



International
Football
Academy de
Portugal

“European Football & Academics Experience the Portugal way”

www.ifapt.com



THE PLAY & STUDY
PORTUGAL FOOTBALL PROGRAM

in association with





Dear Athletes & Parents,

Portugal Sports Tours in collaboration with IFAPT & AAC takes you on a football journey & experience of a lifetime...

We are a registered football academy under the banner of “International Football Academy de Portugal” with fiscal number 514 551 844 in collaboration with Associacao Academica de Coimbra-Oraganismo Autonomo de Futebol with fiscal number 500 065 292 with our marketing wing Excel Sports and Fisio Care, Lda. for your reference.

This is a long-term Players development program especially designed for giving your son or your club team the opportunity to experience the world-renowned Portuguese ground breaking training methodology as delivered by IFAPT & AAC- academy staff located in Coimbra and Porto Salvo. The Portuguese training methodology is considered around the world as exceptional with unique variables, comprehensive, with high dynamics and intensity.

IFAPT & AAC Academy Program is designed for the passionate and serious athletes who really want to gain the experience and develop their football intelligence to a professional level.

IFAPT & AAC mission Statement: “Is to offer the excellence of a high-quality service and to ensure you an incredible experience at our academy. “This program is built with specific objectives and purpose to you give the athletes a lasting football knowledge and experience that they can cherish for the rest of their lives”.

Thank you for considering IFAPT & AAC football academy Program.

Sincerely,

Elvis J. Goes

President & Director

IFAPT & AAC international Academy





ERAPEL®

OUR PROGRAM

Portugal Sports Tours takes you on a journey & experience of a lifetime...

This program is created to give a short term organized and planned opportunity to training with the best Portuguese youth academies. You will be given an opportunity to train where some of the youth players initially hone their skills. You will also have an opportunity to play against some of the youth national players and gauge your talent against them...

Portugal has Europe's Top Three football academies Benfica SL, Porto FC and Sporting C.P. as the incubator of world stars like Luís Figo, Cristiano Ronaldo, Futre, Simão Sabrosa or Nani and S.L. Benfica was the UEFA Youth League Runners-up in 2014. This is the result of some of the best football infrastructures in the world, coaches and technical staff with college degrees and UEFA certifications, some of them with a vast experience in training methods. It's important to remember

that in the last 12 years Portugal has been on the top of world football, with 4 teams reaching the European club competitions finals (Champions League – 1 / Europa League – 6) for seven times.

In the Last Decade Portugal has exported some of the best coaches in the world names like José Mourinho (Chelsea), Leonardo Jardim (Monaco) agora and André Villas-Boas (Zenit St. Peterborough) are perfect examples of the high quality standards that Portugal can boast about.

Portugal is rich in history and the capital Lisbon is one of the best European destinations, winning several awards in the last years as the perfect destination since it combines the old European charm with a vibrant modern life. Topped by an imposing castle, breathtaking viewpoints, and whitewashed monuments, each of those seven legendary hills has a different personality.

In addition to your specific sports Training, we give you the opportunity to experience some of these team-building events, and add some fun and flare to your experience. Also we have planned an exchange of cultural and technical insights to enjoy training with some of the most reputable Portuguese teams



PLAY & STUDY

PROGRAM



Sample Weekly Training Schedule: For the players not Registered with Teams

	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sun
AM 10-11.30	Warm-up: Focus on passing & receiving with movement individual tech with bal and coordination	Ground based fitness – circuit training program	Warm-up Focus on combination Passing & possession games with tactical guidance	Warm-up and Shooting drills with attacking and defensive transition	Individual Defensive technical tactical progressive session	GAME with indoors strategy discussion	Off
PM 17.3 hrs.	TEAM TR	TEAM TR	TEAM TR	TEAM TR	OFF OR TEAM TR	OFF OR GAME	OFF or GM

NOTE: Start Day 1 program all over again...we will try to keep a well balanced schedule based on the level of the team and your TD feedback. Our goal is to give them the best possible experience while in Portugal.

Individual Program outline:

It is our intention that an athlete who chooses this program can enjoy the very best of what football has to offer. This program is conducted by licensed UEFA & USSF Coaches, seeking above all to bring an exciting and artistic brand of football, which allows players to feel comfortable with the ball, attack with good improved capacities to defend too. The game is taught in all its moments, the defensive, the offensive, the defensive transition and the offensive transition.

