

# INFORMATION PACK

## OUTSPO Project

### Outdoor Sports in Nature for Skills Development



**TRANSNATIONAL PROJECT MEETING**  
**28th - 30th October | PORTUGAL**



**UCAM**  
UNIVERSIDAD  
CATÓLICA DE MURCIA





# LOCATION / VENUE

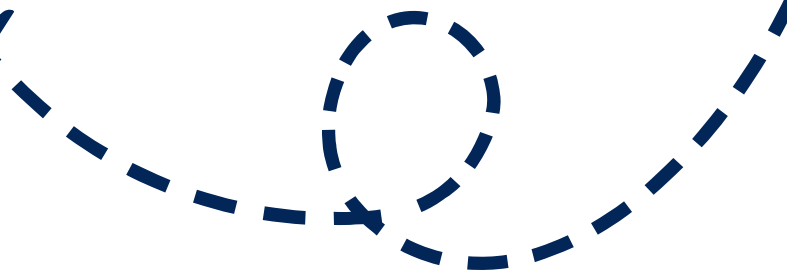
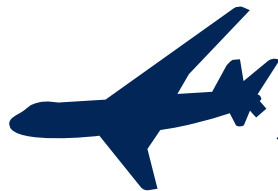
Vila Nova de Gaia - City Center

([GOOGLE MAPS](#))

Av. da República, 4430 -115 Vila Nova de Gaia



## AIRPORTS:



### RECOMEMENDED

Airport Francisco Sá Carneiro (22km)

OPO (airport code) is  
nearest airport

Airport Humberto Delgado (303km)

Airport Faro (547km)



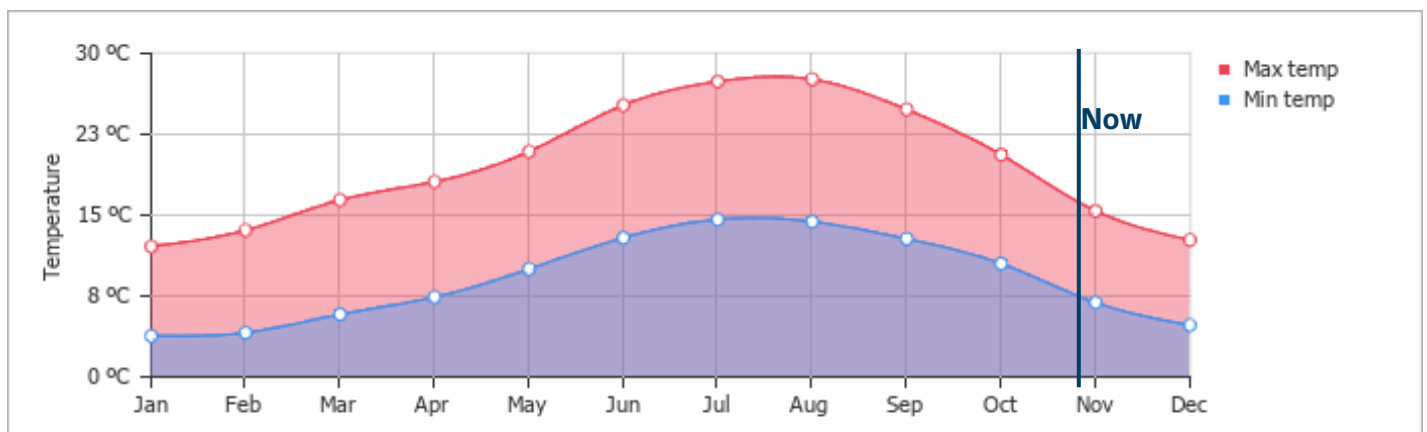
# ABOUT VILA NOVA DE GAIA

Vila Nova de Gaia, or Gaia, is a Portuguese city located in the sub-region of the Metropolitan Area of Porto, belonging to the Northern region and the district of Porto.

It is the seat of the Municipality of Vila Nova de Gaia, which has a total area of 168.46 km<sup>2</sup>, 304,149 inhabitants in 2021, and a population density of 1,805 inhabitants per km<sup>2</sup>, subdivided into 15 parishes. The municipality is bordered to the north by the municipality of Porto, to the east by the municipality of Gondomar, to the southeast by the municipality of Santa Maria da Feira, to the south by the municipality of Espinho, and to the west by the Atlantic Ocean.

