



Bulletin 2

**ISF World Schools
Inclusive Games
2019**

**Póvoa de Varzim
Portugal
07/07 – 12/07/2019**

ISF sponsor



Joy of moving



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ISF INCLUSIVE GAMES

The ISF Inclusive Games create an opportunity to participate in an international sport event for able-bodied students, students with Special Educational Needs* and students with disabilities. Together with competing, they live with other students from different countries with whom they promote and enrich the spirit of inclusion. The Games consist of 3 sports combined competition: Athletics, Boccia and Goalball.

The Executive Committee (EC) of the International School Sport Federation (ISF) entrusted the organisation of the 1st Inclusive Games to Póvoa de Varzim, Portugal.

*students with significant limitations in terms of activity and participation in one or several domains of life, resulting from permanent functional and structural changes, resulting in continuous difficulties in communication, learning, mobility, autonomy, interpersonal relationship and social participation.

THE ORGANISING COMMITTEE

1. Management

Overview of Local Organising Committee

Organisation	Ministry of Education of Portugal
Event Manager	Name: Rui Carvalho Email: rui.carvalho@dge.mec.pt Phone: 0035 1 213 936 804

Overview of ISF Representatives

ISF Delegate	Kole Gjelošhaj kole.gjeloshaj@isfsports.org
ISF Sports Manager	Francesco Fiorini francesco.fiorini@isfsports.org
Facebook	https://www.facebook.com/isfsports/
Twitter	https://twitter.com/isfsports/
Instagram	https://www.instagram.com/isfsports/
Website	http://www.isfsports.org/



2. Risk Assessment

Local authorities will coordinate security according to the threat levels of each country.

The safety device will be carried out according to the National Civil Protection Authority which aggregates safety and medical emergency issues.

3. Visa Policy

VISA requirements and documents to access the various Ports of entry (train, bus, airport) have to be checked by the individual nations. If you encounter any trouble during your journey, you can contact the LOC.

PARTICIPATION

The delegations from the following ISF Members participating in this event will be:

Country	Athletics	Boccia	Goalball
Croatia	X		
England	X	X	X
France	X	X	
Greece	X		X
Portugal	X	X	X
Slovakia	X		X
Dominican Republic	X		

This event aims to create an opportunity for students with Special Educational Needs or Disability, to participate in an international sporting event to compete and live together with other students from different countries promoting the spirit of inclusion.

It consists of 3 sports: Athletics, Boccia and Goalball. The countries can participate in one, two or in all sports competitions. There will be a classification for each sport, a combined classification and a Fair Play Trophy. All events will have a score counting for the event final classification.

1. Condition for participation

Category	Gender	Year of birth	Number of athletes per team
Selected	Boys-Girls	2001-2002-2003-2004-2005	Min: 2 - Max: 17



2. Composition of the delegation

Head of delegation	Deputy of head of delegation	Medical Assistant
1	1 for sport (max. 2)	1

Boccia # team	Athletes	Teacher Coach	Assist. adults	TOTAL min-max
1 team	3-5	1	1 for each student in wheelchair + 1 for all the other students	8-13

Composition of one team

Students in a wheelchair (In this event, the motor disability will be directed only to wheelchair users.) – at least one

Students with special educational needs

Students without special educational needs (maximum 1) – only for Boccia competition.

Mandatory: both genders on the field, at least 1 girl, at least 1 boy

Goalball

# team	Athletes	Teacher Coach	Assist. adults	TOTAL max
1 team	3-6	1	1 for each blind student + 1 for all the other students	8-15

Composition of one team

Students with visual impairment – at least one

Students without special educational needs (maximum 1) – only for Goalball competition.

Mandatory: both genders on the field, at least 1 girl, at least 1 boy

Athletics # team	Athletes	Teacher Coach	Assist. adults	TOTAL max
1 team	2-6	1	2 + 1 based on a reasoned request	5-11



Composition of one team

Students with intellectual disabilities

Mandatory: both genders participating, at least 1 girl, at least 1 boy

Head of Delegation: he/she may not combine the function of Head of Delegation and coach or another official function. He/she shall be the sole intermediary between his/her delegation and the Organising Committee, and the ISF Delegate.

There is **only one Head of Delegation per country**. In case other persons are considered responsible for each sport, they will be considered as additional adults. Each country should indicate who is the Head of Delegation as he/she will be the main person responsible for all the delegation in the interaction with LOC and ISF.

Only the main person responsible for the delegation (Head of Delegation) stays in a single room at the ISF basic price (see "Fees").

Medical Assistant: professional who supports his/her delegation with medical and health care.

Athletes:

- All able-bodied students must be attending schools which provide a general education.
- All students with disabilities must be attending school in the country they represent.

In order to be more inclusive and to promote gender equality, it is compulsory that each team has both genders.

Delegations should complete the **declaration of honour** to attest the conditions of their athletes are conformed to the requirements for team composition (the document will be attached to this bulletin).

