

Setúbal, Portugal

Enabling Client Responsibility in Health Care Issues

PRACTICAL INFORMATION

Arrival in Lisbon – 27th of April 2014

17h

The **meeting point** is at the **airport** where there will be a team expecting you as well as a bus to bring you to the site (FPalmela). Arrival **needs to be before 17.00h** at the airport of Lisbon. If you are not arriving before 17h, we cannot assure transport to the course.

All plane tickets will have to be to Lisbon Airport. We will not be able to refund you if you are flying to another airport.

The bus takes approximately 1h between the airport and the venue of the course.

20.30h

At this time there will be dinner, after you all have checked in into your accommodation. There will be some information about the course and time to get acquainted.

The course – 28th of April until the 9th of May

The first week of the course will take place in a turistic village called FPALMELA. The address

is the following:

FPalmela - Aldeamento Turistico; Rua Manuel Carromeu

2965-515 Águas de Moura

Tel:265930000

See more in www.fpalemla.com

On the second week we move to the city Setubal, and you will stay in a Youth Hostel called the Blue Coast.

Find more information at <http://www.booking.com/hotel/pt/blue-coast-hostel.en.html?aid=311984;label=blue-coast-hostel->

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What to Bring with you

Please bring:

- casual sport clothes
- swimming costume and beach towel (the weather might be good)
- card or number of your health insurance
- Evening dress for the closing dinner
- Something that expresses your **national/cultural identity**: colours, flag, food, music, jokes... (do not use technology)
- your personal computer, if you have one
- any medications you use on a regular basis
- mosquito repellant
- Sun protection (minum factor 50+)

NOTE: there are sheets, blankets and towels available in the site

Diet

Special requirements

If you have any special requirements for your diet - foods you are allergic to, if you are vegetarian or any other special needs, please let us know.

Send an e-mail to ana.esteves@ess.ips.pt

Services available

At the turistic village there are no pharmacies, shops or bank facilities for cash withdrawl.

Trips to the city centre will be arranged for you!

Departure

We will all leave on the 9th of May. We strongly suggest you book your flight for anytime after 12h so that there is time to get from Setubal to the airport! There are buses and trains available – timetables will be provided.

Rules of the House

TELEPHONE-MOBILE

Mobiles need to be switched off during all activities.

TIMIGS

Detailed timetables will be given to you upon arrival. Be on time for every activity, meals and coffee breaks.

BAR

The bar will be opened at night during the first week. You will be in the city in the second week.

ACCOMMODATION

You will share a flat with three other students. Please respect the distribution given to you. Do not move beds or matrisses around. Every flat has one bathroom. There is only one key to each flat so you have to get organized. Any damage caused in the flat will be the responsibility of the students staying there.

In the second week you will stay at the Youth Hostel. Here the room distribution will be discussed in the first week of the course.

Reimbursement of travel costs

DOCUMENTS NEEDED

For the reimbursement of your travel costs you need to keep the **original proofs of the invoices and boarding pass of your flights, train tickets, fuel for car or motorbike.**

In Setúbal you will get the reimbursement form, which you have to fill in, and the support staff will ask you for the invoices and boarding passes.