



Down Syndrome International Swimming Organisation

1st DSISO Open European Championships and International Swimming Competition

**Coimbra - PORTUGAL
15th to 21st November 2011**

Supporters Pack

INVITATION TO

1st DSISO Open European Championships and International Swimming Competition, Portugal 2011

15th to 21st November 2011

Vila Nova de Gaia – PORTUGAL, March 2011

Dear sport friends,

The Organising Committee supported by ANDDI-Portugal the Portuguese Sports Association for Persons with Intellectual Disability and DSISO – Down Syndrome International Swimming Organisation have the pleasure to invite you to the **1st DSISO Open European Championships and International Swimming Competition** to be held at **Coimbra – Portugal next 15th to 21st November 2011**.

Enclose we send you all the information about this event.

We do hope you will appreciate the hospitality of our country, and would be grateful for your confirmation and participation.

We need your answer quickly, so please send us your **intent of participation before next 30th April 2011**.

We hope to see you all next November 2011 in COIMBRA – PORTUGAL.

Yours sincerely,

João Pardal
ANDDI-Portugal President

INTENTION OF PARTICIPATION (SUPPORTERS)

Yes

No

Country: _____

Number of Supporters: _____

Contact Name: _____

Address: _____

Email: _____ Phone number: _____

FOR CONTACT:

Sandra Ferreira Jesus
E-mail: internacional@anddi.pt / info@anddi.pt
Phone: + 351 227 129 138
Fax: + 351 227 129 143
Mobil: + 351 918 682 259

SUPPORTERS INFORMATION (Entry Pack)

1. ORGANISATION

ANDDI-Portugal - Portuguese Sports Association for Persons with Intellectual Disability

2. ON BEHALF OF

DSISO – Down Syndrome International Swimming Organisation

3. TECHNICAL SUPPORT

FPN – Portuguese Swimming Federation

FPDD – Portuguese Sports Federation for Persons with Disability

4. SUPPORTED BY

CM Coimbra

Coimbra Town Hall

IDP

Portuguese Sports Institute

5. DATE

15th to 21st November 2011

6. VENUE



Coimbra is one of the oldest cities in the country, having been the capital of the kingdom and its major ex-libris is their University, the oldest in Portugal, so it is called the "City of Knowledge".

7. AIRLINES

The airport you need to fly to is **OPORTO** (120Km from/to Coimbra).

If you fly to any other airport in Portugal, for example Lisbon (at 230 Km), you will need to organise your own transport to Coimbra, we suggest by train to Coimbra Train Station.

8. TRANSPORTS

The Organising Committee will provide transportation from and to the Oporto airport and Coimbra Train Station (to hotel), as well as during the event, between the hotel and the swimming pool.

9. SPORTS COMPETITION FACILITIES

Municipal Swimming Pool of Coimbra

Free spectator seating

Adress: Rua António Sérgio
3020-305 Coimbra

Telephone: 239 499 120



“Complexo de Piscinas Rui Abreu”

10. ACCOMMODATION

The hotel's image is that of a prestigious, four-star, closed condominium complex offering luxury accommodation, in double and triple room.

Extra nights are available prior to the event **€100** per person per night (include continental breakfast, lunch and dinner)

11. PROVISIONAL SCHEDULED PROGRAMME FOR THE WEEK

Date	Activity	Time	Venue
15 th Nov. Tuesday	Arrival	During the day	Oporto Airport <i>or</i> Coimbra Train Station
	Head of Delegation / Technical meeting	TBA	TBA
16 th Nov. Wednesday	Training (sessions tba)	10:00 – 13:00 14:00 – 17:00	Municipal Swimming Pool
	Social Program		TBA
	Mayoral Reception	18:30	Town Hall
17 th Nov. Thursday	Warm - Up	08:30 – 09:25	Municipal Swimming Pool
	International Competition	09:30 – 12:30 14:30 – 17:00	Municipal Swimming Pool
	Opening Ceremony	17:15 – 17:45	Municipal Swimming Pool
	Open European Championship Finals	18:00 – 19:00	Municipal Swimming Pool
18 th Nov. Friday	Warm - Up	08:30 – 09:25	Municipal Swimming Pool
	International Competition	09:30 – 12:30 14:30 – 17:00	Municipal Swimming Pool
	Open European Championship Finals	18:00 – 19:00	Municipal Swimming Pool
	DSISO Swimming Assembly	21:00	Hotel
19 th Nov. Saturday	Warm - Up	08:30 – 09:25	Municipal Swimming Pool
	International Competition	09:30 – 12:30 14:30 – 17:00	Municipal Swimming Pool
	Open European Championship Finals	18:00 – 19:00	Municipal Swimming Pool
20 th Nov. Sunday	Warm - Up	08:30 – 09:25	Municipal Swimming Pool
	International Competition	09:30 – 12:30 14:30 – 17:00	Municipal Swimming Pool
	Open European Championship Finals	18:00 – 19:00	Municipal Swimming Pool
	Closing Ceremony	19:15	Municipal Swimming Pool
	Gala Dinner Final Party	21:00	TBA
21 st Nov. Monday	Departure	During the day	Oporto Airport <i>or</i> Coimbra Train Station