The following are not eligible to participate:

- pupils of vocational schools who only attend that school as a complement to their vocational training;
- school teams and pupils enrolled at schools which provide sports training without any general education;
- part-time (e.g. afternoon) sports schools which take pupils from a variety of schools for training in one or more sports;
- teams formed as part of clubs, companies, universities or other institutions.

Coach/teacher: the coach is the trainer dedicated to his/her team.

Sport assistants:

- **Boccia:** 1 assisting adult is allowed per student in wheelchair + 1 for all the other students.



- **Goalball:** 1 assisting adult is allowed per blind impairment student + 1 for all the other students.
- **Athletics:** 2 assisting adults are allowed + 1 based on a reasoned request.

Additional Adults: Extra person accompanying the delegation, in addition to its official composition. The function of the additional adult within the delegation will need to be specified: function must be specified: doctor, physiotherapist, interpreter, security personnel, ministry representative, journalist, etc...

Participants obligations:

- Each participant is required to be present throughout the whole duration of the event.
- Each participant is required to take part also in all of the non-sport activities.
- Each team undertakes to compete against all other participating teams.
- Each participant undertakes to compete against all other participants.
- The absence of any member of a participating team from any part of the entire sport programme, opening-, prize-giving- and closing ceremonies and socio-cultural programme may result in the team being excluded from the results.

ADMINISTRATION & FINANCE

1. Registration

Please use your ERAS credentials to access registration. If you need a new username and password, please contact the ISF secretariat isf@isfsports.org.

Eras Registration Phase 3 reminder and deadline is **15th June 2019**.

2. Fees

Participation fee

In accordance with the rules laid down by ISF, the payment to be made to the organisers of the event amounts to 50 € per person and per night.

The participation fee (per person/per night) in EURO for all participants and extra person is as follows:

Position	Fee	Type of room
Head of delegation	50€	Single room
Coaches/teachers	50€	Double room
Coach/teacher	100€	Single room
Medical Assistant	50€	Double room
Medical Assistant	100€	Single room
Competitors	50€	2-3 bedded room
Sport Assistant	50€	2-3 bedded room
Sport Assistant	100€	Single room



Driver	50€	Double room
Driver	100€	Single room
Additional adults	50€	Double room
Additional adults	100€	Single room

The fee covers full board accommodation for the duration of the event. It covers the competition, cultural programme activities and all transport in connection with the official programme (arrival, departure, sports and cultural programmes).

ISF levy

An additional ISF levy of 40 € per member in the delegation must be paid together with the balance of the participation fee.

Donation to the School Sport Foundation

The ISF School Sport Foundation intends to provide underprivileged school children with opportunities to access sports training by highly qualified PE teachers and trainers and to dispose of good quality school sport equipment and infrastructure. One of the occasions to help the Foundation is the Charity Gala Dinner to which the Heads of Delegation will be invited. An extra contribution of 50 € for taking part is requested and mandatory for the Heads of Delegation.

A second way to raise funds for the School Sport Foundation is a free contribution that you can add to the 40 € ISF levy of the participants. You can add 5 €, 10 € or 15 € per participant to the ISF levy to pay. Instead of paying 40 €, you thus pay 45 €, 50 € or 55 € per participant.

Total Fee

The total fee for a regular participant:

# nights		Participation fee		ISF levy		(Donation School Sport Foundation)	TOTAL (minimum)
5	x	50€	+	40€	+	(5€ or 10€ or 15€)	290€

Extra person and special single rooms will be taxed as table in point 2a).

3. Balance Payment

The balance Payment can be transferred to this bank account:

Name of bank: Millennium BCP
 BIC (Swift Code) : BCOMPTPL
 Payee: FED PORT DESP PESSOAS C DEFICIENCIA
 IBAN: PT50.0033.0000.00049861079.83
 Reference: ISF Inclusive Games 2019+ name of participating country

The balance is to be paid by bank transfer by **30th June 2019**. No cash money will be allowed.



**Info about deposit:* if deposit has been paid then the deposit must be deducted from the total final payment.

All bank charges (for both deposit and balance) are to be met by the participating countries.

4. Insurance

Each country is required to provide insurance for each member of its delegation. At a minimum the insurance is to cover civil liability, material damage and medical costs.

5. Deadlines

- Registration Phase 1 and 2: **closed**
- Registration phase 3: **15th June 2019**
- Payment of the balance: **30th June 2019**

6. Accreditation Procedure

Players must be enrolled as full-time students for the current school year (2018/2019) and must have been born in 2001-2002-2003-2004-2005.

Each participating team must be nominated officially by the school sport authority represented in the ISF member country.

The following documents will be requested during accreditation:

- Payment overview: proof that the balance has been paid.
- Insurance Certificate: certified accident and civil liability insurance covering the whole delegation.
- School Certificate: document written in English and authenticated by the school, with all players listed and identified, certifying that all are full time students at the school in the current school year (2018-2019).
- Declaration of honour: attached to this Bulletin.