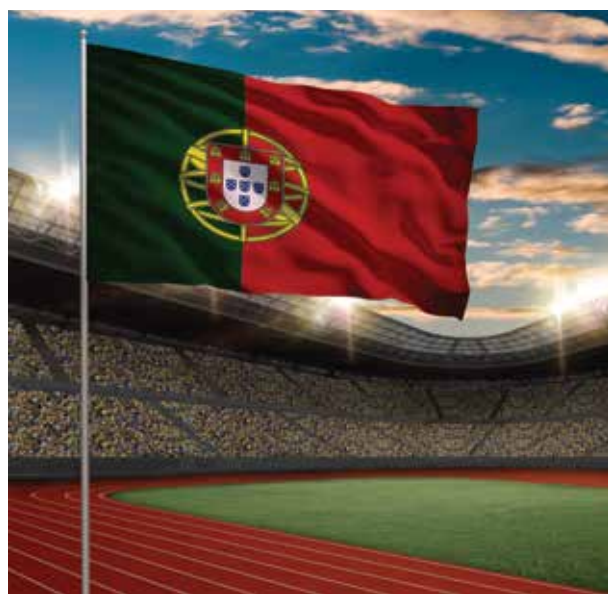
Individual program is defined by these three stages:

The first stage is an individual development stage, which addresses the capabilities and needs at an individual-level

The second stage, which is team-level tactical development stage where a player is initiated in a team environment, participates in all activities and day-to-day group trainings.

The third and final stage of development is putting to use the technical, tactical, physical and mental capabilities acquired thru training games and practice games with local teams. These teams mainly compete in the elite divisions, and the players who are developing to become the future professional footballers in Portugal.

In order to learn and develop the Portuguese way of Football, one has to really get to know and experience our culture, our passion and our way of life. Hence, we engage you individually and collectively into our training program as part of us and not a stranger.





OUR TRAINING CENTERS



BRIOSAXXI ACADEMY

- +400 training athletes and professional teams
- 4 Football Pitches (1 Natural Grass and 3 Artificial Grass)
- 20 Fully Equipped Double Rooms
- Swimming pool and Jacuzzi
- 5 Medical Offices
- Treatment and Physical Recovery Room
- Meeting Room with Multimedia Support (60 people)
- Laundry
- Offices



FORMATION

Throughout its 134 years of history, Académica has stood out for its focus on human, ethical, cultural and social training for all its athletes. It is now recognized as a 4 star training entity by the FPF and holds the Flag of Ethics.

But recognition also takes place within the four lines and there are several players of national and international renown, trained in the levels of formation of Académica. Among many others who represented the National Team or reached some of the best European clubs, there are names such as:



Sérgio
Conceição



José
Castro



Dimas



Pedro
Roma

CITY OF COIMBRA STADIUM



DATA

OPENING	- 27.09.2003
TOTAL CAPACITY	- 30.000
VIP BOXES	- 32
VIP BOX SEATS	- 339
AVERAGE VIEWERS PER SEASON	- 68.000



EVENTS

- ROLLING STONES (2003)
- GEORGE MICHAEL (2007)
- U2 (2010)
- MADONNA (2012)
- LEAGUE CUP FINAL (2016)
- PORTUGAL CUP FINAL (2020)
- PORTUGAL CUP FINAL (2021)
- CNS CUP FINAL (2021)
- ANDRÉ BOCELLI (2021)
- QUATRO E MEIA (2022)

ALL ABOUT PORTUGAL



PORTUGAL FACTS

Population:	10.46 million (2013)
Capital City:	Lisbon
Language:	Portuguese
Religion:	81% Catholic
Government:	Unitary state, Semi-presidential system
Time Zone:	Western European Time Zone (UTC+00:00)
Dialing Code:	351
Currency:	Euro

Geography: The westernmost country of Europe, Portugal occupies the greater portion of the western littoral of the Iberian Peninsula. Portugal has an area of 92,391 sq km (35,672 sq mi), including the Azores (Açores) Archipelago, and Madeira and Porto Santo. Comparatively, the area occupied by Portugal is slightly smaller than the state of Indiana. The mainland of Portugal extends 561 km (349 mi) n–s and 218 km (135 mi) e–w. Bordered on the n and e by Spain and on the s and w by the Atlantic Ocean, Portugal has a total boundary length of 3,007 km (1,868 mi), of which 1,793 km (1,114 mi) is coastline. Portugal's capital city, Lisbon, is located on Portugal's west coast.

