Kindly Dr. Powell’s Guide to Portuguese

I. Vowels

a, á, â are pronounced like the a in cat (but don’t sing with a spread vowel)
e, é, ê are pronounced like e in bell when (stressed syllable)
e is pronounced as a schwa (like e in kitten) when unstressed (start of word)
e is usually silent at the end of a word
i is pronounced like e in medium (same as Italian or Latin)
o can be closed (o in Load) or open (o in pod)
u, ú is pronounced like oo in spoon but is silent in gu- or qu- followed by e or i.

II. Consonants

B, D, F, L, M, N, P, T, V are pronounced as in English (check combinations below)
C when soft (before e or i) is pronounced as “s” in silver, otherwise like k in kick
CH is pronounced like “sh” in shop
D is pronounced like sh in shop
G when soft (before e or i) is pronounced like s in leisure, otherwise-- like g in get
H is always silent
J is pronounced like s in leisure
Lh is pronounced like lli in million
M nasalises preceding vowel at end of word, almost silent (as in French).
Nh is pronounced like ny in canyon
Qu when soft (before e or i) is pronounced like k in kick, otherwise like qu in queen
R is always rolled/trilled. No American “r”s. Can be dropped at end of words.
S is unvoiced (“s”) at beginning of a word or when doubled
S is voiced when intervocalic (between vowels), like z in maze
S is pronounced like “sh” in shop at end of word
X is pronounced like “sh” in shop when starting a word or between vowels
X when ex is followed by a vowel, like z in maze
X is pronounced as in English in foreign words
Z is pronounced like z in zebra when starting a word,
Z is pronounced like “sh” in shop at end of word