For each participant (including Head of Delegation, Coach, player, and additional persons):

- A passport or official identity card bearing photo, surname, forename, date of birth and nationality
- Image consent downloadable from ERAS Phase 3
- Anti-Doping Consent downloadable from ERAS Phase 3

Accreditation will take place at Rocha Peixoto High School, Póvoa de Varzim from 10:00 a.m. to 8:00 p.m., on 7th July 2019, and might be adjusted depending on arrival times.

At the arrival participants will be directed to the Rocha Peixoto High School to proceed with the accreditation. The Head of Delegation should have all the



documentation prepared for the process. After accreditation participants will be directed to the hotel.

LOGISTICS

1. Arrival & Departure

Delegations are to arrive on Sunday 7th July 2019.

Delegations are to depart after breakfast on Friday 12th July 2019

When the distance between Póvoa de Varzim and the capital of a participating country on another continent exceeds 5000 kilometers the delegation may extend its stay by arriving one day earlier or leaving one day later at the normal daily fee according 2 a).

The organisation of an extended stay for the delegation (before or after the event) is a matter for the country concerned. It shall not be the responsibility of the Organising Committee.

The organisers will be able to give you information on alternative accommodation in the area for your use outside the period of the championship and for those accompanying the delegation without accreditation.

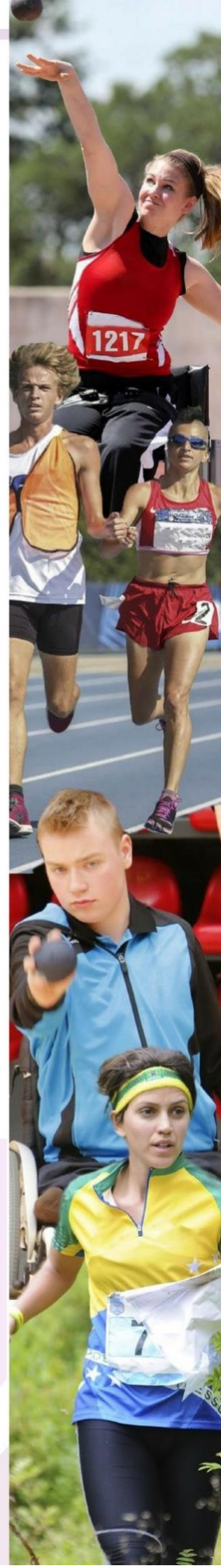
Delegations will be welcomed at the terminal of airport with the following signs of the championship and ISF.



Teams whose entry point in Portugal is not the Oporto international airport (Francisco Sá Carneiro Airport) or Oporto - Campanhã railway station, should reach the place of accreditation by their own means.

If you encounter any trouble during your journey, you may contact:

Mr. Adelino Furriel
adelino.furriel@dgeste.mec.pt
+351 929 137 989.



2. General Schedule

Sunday 07/07	Arrival of delegations Accreditation, Housing of teams and Welcome drink 21:30 - Heads of Delegation Meeting 21:30 - Technical and Referees meeting
Monday 08/07	09:00 / 13:00 - Training 12:30 / 14:00 – Lunch 14:30 /17:30 - Experimentation Sports 19:00 / 20:30 - Dinner 21:00 - Opening Ceremony
Tuesday 09/07	09:00 / 12:00- Competition Boccia/Goalball/Athletics 12:30 / 14:00 – Lunch 14:00 / 17:00 - Experimentation Sports: activities in the pool and on the beach, surfboard, canoeing, sailing, baptism of navigation (motorboat) and beach games. 14:00 / 20:00 - Inclusive Games Seminar 19:00 / 20:30 – Dinner 21:00 – Official Dinner
Wednesday 10/07	09:00 / 17:30 – Cultural Day (lunch included) 17:30 / 19:30 – Cultural Festival 19.30 / 21:00 – Dinner
Thursday 11/07	09:00 / 12:00 - Competition Boccia/Goalball/Athletics 12:30 / 14:00 – Lunch 14:00 / 16:30 - Friendship Orienteering Event 19:30 /22:00 - Social snack dinner and Closing Ceremony
Friday 12/07	Departure

3. Transport Network

Travel from participating countries to Oporto international airport (Francisco Sá Carneiro Airport) or Oporto - Campanhã railway station is to be arranged and financed by each participating country.

The LOC will finance and be responsible for transfer of delegations between Francisco Sá Carneiro Airport – Oporto or Oporto - Campanhã Railway Station and their accommodation on arrival and departure and similarly all transport in connection with the official programme (sports and cultural programmes).

The LOC will ensure bus transportation to competition venues, food and accommodation locations.

4. Accommodation

All delegations will be accommodated in hotels in Póvoa de Varzim and Ofir. Players, coaches/teachers, sport assistant, and drivers in 2 and 3 -bedded rooms, deputy of head of delegation and medical assistant, will be accommodated in twin-bedded rooms.