History: Portugal derives its name from ancient Portus Cale (now Porto), at the mouth of the Douro River, where the Portuguese monarchy began. The country's early history is indistinguishable from that of the other Iberian peoples. Lusitanians were successively overrun by Celts, Romans, Visigoths, and Moors (711). In 1094, Henry of Burgundy was given the county of Portugal by the king of Castile and León for his success against the Moors; his son, Alfonso I (Alfonso Henriques), became king and achieved independence for Portugal in 1143, beginning the Burgundy dynasty. By the mid 13th century, the present boundaries of Portugal were established, and Lisbon became the capital.

Climate: Marked seasonal and regional variations within temperate limits characterize the climate. In the north, an oceanic climate prevails: cool summers and rainy winters (average rainfall 125–150 cm/50–60 in annually), with occasional snowfall. Central Portugal has hot summers and cool, rainy winters, with 50–75 cm (20–30 in) average annual rainfall. The southern climate is very dry, with rainfall not exceeding 50 cm (20 in) along the coast. In Lisbon, the average temperature is about 24°C (75°F) in July and 4°C (39°F) in January. The annual mean temperature in Portugal is 16°C (61°F).



Places to see and visit while in Portugal

MYSTERY & ROMANCE | SINTRA:

Sintra is a true glorious Garden of Eden, as the famous British poet Lord Byron once called it. Discover this paradise just outside Lisbon and why people like Hans Christian Andersen and Gloria Swanson were delighted with the magic and mystique that emanate from the palaces, villas and estates of this charming village.

Passing Places & Visits:

- Quinta da Regaleira (entrance included)
- Pena Palace (UNESCO)
- Sintra Downtown (UNESCO)
- Roca Cape
- Cascais Village Centre / Guincho Beach
- Estoril



UNFORGETTABLE | LISBON CITY TOUR

Get to know Lisbon like no one else! Visit the city from one end to the other, from Parque das Nações and Oceanarium, in the modern part of town, symbolizing the historical connection of the capital to the sea, to the Baixa (Downtown), the eternal city center.

We'll also visit the Tower of Belém, where the caravels set sail during the Portuguese Exploration period and Jerónimos Monastery, both UNESCO World Heritage Sites and two of the '7 Wonders of Portugal' that dominate the Lisbon landscape for nearly 500 years.

Passing Places & Visits:

- Belém Tower (entrance included)
- Monument to the Discoveries
- Jerónimos Monastery (visit to the church)
- Pastéis de Belém (traditional Portuguese pastry)
- Alfama District
- São Jorge Castle
- Sé (Lisbon Cathedral)
- Parque das Nações (Modern Art & Architecture)



Places to see and visit while in Portugal

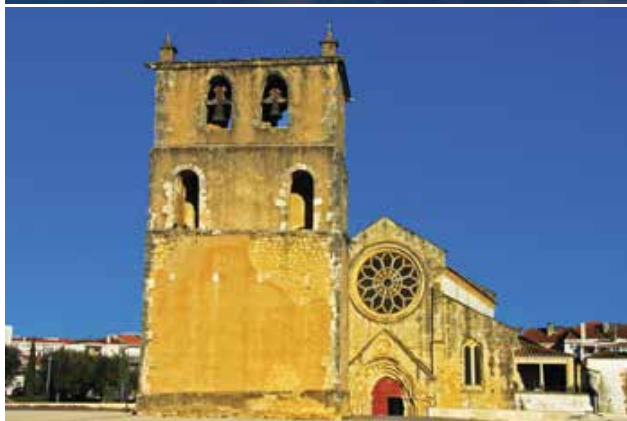
FAITH & HISTORY | FÁTIMA

Fátima is one of the most iconic shrines in the world where more than 5 million pilgrims visit every year.

In this tour you can also visit other beautiful sites of the region, such as Nazaré (worldwide known location for its massive wave as demonstrated by Garrett MacNamara and surf hotspot), a typical fishing village, Óbidos, a charming little village surrounded by medieval walls and the Batalha Monastery, a World Heritage Site by UNESCO and one of the Seven Wonders of Portugal.

Passing Places & Visits:

- Fátima Sanctuary
- Batalha Monastery (entrance included)
- Óbidos Historical Village
- Nazaré



MEDIEVAL JOURNEY | TEMPLAR

The Templars had an important role in all of the great epochs and battles of Portugal, from the time of D. Afonso Henriques (the first Portuguese King) to the Discoveries. The Almourol and Tomar castles are perfect examples to understand the mystic of the Templars, men who were simultaneously Warriors, Knights and Monks.

