
Estrada do Paço do Lumiar, Campus do Lumiar - Edifício A  
1649-038 – Lisboa – 213836000  
info@iapmei.pt- www.iapmei.pt

- **ANJE – National Association for Young Businessmen**  
Rua Paulo da Gama, 4169-006 – Porto – 351220108000  
anje@anje.pt - www.anje.pt

### Public social and health care services:

- **Centro Distrital de Coimbra**  
Rua Abel Dias Urbano, n.º 2 - R/C 3004-519 – Coimbra  
808266266 -- www.seg-social.pt
- **Serviço Nacional de Saúde (Hospital of the National Health Service)**  
Rua Augusto Rocha, 6 - 8 – Coimbra – 239488610  
www.portaldasaude.pt/portal/

### Entities that provide social care:

- **Santa Casa da Misericórdia**  
Rua de Sobre Ripas, 49 3000-395 – Coimbra – 351239823403  
secretariageral@misericordiacoimbra.pt-  
http://misericordiacoimbra.pt
- **Cáritas Diocesana**  
Rua Dom Francisco de Almeida, 3030-382 – Coimbra –  
239792430 -- caritas@caritascoimbra.pt - www.caritas.pt