Axis Vermar Hotel – Póvoa de Varzim



Rua da Imprensa Regional
4490-518 Póvoa de Varzim
Portugal

reservas@axisvermar.com

Tel.: (+351) 252 298 900

Fax: (+351) 252 298 901

Latitude: 41° 23' 27.4482" N

Longitude: 8° 46' 23.5194" W

Axis Ofir – Ofir



Av. Raul Sousa Martins - Ofir
4740-405 – Esposende
Portugal

www.hotelaxisofir.com

Tel.: (+351) 253 989 80

Latitude: 41°30'59.3"N

Longitude: 8°47'07.4"W

Heads of delegation will be accommodated in the same hotel with at least one of their teams, in a single room.

Meals will be taken in school and breakfast will be served in each hotel.

A laundry service is available at the hotels and paid by the participants.

A connection to free Internet will be available and free at the Hotels.

NON-SPORT ACTIVITIES

1. Opening Ceremony:

8th July 2019 – 21h00

Garrett Theater, R. José Malgueira 13, 4490-647 Póvoa de Varzim

2. Cultural Programme

- Bus City tour and small walks in Póvoa de Varzim, Vila do Conde and Porto.
- Tourist and cultural visit to the cities of Póvoa de Varzim, Vila do Conde and Porto.



- Lunch will be at a school in the city of Porto for the competitors and in a restaurant for the HoD

3. “Cultural Festival” Preparation

Delegations are invited to participate in the "Cultural Festival" organized to encourage exchanges between the different cultures of the participating countries.

The Festival of Nations will compost with any presentations / performances done by the students that countries may wish to present:

- Each delegation will be provided with a space to promote the country through goods/snacks that are characteristic or representative of the country.
- Delegations are free to bring a video, music, dance, song presentation, etc. as long as they inform the LOC in advance (until the completion of registration phase 3) : deadline + on spot + lenght 5-10 minutes.

For this purpose the LOC will make available a sound and video system, as well as an area to execute its presentation

Since this festival will take place in a school, we warn that Portuguese law does not allow the entrance of alcohol in schools.

4. Thematic educative activities

During this event will be held in the afternoons (from 14:30 to 17:30) on the 8th and 9th, activities of experimentation and dissemination.

Some of these experimental activities are in the water (boats, swimming pool, river or sea) and in the sand which implies that the participants come to Póvoa de Varzim, prepared with bathing suit, beach towel, slippers and sunscreen.

5. Closing Ceremony:

11th July 2019 – 18h30

Póvoa de Varzim City Park

INCLUSIVE GAMES SEMINAR

The Inclusive Games Seminar will be held to discuss inclusion models in school sport and physical education implemented in each country, as well as to present good practices.

Participation

The Local Organizing Committee invites the participating countries to send representatives to this Seminar. The seminar will be a high interest for Physical Education Teachers, coaches and special education teachers.

The Local Organizing Committee will bear the costs of full board accommodation during the period of the competition, for **one** of the participants from each country, who comes exclusively to attend this seminar.



The country representative for the seminar will be accommodated with its delegation and on the same conditions

Program

July 9th 2019

14h00	Opening words
14h45	<p>Keynote Speaker David Rodrigues <i>Segregation, Integration or Inclusion?</i> (Inclusive and Supportive Education Congress – ISEC2015Lisbon) http://isec2015lisbon.weebly.com/news/welcome-from-david-rodrigues</p>
15h15	<p>Panel on Inclusive Sports - <i>Moderated by Jorge Carvalho</i></p> <p>Leonor Moniz Pereira <i>The contribution of higher education institutions to inclusion in initial training of teachers/trainers.</i> Faculty of Human Kinetics, University of Lisbon. Most recent publication is 'Guia de Atividade Física para pessoas com lesões Medulares'.</p> <p>Ana Sousa <i>People with disabilities at school: Strategies for inclusion.</i></p> <p>Aija Klavina <i>Evidence based research on measures of physical activity in children with and without disabilities.</i></p> <p>Mário Lopes <i>The articulation between Federated System/Clubs/School.</i></p>
17h15	Coffee Break
17h45	<p>Panel on Good Practices – <i>Moderated by Filomena Pereira</i></p> <p>1st Communication: Speaker from England tbc 2nd Communication: AE Óscar Lopes 3rd Communication: Rui Corredeira 4th Communication: António Ramalho</p>
19h45	Closing words

Accreditation Procedure

Accreditation will be held at Rocha Peixoto Secondary School from 1:00 pm on July 9, 2019. Enrolees must present themselves at the referred school in question and sign their attendance sheet.

Registration

The participants can contact the LOC to register to the seminar or click on the following link: <http://www.isfinclusivegames2019.dge.mec.pt/seminar.htm> .



SPORTS

1. Technical Details

Athletics

1. Participation by country

- 1 to 3 students / female athletes
- 1 to 3 students / male athletes

2. Competition

- 1 day for individual competition
- 1 day for team competition

3. Competition

Girls	100 m	Long Jump	Shot Put 3 Kg
Boys	100 m	Long Jump	Shot Put 4 Kg

4. Individual Competition

- Each athlete can enrol in the 3 competitions.
- Each competition will have an individual result by gender.
- In the competitions each athlete does 3 attempts and the top eight athletes do 3 more attempts.
- In the long jump competition, a call board will be used.
- In the 100m competition the 8 best of all the qualifiers will be selected.
- Each athlete is entitled to a false start.

