



2019 - PORTUGAL

LEO EUROPA FORUM 2019

What to Bring and Practical Info





Ahoy LEFer,

On this document, you will be able to find our advises on what to bring for the LEF week, according to the activities you are going to attend. In order to know more details about each day of the week, be sure to check our “Detailed Program” document, available at www.lef2019.org.

Saturday, 3rd of August

Arrival:

Regardless of your time of arrival at the airport or Hotel, the Check-in in the Hotel will not be possible before 4:00 pm.

However, we invite you to get to know the city of Póvoa de Varzim, and to explore the pool and the beach.

Lunch:

If you happen to arrive before Check-in time and are hungry, lunch is not included in our LEF package. We recommend you to try one of the restaurants and bars by the beach.

Spa:

If you arrive earlier and want to use the SPA, remember that it has a cost of 3€ per entrance. We advise you to bring swimming caps, which are of mandatory use, and a bath towel, so you don't need to buy it at the Hotel SPA.

Hotel Bar:

No expenditures are included in the LEF package. You will have to pay to the hotel for everything you consume.

Sunset:

At 6:30 pm you should head to the 13th floor to participate in our Sunset - you will have the opportunity to enjoy the beautiful view of the hotel in the company of a glass of Port Wine.

**Dinner:**

For those who arrive later than dinner time, you will be provided with a meal in the bedroom.

Party:

This night we'll have the White Party - bring your best white clothes and let's have fun!

Remember that at LEF we will have a coin system to pay the drinks at the parties. Each coin corresponds to 2 euros, so remember to bring some cash with you.

WHAT TO BRING FOR SATURDAY?

- Cash;
- Extra country flag to use throughout the week;
- SPA clothes for free time during the week.
- Beach items - sunscreen, towel, swimsuit/shorts, flipflops;
- White Clothes for the party.

Sunday, 4th of August

Leo Parade:

This year you will have the chance of participating in a Leo parade with your companions in one of the most beautiful avenues of the city that hosts us. This will occur outside of the Hotel. A bus will transport us there from the hotel and it will take each delegation by MD order, so that we can organize the parade by country. There will be music and animation.

Delegation pictures:

When we arrive at the place for the Opening Ceremony, delegations will have the opportunity to take a delegation picture. So, bring your best traditional costumes and smiles and let's officially start the adventure! :-)



Fun POC:

The Fun POC will take place outside of the Hotel (10/15 minutes walking distance). Each delegation's stand will be sheltered from potentially adverse weather, however, there will be gardens and open spaces for participants to enjoy.

The preparation of the POC will take place before, at the responsibility of each country's DL.

Party:

This party will take place in the same location as the Fun POC.

WHAT TO BRING FOR SUNDAY?

- Smart casual clothes for the Opening ceremony or traditional costumes;
- Comfortable shoes for the parade;
- Your special food, drinks and decorations for the Fun POC;
- Your delegation's t-shirt for the fun POC.

Monday, 5th of August

Newcomers Workshop:

The newcomer's workshop will take place in the Hotel Auditorium and will be coordinated by Leos who have been to more than 5 LEFs. All you need to bring is the desire to learn more about the Leo Europa Forum and its challenges.

Serious Workshops:

This year, Serious Workshops will be slightly different. They will all take place in the Auditorium of the Hotel with predetermined schedules between 10:30 am and 5:00 pm.

Free Time:

During free time you can enjoy the Hotel's pool or go to the beach right in front of the hotel.



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!

WHAT TO BRING FOR MONDAY?

- Beach items - sunscreen, towel, swimsuit/shorts, flipflops.
- Costume for the college party -
baseball/cheerleaders/college uniform/american pie style.

Tuesday, 6th of August

Porto City Center day:

On August 6 we will have a full day trip, so that you can enjoy the best Porto has to offer! Check our "Detailed Program" document to know more about the activities of this day.

Dinner and Party:

After we get back to the Hotel you should get ready so that at 7:30 pm we have our Party and Dinner, Portuguese style!

