



BID TO HOST THE
WONCA
EUROPE
CONFERENCE
LISBOA
2014

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Theme

New Routes for General Practice and Family Medicine

Presentation

A Roman legend tells that Lisbon was founded by Ulysses since he stopped in the harbour there during his wandering voyage after the Trojan War. But it is a fact that the Romans made the city an important trading port and turned it into a great metropolis on the bank of the Tagus River. Later, when it was already the capital of the Portuguese nation, it was the point of departure for the voyages of discovery in the 1500s which found new lands for the world. Lisbon has a long history during the course of which it has absorbed many cultural influences. Constantly exposed to the latest knowledge, the city still managed to remain strongly attached to its roots and developed on a matrix of contrasts so that it has become a modern city that has not lost its historic 'typicalness'.

And it is in this forward-looking city that we would like to hold the 19th WONCA Europe Conference. We would like this conference to explore the developmental trends of General Practice and Family Medicine (GP/FM) – the new directions of a medical speciality that is crucial for 21st century health systems. It is vital to ensure that GP/FM continually renews itself, so that it can develop in a sustainable manner and fulfilling the people's needs.

APMCG (Portuguese Association of General Practitioners) has been an active player in organisations and international groups related to GP/FM ever since its foundation in 1983. This active participation reached its highest point in 1994, when Portugal hosted a SIMG (Societas Internationalis Medicina Generalis) meeting in partnership with WONCA, on the topic "Quality of care in family medicine/general practice". At that time, in addition to the scientific programme, the event created the chance for greater convergence of the SIMG and WONCA delegations. A year later, the two organisations merged to establish the European Society of GP/FM – WONCA Region Europe. APMCG has members in several of the international working parties (collaborative groups, SIGs – special interest groups) and networks of WONCA. More recently, APMCG played an important role in the foundation of the European Group for Young and Future General Practitioners – the Vasco da Gama Movement.

APMCG will be 30 years old in 2014. We would very much like to celebrate the occasion together with our colleagues from all over Europe, and the world. We want to celebrate GP/FM and the role of the family doctor in health systems in the 21st century. We would like to open up new directions in GP/FM.

Ideas – outlining the main topics regarding the conference theme

- **Innovation in GP/FM and primary care**

By its very nature our speciality is innovative. Family doctors work in a spirit of innovation on a daily basis, as they strive to provide quality care to their patients. This ability to innovate means that the speciality is constantly changing as it adapts to the needs and social-cultural context of people in the 21st century. The rate at which technology moves forward and the speed with which information is transmitted means that science achieves the unimaginable in a very short time. The same is true in the area of health, but medicine has its own characteristics and they ensure it to evolve itself in a different way. The family doctor encourages innovation by linking technical development with the value of the relationship with patients and the humanistic dimension of medicine.

- **Personalized and comprehensive care**

By the growing use of the information and communication technologies in the age of modern medicine, several barriers have emerged between the doctor and his patient. Therefore, the specialty of GP/FM is the model of convergence of the two basic elements of medicine. The clinical practice of the family doctor is based on concepts that reinforce the bond with the patient. Now, more than ever, health care must be personalized and should handle the majority of problems of the population served, within the biggest variety of settings and close to people. This specialty leads the international production of knowledge and research in the areas of health policy and systems, and this has helped to strengthen its orientation towards the community, with its accessible and attainable services.

- **Knowledge management**

Family doctors deal with uncertainty on a daily basis, as they handle complex situations. International literature and a number of medical conferences have focused on this topic, and GP/FM remains at the forefront in researching complexity theory and knowledge management, when it regards to health care. Family doctors have skills that go beyond clinical practice – they are notable users of information technologies and efficient managers of the extensive knowledge they need to apply in their work.

- **The new generation of family doctors**

The new routes of GP/FM are now being strengthened by the motivation and enthusiasm of trainees and young family doctors. This is a generation that believes in their specialty as being the medical field which best serves people's needs and contributes the most to the sustainability of health systems. The new generation of GPs is the future of the speciality, and the guarantee of its further progress. The production of new ideas and the ceaseless reinvention of organisational models are fundamental to an innovative medical culture and for the provision of modern, high quality health care.

Programme – Core activities and other activities of the conference

It is intended that this event will be a remarkable one for European GP/FM. To this end there will be opportunities to discuss the main topics and other issues that may arise from them:

- Quality in Primary Health Care
- Research in General Practice and Family Medicine
- Strengthening the role of GP/FM in medical education
- Comprehensiveness of care
- New organisational models in primary care
- Post-modern Consultation
- Prevention of disease
- Health promotion
- Pharmacogenomics – personalised medicine
- Chronic Patient's Management
- Information and Communications Technology in GP/FM
- GP/FM and primary health care in the sustainability of health systems
- Complexity of outpatient care

We rely on the close collaboration of WONCA Europe, its networks and SIGs to organize sessions and workshops regarding the conference topics. We will promote the organization of collaborative sessions between the WONCA Europe networks and groups.

There will be room before and during the conference for activities for trainees and young family doctors. For this, we expect to work closely with the Vasco da Gama Movement, which celebrates its 10th anniversary in 2014. In addition to the pre-conference for this group we intend to organise a junior track during the conference. A series of sessions, workshops and discussion groups will be clearly identified. They will be organised by the Vasco da Gama Movement and other groups, mainly for trainees and young family doctors.

We shall also hold satellite symposia so that medical organisations related to GP/FM (such as UEMO, European Primary Care Forum, and so forth) can present their work.

We plan to organise visits to health centres in the Lisbon area so that our colleagues from abroad can see for themselves, in situ, the new organisational models yielded by the primary health care reform in Portugal.

Nor shall we forget a social and cultural programme. It will be varied and memorable, inspired by Portuguese tradition and the modernity of a vibrant city.

Programme – Content and structure

	Wednesday 2 July	Thursday 3 July	Friday 4 July	Saturday 5 July
08.00 – 08.30		Reception	Reception	Reception
08.30 – 09.30		Keynote lecture	Keynote lecture	Keynote lecture
09.30 – 11.00		Plenary session	Plenary session	Plenary session
11.00 – 11.30		Coffee break	Coffee break	Coffee break
11.30 – 13.00		Parallel session	Parallel session	Closing Ceremony
13.00 – 14.00		Lunch break	Lunch break	
14.00 – 15.00		Parallel session	Parallel session	
15.00 – 16.00		Parallel session	Parallel session	
16.00 – 16.30		Coffee break	Coffee break	
16.30 – 18.00		Satellite symposia	Satellite symposia	
16.30 – 17.00		Parallel session	Poster presentation	
18.30 – 20.30	Opening Welcome reception opening Keynote lecture		Dinner Party	

The conference will be organised in accordance with the above synopsis. There will be room for:

- Keynote lectures
- Parallel Sessions
 - State-of-the-art sessions
 - Thematic tracks
 - Oral presentations
 - Round-table discussions
 - Practical skills training sessions
 - Discussion sessions
- Poster presentations
- Workshops
- Satellite symposia and meetings

Organisation and financial aspects

- The proposed dates for the Conference are:
Wednesday July 2nd to Saturday July 5th
- Appropriate venue for the conference, easily accessible and offering adequate facilities and technical equipment to guarantee the proper and smooth proceeding of all aspects of the conference is provided – **Lisboa Congress Centre**
- A reasonable conference fee, including a scale of fees for trainees and another scale or grants for colleagues from countries with emerging and developing economies (to be defined) will be offered.

A draft budget indicates the fees would be as follows (2010 price basis):

Registration fees	Minimum	Maximum
WONCA Direct members	450	740
Delegates	510	790
Junior doctors and trainees*	305	550
Students	210	260
Accompanying persons	110	210

*Trainee GPs and young GPs are considered junior doctors until 5 years after graduation

Registration fee for WONCA direct members, non-WONCA direct members, junior doctors, trainees and students includes:

- ✓ Admission to all scientific sessions.
- ✓ Admission to poster exhibition and technical exhibition.
- ✓ Opening ceremony and welcome reception
- ✓ Conference materials (delegate's bag, final programme, abstract book, etc.).
- ✓ Coffee breaks and lunches (Thursday and Friday) in the conference venue.
- ✓ Closing ceremony



Registration fee for accompanying persons includes:

- ✓ Welcome pack including tourist information
 - ✓ Opening ceremony and welcome reception
 - ✓ Coffee breaks and lunches (Thursday and Friday) in the conference venue.
 - ✓ Closing ceremony
-
- Reasonable costs for travelling to the venue will be offered. The main carrier is TAP Portugal. Furthermore, several companies including low cost carriers offer a wide range of cheap flights to Lisbon. Participants can also travel to Lisbon by train or car.
 - A sufficient number of hotel rooms with negotiated special prices, including budget accommodation, are available.
 - A social programme with attractive events will be organized: Welcome Cocktail Reception, Gala Dinner, Cocktail Party and other social events.
 - Sponsorship agreements that comply with the European rules on sponsoring and with the rules of WONCA Europe will be negotiated.
 - Collaborating with WONCA Europe in the preparation of the Conference, primarily through the liaison person and the WONCA Europe secretariat, with the help of the Guidebook for Future Conferences, and to be set down in a contract, the Portuguese Board of APMCG will cooperate closely with the WONCA liaison person and the WONCA Europe secretariat.