5. Team Competition

- Minimum participation of 4 athletes (2 female and 2 male), who can participate in two competitions out of the three from the Program
- Each athlete may only participate in 2 competitions
- The final score corresponds to the sum of points of the best female score plus the best male score in each of the 3 competitions, using the ISF 2018 table.
- Countries must score in the 3 competitions in both genders.
- In each event, only 1 mark per delegation is counted.
- In competitions, each student / athlete has the right to do 4 attempts.
- The 100m competition is organized by hits.
- Each athlete is entitled to a false start.
- Tie breaker
 - Highest number of first places
 - Highest number of second places



iii. Highest number of third places

j. **EXTRA PARTICIPATION** – delegations that do not gather the team participation conditions to compete (have less than 2 female elements and 2 male elements) can compete if they wish and each student / athlete can participate in 2 competitions.

Boccia

The competition will be held two rounds, round robin, with one competitive moment on 9th and another on 11th.

The rules to be applied are the official rules of BISFed with the exception of some of the amendments attached to this bulletin.

Goalball

The Goalball Tournament will take place in a round-robin system and will be subjected to the ISF – Inclusive Games official rules attached to this bulletin.

The order of the games will be drawn at the technical meeting upon arrival of all delegations.

Disciplinary Commission

In accordance with the ISF General Competition Rules, the Disciplinary Commission will compose of

- ISF delegate
- An appointed member of the Portuguese Federation of Disability Sports or Athletics Portuguese Federation.
- An appointed member of the Local Organising Committee.

Appeals Commission

In accordance with the ISF General Competition Rules, the Appeal Jury will compose of

- The ISF Delegate
- An appointed member of the Local Organising Committee.
- A referee not involved in the match.

Appeals

Appeals against results or any appeal not concerning disciplinary matters will be heard by the Appeal Jury. The appeal must be lodged within 30 minutes of the incident and be written in English. The sum of 75€ must accompany the appeal. This sum will be refunded only if the appeal is upheld or at discretion of the Appeal Jury. If not, the sum will be donated to School Sport Foundation.

2. Competition System

Athletics

Competition format:

- A day for individual competition
- A day for team competition

Boccia

Competition format:

- 2 rounds



- Round robin

The order of the games will be drawn upon arrival of the delegations, at the technical meeting.

Goalball

Competition format

- Round robin

The order of the games will be drawn upon arrival of the delegations, at the technical meeting.

3. Sport Venue(s)

The competition will take place in following venue(s):

Sport	Name	Location
Athletics	Póvoa de Varzim Tracking Field	Póvoa de Varzim
Boccia	Póvoa de Varzim Sports Hall	Póvoa de Varzim
Goalball	Rocha Peixoto High School	Póvoa de Varzim
Friendship Orienteering Event	Póvoa de Varzim City Park	Póvoa de Varzim

4. Location and transportation

Distance and time to accomodation/ food / training venues

Unit of measurement = km	Rocha Peixoto Secondary School (Accreditation, Goalball and meals)	Axis Vermar Hotel (Accommodation)	Axis Ofir Hotel (Accommodation)	Municipal Stadium (Athletics)	City's Park (Sports Experimentation and Closing Ceremony)	Municipal Sports Hall (Boccia)	Municipal Swimming Pool	Sailing Club (Sports Experimentation)	Airport (Arrival and departure Airport)	Campanhã Railway Station (Oporto) Arrival and departure railway station)	Oporto City
Rocha Peixoto Secondary School (Accreditation, Goalball and meals)		2	17	2,8	2,7	1,2	1,8	3,5	27,2		34,1
Axis Vermar Hotel (Accommodation)	2		16,3	3,1	2,8	1,6	1,1	3,3	27,4		34
Axis Ofir Hotel (Accommodation)	17	16,3		18,3	18	18,1	18,9	21,1	41,3		47,7
Municipal Stadium (Athletics)	2,8	3,1	18,3		0,1	2	2,7	4,6	24,8		37,2



City's Park (Sports Experimentation and Closing Ceremony)	1,2	1,6	18,1	0,1		1,7	2,4	4,3	24,7		37,6
Municipal Sports Hall (Boccia)	2,7	2,8	18	2	1,7		1,4	2,8	24,6		32,9
Municipal Swimming Pool	1,8	1,1	18,9	2,7	2,4	1,4		2,3	25,4		33,8
Sailing Club (Sports Experimentation)	3,5	3,3	21,1	4,6	4,3	2,8			24,2		32,6
Airport (Arrival and departure Airport)	27,2	27,4	41,3	24,8	24,7	24,6	25,4	24,2			12,5
Campanhã Railway Station (Oporto) Arrival and departure railway station)	41,7	41,7	56,4	40,9	40,8	40,6	41,5	40,3	18,6		1
Oporto City	34,1	34	47,7	37,2	37,6	32,9	33,8	32,6	12,5	1	

5. Sport Equipment

Boccia delegations must bring their own game material. Balls, Wheelchairs and ramps (if required).

