



SPIRIT International Event

“Inspiring Inclusion in Sports: Success Stories, Practical Skills and Management Strategies “

Dates

11th – 15th September 2023

Meeting Point

Faculdade de Motricidade Humana (FMH) - Main entrance

Address - Estrada da Costa 1499-002 Cruz Quebrada - Dafundo

Coordinates - 38.705159N, -9.251840W

How to reach Faculdade de Motricidade Humana (FMH)

By Bus

In Algés, at Praça D. Manuel I, you should take Bus no. 776 (Carris) to FMH.

By Tram

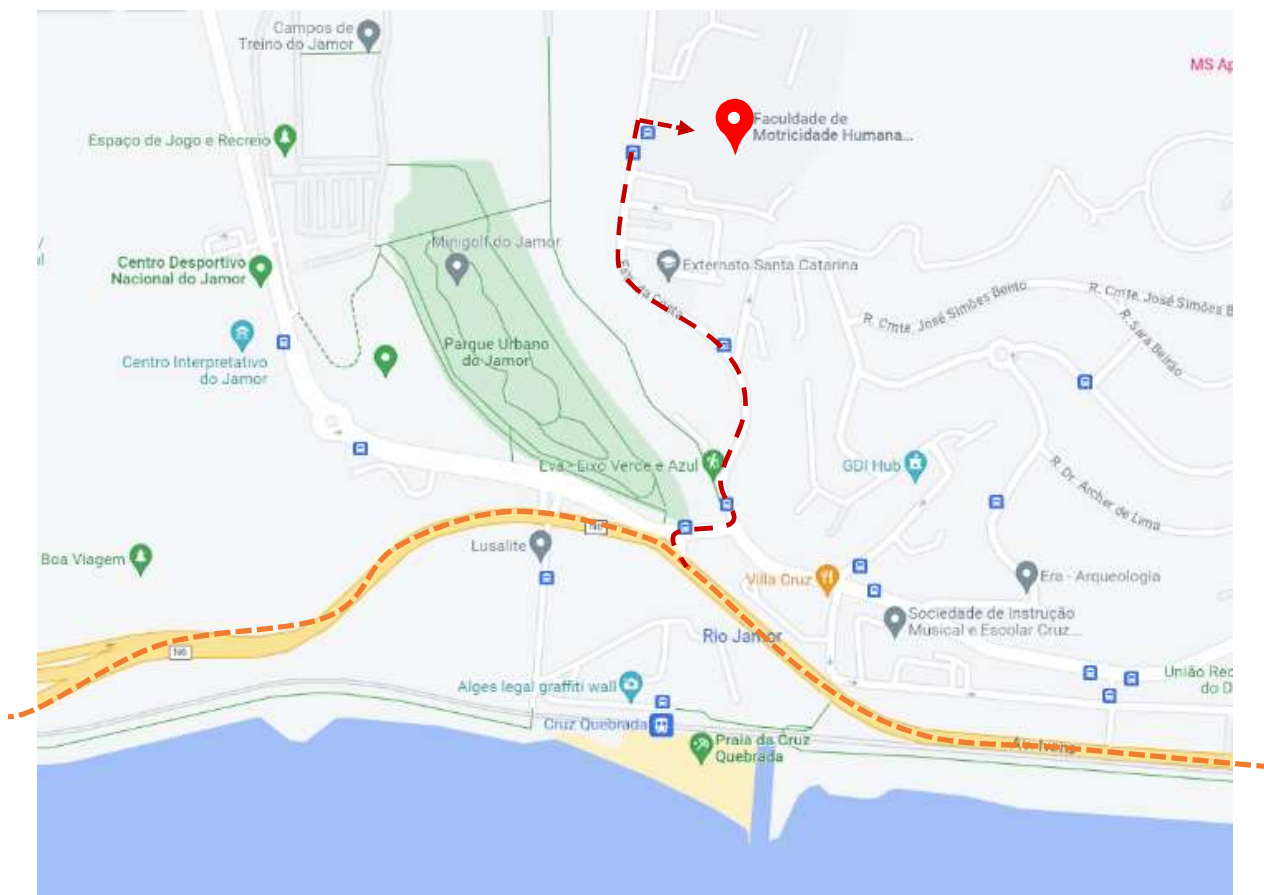
Take Tram 15E from the city centre. The journey starts at Praça da Figueira, passing through Cais do Sodré Station, to Algés/Praça D. Manuel I. Then you should take Bus no. 776 (Carris) to FMH.