Proposed organisers:

Portuguese Association of General Practitioners
Associação Portuguesa dos Médicos de Clínica Geral (APMCG)



Conference organisation/management

The Portuguese Association of General Practitioners (APMCG) was founded in 1983. Its object is the improvement of general practice and of family doctors, in the scientific, technical, management, ethical and human areas.

Since its foundation, the APMCG has been steadily growing and is now the biggest Portuguese medical association, excluding the Portuguese Medical Association, in which registration is compulsory.

Its activities range from library data services, the organisation of local, regional and national meetings, to direct intervention in the discussion of health policies.

The APMCG publishes a monthly magazine and a monthly newspaper; both are essential reading for Portuguese family doctors.



TA DMC Portugal

Congress Travel Agency: Registrations, Hotel accommodation, travel related activities and tours.

www.tadmc.com

TA DMC is the leading operator in Portugal in all segments of the Incoming activity, and excels in the Meetings Industry area.

Operating throughout Portugal, TA DMC offers a full range of services to all its customers. Its common denominators of high quality of service, attention to detail and quick turnaround time have ensured its success.

With this concept in mind our team of highly experienced and multilingual professionals is willing and able to serve you anywhere in Portugal, making your next operation the most successful ever.

TA DMC Portugal is a proud member of some prestigious international associations such as:

- ICCA – International Congress and Convention Association
- SITE – The Society of Incentive & Travel Executives
- MPI – Meeting Planners International
- and various national and Convention Bureaux



Conference Organiser:

Portuguese Association of General Practitioners – APMCG

President

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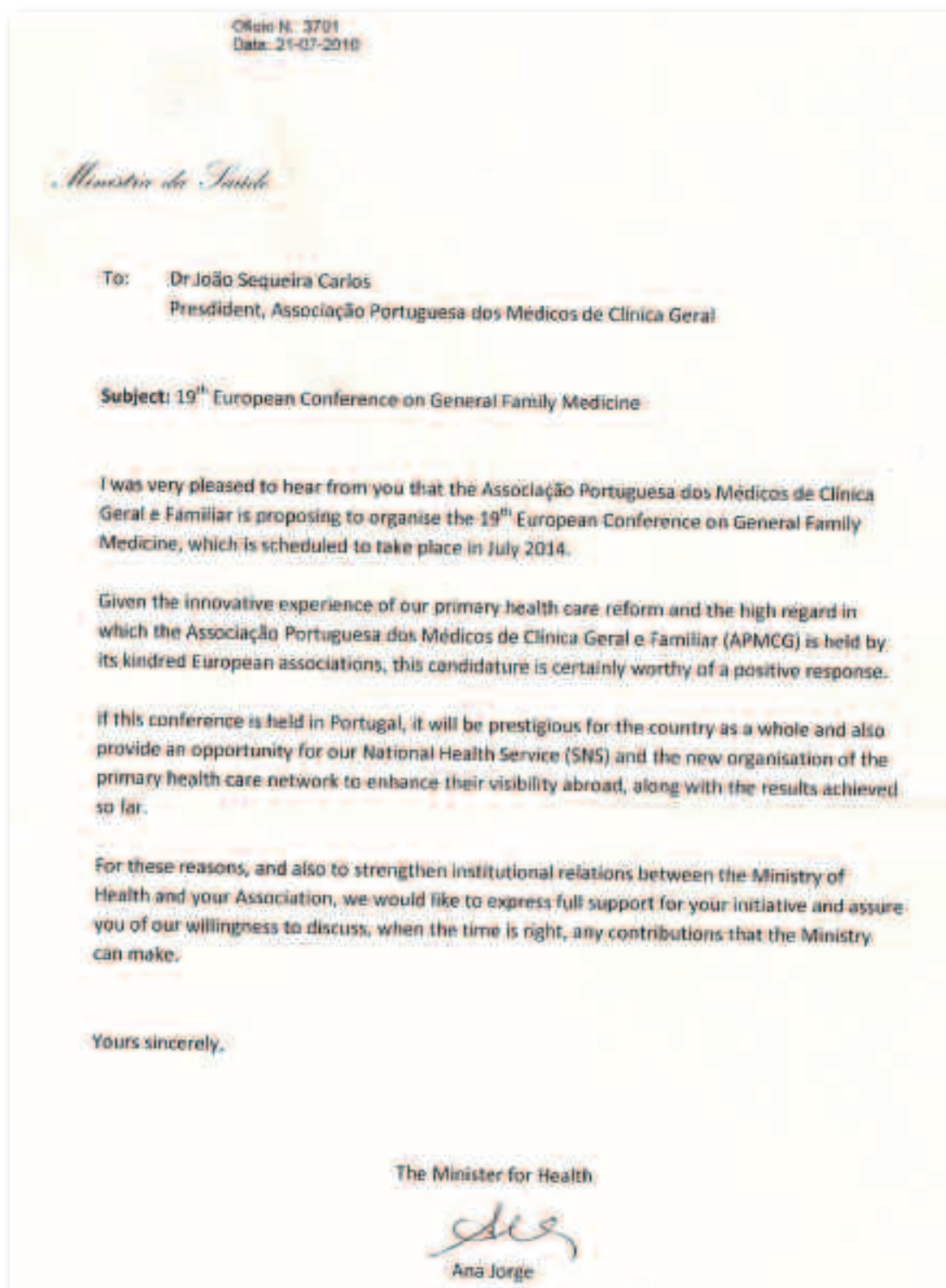
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Letters of Support/Invitation Letters





Câmara Municipal de Lisboa
Gabinete do Presidente

Executive Committee of WONCA Europe
Institute for development of Family Medicine
Poljanski nasip 58,
1000 Ljubljana
Slovenia

Lisboa, 24th August 2010

Ref: ***Conference of the European Society of General Practice and Family Medicine -WONCA***

Dear Sirs,

As Mayor of Lisbon, I hereby cordially invite the WONCA Europe, to hold its *Conference of the European Society of General Practice and Family Medicine – WONCA* in Lisboa in 2014.

Lisbon is the perfect destination for congresses, combining all necessary modern infrastructures with the preservation of our heritage and history.

In fact, Lisbon offers an unique combination of contrasts, gathering ancient and modern with an human dimension which creates the ideal atmosphere for international meetings where the scientific and professional activities are completed by an unique experience of our city.

We are building a city where the values of quality, environment and culture guarantee Lisbon as a friendly city to live and work, more competitive and environmentally sustainable.

We consider the *Conference of the European Society of General Practice and Family Medicine WONCA*, a prestigious event and we sincerely hope that the decision will be a positive one for our city and we ensure you all our possible support for its accomplishment and success.

Yours sincerely,

António Costa
Mayor of Lisbon



Executive Committee of
WONCA Europe
Institute for development of Family Medicine
Poljanski nasip 58,
1000 Ljubljana
Slovenia

Lisboa, 20th August 2010

Ref: *Conference of the European Society of General Practice and Family Medicine - WONCA*

Dear Sirs,

It gives us a great pleasure to learn that the Portuguese Association of Family Medicine, decided to bid for the organization of the *Conference of the European Society of General Practice and Family Medicine - WONCA*, in Lisboa in 2014.

We would like to emphasize our interest in hosting this Event in our city and therefore we will provide all possible support to its materialization and success.

Allow us to remind you the light and beauty of *Lisboa*, the advantage of the prevailing mild weather, the historical heritage of the discoveries, the proximity from most European cities and the Americas, the existing quality hotels, modern meeting facilities and the professionalism of our incoming travel agencies and conference organizers, all will contribute to make *Lisboa* the ideal venue for your event.

We are very pleased to invite a designated member of the WONCA Europe to come to *Lisboa* on an inspection visit in order to evaluate venues, select hotels, and programme suggestions presented by the local organizing committee.

Hoping to hear from you in the near future, we remain

Yours sincerely

Mário Machado
Deputy President
Turismo de Lisboa – Visitors & Convention Bureau

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Lisboa

The right/strategic planning and the venue selection are the two main ingredients, “the secret”, for the success of any event or business meeting.

That’s why Lisbon is such a great idea for your business meetings. You get top-notch venue centres and hotels that satisfy the most demanding requirements for meetings, and a surprising and welcoming city, packed with interesting things to do, that will keep your guests happy.

Here you can find the best of both worlds: pleasure and work.



Lisbon is a historic capital, an amalgam of 800 years of cultural influences that mingle with modern trends and life styles to create intricate and spectacular contrasts.

Spread across seven hills, with a window always open towards the majestic Tagus river.

Richly captivating, Lisbon invites you!