12. INFORMATION ABOUT THE AREA - COIMBRA

Statistic	Units	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Average
Temperature Mean Value	F	50	51.8	54.5	57.2	61.5	67.3	71.2	71.2	69.4	63.3	55.4	50.7	60.3
High Temperature Mean Value	F	57.6	59.7	63.9	66.7	71.6	78.1	83.1	83.7	81	72.7	63.5	58.1	70
Low Temperature Mean Value	F	42.3	43.7	45.1	47.5	51.4	56.5	59.5	58.8	57.7	53.8	47.3	43.5	50.6
Precipitation Mean Monthly Value	Inches	5.7	5.7	3.6	3.7	3.2	2.1	0.6	0.5	1.9	4	5.2	5.3	3.5
Temperature Mean Value	C	10.0	11.0	12.5	14.0	16.4	19.6	21.8	21.8	20.8	17.4	13.0	10.4	15.73
High Temperature Mean Value	C	14.2	15.4	17.7	19.3	22.0	25.6	28.4	28.7	27.2	22.6	17.5	14.5	21.09
Low Temperature Mean Value	C	5.7	6.5	7.3	8.6	10.8	13.6	15.3	14.9	14.3	12.1	8.5	6.4	10.33
Precipitation Mean Monthly Value	mm	138.0	139.0	88.0	91.0	78.0	51.0	15.0	13.0	47.0	97.0	128.0	129.0	84.50
Relative Humidity Mean Value	%	79.0	77.0	72.0	73.0	71.0	70.0	68.0	67.0	69.0	73.0	77.0	78.0	72.83

Pharmacies and Hospitals

Opening hours 09:00 - 13:00 / 15:00 - 19:00. One pharmacy is open 24 hours for emergencies; the address is given on the front doors of the other pharmacies.

There are hospitals near the accommodation with 24 hour medical service.

Banks

Open Mondays to Fridays 08:30 - 15:00; The take-out maximum at the cash dispensers is € 400 When you use Travellers or other cheques you have to show your passport. Exchange Offices ("câmbios") are available in many places.

Electricity

220 volt AC Plugs are continental with two round pins

Telephone

You can get your phone card in a phone booth near you by using your bank card. Just have to call 762 202 202 to English language. Price: About 3€.

It is also possible to call from the Post Offices.

Buses

You have several buses from Lisbon to Coimbra, the price is about 13€, and takes about 2h30

www.rede-expressos.pt

Car Rental

Cars are for rent in many places (in the airport or any city). Drivers must be at least 21 years old and must be in the possession of a drivers licence for at least one year. A passenger insurance has to be included; it is possible to take out supplementary insurances.

Trains

In 2nd class from Lisbon to Coimbra is about € 20. In a 1st class is about 30€. On-line information in English: www.cp.pt

13. ENTRY FEE for the WHOLE PACKAGE

700 EURO per person, including accommodation in twin or triple rooms, full board, transport from / to Oporto airport and Coimbra train station, local transports, social programme and all ceremonies.

13.1 PAYMENT DEADLINES

- 30% must be paid at the latest (not reimbursed) by 30th June 2011
- The remained 70% must be paid at the latest by 31st August 2011

13.2 NOTES

- The payments are essential if entries are to be accepted.
- Any other day before 15th or after 21st November 2011 will be considered and paid as extra day.
- Any day less will not be discounted from the regular quota.

14. PAYMENT FORMALITIES

The Entry Fee must be paid to:

BANK	Caixa Geral de Depósitos
NIB	0035 0888 00088552030 39
IBAN	PT50 0035 0888 00088552030 39
SWIFT CODE	CGDIPTPL
ADDRESS	Avenida da República, 879 4400-280 Vila Nova de Gaia - Portugal

15. ORGANISATION AND INFORMATION OFFICE

ANDDI-Portugal - ASSOCIAÇÃO NACIONAL DESPORTO DEFICIÊNCIA INTELECTUAL

Rua Prof^a. Angélica Rodrigues, 46 S/7 – 4400-555 VN Gaia - Portugal

Phone: +351 227 129 138

Mobil phone: +351 918 682 259

Fax: +351 227 129 143

E-mail: internacional@anddi.pt / info@anddi.pt

Website: www.anddi.pt

1st ENTRY FORM

COUNTRY	
Contact person	
Address	
Telephone (incl Country Code)	
Fax	
E-mail	

ENTRY NUMBERS	MALE	FEMALE	TOTAL
Number of Supporters			

ENTRY FEE

The 30% of Entry Fee must be paid at the same time as the Entry **no later than 30th June 2011** to:

BANK	Caixa Geral de Depósitos
NIB	0035 0888 00088552030 39
IBAN	PT50 0035 0888 00088552030 39
SWIFT CODE	CGDIPTPL
ADDRESS	Avenida da República, 879 · 4400-280 Vila Nova de Gaia · Portugal

a)	# Persons:	<input style="width: 80%;" type="text"/>	X Entry Fee (700 EURO)		=	<input style="width: 80%;" type="text"/>	€	
b)	# Persons:	<input style="width: 80%;" type="text"/>	X # Extra Nights =	<input style="width: 80%;" type="text"/>	X 100 EUR	=	<input style="width: 80%;" type="text"/>	€
TOTAL DELEGATION PAYMENT (a + b)						=	<input style="width: 80%;" type="text"/>	€

Please return this form to ANDDI-Portugal
Before 30th June 2011
E-mail: internacional@anddi.pt
Fax: +351 227 129 143

2nd ENTRY FORM

COUNTRY –

SUPPORTERS FORM

#	Family Name	Given Name	Gender	To allocate accommodation please indicate the list number of the people with whom this person will share a room. Or indicate a single room.
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

If necessary make copies

ARRIVAL / DEPARTURE FORM

ARRIVAL

	Date	Time	Flight #	Arriving at	Arriving from
Air					
Train					
Road					

DEPARTURE

	Date	Time	Flight #	Departing at	Departing to
Air					
Train					
Road					

DATE

SIGNATURE

Please return this form to ANDDI-Portugal
with the Final 70% of the payment
No later than 31st August 2011
E-mail: internacional@anddi.pt
Fax: +351 227 129 143