Eyeshades for Goalball are not provided – the delegations must directly supply them to the students

Participants must have equipment identifying the country they represent.

Coaches/medical assistants/ sports assistants who need to move to where they play must wear sport shoes.

6. Sport Schedule

Athletics

TUESDAY individual Competition		
10:00	Long Jump Boy	Shot Put Girl
11:30	Long Jump Girl	Shot Put Boy
12:30	100 m Boy	
12:40	100 m Girl	

THURSDAY Team Competition		
9:00	Long Jump Boy	Shot Put Girl
10:20	Long Jump Girl	Shot Put Boy
11:10	100 m Boy	
11:20	100 m Girl	



Boccia

Tuesday/ Thursday Competition	
9:00	A – B
10:00	C – B
11:00	C - A

Goalball

Tuesday Competition	
9:30	A-B
10:30	C-D
11:30	A-D

Thursday Competition	
9:30	C-A
10:30	B-C
11:30	B-D

- Schedules can be chaged.

7. Results

The results can be consulted on the official website of the ISF and at www.isfinclusivegames2019.dge.mec.pt

8. Sport Info Desk

In each place of competition, accommodation and food there is an info-point where the sports results and other important information will be posted

MEDICAL

1. Food & Beverage

The LOC will provide 3 meals a day. Breakfast, lunch and dinner.
Will also provide a daily food reinforcement that will be available after dinner.

Due to environmental concern this event will provide a reusable bottle so that the participants can fill it with tap water whenever they need to hydrate.
In Portugal tap water is drinkable and of good quality.

Delegations shall communicate during the registration in stage 3 to LOC specific conditions and food restrictions of any of the members of their delegation is there any.

2. Hospitals

The Hospital of support will be that of Póvoa de Varzim and, if necessary, the Central Hospital of Porto. In each place there will be a device that will provide the 1st support and help.



MEDIA AND COMMUNICATION

The official website of the WSC can be found at this link:

www.isfinclusivegames2019.dge.mec.pt

Broadcasting will be done by the LOC for the following events:

Streaming of the opening ceremony, closing ceremony and the Cultural Festival and some sports activities will be transmitted live or deferred at a time published in www.dge.mec.pt/inclusivegames2019

Social media guidelines

Spread the word on ISF World Schools Inclusive Games !

We would love for you to help us support the young athletes participating at ISF events.

- Follow the official Facebook page:
- www.facebook.com/ISFinclusivegames
- Use the official ISF hashtags: #ISFWSC2019
- Follow news on ISF's website: www.isfsports.org
- Submit content related to your event to ISF community manager: fonda.polona@gmail.com
- Share ISF content on your national federation's profiles



ISF global channels:

Twitter: [@isfsports](https://twitter.com/isfsports) | #ISFWSC2019

Facebook: [@isfsports](https://www.facebook.com/isfsports) | [facebook.com/isfsports](https://www.facebook.com/isfsports)

Instagram: [@isfsports](https://www.instagram.com/isfsports) | #ISFWSC2019

GENERAL INFORMATION



It is a great honour for Portugal to organize, once again, another world sporting event, with the guarantee of honouring all its commitments. On accepting this challenge, we are looking forward to showing all our organizational qualities and capabilities inherent to an event of this

magnitude. We are convinced that this Inclusive Games 2019 will be a fantastic opportunity to develop the sport itself, the region and with the involvement of both schools and students together, there will definitely be a strong contribution towards fighting back school abandonment, towards promoting the educative success, a healthy way of life, voluntary service and the practice of Sports Adapted.

Geography

Portugal is situated at the south-west point of Europe and also includes the Madeira and Azores archipelagos in the Atlantic Ocean.



Mainland Portugal occupies an area of 88,889 km². It is 218 km wide and 561 km long. It has 832 km of Atlantic coast and a 1,215 km border with Spain.

The Azores are situated in the Atlantic Ocean between Europe and North America. They have an area of 2,355 km² and consist of nine islands - São Miguel and Santa Maria in the Eastern Group, Terceira, Graciosa, São Jorge, Pico and Faial in the Central Group and Flores and Corvo in the Western Group.

It takes about two hours to get from the Azores to mainland Portugal by plane. The Madeira Archipelago has an area of 741 km² and lies in the Atlantic Ocean about 500 km from the African coast and 1,000 km from the European continent (1½ hours flying time from Lisbon). It consists of the islands of Madeira and Porto Santo and the uninhabited Desertas and Selvagens islands, which are nature reserves.

Population

Portugal has a population of about 10 million. The population density is at its greatest in Lisbon, the capital and its suburbs, with approximately 1.9 million people.

The second largest city in Portugal is Porto (also Oporto) in the north. Generally speaking, there are more people living in the country's coastal regions than in the inland areas.

Language

One of the Latin languages, Portuguese is the third most spoken European language in the world and the native tongue of about 200 million people.