Lisbon is the perfect combination of tradition and modernity where one visitors will always find a touch of the exotic, a legacy from the time of the Great Discoveries.

The origins of Lisbon are shrouded in legend: among its mythical founders are Elisha and Ulisses. Its name derives from Ollissapona, a Latin version of the Phoenician ‘AllisUbbu’ or ‘delightful little port’. The city was made Portugal’s capital in 1255 and was the seat of the monarchy until the Republic in 1910. As Portugal developed into the great maritime power in the 15th and 16th centuries onwards, so Lisbon became a very important port, the world centre for the trade in spices and jewels from the East and gold from Brazil, and capital of the Portuguese Empire.

Lisbon today is a lively, international City with a population of about 1.5 million, offering a fascinating combination of the old and the new, with an unmistakable character and a beauty all of its own.

The cradle of the city is the medieval castle of Sao Jorge, which stands with its ten towers on the hill where the original colony was founded in Phoenician times. Nearby is Alfama, the old Moorish quarter with its narrow winding streets and white washed houses and the Bairro Alto, centre of fado, the traditional music of Lisbon. Belem - where whence the ships of Vasco da Gama and other famous explorers set sail, with its famous Tower and the Monastery of Jerónimos, two of the finest examples of Manueline architecture. Beautiful works of Art may be admired in museums and palaces all over Lisbon.

Lisbon a Congress City:

Statistics confirm Lisbon as a European city of conferences due to quality of the venues, hotels, the friendly people and mild climate and beautiful scenery on the banks of Tagus river and the shores of the Atlantic Ocean.

Here follows the ICCA ranking of 2009:

Number of meetings per country			Number of meetings per city		
Ranking	Country	# Meetings	Ranking	City	# Meetings
1	U.S.A.	595	1	Vienna	160
2	Germany	458	2	Barcelona	135
3	Spain	360	3	Paris	131
4	Italy	350	4	Berlin	129
5	United Kingdom	345	5	Singapore	119
6	France	345	6	Copenhagen	103
7	Brazil	293	7	Stockholm	102
8	Japan	257	8	Amsterdam	98
9	China - R.R.	245		Lisbon	98
10	Austria	236	10	Beijing	96
	Netherlands	236	11	Buenos Aires	90
12	Switzerland	214		Secul	90
13	Canada	213	13	Budapest	87
14	Sweden	184		Madrid	87
15	Republic of Korea	176	15	Prague	86
16	Australia	169	16	London	83
17	Portugal	168	17	Istambul	80
18	Denmark	151	18	Sao Paulo	79
19	Argentina	145	19	Bangkok	76
20	Belgium	130	20	Athens	75

European consumers choose Lisbon

The Portuguese capital has just been elected “European Consumers choice – best destination 2010”, the first city to win the prize in the newest category of the European Consumers Awards presented by the European Consumers Choice organization, based in Brussels. Lisbon was victorious over the nine other competitors on the jury’s shortlist – Barcelona, London, Copenhagen, Bilbao, Lyon, Amsterdam, Berlin, Prague and Helsinki.

The award presented to Lisbon includes a page to promote the Portuguese capital on the organization’s website – www.europeanconsumerschoice.org – the publication of the online voting results in the European media, and use of the “European Consumers Choice” logo for a year on all Turismo de Lisbon marketing material.

The criteria used for the vote – the first to be conducted for cities, and taking place between December 2009 and January 2010 – included quality of life and infrastructure as well as of the cultural and tourist activities on offer.

For the European Consumers choice organization, the winner is a “city that has been able to fully preserve its soul and offer a gateway for tourism without forgetting its social and cultural riches”.

Somme references on past and future Congresses in Lisbon

2003

EULAR – European League Against Rheumatism – 8.500 Delegates

2004

ERA E.D.T.A. European Renal Association – 5.000 Delegates

Forum of European Neurosciences – 5.500 Delegates

XXVI Congress of the ESPEN – 4.000 Delegates

2005

EFORT – European Federation of National Associations of Orthopaedic and Traumatology – 6.000 Delegates

23rd Annual congress of the European Society of Cataract and Refractive Surgeons –ESCRS- 3.000 Delegates

International Meeting of the ECR Working Group on Heart Failure – 3.000 Delegates

10th congress of the European Association of Hospital –Pharmacists – 2.000 Delegates

2006

International Congress on Infectious Diseases – 3.700 Delegates

World Congress of the International Union of Angiology – 2.500 Delegates

2007

56th Session of the International Statistical Institute – ISI – 3.000 Delegates

EURO-PACE European Congress on Cardiac Pacing and Electrophysiology 2.500 Delegates

2008

EACTS - European Association For Cardiothoracic – 5.000 Delegates

Congress of the European Orthodontic Society EOS- 1.500 Delegates

European Congress of Gynaecology and Obstetrics – EAGO/EBCOG-1500 Delegates

2009

17th AEP Congress - Association of European Psychiatrists- 3.000 Delegates

World Telecommunication Policy Forum WTPF – 1.000 Delegates

Conference of the European Sociological association ESA- 2.000 Delegates

6th Congress of the European Federation of IASP Chapters-3.500 delegates

2010

FIP World congress of Pharmacy and Pharmaceutical Sciences- 2500 Delegates

16th IRF International Road Federation - 3.000 Delegates

28th International Horticultural Congress – IHC Lisbon – 3000 Delegates

2011

Annual Meeting of the European Association for the Study of Diabetes – EASD 14.000

12th Congress of the European Association for Palliative Care - 3.000 Delegates

International Congress of the European Academy of Dermatology and Venereology – EADV – 9000 Delegates

2012

EORNA – European Congress for Operating room nurses – 2000 delegates

2013

Rotary International -35.000 Delegates

European Biophysics Congress – EBSA – 1000 Delegates

2014

9th World Congress of the International Water Association IWA- 3.000 Delegates

Entry regulations:

Portugal is a member of the European Union and a signatory Schengen Treaty. EU citizens only need an official identification card or passport to entering the country. Nationals of other states are kindly requested to inform themselves about the entry requirements, i.e. obtaining a visa.

Custom regulations:

Portugal is a member of the European Union and therefore all EU nationals are subject to EU regulations.

Nationals of non-EU countries may bring with them such articles as are required for their personal use or consumption.

Compared with other European capital, Lisbon is a city where one finds the widest choice of affordable restaurants, shops and hotels in all price categories.

Climate is mild all year around – never too hot in the summer and lots of warm sunshine in the winter.

Next Stop Lisbon – Lisbon is located only a few hours flight away from most of Europe. 1-3 hours from most major European cities and 6-8 hours from the Americas.

Competitive prices – Value for money – Lisbon ranks high amongst the major European cities with most competitive accommodation rates, especially in relation to quality and service.

Friendly – a tolerant city by tradition thanks to centuries of enjoying/experiencing cross-cultural influences from overseas. We make people feel at home!

City Resort – the only European capital with sandy beaches 20 minutes away from the cobbled streets of the city centre and a luxuriantly green mountain around the corner – Sintra an oasis of luxurious parks dotted with hidden-away fairytale palaces; Estoril, a cosmopolitan resort with a Victorian-era charm.



Estoril beach



Pena Palace in Sintra



Charming Lisbon

Some everyday items at 2010 prices

	Euro	Us Dollar	British Pound
Coffee Espresso	0,60	0,85	0,52
Beer	0,80	1,14	0,69
Bottle of good quality red Wine *	10-12	14,28-17,13	8,74-10,49
Bottle of Vintage Port	50	71,40	43,71
Light Lunch	9,00	12,85	7,86
Dinner in a Fado Restaurant *	40-45	57,16-64,25	34,97-39,34
Underground Ticket	0,80	1,14	0,70
Bus Ticket	1,40	2,00	1,22
Taxi Voucher (Airport / city centre Hotel)	17	24,27	14,86
Daily Newspaper	1,20	1,71	1,04
Green-Fee **	50-60	71,39-85,67	43,71-52,45
1/2 day City Tour	33-40	47,12-57,11	28,85-34,97

* Average price in middle class restaurant

**average price for weekdays, not being guest at golf resort/hotel

Exchange Rates (as of Jan 2010)

1 Euro = 1.42 US\$

1 Euro = £ 0.87

Transportation

Reasonable costs for travelling to the venue will be offered.

The main carrier is TAP Portugal. Furthermore several companies including low cost carriers offer a wide range of cheap flights to Lisbon.

