



2019 - PORTUGAL

# **LEO EUROPA FORUM 2019**

## **DETAILED PROGRAM**





Ahoy LEFer!

Since the beginning of this adventure, we, the Orgateam, compromised ourselves with one very important goal: create the best program possible, so that every participant could live the LEF and the Portuguese spirit at the same time!

On this document you will find the most relevant information about the LEF 2019 Program. Do not forget to read it carefully and check it during the week so you will always be prepared for every activity!

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Breakfast 07:00 - 08:30	Breakfast 07:00 - 09:30	Breakfast 07:00 - 08:00	Breakfast 07:00 - 09:30	Breakfast 07:00 - 09:30	Breakfast 07:00 - 09:30	Breakfast 07:00 - 09:30
Arrivals	Leo Parade 09:00 - 09:45	Newcomers Workshop 09:30 - 10:30 @Auditorium	Porto City Center 09:00 - 17:00  Departure: 08:15 @Hotel Lobby	Social Activity 10:00 - 17:00 @Póvoa de Varzim	Fun Workshops 10:00 - 13:00 @Hotel & City Center	Beach Activities Surf Departure: 10:00 @Hotel Lobby  Activities: 10:30 @Hotel Lobby	Check-Out Until 11:00 @Hotel Desk
	Delegation Photos 09:45 - 10:15 @Teatro Garret	Leos in the world 10:30 - 11:30 @Auditorium					
	Opening Ceremony 10:15 - 11:30 @Teatro Garret	Social Innovation 11:30 - 12:45 @Auditorium					
	Serious POC 11:30 - 13:00 @Teatro Garret	Lunch 12:45 - 14:00 @Hotel					
	Lunch 13:00 - 14:30 @Enseada	Marketing and Communication 14:00 - 15:00 @Auditorium					
	Check-In 16:00 - 00:00 @LID	ILO Meeting 15:00 @Hotel					
Sunset and Welcome Dinner 18:00 - 22:00 @13 <sup>th</sup> floor	FUN POC Preparation Free Time 14:30 - 19:00	ILO Meeting 16:00 @Hotel	Free Time 18:00 - 19:00	Free Time 17:00 - 19:45	Free Time and Gala Preparation 14:00 - 18:45  Departure: 19:00 @Hotel Lobby	Beach Activities 14:00 - 15:30	Hugs and Tears  See you next year @Rome
	DL Meeting 21:00 @Hotel	Free Time 16:00 - 19:30 @Hotel	Typical Portuguese Dinner & Party 20:00 @Santoinho  Departure: 19:30 @Hotel Lobby	Dinner 20:00 - 22:00 @Enseada  Departure: 19:45 @Hotel Lobby		Free Time 15:30 - 17:30	
White Party 22:30 @Hotel Foyet	FUN POC 19:00 @Rocha Peixoto School	Dinner 19:30 - 22:00 @Hotel		Dinner 20:00 - 22:00 @Enseada  Departure: 19:45 @Hotel Lobby	Gala 19:30 - @Surprise	Closing Ceremony 17:30 - 19:00 @Auditorium	
		DL Meeting 21:00 @Hotel		Under the Sea Party 22:30 @Hotel Foyet		Dinner 19:00 - 22:00 @Hotel	Back to the Romans Party - LEF2020 22:30 - @Hotel Foyet
LID Emergency phone number: +351918038215   +351927371347   +351961168290   +351918417479							



## Sunday, August 3 – Welcome adventure

The 3rd of August is the day we chose to start this great adventure. On this day, our shuttles will get you from the airport to the Hotel. After that, we will welcome you with a reception sunset, where you can enjoy the Portuguese summer weather, drink a glass of Port wine with your LEO friends and enjoy what life has to offer, followed by the White Party. With the background of your white clothes and good music, you will have a night to remember!

## Saturday, August 4 – POC adventure

During LEF's second day you will have the opportunity to meet new Leo Friends and find the old ones, during moments full of fun, color and emotion.

The adventure will begin with a nutritious breakfast at the Hotel. After that, we will officially start Leo Europa Forum 2019 with the formal events.

This year, we will have a LEO Parade, in which every country will have the opportunity to show their national costumes and cheer on the streets of Póvoa de Varzim – our host city!

We end the parade at a beautiful cine-theater, where we will take the delegation pictures and then start the opening ceremony and officially begin this adventure, with all countries showing their flags and listening to the national anthems.

After a lunch with a wonderful sea view, fun POC preparations will start, while ILOs have their first meeting. At the end of the day, it is time to begin the tasting of the dishes and drinks LEF delegations have prepared for you. Then, it's time to celebrate LEF's multicultural environment!