Passing Places & Visits:

- Almourol Castle
- Constância
- Tomar (historical center)
- Christ Convent

ARRIVING IN PORTUGAL



Your check list

- **Passport**
- **Airline Itinerary**
- **Toiletry Items**
- **Comfortable shoes**
- **Coat, Sweater or Sweatshirt for colder temperatures**
- **Shorts, t-shirts and socks**
- **Soccer Shoes and Running Shoes**
- **Rain Gear**
- **A doctors note if you have any special needs**
- **Your medications if any (with Doctors Prescription)**

At the Airport

All participants will arrive at the Lisbon International Airport (LIS) one day before the event and will be met outside customs by our responsible holding a Portugal Sports Tours sign. A vehicle will transport the athletes to the hotel or hostel once everyone is ready.

Please follow the steps below once departing your plane.

- **Clear customs**
- **Locate Portugal Sports Tours sign**
- **A vehicle will transport the group to the hotel once everyone is ready**
- Pending your arrival time, lunch will be served on arrival day.
- You will be asked to leave a credit card imprint upon check-in to cover any incidental charges such as phone, dry cleaning, movies, internet or room service.
- For all group functions we will travel by motor coach. Taxis are readily available during down time.
- There is no entry or departure tax.

TRAVEL REMINDERS

- Call the airline in advance to obtain or confirm seat assignments.
- Make two (2) copies of your passport. Put one copy in your luggage away from the originals and leave another copy for someone back home. Should you lose any of these items, copies are essential for obtaining quick replacements.
- Leave a copy of your airline and hotel itinerary at home.
- Make sure all bags have luggage tags.
- Pack one outfit in your carry-on bag in case your luggage is misplaced by the airline.
- A converter and adaptor is likely required (depending upon location) in order to use any American electronic equipment, such as hairdryers, iPods, alarm clocks, computers, etc.
- If you are bringing a laptop, check the power pack to see if it accepts 220V electricity. Most power packs will automatically convert. If this is the case, you do not need a converter, but you will need an adaptor.
- Stock up on your favorite headache and cold remedies. Put some Airborne or Vitamin C in your carry-on to avoid getting ill during the long flight. Also, if you take prescription medications, be sure to pack enough for the duration of your trip. It is also a good idea to pack prescription medications in your carry-on.
- Consider obtaining travel health insurance to cover the cost of illness while both abroad and in transport back home.
- Consider taking jet lag preventative measures. Plan to sleep on the plane as long as you can; bring earplugs and an eye mask if necessary. Tylenol PM or sleeping pills may be helpful. You will recover much faster from jet lag if you drink lots of water on the plane and avoid alcohol and caffeine.
- Calling cards are available and typically the cheapest form to call the US. Our contacts can assist in purchasing these cards. Cards vary in price based on the amount of minutes required.
- You may wish to contact your credit card companies to inform them you are traveling outside the country.

VISA Options	<ul style="list-style-type: none"> • Schengen Sports Tourist VISA for Try out • Duration maximum at one time is for 1 year • The decision to grant VISA is completely with the Portuguese Embassy. • PCC & Parents affidavit with Apostle is required for players below 16 years of age • For Visa process please refer to the VISA application document 	<ul style="list-style-type: none"> • Portugal Students VISA • Duration depends on the course • Options 1. Language & Computer Course 2. Bachelors in Economics 3. Bachelors in Business • For admission please refer IFAPT -Educational Programs • For Visa process please refer the VISA application document. Player has to pay the visa renewal fee and the Advocate process fee.
Full Term	<ul style="list-style-type: none"> • 15th July 2022 to May 30th 2023 	
Charges	<ul style="list-style-type: none"> • Club transfer fees and Registration fees are extra and on case by case basis • Reporting Dates 1st thru 15th of the month are at a full rate • Reporting Dates 16th thru 30th of the month are at a half rate 	
Payment Terms and Conditions	<ul style="list-style-type: none"> • Payment options are Quarterly or Annually. Annual payments receive a 5% Discount on the total amount. • All Players are required to make a 1-month deposit prior to the start of the season. • The deposit payment will be applied towards the last month of the season. • First Payment and / or Annual Payment is due by 1st July 2022 • All payments are due before the end of the current quarter • A late fee of € 50 will be charged if payment is received after the last day of the current quarter. No exceptions 	
Refund of Payment	<ul style="list-style-type: none"> • No refunds for discontinuation without valid reason or due to disciplinary action. • In case of major injury or unavoidable personal reasons, refund as decided by IFAPT 	
Other Details	<p>Education</p> <ul style="list-style-type: none"> • Portuguese Language Classes are required by all Student Visa Holders • Recreation and Socializing • Weekend outings to the Mall or Sightseeing (On Select Weekends) • Players 18 and Older are able to go out on their own provided managers are informed and permission has been granted. <p>Miscellaneous</p> <ul style="list-style-type: none"> • Player Medical information for example Blood Type, Existing Allergy Medication etc. • Parents can visit anytime of the year and should notify management to facilitate the visit. • The accommodation location will be finalized once the program Confirmation is received. • All Minors need a Notarized Parental Consent Form filled in and sent along with the Player (For more information please contact IFAPT Administration at admin@ifapt.pt) <p>Passport</p> <ul style="list-style-type: none"> • Player's Passports should be valid for the duration of the Season 	
Players Packing Requirements	<ul style="list-style-type: none"> • Players are to carry their Football Sticks and Turf Shoes • Bathroom items (Shaver and Other Bathroom items) All basic toiletry items are available to purchase in Portugal • 6 Pairs of Socks, 6 Football Shorts, 6 Football Jerseys (White or Black or Red) • Casual Clothes, Warm Clothes for Winter and other Personal Clothing • Personal Medication • Players are advised to pack cautiously and NOT bring too many clothes and belongings • Football boots two pairs and trainers for gym • Medical info from the Doctor, with the blood type & any allergies medicine if any minor needs parents' consent form filled in and sent along with the player. • The detail list can be discussed 	