DIRECT AIR CONNECTIONS TO LISBON

Country	City	Weekly flights Summer 2010	
		by company	total
Germany	Düsseldorf	2 (Lufthansa)	2
	Frankfurt	21 (TAP), 21 (Lufthansa)	42
	Hamburg	14 (TAP)	14
	Munich	14 (TAP), 14 (Lufthansa)	28
Belgium	Brussels	28 (TAP)	28
	Aarschot/Brussels	21 (TAP), 14 (KLM), 2 (Transavia)	37
Luxembourg	Luxembourg	10 (TAP)	10
Croatia	Zagreb	3 (TAP)	3
Czech Republic	Prague	13 (TAP)	13
	Brno	7 (TAP)	7
	Hradec Králové	5 (TAP), 3 (Ryanair)	8
Denmark	Copenhagen	7 (TAP)	7
	Oslo	2 (Iberia)	2
France	Paris CDG	42 (TAP), 35 (Iberia), 14 (Air Europe)	91
	Paris MXP	14 (TAP)	14
	Paris ORY	29 (Air France)	29
	Paris LGV	49 (TAP), 20 (Air France)	69
	Toulouse	14 (TAP)	14
	Strasbourg	7 (Air France)	7
	Lyon	21 (TAP)	21
	Marseille	14 (TAP)	14
Nice	21 (TAP)	21	
Hungary	Budapest	6 (TAP)	6
	Debrecen	7 (TAP)	7
Italy	Rome FCO	7 (TAP)	7
	Rome MXP	14 (TAP), 7 (Lufthansa)	21
	Bari	28 (TAP)	28
Malta	Valletta	7 (TAP)	7
	Ciampino	2 (Air Moldova)	2
Poland	Warsaw	5 (TAP)	5
	London LGW	5 (TAP)	5
United Kingdom	London LHR	44 (TAP), 28 (British Airways)	72
	Prague	6 (TAP)	6
Russia	Moscow	5 (TAP)	5
	Geneva	21 (TAP)	21
Switzerland	Zurich	21 (TAP), 7 (Swire)	28
	Istanbul	4 (Turkish Airlines)	4
Ukraine	Kiev	3 (Ukraine Interm.)	3
	Lisbon	14 (TAP), 6 (TASG)	20
Algeria	Algiers	3 (TAP)	3
	Sai	7 (TAP)	7
Cape Verde	Praia	7 (TAP)	7
	Sal	7 (TAP)	7
Egypt	Cairo	2 (Egyptair)	2
	Bissau	3 (TAP)	3
Morocco	Casablanca	6 (TAP), 9 (Royal Air Maroc)	15
	Marrakech	3 (TAP)	3
Mediterranean	Madrid	4 (TAP)	4
	Johannesburg	4 (TAP)	4
Kenya	Nairobi	7 (TAP)	7
	São Tomé e Príncipe	1 (TAP), 1 (STP Airways)	2
Tanzania	Dar es Salaam	2 (Tanzania Air)	2
	Belem Horizonte	5 (TAP)	5
Brazil	Brasilia	7 (TAP)	7
	Fortaleza	7 (TAP)	7
	Miami	4 (TAP)	4
	Recife	7 (TAP)	7
	Rio de Janeiro	12 (TAP)	12
	São Paulo	7 (TAP)	7
	São Paulo	11 (TAP)	11
Venezuela	Caracas	4 (TAP)	4
	Montreal	1 (SATA Interm.)	1
Canada	Toronto	4 (SATA Interm.)	4
	Montreal	6 (SATA Interm.)	6
USA	Philadelphia	7 (US Airways)	7
	NY - Newark	7 (TAP), 7 (Continental)	14

Country	City	Airline company	Weekly flights Summer 2010	Opening since
Germany	Berlin	easyJet	2	11 - May-07
	Frankfurt	Germanwings	2	
	Stuttgart	Germanwings	3	
Belgium	Brussels	Brussels Airlines	15	
Denmark	Copenhagen	Cougar Airlines	2	
Spain	Borcia	Vueling	14	16-May-05
	Madrid	Vueling	14	29-Feb-06
	Madrid	easyJet	22	01-May-07
	Palma de Mallorca	Air Berlin / NIK	2	
France	Lyon	easyJet	4	04-Apr-08
	Paris CDG	easyJet	16	01-Mar-06
	Toulouse	easyJet	4	10-Sep-10
Ireland	Dublin	Aer Lingus	2	14-Mar-09
	Dublin	Aer Lingus	8	
Italy	Milan MSP	easyJet	2	21-Apr-06
United Kingdom	Rome	easyJet	2	02-May-07
	Birmingham	easyJet	4	31-Oct-07
	Edinburgh	easyJet	3	09-May-10
	Liverpool	easyJet	4	02-May-07
	London LGW	easyJet	7	29-Oct-07
	London LTN	easyJet	14	01-Mar-06
Romania	Manchester	BMI Baby	2	17-Jun-08
	Bucharest	Blue Air	3	25-Mar-07
Netherlands	Brno	easyJet	4	10-Mar-06
	Amsterdam	easyJet	14	29-Oct-05

Lisbon International Airport

Lisbon International Airport is located only 7 kms from the city centre and from the majority of the conference hotels and congress centres.





By Train

Scores of national and international trains arrive in Lisbon everyday. In addition to Santa Apolónia terminal Station, the city has the Gare do Oriente, which opened in 1998 adjacent to the Parque das Nações. Both stations have direct bus and underground connections to the city centre.

CP – the railway company - also provides a service covering practically the whole of the country. The Estoril Coast and Sintra are served by trains every 15 minutes.

By Road

Arriving in Lisbon by road is a pleasant experience, as the visitor can enjoy the beautiful countryside along the way.

The good access and the two bridges – 25 de Abril and Vasco da Gama – make the city an easy place to get to.

Car Rental

All major car hire companies such as Avis, Hertz, Budget, etc. are represented at Lisbon airport.

By Sea

The port of Lisbon is the busiest port on the European Atlantic coast. It has three quays for cruise ships: at Alcântara, Rocha de Conde d’Óbidos and the Santa Apolónia docks. Lisbon is a port of call for many cruise ships. Furthermore, the city also has marinas in the docks of Belém, Santo Amaro, Bom Sucesso, Alcântara and Olivais.

Public Transportation

Within the city, the major public transportation companies – Carris and Metro – cover the entire city with regular bus, tram and subway services.

Besides these public companies we also have more than 3.500 taxis plying the city’s streets.



Public tram

Underground Ticket	0,80 Euro	www.metrolisboa.pt
Bus Ticket	1,40 Euro	www.carris.pt
Train Lisboa – Cascais	1,70 Euro	www.cp.pt

Lisbon accommodation

The Portuguese hotel industry has a good reputation abroad, basically due to its high standard of services.

This professionalism together with the Portuguese natural warmth and friendliness of the Portuguese make a powerful combination that will certainly help you to feel - at home - and welcome.

Most of the Lisbon Hotels are located in the city itself and in two main areas - downtown and the new quarters of Lisbon (in the north part of the town).

The present Hotel capacity, per categories is as follows:

HOTELS	NR. OF BEDS
5 Star Hotels	5.977
4 Star Hotels	14.235
3 Star Hotels	5.946
2 Star Hotels	1.458
Others	4.860

The total number of beds in the different categories is 32.476. Bear in mind too, that new hotels are being built and others projects are already confirmed.

Lisbon is considered to have the most reasonable accommodation costs of many European cities.

Top Atlântico DMC, the largest tourist accommodation agency, will handle Hotel accommodation for participants and exhibitors, at the most competitive rates.

ROOM RATE INDICATION	FROM	TO
5 star L	230	320
5 star	150	230
4 star	100	180
3 star	60	100

Sample of current group rates 2010 in Euros, per room/night (VAT included)

Very conveniently most five star hotels are located close to each other, within walking distance or served by metro, bus or tram services.

For bigger events there are hotels in Estoril/Sintra area and they are only 25km/15 miles (30 minutes) from Lisbon.

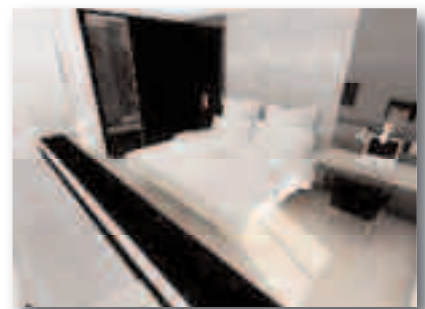
New hotels by 2010/2011 – Increase in Hotel capacity in the Lisbon area

The Lisbon Region has been increasing its hotel capacity with the opening of new establishments, mostly in the four and five star category.

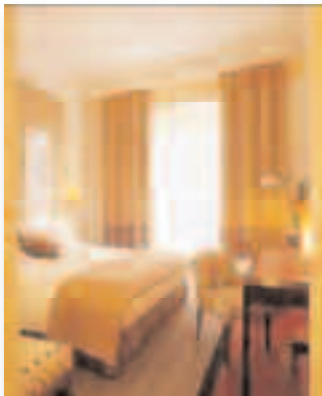
A selection of 5 star hotels will open in the most emblematic areas of town, like the Parque das Nações, Belém, Junqueira, mid-town and downtown.