By Train

Leaving at Cais do Sodré train station, you should take the train towards Cascais. You should then get off at Cruz Quebrada station, head towards the back of the station (towards Lisbon - where the train came from), go down the stairs and go under the bridge next to the river to the stairs. Estrada da Costa is on the right hand of the junction. You can walk to FMH, which is about 700 metres ahead.

By Car

Head from Lisbon towards Cascais/Estoril on Avenida Marginal (N6). After passing Algés, you should look out for the entrance to the National Stadium/FMH. FMH is about 500 metres from Avenida Marginal.



----- Avenida Marginal (N6) / Avenida Ivens (Waterfront)

- - - - - Estrada da Costa



Faculdade de Motricidade Humana (FMH)

Accommodation suggestions

MS Aparthotel, Linda-a-Velha

(4 stars; 16 minutes walking distance)

Address - R. Manuel da Silva Gaio 2,
2795-132 Linda-a-Velha

Phone - +351 21 006 6000

E-mail - groups@mystoryhotels.com

Vila Galé Ópera Hotel

(4 stars; 12 minutes by car)

Address - Tv. do Conde da Ponte,
1300-141 Lisboa

Phone - +351 21 360 5400

E-mail - empresas.reservas@vilagale.com

Programme

	Monday 11 th September	Tuesday 12 th September	Wednesday 13 th September	Thursday 14 th September	Friday 15 th September
09h00 – 10h30		Organisation and Management of Sport Events <i>Tiago Ribeiro</i> <i>Room: Anfiteatro 2</i>		Gender inclusion through sport <i>Ana Santos</i> <i>Room: Anfiteatro 2</i>	Special Olympics <i>Isabel Moreira</i> <i>Room: Anfiteatro 2</i>
Coffee break					
11h00 – 12h30	Welcome & FMH Presentation <i>Room: Anfiteatro 2</i>	Project: “Train, educate and win with adapted sport” <i>Nuno Januário</i> <i>Jorge Infante</i> <i>Room: Anfiteatro 2</i>	Outdoor Activities* Trip to Setúbal	Practical Activity: Korfball (gender mixed activity) <i>Nuno Januário</i> <i>Room: Pavilhão Lord</i>	Preparation of Students Premium Time <i>Students</i> <i>Room: Pavilhão Lord</i>
Lunch break					
14h00 – 15h30	Talk about “inclusion in high performance sports” <i>Ivo Quendera</i> <i>(Coach)</i>	Practical Activity - Adapted activities <i>Nuno Januário</i> <i>Jorge Infante</i> <i>Room: Pavilhão Lord</i>		Traditional sports and regional games for managing NCDs <i>Asian Partners</i> <i>Room: Pavilhão Lord</i>	Students Premium Time
Coffee break					<i>All</i>
16h00 – 17h30	<i>Norberto Mourão</i> <i>(Paralympic athlete)</i> <i>Room: Anfiteatro 2</i>		<i>* include water activities</i>		<i>Room: Pavilhão Lord</i>

Project Meetings

	Monday 11 th September	Tuesday 12 th September	Wednesday 13 th September	Thursday 14 th September	Friday 15 th September
09h00 – 10h30		Quality Committee <i>Room: Sala de Reuniões Nova</i>		Consortium Meeting <i>Room: Sala de Reuniões Nova</i>	
Coffee break					
11h00 – 12h30	Welcome & FMH Presentation <i>Room: Anfiteatro 2</i>				
Lunch break					
14h00 – 15h30		Financial Issues <i>Room: Sala de Reuniões Nova</i>			Students Premium Time
Coffee break					Report and suggestions
16h00 – 17h30	Dissemination Committee <i>Room: Sala de Reuniões Nova</i>				<i>Room: Anfiteatro 2 & Pavilhão Hermínio Barreto</i>

Outdoor Activity

Setúbal

Just over 30 minutes from Lisbon, Setúbal is a city located in the Arrábida Mountains with natural landscapes, which blend between beautiful beaches and mountains covered by preserved vegetation, which makes the scenery even more stunning.



Albarquel Beach in Setubal Bay

Albarquel Beach is very close to the heart of Avenida Luísa Todi, in Setúbal. As it is located in a bay, the bathing zone offers a panoramic view over the Tróia Peninsula and over the city. It has a parking lot, a coffee shop and an esplanade.



Contacts

Ana Pipio
António Rosado

anapipio@tecnico.ulisboa.pt
arosado@fmh.ulisboa.pt

+351 962 244 111
+351 914 978 937