The Portuguese-speaking countries are scattered all over the world. Portuguese is spoken in Africa (Angola, Cape Verde, Guinea-Bissau, Mozambique and São Tomé e Príncipe), in South America (Brazil) and in Asia, (East Timor, the youngest nation in the world). In Portugal there are lots of people who can communicate in English, French and Spanish.

History

With such a long seacoast, it is not surprising that Portugal has witnessed so many sailings and arrivals. Therefore we have been open to the world and to communication for so long. We have assimilated peoples of different origins: Phoenicians, Greeks, Carthaginians, Romans (who left us our language), northern Europeans and peoples from Mauritania. Despite all these mixtures, Portugal is one of the oldest nations in Europe. In the 12th century, the country gained its independence from the other kingdoms in the Iberian Peninsula thanks to Count Afonso Henriques, who was our first king at his own wish. A century later, with the conquest of the Algarve, Portugal was to definitively establish its continental border.

In the late 13th century, King Dinis founded our university, one of the oldest in Europe, and took it to the beautiful city of Coimbra. In the 14th, 15th and 16th centuries, the Portuguese were the first Europeans to sail to Africa, the distant Orient and the heart of South America, from where we brought a wealth of treasures. Even before advancing along the coast of Africa, we discovered the archipelagos of the Azores and Madeira, which are part of our territory in the Atlantic.



After a dynastic crisis and a period under the rule of the Spanish crown, in 1640 a Portuguese king took the throne once more, because, although we are discrete, we have a strong sense of independence. In the 18th century, King João V, an absolutist monarch and a patron of the arts, built a huge palace and convent in Mafra and the great aqueduct that supplied Lisbon's water. In the 19th century, the monarchy was weakened by clashes between different factions and, in 1910, it was overthrown and Portugal became a republic.

We have been members of the EU since 1986, though we still value our own virtues.

From this brief history, you will see that our art is a little different from that you already know.

Note some of the peculiarities, especially the "Manueline" style, which exalted the age of the discoveries, the way we have learned to work with tiles and our fado, the song of nostalgia.

Weather/Temperature

Lying just to the north of a coastal Mediterranean climate zone that encompasses most of central and southern Portugal. As a result, its climate shares many characteristics with the coastal south: temperate dry summers, and mild rainy winters. Also, the country's more northern position and coastal location off the Atlantic often results in notably cooler weather in Porto than to its south, especially during Summer.

Spring and Fall are smooth transitions between the neighbouring seasons. In fact, usually most wonderful temperatures may occur during these periods

Electrical socket

The standard electric current in Portugal is 230/400 volts, at the frequency of 50 hertz, and the power outlets follow the European standards. The use of blade plugs (American standard) must be coupled with a 230 volt transformer and an adapter plug. Is tap water drinkable?

Access and availability of:

Hospitals

In the event of an accident, all participants must have their accident insurance policy and provide the respective policy number to the health care provider.

In the event of an accident or illness during their visit to Portugal, citizens of the 27 countries of the European Union, Iceland, Liechtenstein, Norway or Switzerland have access to free or moderate health care (the same benefits as Portuguese citizens), provided they present the European Health Insurance Card (issued in the country of origin) and their passport or identification document.

Emergency Card

In the event of an emergency, there is a card that can speak for itself, giving relief teams useful information including identification data, contacts, insurance, illness, allergies and medication.



This document, which is intended for anyone in Portugal, can be downloaded free of charge from the official websites of the promoters, where the user must fill in the blank fields, print the card, cut it to size and save it, in the wallet so that it is easily found in an emergency.

<https://www.inem.pt/wp-content/uploads/2018/11/Emergency-ID-Card-2018-v2.pdf>

Pharmacy

In general, pharmacies are open to the public on weekdays between 9am and 7pm (some are closed for lunch between 1pm and 3pm), and on Saturdays from 9am to 1am, they are marked by a lighted green cross, when service at night.

All have posted at the door information about pharmacies that are open at night and are closer.

ATM

There is a national network of ATMs, identified by MB (Multibanco), which allows the withdrawal of cash, 24 hours a day.

Shopping malls

Traditionally the Stores operate from Monday to Friday, opening their doors between 9am and 10am, and close at 7pm. Some take a break at lunchtime, from 1 pm to 3 pm.

The numerous Shopping Centers, which exist inside and outside cities, have a longer working schedule - usually from 10am to midnight every day of the week. Here, there are shops of the main international brands, but the more traditional trade, with Portuguese products, is spread through the streets of the localities, especially in the old quarters.

Food and restauration

As a general rule, the Portuguese make three meals a day. In the morning, between 7:30 a.m. and 10:00 p.m., a light breakfast, usually consisting of a drink (coffee with milk, plain coffee or juice) and a toast or sandwich, is often consumed in the cafe or neighborhood pastry.

The main meals are lunch between 12 a.m. and 2.30 p.m., which during the week and for many takes place in restaurants near the work place, and dinner between 7.30 and 10.30.

For most people are full meals, which sometimes include soup, a main course and dessert (sweet or fruit). Between the two meals it is common to have a snack in the middle of the afternoon (around 5 pm), having a drink and a cake.