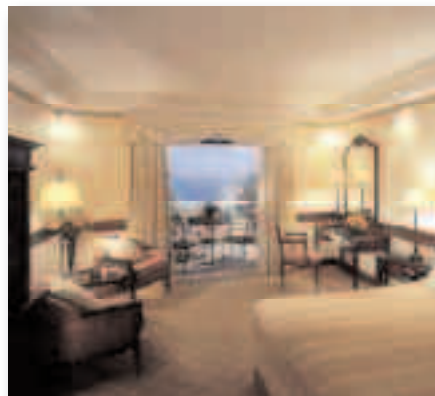
Sample room at Pestana Palace



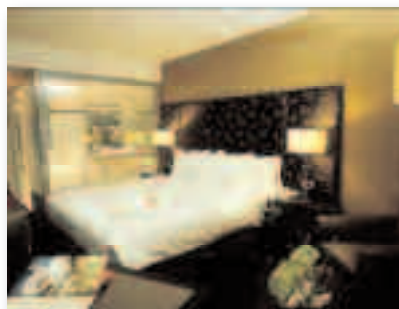
Sample room at Fontana Park Hotel



Sample room at Heritage Av Liberdade



Sample room at Lapa Palace



Sample room at Sheraton Lisbon



Sample room at Bairro Alto Hotel

Venues

Proposed Conference Venue

Welcome to Lisbon Congress Centre

Located near the River Tejo (Tagus) near the historic buildings of Belém quarter, Lisbon Congress Centre is an inviting space for anyone wishing to hold congresses, conferences, meetings, exhibitions and other events.

Three large entrance halls make it possible to hold several different kinds of events simultaneously, with maximum comfort and efficiency.

The venue is equipped with up-to-date audiovisual and IT equipment and has a Wi-Fi system.

Its 8 auditoria, 5 pavilions and 27 meeting rooms occupy a total of 15,000 sq m, making the Lisbon Congress Centre the perfect facility for your events.

LCC can host events with up to 8,000 delegates.



Facilities

Auditorium I – LCC	(maximum capacity in theatre style 1500 people)
Auditorium II – LCC	(maximum capacity in theatre style 350 people)
Auditorium III – LCC	(maximum capacity in theatre style 100 people)
Auditorium IV – LCC	(maximum capacity in theatre style 100 people)
Auditorium VI – LCC	(maximum capacity in theatre style 300 people)
Auditorium VII – LCC	(maximum capacity in theatre style 400 people)
Auditorium VIII – LCC	(maximum capacity in theatre style 400 people)
Room 0.06 – LCC	(maximum capacity in theatre style 40 people)
Room 0.07 – LCC	(maximum capacity in theatre style 50 people)
Room 0.08 – LCC	(maximum capacity in theatre style 40 people)
Room 1.09 – LCC	(maximum capacity in theatre style 50 people)
Room 1.10 – LCC	(maximum capacity in theatre style 50 people)
Room 1.13 – LCC	(maximum capacity in theatre style 50 people)
Room 1.15 – LCC	(maximum capacity in theatre style 50 people)

Pavilion 3 – LCC – has

Room 3A – LCC	(maximum capacity in theatre style 150 people)
Room 3B – LCC	(maximum capacity in theatre style 150 people)
Room 3C – LCC	(maximum capacity in theatre style 150 people)

Pavilion 5 – LCC – has

Room 5A – LCC	(maximum capacity in theatre style 150 people)
Room 5B – LCC	(maximum capacity in theatre style 150 people)
Room 5C – LCC	(maximum capacity in theatre style 150 people)

Pavilhão do Rio – LCC	(3800 sq m area)
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Auditorium I – 1500 pax



Auditoria VI + VII – 700 pax



Auditoria III + IV – 240 pax



Pavilion Rio – 3800m2



Meeting rooms



Meeting rooms

Foyer – first floor





Pavilion 3 – 1200m2



Pavilion 5 – 1200m2



Pavilion 4 – 1000m2

Banqueting Venues

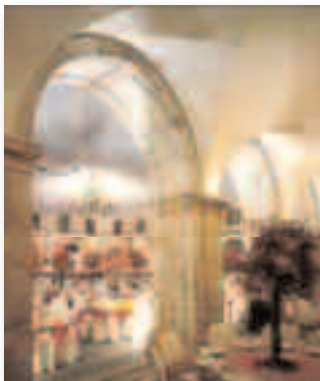
Lisbon has a wide selection of venues available for all size of events.

Choose the best one for your event, add a touch of sophistication or be simply casual, add a taste of Portuguese traditional cuisine, some entertainment/fado (traditional Lisbon music – vocal and/or with Portuguese guitar).

Result: an unforgettable event!

Please find below a sample of venues.

CONVENTO DO BEATO



This convent built in the 15th century is one of the richest and convents ever seen in the city. Today it hosts major events in the cloisters which have an interesting glass and metal roof. The former refectory, the first-floor library as well-enclosed as the wall surrounded patio can also be used for banquets or cocktails. Restored in early 2005.

Capacity	Lower Cloister	Upper Cloister	Refectory	Library
Banquet	1000	+ 250	250	250
Cocktail	1500	–	500	500

CORDOARIA NACIONAL

This unique and enormously long building is where ropes and other maritime equipment used to be produced. It was built in 1779. At that time it was very close to its customers the ships, which it supplied with all kinds of ropes. Today the closest neighbour is the Lisbon Congress centre just across the street. Due to its layout and location this venue is frequently used for fashion shows, product presentations and exhibitions, but it is also for large banquets and receptions.



Capacity	
Banquet	1500/2000
Cocktail	4000

PALÁCIO NACIONAL DA AJUDA

Located between Monsanto Park and Belém, this neoclassic building dating from the early 19th century was the last permanent residence of the Portuguese Royal family. During the happy reign of Luis and Maria Pia, the palace was the scene of brilliant receptions, concerts, weddings, masked balls and royal visits.

Today it is a museum of great historical and artistic interest and it can also host banquets, meetings and a variety of festivals in the various rooms of the palace.



Capacity	
Banquet	300
Cocktail	400

PALÁCIO NACIONAL DE QUELUZ



A Versailles look-alike national palace on the outskirts of Lisbon surrounded by pretty baroque gardens full of fountains and statues. It also has an arena for equestrian performances in the lower end of the park. A part of the palace serves as the official accommodation for foreign dignitaries, guests to the Portuguese state. Many concerts, exhibitions as well as cocktails receptions and banquets are held in the gardens and in the various rooms available.

Capacity	Throne	Music Hall	Ambassadors Room	Gardens
Banquet	220	125	80	1500 (Canopy)
Cocktail	400	250	100	unlimited

ESTUFA FRIA



This “green” venue is situated in the centre of the city a short walk from the major 5 star hotels around the Edward VII Park.

The name means “the cold greenhouse” and it is a veritable plant museum with carefully identified species from all over the world.

There is a pavilion connected to the greenhouse where besides cocktails receptions and banquets a variety of other events such as exhibitions, fashion shows or presentations can be held.

Capacity	
Banquet	850
Cocktail	1500

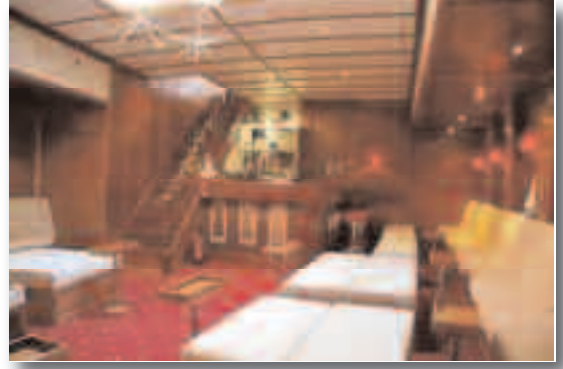
RUÍNAS DO CARMO & MUSEU ARQUEOLÓGICO



The Building of this, once magnificent church, dedicated to Our Lady of Mount Carmel, started in 1389. The present Carmo Archaeological Museum was established in the ruins of the former Church of Carmo in 1864, as the first Portuguese museum of art and archaeology. The fact that it was one of the few gothic monuments that survived the 1755 earthquake, and its romantic-ruin appearance, make it especially attractive and provide an unique scenario for the organisation of special events. Thanks to the use of a transparent canopy it houses events all year, but it is of course particularly pleasant during the warmer months.

Capacity	
Banquet / performances	300
Cocktail / receptions	500

RIVER CRUISES – PRÍNCIPE PERFEITO



The Príncipe Perfeito is a three masted topsail schooner that is a delightful way of enjoying the Tagus River. Relax on board and sense the capital city of Lisbon from Belém to Parque das Nações, place of the World Exposition in 1998, or enhance your meetings, seminars, cocktails receptions or other events.

Our ship has a large deck and inner rooms, elegantly decorated, to offer a pleasant and comfortable time.

From April to October the Príncipe Perfeito offers daily cruises (every day except Saturday, which is the staff's day off). During the rest of the year, cruises can be arranged by prior booking.

Capacity	
Deck	150
Salão bar	75
Multifunctions room	85

SOCIAL & CULTURAL ACTIVITIES

In the Lisbon region you will never be short of great things to do and see. Full of attractions, this region provides visitors with a unique setting for an unforgettable, once-in-a-lifetime experience.