The city is located on the south bank of the Douro River. The cellars of the famous Port wine are located in this municipality. Originally formed from two separate settlements, Gaia and Vila Nova, it was elevated to a city on June 28, 1984.

## Annual temperature in Vila Nova de Gaia





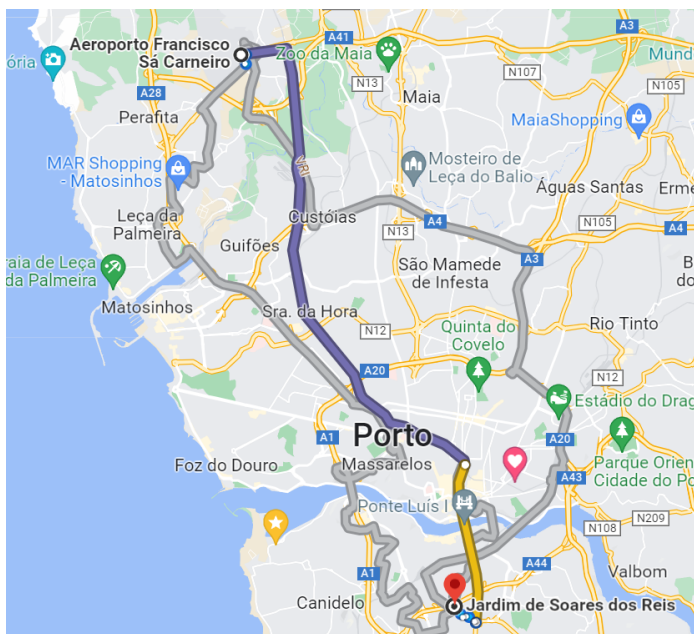
# HOW TO GET TO VN GAIA

## AIRPORT - METRO

### AIRPORT FRANCISCO SÁ CARNEIRO (OPO) - GAIA CITY CENTER

#### AIRPORT FRANCISCO SÁ CARNEIRO - VN GAIA CITY CENTER

- (1) Inside the airport, you should follow the signs and arrows, where indicate the Porto Metro - **Purple line with letter E in direction to Estádio do Dragão** - which will take you through elevator and stairs. That's the way to metro's entrance. Then, you will find machines spread out on both sides to buy metro's tickets.
- (2) In the subway, the only access line is the purple line - **Choose Z4 purple line** - which ticket must be validated before entering into Metro.
- (3) Get out after 15 stops, in **Trindade Station**.
- (4) In Trindade Station, you need to follow through **Yellow line** (in direction to Santo Ovídio).
- 5) After 7 stops, leave Metro when arrive to **D. João II Station (City center)**.



See all the route  
**[RIGHT HERE!](#)**

# ACCOMMODATION VN GAIA

1

Holiday Inn Porto Gaia



**Price per night:  
FROM 97€**

Source: Website Booking



# ACCOMMODATION VN GAIA

2

ClipHotel



**Price per night:  
FROM 80€**

Source: Website ClipHotel





# PROGRAM

**ARRIVAL DAY:** 28 & 29/10/2023

**WORKING DAYS:** 29/10/23 - 30/10/2023

## DAY 29 | SUNDAY

### Afternoon

-> 18H Presential Meeting | Golf Quinta do Fojo - VN Gaia

1. Report of the project coordinator on the activities
2. WP 3: Guidelines “Outdoor Sport” (UCAM)
3. WP 4: E-learning platform (IPMAIA)
4. WP 5 : Impact and Dissemination
5. Other issues

-> 19H Team Special Dinner | Golf Quinta do Fojo - VN Gaia

## DAY 30 | MONDAY

### Morning

-> 9H Sport Masterclass | Golf Quinta do Fojo - VN Gaia

### Afternoon:

-> 14H Visit to Vila Nova de Gaia & Visit to Historical Porto



**The best way to go to Golf Quinta do Fojo  
- Vila Nova de Gaia is by Taxi OR Uber**



# WELCOME TO VILA NOVA DE GAIA!



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