The variety of restaurants is great and caters to the most diverse tastes and palates. Usually open for lunch between 12 a.m. and 3 p.m. and dinner between 7 p.m. and 10 p.m., many have longer working hours, especially in large cities and areas of greater nightlife.

Póvoa de Varzim



At approximately 45 kms north of Porto, we come across the beautiful city of Braga. The city is also known as the “Portuguese Rome for its concentration of religious architecture.

The municipality of Póvoa de Varzim comprises 12 parishes and occupies a relatively small area – 8 224 hectares.

Adopting a global approach, we will find here different types of people and assorted habits, the result of a variety of geographic conditions and economic activities.

Based on agriculture and fishing, three basic forms of subsistence have been formed:

- the riverine mooring of the “poveiro” fisherman whose sole activity is fishing and who knows virtually nothing of the land and the secrets of its production;
- the establishment on the seafront of the “Aver-o-Mar” and “Aguçadoura” small farmer, committed in the Sea/ Earth complicity;
- the inland establishment of the farmer. Rooted in the land, the farmer regards the sea with the sort of respect due to it from a virtual stranger.

Having safeguarded the originality of the Póvoa fishing community, the habits of this municipality are strongly influenced by the traditions of the Minho region in the north. The religious fervor is the same, with a special attachment to the cult of Souls (Almas). All over the place we find small buildings – “Alminhas” – invoking Christ on the cross or “Nossa Senhora do Carmo”, intercessors par excellence for the souls in purgatory.

Sprawled along the borders of the Atlantic, Póvoa de Varzim is a “city of leisure”, both for its spaces and facilities and for its wonderful location. It is a city that is open to the world, with a long history as a hostess and traveler essential aspects in the “art” of getting to know different people.

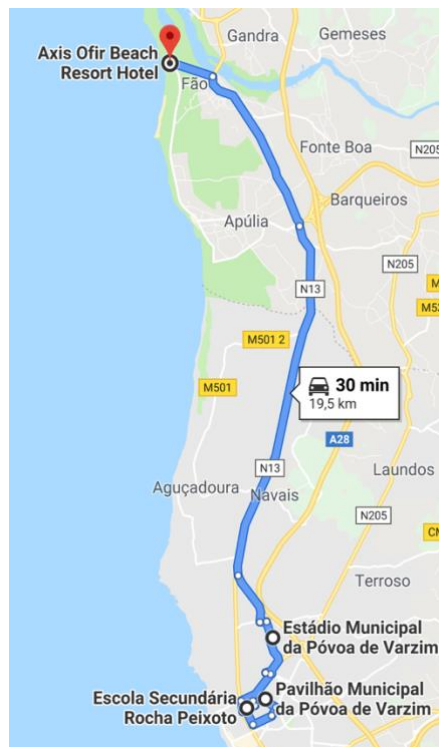
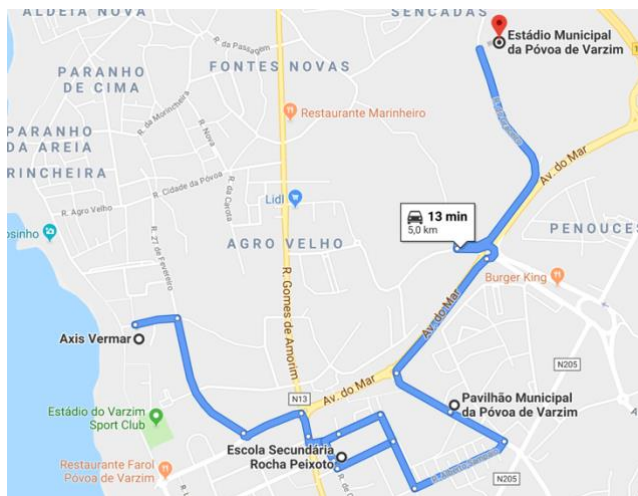
Perpetuating the tradition of the fishing community which turned the street into its “living room”, the need to get out of the house, to socialize, is intrinsic to the “Poveiro” [a person from this region], thus bringing movement and life to the streets, cafes and bars of the city – meeting and socializing points for people of all ages. This natural liveliness is boosted by the presence of street artists and different attractions throughout the year.

Entertainment and recreation in the city also comes in other forms, especially the religious celebrations, where the richness of the processions deserves a special mention. The most noteworthy processions are those which take place in the “Semana Santa” (Holy Week), and the “S. Pedro”, “Sra. da Assunção” and “Sra. das Dores” processions. In addition, there is a series of significant cultural, gastronomic and sporting events, such as the International Swimming Meeting of Póvoa de Varzim, the gathering of Iberian writers – “Correntes D’Escritas”, the festival of St. Peter, the International Music Festival...

Suited the demands and needs of people of all ages and backgrounds, this is a modern city, and one that charms and pleases everyone who comes to visit it or who lives here... it’s good to be here!



MAP



Looking forward to meeting you in
Portugal on 7 July 2019 !

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