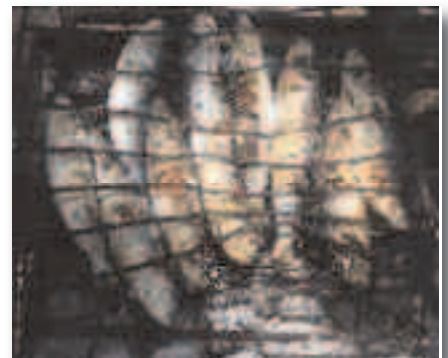
Lisbon is a city of light. The Tagus and the sun, nearly always in view, make the Portuguese city a mirror of colour in which the architectural beauty and uniqueness of its buildings stand out.

Lisbon has so many places of interest that there is always something worthwhile visiting. From botanical gardens to Art collections ranging from contemporary to ancient there will be always a pleasant experience. Aside from the usual stores Lisbon also offers a good standard of antique shops.

Portugal is a wine country. You will find a world of different experiences where delicious fish and sea food freshly caught in the Atlantic can be served with the famous “vinho verde”. Meat and poultry specialities require a red wine as do the excellent cheeses not to mention the “bacalhau” recognized as the national dish. Portuguese cuisine is varied and of Mediterranean inspiration.



Typical cod (bacalhau) dish



Grilled sardines



“Bica” and “Pastéis de Belém”

Below are some traditional sightseeing tours in and around Lisbon:

LISBON City Tours

Visit the main areas:

Historic Centre:

– **Alfama/Castelo/Mouraria** – are what make Lisbon such a colourful city. Charming ancient Moorish neighbourhoods with narrow winding streets and picturesque white washed houses, crowned by St. George's Castle.



Historical quarter of Alfama

– **Bairro Alto** – is traditionally Lisbon's nightlife hub, but during the day it's a sort of bazaar with designer shops you won't find anywhere else in the city.

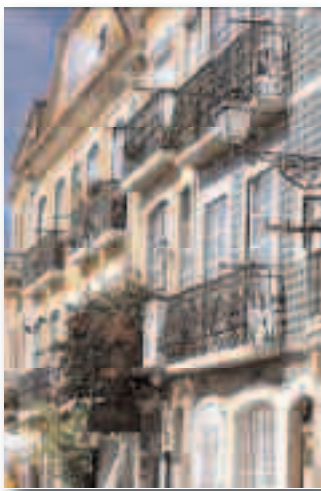
– **Baixa/Chiado** (downtown) – adds a special touch to Lisbon's ambiance. Traditionally, it is the city's shopping hub and a wonderful place for leisurely walks. Praça do Comércio, the magnificent "Black Horse Square" with its Triumphal Arch facing the River Tagus, the cathedral, the Carmo ruins, Chiado's magical atmosphere with its unique cafes and bookshops, etc.



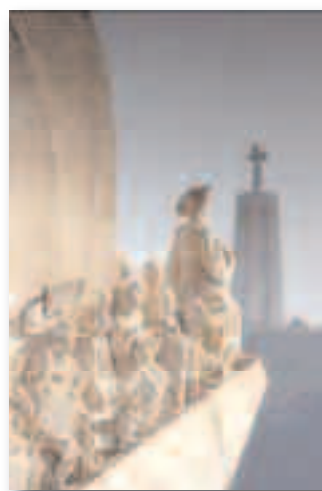
Praça do Comércio/Black Horse Square

Belém – is filled with reminders of a past empire’s grandeur – Portugal’s discovery of new ocean routes and faraway lands, known by its monuments: the Tower of Belém and Jerónimos Monastery – both awarded world Heritage status by UNESCO; the Monument to the Discoveries, the Royal Coach Museum.

There is also the Belém Cultural Centre that hosts many cultural events, as its name suggests. Belém is a place for walks through the gardens and along the riverside, culminating with a delicious Belém custard cupcake, one of Lisbon’s most sought-after sweets.



Belém quarter



Monument to the discoveries

Parque das Nações – In eastern Lisbon, also along the river Tagus, you’ll find the Parque das Nações (former Expo 98), a large urban complex combining cultural, recreational, residential and business activities, one of Lisbon’s focal points and an example of integrated modernity. In addition to the many riverside gardens, you’ll also find unique facilities, such as the Atlantico Pavillion, The Lisbon Oceanarium, The Vasco da Gama tower and the Casino Lisbon.



Parque das Nações / Nations Park

Lisbon Half-Day Tour:

Visit Belem, a waterfront area with a profusion of imposing monuments dating from Portugal's golden age of maritime discoveries in the 15th century.

View the Tower of Belem, a jewel of the Portuguese baroque Manueline style. It used to be a river fort in mid-stream, but is now on the bank. Pass the Monument to the Discoveries, shaped like a sailing caravel with Prince Henry the Navigator on the prow, before visiting the Jerónimos Monastery church. Perhaps the most grandiose monument in Lisbon, it was built in 1502 and is a superb example of the intricate Manueline style of architecture.

Drive up from the riverside to visit Rossio Square and the elegant shopping area designed by the Marquis of Pombal after the 1755 earthquake, before climbing the narrow streets of the old Moorish quarter of Alfama for a walking promenade.

Mini-cruise on the Tagus River (Half Day):

A mini-cruise is a real must in order to enjoy Lisbon - a city overlooking the river and the ocean. Centuries of history will emerge from the monuments scattered along the river as well as the Castle on the hills. Enjoy a panoramic view of Parque das Nações where the Expo'98 was organized with all its modern architecture and an Oceanarium.

Lisbon by night with Fado and Folklore (evening tour):

Enjoy a panoramic view of the city by night and taste the Portuguese cuisine to the sounds of the traditional Fado and Folklore show.

Departure from Parque Eduardo VII and begin of the tour in the centre – Marquês de Pombal, Av. Da Liberdade, Rossio and Terreiro do Paço. Along the way you will have a panoramic view of the Monuments to the Discoveries, Torre de Belém, Mosteiro dos Jerónimos. View of the Lisbon bridge and the Cristo Rei statue. Finally there will be dinner in a typical restaurant with traditional Fado and folk dancing.

Tours around the Lisbon Coast

Estoril: Cosmopolitan beach resort, with palm-tree lined avenues, sumptuous villas of millionaires and kings, luxurious hotels, good restaurants, two golf courses and one of the largest Casino in Europe. Regarded by many as the "Portuguese Riviera" the town of Estoril overflows with glamour and charisma.



View over Estoril



Cascais Bay

Cascais: The town of fishermen and kings. Beautiful sheltered bay, colourful painted fishing boats, yacht club, golf courses at Quinta da Marinha and Oitavos, 17th century citadel, museum and municipal park. Originally just a fishing village with good beaches, it has developed into a cosmopolitan international holiday resort with excellent restaurants, bars, boutiques and night clubs.

Guincho: A long open sandy beach, famous for fishing and surfing, with several excellent sea food and fish restaurants.

Cabo da Roca: The westernmost point of mainland Europe. Spectacular scenery

Queluz: A charming 18th century pink Rococo palace, described as Portugal's Versailles. Portuguese Empire antiques and lovely ornamental gardens. The Palace Kitchen - "Cozinha Velha", is now a famous restaurant, complemented by an elegant Pousada.



Queluz Palace

Sintra: Full of romance, history and culture, Sintra is a living portrait of the harmony between nature and human presence, with a truly magnificent setting. One of the oldest and most beautiful towns in Portugal perched high in the hills and surrounded by luxuriant vegetation. Sintra, with its fairy tale pa-

laces, baroque follies and unique micro climate has inspired many great writers and poets: Lord Byron called it a “glorious Eden”. Visit the 14th century Palácio Real, with its magnificent chimneys ; The Moorish castle ; the Pena Palace - a pastiche of architectural styles ; the fascinating Gardens of Monserrate with 3 000 different species of plants and the Seteais (Seven Sighs) Palace, now a luxury hotel.



Monserrate Palace



Quinta da Regaleira

Breathtaking visit to Arrábida nature reserve and the Setúbal dolphins

Cross the 25th of April Bridge and the vineyards of the Palmela demarcated wine producing area. The Arrábida nature reserve is located on a mountain ridge from where there is a view over the golden sands and the deep blue sea to the south and over Lisbon to the north. Depart from Setúbal for a sailing trip to meet the Setúbal dolphins, they are just as friendly, fun and happy as you imagine. Enjoy a pick nick lunch.



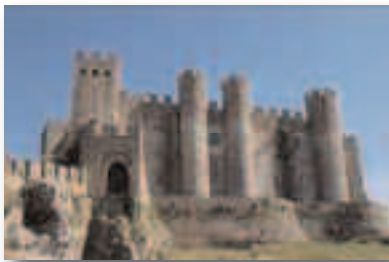
Arrábida Natural Park



Dolphins

ÓBIDOS / NAZARÉ / FÁTIMA

Óbidos: A beautiful medieval walled town, with narrow cobbled streets, picturesque houses, ramparts, and the 17th century church of Santa Maria.



