

## the DAY AFTER

At The Day After, a INGEO2017 event on the 21<sup>st</sup> of October 2017, you can participate in one of two really different activities: Surf Day or Green and Gold Tour. Both have the same price (60€) and are open to participants of INGEO2017 and accompanying persons. The number of participants is limited and there may be a cancellation due to insufficient number of participants.

### **SURF DAY (organized by Duckdive Nature Sports)**

*SURF it's Health, Quality and Lifestyle!*

*Duckdive was established in February 2009 in Costa de Caparica, as the first school of surf and bodyboard recognized by the Portuguese Tourism Office. Duckdive follows a line of innovation for its clients, providing them with knowledge, dynamic classes and structure, good atmosphere and satisfaction. We have 8 years of existence, experienced staff and we have trained about 11.000 people until now. 4,300 from those are children aged between 4 and 14 years. Duckdive was the first surf school across Europe (2010) to provide surf lessons for people with disabilities. We also created the 1<sup>st</sup> Adapted Surf Center in Portugal to promote social inclusion through surf. Our work in motor, visual and cognitive disabilities is officially recognized and serves as a guideline for accessible tourism in Portugal.*

*During this Surf Day, you will have a two hour class. We recommend surfing but you also can choose bodyboarding.*

*First we dress the wetsuit\*, after that we decide which board is ok for your weight and height.*

*We begin with a general warm up, then exercise on the beach simulating standing up. After that we have a briefing with safety and general rules to be in the water.*

*Then we start working inside the water with the help of instructors/coaches. These guys will be there for you at any moment, so be close to them.*

*Enjoy and have fun!*

Tiago Rodrigues

Technical Director - Duckdive Nature Sports & Camp

### **Timetable**

09h00 - Departure from LNEC

10h00 - Arrival to Praia do Castelo (beach), Costa da Caparica

10h15 - Start of the activities

13h00 - Lunch

15h00 - Departure to LNEC with stops in Marquês de Pombal and Campo Pequeno

\*Don't forget your swimsuit, beach towel and sunscreen.

More information:

[www.duckdive.pt](http://www.duckdive.pt)

[vimeo.com/duckdive](https://vimeo.com/duckdive)

[www.facebook.com/duckdivesurf](https://www.facebook.com/duckdivesurf)

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## GREEN AND GOLD TOUR

Do you know that there are a large variety of tastes that can feel in a pure olive oil? Do you know how the different types of olive oils - from the purest extra-virgin to the refined oil - are made? Find out during the visit to the olive oil mill, designed by the Portuguese architect Ricardo Bak Gordon, in the Marmelo olive grove of Oliveira da Serra.

After the visit we will have lunch in a restaurant in the Cuba village, also in the Alentejo region, and will be introduced to the regional gastronomy and local wines.

Alentejo is a region in the south of Portugal with vast plains and soft hills and the largest agricultural region of Portugal. In the last 15 years it has experienced profound changes, due to the availability of water from the large reservoir of Alqueva dam, built in the beginning of the 2000's. Cork-oak trees are still important and can be found in large areas but olive groves and vineyards are changing Alentejo. Besides the landscape, Alentejo has also another important characteristic: the traditional architecture: white houses, narrow streets in small and dense villages.

After lunch we will make a short visit to Évora, a UNESCO World Heritage Site. Despite being the capital of Alentejo it holds the main characteristics of the small villages together with unforgettable monuments from different periods of the Portuguese history.

### Timetable

09h00 - Departure from LNEC

11h00 - Arrival to olive oil mill Oliveira da Serra to a 1h30 visit that includes an olive oil taste

13h30 - Lunch in the village of Cuba

16h00 - Arrival to Évora and short visit

19h00 - Arrival to LNEC

During the trip between Lisbon and the oil mill and, later, during the trip back to Lisbon, there will be a 15 to 20 minutes stop en route.

More information about the olive mill:

[www.oliveiradaserra.pt/oliveira-da-serra/lagar.aspx?lang=en-GB](http://www.oliveiradaserra.pt/oliveira-da-serra/lagar.aspx?lang=en-GB)