A soccer ball is positioned in the upper left corner of the frame. Below it, a large number '17' is painted on the grass. The number is composed of three distinct colors: a central white section with blue patterns, a surrounding yellow border, and a red outer border. The background is a green grassy field.

WHY PORTUGAL?

PORTUGUESE FOOTBALL

Football started to gain popularity in Portugal in the late 19th century, brought by Portuguese students who returned from England. The first organized game in the country took place in 1875 in Camacha, Madeira, organized by Madeira-born Harry Hinton, who brought a football from England where he was studying.

Popularity quickly spread across the island. Harry would go on to become Honorary President of CS Marítimo. The person responsible for its spread in main land Portugal, was Guilherme Pinto Basto (according to some people, his brothers Eduardo and Frederico brought the ball from England). He organized an exhibition in October 1888 and a match on in January the following year. The match, played where today's Campo Pequeno bullring is located, involved opposing teams from Portugal and England. The Portuguese won the game 2–1. Consequently, football started attracting the attention of high society, distinguished by the Luso-British rivalry.

The game reached colleges and led to clubs across the country. By century's end, associations such as Clube Lisbonense, Carcavelos Sport Club, Braço de Prata, Real Ginásio Clube Português, Estrela Futebol Clube, Futebol Académico, Campo de Ourique,

Oporto Cricket, and Sport Clube Vianense had been founded. The first domestic match, between Lisbon and Porto, took place in 1894, attended by King Carlos. Clube Internacional de Futebol (founded in 1902) was the first Portuguese team to play abroad, defeating Madrid Fútbol Clube in 1907 in Madrid, Spain. The main domestic football competition is the Primeira Liga. The dominant teams are Sport Lisboa e Benfica, Futebol Clube do Porto, and Sporting Clube de Portugal. The oldest team is Académica, which was founded in 1876. Futebol Clube do Porto, after an unsuccessful attempt in 1893 (the current foundation date), reappeared in 1906. Boavista FC was founded in 1903. Sport Lisboa e Benfica was born as the result of the fusion in 1908 between Sport Lisboa, founded in 1904, and Grupo Sport Benfica, founded in 1906; the club maintained the foundation date of Sport Lisboa. Sporting Clube de Portugal was founded in 1906. Belenenses was founded in 1919. These clubs sponsor several sports activities, but give great emphasis to football, making use of teams of professional players, which frequently participate in European competitions.



FOOTBALL ACHEIVEMENTS BY PORTUGAL AND INDIVIDUAL PLAYERS FROM PORTUGAL



Over the last three and half decades Portugal has positioned itself as the one of the most formidable teams in the world of football. Portugal has created some of the top players in the world among them Eusébio da Silva Ferreira, Luis Figo and most world renowned Cristiano Ronaldo. This growth of Portuguese football and the success of the individual players is because Portuguese football training methodology and the football ecosystem is among the best in the world. In the recent past Portugal have exported some of the top Portuguese coaches around the world Carlos Quiroz, Vila Boas, Nuno Santos and one of the highly sort after Mr. Jose Moruniho.



WHERE DO I APPLY?

www.ifapt.com



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in association with