Charming Óbidos

Alcobaça: A former Cistercian monastery, built to celebrate the 1147 victory of King Afonso over the Moors at Santarém. The church is the largest in Portugal and it houses the tombs of King Pedro and his beloved Inês de Castro. It has been declared a - World Heritage Site by UNESCO.



Statues of Nossa Senhora da Fatima



Alcobaça monastery

Fátima: known for its 20th century neo-classical basilica facing a square said to be twice as big as St. Peter's in Rome. This is where, in 1917, three children shepherds saw a series of miraculous visions. A site of Christian pilgrimage and worship for many thousands of believers.

Nazaré: Portuguese for Nazareth, this fishing village is famous for its typical flat-bottomed boats and fishermen wearing black stocking-caps.

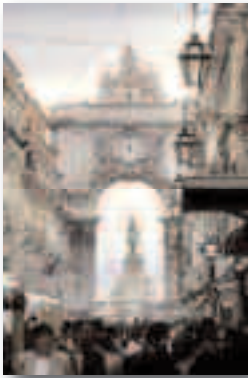
Batalha: The Monastery of the battle, a gothic masterpiece with beautiful Manueline filigreed stonework. Built to commemorate the Portuguese victory over the Castilians at Aljubarrota in 1385 – declared a World Heritage site by UNESCO.

SHOPPING TRIP

Visitors may do some shopping in Lisbon's most fashionable neighbourhood: the Chiado. This recently renovated area of Lisbon offers the most exquisite shops in a traditional setting. The downtown area has countless stores and many leading brands have shops along the Avenida da Liberdade, right in the city centre.

You can also try the magnificent shopping centres we have in Lisbon: Colombo, Amoreiras, El Corte Inglés and Vasco da Gama.

Antiques are also a good option for those who prefer special gifts with some history attached.



Rua Augusta – pedestrian street



Rua do Carmo – Chiado quarter

Shops are open from 09h00 to 13h00 and 15h00 to 19h00 Monday to Friday, and 09h00 to 13h00 on Saturdays.

In major town centres and in many shopping malls, they stay open during lunch hours, and close later at night, including weekend

Fine leather goods, lead crystal ware, porcelain, vintage wines, golden and silver filigree, pottery and specialist textiles are considered excellent buys in Portugal.

GOLF

The Lisbon region is the perfect golf destination. The tranquillity and satisfaction to be found on the greens are matched only by the quality, number and diversity of Lisbon's Golf courses.



Belas Golf Course



Quinta da Marinha Golf Course

The region's natural features are a major attraction for this inspiring and invigorating sport. The almost year-round sunny and temperate climate, plus a striking landscape of ocean, beaches, rivers, cliffs, dunes and lakes make this a truly exhilarating experience. Over 20 golf courses can be found around Lisbon. All courses are top notch – the only difficulty is selecting one.



Campos / Cursos	
1	Campos de Golf da Estoril
2	Clube de Golf do Foz do Lizandro
3	Clube de Golf de Cascais
4	Clube de Golf Quinta da Moura
5	Clube de Golf de Estoril
6	Clube de Golf de Cascais
7	Clube de Golf de Cascais
8	Clube de Golf de Cascais
9	Clube de Golf de Cascais
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15	Clube de Golf de Cascais
16	Clube de Golf de Cascais
17	Clube de Golf de Cascais
18	Clube de Golf de Cascais
19	Clube de Golf de Cascais
20	Clube de Golf de Cascais

PRE OR POST CONGRESS TOURS

Of the many possibilities we suggest:

Évora – World Heritage City (full day tour)

Drive eastwards through the Alentejo plains, the world's largest cork producing region, for a visit to Évora.

The Roman temple of Diana, dating from the 2nd century, is one of the best preserved in the Peninsula, and the imposing walls were first started by the Celts. The cathedral, consecrated in 1204, and built in French gothic style, has some fine "azulejos".

The Convent of Loios, now a Pousada, was founded in the 15th century. The University was founded in 1551 by King João II, and was the headquarters of the Jesuit Inquisition in Portugal until their expulsion by the Marquês de Pombal in 1759. The "azulejos" decoration of the building is some of the finest in Portugal.

The Manueline church of São Francisco houses the Chapel of Bones, containing the skulls of some 5.000 Franciscan monks.

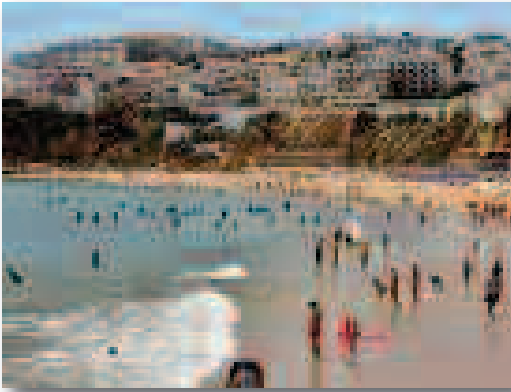
The ancient fortified town of Montemor-o-Novo, with its Castle dating from Roman times is viewed on the return journey. The town's most famous son was the founder of the Order of the Knights Hospital, and there is a statue to his memory in the Church square.

Setúbal is an important fishing port on the mouth of the River Sado and is surrounded by orange groves and beautiful beaches. The Castle of São Filipe dates from 1560, and was built by Philip II of Spain to defend Portugal from the English. Today it is a fine Pousada.

Return to Lisbon over the modern suspension bridge spanning the River Tagus.



Templo Diana



Albufeira beach

Algarve – 3 Days / 2 Nights

A resort area in the South of Portugal that is famed for the quality of its beaches and golf courses.

Drive across the plains of the Alentejo province to the city of Evora, for a visit to the main attractions such as the Roman temple of Diana. Continue south to the golden sands of the Algarve. Dinner and overnight.

In the morning, visit Silves, Lagos and Sagres – savour the charm of the old legends of bewitching Moorish maidens, and the call of the sea that led to the discovery of new worlds.

The afternoon is free to take a dip in the sea. Dinner and overnight.

The return trip will afford a last look at this province nestling among land, sea and sky. A lunch in the countryside will be served before the return to Lisbon.



Porto

North of Portugal – 7 Days / 6 Nights

Birthplace of the nation home of the best wines, including Port, very picturesque and with much of historical interest.

From Lisbon, head north to the medieval town of Obidos with its narrow streets and walls. Nazare is a quaint fishing village, and the imposing monasteries of Alcobaca and Batalha complement the shrine of Fatima. Dinner and overnight at Leiria.

Visit the Roman ruins of Conimbriga, and the university town of Coimbra. Enjoy the exuberance of the forest of Bussaco, well known from the Napoleonic wars, and the canals of Aveiro. Dinner and overnight at Espinho.

Morning tour of Porto. Afternoon free. Dinner and overnight.

Continue north to the Minho, cradle of Portugal in the Vinho Verde area. Visit Guimaraes, the symbol of Portuguese nationality, and Braga, ancient bulwark of the Christian faith. Enjoy a northern Portuguese lunch. Visit Viana do Castelo, famous for its handicrafts. Dinner and overnight in Porto. Through a land speckled with granite houses with wooden or wrought-iron balconies, enter the Port Wine region, the Douro valley, by way of Amarante and Vila Real. In the mountainous hinterland lies Viseu, city of warriors and artists. Dinner and overnight at Mangualde.

Drive to the heart of Portugal. Admire the beauty of the Serra da Estrela Mountains, the highest point of the country, with their shepherds and their flocks. Castelo Branco has lovely gardens, and is known for its embroidered quilts. Dinner and overnight at Castelo de Vide.

Visit the old Jewish quarter with its whitewashed houses.

Enjoy lunch in Evora before returning to Lisbon.



Santana typical house / Madeira

Madeira Island – 5 Days / 4 Nights

This sub-tropical garden in the Atlantic hardly needs an introduction. It has been a favorite spot for visitors since the 19th century.

Departure from Lisbon airport for the 90 minute flight by scheduled carrier to Funchal. Transfer to your hotel for overnight.

Days are to enjoy the beauties of the “Pearl of the Atlantic” at leisure. Madeira rises out of the Atlantic Ocean, off the coast of North Africa, in the gentle swell of the Gulf Stream.

The island was discovered in the golden era of Portuguese discoveries by Joao Goncalves Zarco in 1419, and as it was entirely covered in woodland and vegetation, he called it “the wooded island”, ‘madeira’ being the word for wood in Portuguese.

Blessed with a mild subtropical climate, the imposing volcanic peaks and valleys are covered with many varieties of flowering plants and shrubs.

Funchal, the island capital, lies at the end of a beautiful bay. Terraces of white houses line the wide-open slopes of the encircling hills whose summits, overlooking the town, are often shrouded in cloud. Overnight.

Transfer to the airport for the return flight to Lisbon.