## Monday, August 5 – Workshops adventure

We will start this day with a workshop only for newcomers, so that they can be briefed about all the important information. This will be followed by the Serious Workshops which will include the following topics: "Leos in the World"; "Social Innovation"; "Marketing and Communication" and "Migration Crisis and Volunteering". After these workshops, you will also have the chance to participate in the Lions Clubs International





Focus Group, organized by Melissa Nadeau from the LCI Headquarters or in the ILO/Leo Fights Hunger workshop, organized by the ILO Council.

You'll have some free time before dinner, in which the ILO meeting will take place. Why not use it to enjoy the Hotel's pool or the beach right in front of our Hotel? After dinner, it will be time for you to get ready for the amazing College party! The party will have Hotel Foyet as its location. Even if you're on holiday from work or classes, you can't get rid of a good ol' American-college-style party! Don't forget to bring your costume!

## Tuesday, August 6 – Oporto adventure

On August 6th we will have a full day trip, so that you can enjoy the best Porto has to offer.

We will leave the hotel in the morning after breakfast (08:15 am) and arrive back at around 5:30 pm for dinner. In the morning you will have the opportunity to visit the Port wine cellars and discover what the "river surprise" is.

All participants will have lunch at the same restaurant, close to the Port Wine Cellars. We will have one menu with several options from which to choose.

After we get back to the Hotel make sure you get ready because at 7:30 pm we have our Party and Dinner, Portuguese style!

This will be an iconic moment of the LEF! It will take place in "Quinta do Santoinho" (<https://www.youtube.com/watch?v=rS7xSzY6deM&t=36s>) and there will be plenty of music, food and tradition.

### Detailed information for the different programs:

- **Handcraft beer factory:** You will have the opportunity to see how Portuguese handcraft beer is made in Portugal... and of course taste it!
- **Clérigos Church and Museum:** When you enter the Tower, Church and the Clérigos Museum, you will be stepping into the History of Portugal.
- **Casa da Música:** You will leave our lunch location by bus and you should take the opportunity to look around the city of Porto on the way to the Casa da Música.



- **PhotoMarathon:** Here is an incredible challenge for you! You will visit the city of Porto and some of its hidden gems through photographic challenges. Comfortable clothing is a must, with special attention to footwear that is appropriate for walking longer distances.
- **Free time:** Just enjoy the city with your friends! But don't forget to be at the Meeting Point at 5:00 pm!
- **Sightseeing:** Sit, buckle up your seatbelt, put on the headphones for the guided trip and enjoy this ride around the landmarks of our city!

### Wednesday, August 7 – Social adventure

Our Social activity will take most of the day! The institutions in which we'll work is located 15 minutes away from the Hotel. There you will have the opportunity to rehabilitate its facilities and spend time with the children they support. We'll have lunch there in a break from the tough but rewarding work that is expecting us.

At the end of the day, it will be time for our Under the Sea party. Have you ever imagined how it would be to live underwater? Would you be a shark or a mermaid? Perhaps a jellyfish? You can even be Poseidon, God of the seas!

### Thursday, August 8 – Gala adventure

Our day will start with the Fun Workshops. In teams, we'll go to the streets of Póvoa de Varzim and engage in fun activities with the passersby, namely "Get out of the Box", "Traffic Smiles", "Free Hugs & Traffic Smiles" and "Freeze", that will bring a smile to their faces, and ours too.

The gala evening is one of the greatest moments of the week. Don't forget your best dress and suit and let's enjoy a glamorous night, with an open bar!



## Friday, August 9 – Sports adventure

By this point you've been eating and drinking generously for almost a week. Maybe some sports can provide you a healthy detox? If you are joining the Surf you will leave the Hotel at 10 am. Get ready to shine as Garrett McNamara!

If standing on a board of wood on top of the sea feels like a bit too much for you, don't worry! Join the activities that will take place in the Hotel or nearby.

Basketball, Beach Football, Volleyball, Color Battle, Yoga Beer (minimum of 10), Zumba, you choose! We will provide you the registration sheet at the LID.

After such a tiring day it will be time to officially close our LEF with the Closing Ceremony. Have you enjoyed the week? Then why not start getting ready for next year? Back to the Romans party, organized by the Italian delegation will close this LEF, what more could you ask for?

## Saturday, August 10 – The adventure is over, but the memories will stay forever

This is the day when we say goodbye to our Leo Friends, with the promise that we will see each other again in January, for Leo Europa Pre Forum in Rome, Italy!