



ERASMUS INTERNATIONAL WEEK “OUTDOORS & PEOPLE” (EIWOP)

Santarém Polytechnic University – Sport Sciences School of Rio Maior

23rd to 27th June, Rio Maior, Portugal

Venue: Sport Sciences School of Rio Maior | City of Rio Maior | Portugal |

Google Maps: <https://maps.app.goo.gl/RTioCQcRrZPdxGEu8>

Tips and advice: See file “EIWOP_Tips&Advice”

PROGRAM

Day 1 | 23rd June

10h-12h00

Check-in and Welcome session
Presentation of participants and their universities
Expectations
Training program schedules

12h30-14h00: Lunch at the Sport Sciences School (Rio Maior)

14h15-16h00: Group work: The biggest challenges of the future of Outdoor Sports and Adventure Tourism

16h00: Cultural visit

Day 2 | 24th June

10h-12h30: Field visit to Ericeira- sustainability ecosystem around surfing

12h30-14h00: Free Lunch

14h15-16h00: Cultural visit – Convento de Mafra / Tapada de Mafra

The next 3 days will coincide with the ICOS+ Congress program
(www.icoscongress.com)

Day 3 | 25th June

09h30-13h00

Presentation sessions on the theme **“Outdoor Sports and Adventure Tourism: Management Perspectives and Future Challenges”**

Parallel sessions and poster presentations (If you wish to submit an abstract related to the theme, get a look at the topic [HERE](#) you should register first on EIWOP. For information about abstracts and submissions use this [LINK](#))

14h00 Lunch

14h30- 17h30

Presentation sessions on the theme **“Outdoor Sports, Health and Wellbeing”**

Parallel sessions and poster presentations (If you wish to submit an abstract related to the theme, get a look at the topic [HERE](#). For information about abstracts and submissions use this [LINK](#))

17h45

Physical activity sessions (You can choose between these options. No prior registration is needed)

Yoga | 45m

Let's go for a run | 45min

Let's go for a walk | 45min

Let's Dance Fitness Class| 45min

21h-23h30: European Outdoor Film Tour| <https://gb.eoft.eu/en> | ESDRM

Auditorium/Municipal Garden (The schedule for EOFT may undergo slight changes. Your spot at EOFT is guaranteed! No registration or fee is required).

Day 4 | 26th June

09h30-13h00

Presentation sessions on the theme **“Outdoor Sports and Performance”**

Parallel sessions and poster presentations (If you wish to submit an abstract related to the theme, get a look at the topic [HERE](#). For information about abstracts and submissions use this [LINK](#))

13h10 Lunch

14h30- 16h00

International projects, meetings, and roundtables (No prior registration needed. More information [HERE](#))

16h00: Coffee-break

16h30-19h00

Workshops, walk, and bike tours (These activities are free, but sign-up is required. Sign up for the activity of your choice when you register for EIWOP. Limited spots are available, allocated on a first-come, first-served basis. Details on the workshops [HERE](#) and tips and pieces of advice [HERE](#))

W1 | Safety and rescue (Land)

W2 | Safety and Rescue (Water)

W3 | Inertial sensors: Methodological considerations and applications in Outdoor Sports

W4 | Stand Up Paddling

W5 | The basics of longboard skating

W6 | E-board

W7 | Try Scuba Dive (in indoor pool context)

OR

17h00-18h30

Walk or bike tour to Rio Maior's salt pans (Salinas) | Max. 50 people

Bike tour | Max. 20 people

20h30| Congress dinner

Day 5 | 27th June

09h30-13h00

Presentation sessions on the theme **“Outdoor Learning and Education ”**

Parallel sessions and poster presentations (If you wish to submit an abstract related to the theme, get a look at the topic [HERE](#). For information about abstracts and submissions use this [LINK](#))

13h00-14h00 Closing session

14h00 Lunch

15h00 | Social Program (Detailed information [HERE](#). Additional costs are applied for the 3 options. Sign up required at the time of registration in EIWOP)

Option 1: Bus sightseeing: Ribatejo region tour

Option 2: Surf Class in Peniche

Option 3: Hiking and visit to Alcoberta's cave