Lagoa Furnas

The Azores Islands – 8 Days / 7 Nights

The enchanted isles. The place renowned for the beautiful landscapes, originating from ancient volcanoes, in many shades of green. Nature is there in all its splendour, encouraging visitors to discover the different world, that each of the islands of the Azores contains.

Round trip visiting the islands of S.MIGUEL, FAIAL and TERCEIRA.

S. MIGUEL: The limpid waters of lakes with legends of forgotten kings and cities. The exciting scent of tropical fruits. The unforgettable experience of a meal cooked by the very heat of the earth.

FAIAL: The white houses of a town mirrored in the sea. The masts of sailing craft that come from all over the world. The spectacle of the sunrise over the island of Pico.

TERCEIRA: The reticulated outline of a monument-town. The colorful “Impérios” which bear witness to the religious devotion of the people. The constant presence of history, everywhere.

GENERAL INFORMATION

*** Accessibility**

Lisbon International Airport is 7 kms from the city centre, about 20/30 minutes driving distance from Estoril, and has daily flights to and from major cities around the world.

*** Checking-in/out Policy**

Should hotel rooms be required for guaranteed occupancy before 13h00, the previous night should be reserved. Check out time is 12h00 (noon).

*** Currency**

The unit of currency in Portugal is the Euro. Foreign currency may be exchanged at banks, which are open to the public on working days, at exchange offices and automatic machines. Although the coins have both a European common side and a specific national side, they are all accepted in all the countries that joined the Euro currency, as are bank notes.

*** Exchange**

Major credit cards are accepted in most hotels, shops and restaurants. Travellers cheques and currency can be changed at hotels or at a bank - these are open Monday to Friday from 08h30 to 15h00. Automatic exchange and cash dispensing machines linked to international networks are also widely available.

*** Geographical Situation**

Lisbon is the capital of Portugal and lies on the north bank of the Tagus Estuary, on the European Atlantic coast. It is the westernmost city in mainland Europe. Greater Lisbon has an area of approximately 1.000 km². The city lies more or less in the centre of the country (lengthways), approximately 300 km from the Algarve in the south and 400 km from the northern border with Spain.

*** Time Zones**

Australia	Camberra	+ 10 h
Brasil	Brasilia	- 3 h
France	Paris	+ 1 h
Germany	Berlin	+ 1 h
Holland	Amsterdam	+ 1 h
Italy	Rome	+ 1 h
Japan	Tokyo	+ 9 h
Norway	Oslo	+ 1 h
South Africa	Cape Town	+ 2 h
Spain	Madrid	+ 1 h
Sweden	Stockholm	+ 1 h
UK	London	=
USA	Chicago	- 6 h
USA	Los Angeles	- 8 h
USA	New York	- 5 h
USA	Washington	- 5 h

* **Population**

Approximately 600.000 people live in Lisbon. However, including the various satellite towns, the population of greater Lisbon rises to approximately 2 million people.

* **Driving**

Vehicles drive on the right side of the road. The use of safety belts is compulsory, and children under 12 must travel in the rear seats.

Portugal has a large motorway network crossing the whole country from north to south, in Algarve, and from the west coast to the border with Spain.

Valid driving licenses from EU countries, the USA, Canada and other major countries are acceptable for use in Portugal up to 6 months stay.

* **Electricity**

European type 2 pin sockets with 220 volts AC at 50 cycles are used. The phase 380 volt current is normally available in meeting and exhibition rooms.

A 220-volt transformer and an adapter plug are needed for USA type plugs.

* **Entertainment**

Lisbon has a wide variety of theatres and venues catering for most tastes.

Opera, ballet, plays, concerts, etc. are staged on a regular basis all year round. Portuguese Fado and Folklore shows are popular, and an international show at Casino Estoril, with a glittering cabaret complements the many discos and other night spots (Bairro Alto, Av 24 de Julho, Lux, Docas) are a must.

* **Health Requirements**

With the exception of vaccination certificates for persons coming from areas where yellow fever is endemic at the moment there are no special health requirements.

* **Medical Care**

Clinics and hospitals provide round the clock emergency service. The national emergency phone number is 112.

Hotels have a doctor on call through the reception. Reciprocal E.C. cover is available at out-patient departments, otherwise private consultation fees are charged.

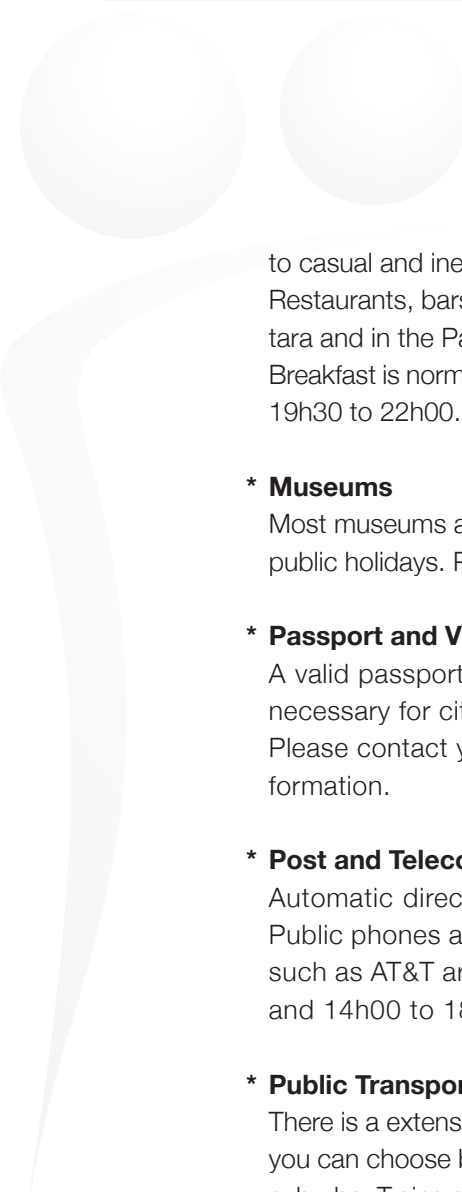
* **Language**

The official language is Portuguese – Latin in origin and the third most widely spoken European language in the world. It is the mother tongue of about 200 million people. Portuguese is the official language in several countries: Angola, Cape Verde, Guinea-Bissau, Mozambique, São Tomé e Príncipe in Africa, and Brasil in South America.

In Portugal itself a considerable number of people can understand and communicate in foreign languages – especially English and French.

* **Meals**

There are a wide variety of restaurants and cafés in Lisbon ranging from elegant and sophisticated



to casual and inexpensive. Take-away and fast food is also available from many outlets. Restaurants, bars, some with live music, and discos along the river Tagus, in the Docas area, Alcântara and in the Parque das Nações, are very popular meeting spots especially at weekend. Breakfast is normally served between 07h30 and 10h00, lunch from 12h30 to 15h00, and dinner from 19h30 to 22h00.

* **Museums**

Most museums are open Tuesdays to Sundays, from 10h00 to 17h00, and closed on Mondays and public holidays. Please check with the Secretariat of the Congress for further information.

* **Passport and Visas**

A valid passport (or identity card for European Community nationals) is required. Visas are not necessary for citizens of EU countries, the U.S.A., Canada and the majority of countries. Please contact your local Portuguese Embassy, Consulate or your Travel Agency for further information.

* **Post and Telecommunications**

Automatic direct dial telephone service is available to and from most countries in the world. Public phones accept either a pre-paid card, or coins (see signs on the booth). Credit systems such as AT&T are also available. Post offices are open Monday to Friday from 08h30 to 12h00 and 14h00 to 18h00.

* **Public Transportation**

There is an extensive and inexpensive network in all towns and cities. In Lisbon, city of the seven hills, you can choose bus, underground metro, elevators, electric trams or railway, within the city or to the suburbs. Trains and express bus service also link the main towns of the country.

* **Religious Services**

Portugal is predominantly Catholic, but a wide number of other religions (Protestant, Christian, Moslem, Jewish, and Hindu, for example) are also catered for. Please inquire at hotel reception for times and places of services.

* **Sales Tax**

Sales tax (VAT) is included in prices quoted. For non E.U. residents, tax free shopping schemes are available in many shops, which offer substantial savings to visitors.

* **Security**

Crime rates in Portugal are among the lowest in the world. Hotels have their own security staff, which is sufficient for most events. Specialist firms are also available if necessary, and the police provide special protection for visiting dignitaries and high risk individuals.

* **Smoking**

Smoking is forbidden by law on public transportation, and in enclosed public areas.

* **Tipping**

Tipping is optional, but 10% is customary in taxis, restaurants and bars.

* **Public Holidays**

National Holidays

1 Jan	New Year's Day
25 Apr	Freedom day
01 May	Worker's day
10 Jun	Portugal day
15 Aug	Feast of the Assumption
05 Oct	Implantation of the Republic
01 Nov	All Saint's day
01 Dec	Restoration of Independence
08 Dec	Immaculate Conception
25 Dec	Christmas day

Moveable Public Holidays

Good Friday

Corpus Christy



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