This will be an iconic moment of the LEF. It will occur outside of the hotel, and we recommend you to take comfortable clothes.

WHAT TO BRING FOR TUESDAY?

- Comfortable clothing and footwear;
- Sunglasses;
- Sunscreen;
- LEF 2019 Bag;
- Camera/Mobile Phone if you are attending the PhotoMarathon.

Wednesday, 7th August

Social activity day:

This will be a full day activity. The Social Institutions are located around 15 minutes away from the Hotel. There will be different shifts and tasks, so that we can be as productive as possible!

Party:

The party theme is Under The Sea. Imagine you are underwater, in the sea, what should you take?

WHAT TO BRING FOR WEDNESDAY?

- Clothes for the renovation: clothes and shoes that can get dirty. Be aware that the paints we will use for walls and rooms are not washable. Bring a hat as the weather can be sunny and many of you will work outside;
- Your Under the Sea Party costume - scuba diver, fish, sea star, mermaid, etc.



Thursday, 8th of August

Fun Workshops:

Fun Workshops will be organized in teams.

There will be a briefing in the Hotel (10:00 am) and afterwards Workshops will take place on the streets of the city and will serve the community.

You should bring clothes that can identify you as a Leo so that we are recognizable on the streets.

Gala preparation:

The roses will be available at the LID. You can pick them up if you have ordered them before at the LID.

The shuttles to the Gala dinner leave all at 7:00 pm.

Gala evening:

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!

The shuttle buses to take you back to the LEF hotel are scheduled from 1:00 am.

WHAT TO BRING FOR THURSDAY?

- Clothes with Leo or Lion symbol;
- Comfortable footwear;
- Gala dress for the ladies, suit and tie/bow tie for the gentlemen;
- Joy and smiles;
- The liver you had when you were 20 years old.



Friday, 9th of August

Surf:

You must take a beach towel and sunscreen. We leave the Hotel at 10:00 am and we return at 3:00 pm. Lunch will be taken to the beach by the Orgateam. Remember your beach items and your water bottle full.

Other activities:

Meeting point: LID - 10:30 am.

- **Basketball, Volleyball and Beach Football:**
 - Beach shorts/Swimsuit/Bikini
 - Water

- **Color Battle:**
 - White t-shirt

- **Zumba:**
 - Sportswear

- **Yoga Beer:**
 - Sportswear

Closing ceremony:

The closing ceremony will be in the Hotel's auditorium. Dress code for the closing ceremony is smart casual.

Party:

This is the last party at LEF 2019 and we will already start to enjoy the LEF 2020 vibes. The party theme is Back To Romans Party, so don't forget to come in your costume to the party.



WHAT TO BRING FOR FRIDAY?

- Sportswear according to the chosen activity;
- SPA and beach items;
- Smart casual clothes for the Closing Ceremony;
- Your Roman party costume.

Other information

Airport shuttles

You will receive the arrival and departure shuttles on your e-mail. The departure shuttles will also be available at the LID.

Registrations at the LID

You will have to register for the fun workshops and sport activities, as well as choose your gala tables and order the roses for your date at the LID. Closer to the event, we will send you a document with this information and when to do these registrations.

Currency and cash

The currency in Portugal is Euro.

You will need cash during the week, namely to do payment at the LID. There is a ATM near the Hotel.

Climate

Portugal has a Mediterranean climate. We expect August to be sunny, warm and dry, with an average temperature of around 25°C to 30°C.

Time Zone

For this time of the year, the time zone in Portugal is UTC+00:00.



Electricity

The electric voltage for domestic use in Portugal is 230/400 volts, the frequency of 50 hertz and power outlets following the European standards.

Emergency number

The emergency number in Portugal is 112.

Orgateam Contacts

In case you need anything during the week, remember to go to the LID. You can also contact one of the following numbers: **+351 918 038 215** (Bruno Soares) | **+351 927 371 347** (Miguel Morim) | **+351 961 168 290** (Mafalda Infante) | **+ 351 918 417 479** (Catarina Lopes). You can find it at the back of your badge.