

INFORMATION BOOK

PSYCHOMOTOR THERAPY
SUMMER SCHOOL 2022

TOUCH AND BEING TOUCHED

JULY 3-9 2022

FACULDADE DE MOTRICIDADE HUMANA
UNIVERSIDADE DE LISBOA, PORTUGAL

+ INFO



psychomotorthrapy.info

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WELCOME

The Psychomotor Therapy Summer Schools (PMTSS) involving currently seven European Universities, the Institut de Formation en Psychomotricité, ISRP, France; HAN University of Applied Sciences, Nijmegen, Netherlands, HfH University of Applied Sciences of Special Needs Education, Zurich, Switzerland; VIA University College, Arhus/Randers, Denmark, Københavns Professionshøjskole Psykomotorikuddannelsen Institut for Terapeut- og Jordemoderuddannelser, Denmark, Windsheim University of Applied Science, School of Human Movement and Sports, Zwolle, Netherlands and Faculdade de Motricidade Humana (FMH) from Lisbon University, Lisbon, Portugal the 2022 host institution. FMH is the oldest Faculty in Portugal, offering undergraduate courses in Sport Sciences, Sport Management, Dance, and Psychomotor Rehabilitation as well as master courses and doctoral degrees in Human Movement, Psychomotor rehabilitation, and Education, with more than 1,800 undergraduate and graduate students.

This Psychomotor Therapy Summer School event started in 2010 under a cooperation signed among six participating Universities, aiming at promoting the exchange of knowledge and practices in the field of psychomotor intervention across Europe, enabling the sharing of knowledge between teachers and students, and thus contributing to the quality of education in psychomotor rehabilitation undergraduate courses in higher education and the exchange of knowledge and best practices in the psychomotor field. Considering that psychomotor therapy is based on a holistic view of the human being, drawn from the unity of body and mind, integrating cognitive, social, emotional, physical aspects and the capacity of being and acting in psychosocial contexts, touch and its nonverbal dimensions has been always brought into discussion and currently even more due to the physical contact restrictions and its implications in psychomotor practices during the pandemics. Recognizing the relevance of this year theme: **Touch and being Touched** we aim at bringing together theoretical concepts and methods using touch in psychomotor practice and how it is used across the participating universities/countries. We expect that this summer school brings an opportunity for students and teachers to share and reflect on their knowledge, improving the students' competences.

We invite all the students that will attend this year event to:

- Be prepared to experience practical and theoretical contents related with the psychomotor theoretical and practical fields.
- Read materials before the workshops and use this knowledge to learn and reflect on the themes to be presented.



PMTSS LEARNING OUTCOMES

The participation in the summer school, will enable students to:

- Gain knowledge on the theoretical background and current research on touch in psychomotor professional fields.
- Expand the understanding on methods and techniques used in psychomotor therapy.
- Gain personal competences on how to use touch.
- Gain practical skills to work with different target groups in educational, preventive, and therapeutic settings, supporting individuals, groups, and social systems (e.g., families, work settings).
- Reflect on the theories and practices related with touch across different countries.
- Reflect on a common psychomotor intervention referential, based on the different approaches presented.

PMTSS STRUCTURE

The summer school structure is organized in workshops given by pairs of teachers from the participating Universities, including six teachers, working in pairs, that will present 3 workshops as well as one workshop given by the hosting university focusing the main theme of the summer school.

Also, students in groups (one group per university) will prepare a 10-minute presentation for the first day of the summer school about their university, including some information about the Psychomotor training course and short information about the profession in their country.

In the last day the students also in groups will need to prepare and present a project in form of a teaching program and a reflection on the learning they have achieved during the summer school (20 min).



STUDENTS PARTICIPATION AT THE WORKSHOPS

The participation at the workshops is organized in two groups. At the arrival day, each student will be assigned to one of the groups (group A and group B).

PMTSS ASSESSMENT

Students will be assessed by their attendance, active participation and the presentations that should demonstrate the knowledge acquired and its transferability into their future practice.

Students will also fill a questionnaire to assess the outcomes and contributes from each workshop.

Students need to:

1. **READ THE ARTICLES FOR EACH WORKSHOP THEME – THE ARTICLES WILL BE SENT FOR ALL STUDENTS**
2. **PREPARE A GROUP PRESENTATION ABOUT YOUR UNIVERSITY - 10 MINUTES. SHARE SOME INFORMATION ABOUT THE COURSE, PSYCHOMOTOR PROFESSION IN YOUR COUNTRY. STUDENTS CAN PREPARE A POWER POINT OR A VIDEO. THIS PRESENTATION WILL BE DONE IN THE MORNING OF JULY 4TH**
3. **PREPARE A GROUP PRESENTATION ABOUT THE LEARNING AT THE SUMMER SCHOOL - STUDENTS WILL BE ASSIGNED IN SMALL GROUPS (5-6) TO PREPARE A PRESENTATION. BOTH THEORETICAL AND/OR PRACTICAL. THIS PRESENTATION WILL BE DONE ON THE MORNING OF JULY 8TH**

Students will get **3 ETCS** credit points (1 erts represents 28 hours of student work). Hours of student work include class time, contact, training, projects, field work, study, and evaluation.



PMTSS THEME/WORKSHOPS/TEACHERS

The theme of this summer school, *Touch and being Touched* aims students to gain knowledge, reflect, and learn practical ways to use touch in their practice, with relevance in psychomotor interventions in education, preventive, and therapeutic fields, particularly exploring the theoretical and practical methodological approaches that are related with the touch dimension in psychomotor intervention.

WORKSHOP 1 - TO TOUCH - TO BE TOUCHED IN SPEECH AND BODILY CONTACT: TOOLS TO SUPPORT INTERSUBJECTIVITY AND HARMONY OF MOVEMENT

Juliette Rollin & Ingrid Arild Jensen

There will be short theoretical presentations about intersubjectivity and how to access to harmonious movement. Then we will introduce you the importance of the way to communicate by the speech or the body contact. And mostly focus on practical experiences will also be introduced based on Psychomotor basic movements and on psychosomatic relaxation method. We will work with different reflection and conversations methods through pictures. At the end of this workshop, you will get the opportunity to practice and to experience techniques on yourself in order to use it to others afterwards. You will also be able to discern how it would be interesting to propose these methods to facilitate intersubjectivity and movement.

References

- Behrends, A., Müller, S., Dziobek, I. (2012): Moving in and out of synchrony: A concept for a new intervention fostering empathy through interactional movement and dance. *The Arts in Psychotherapy*, 39 (2012) 107– 116.
- Landelle C., Chancel M., Blanchard C., Guerraz M., & Kavounoudias A. (2021). Contribution of muscle proprioception to limb movement perception and proprioceptive decline with ageing. *Current Opinion in Physiology*, 20, 180-185. Doi: <https://doi.org/10.1016/j.cophys.2021.01.016>

Additional supplying text

- Fuchs, T. (2016): Intercorporeality and interaffectivity. *Phenomenology and Mind*, 11, 194 – 209. Available at www.fupress.net/index.php/pam



WORKSHOP 2 - PERSPECTIVES ON TOUCH AND BEING TOUCHED

Marco Mulder & Signe Lehnkov Miranda

In a Danish and Dutch cooperation Signe Miranda and Marco Mulder offer a workshop about different perspectives on touch and being touched. Based on theory you will experience a wide variety of both body oriented as movement oriented methods to increase self-awareness. Emphasis is placed on self- experiencing, -discovering, -reflection and sharing. As an international group you will bring a lot of different knowledge to the workshop. You will be invited to exchange this to inspire each other and broaden your perspective on touch and being touched.

References

Fogel, A. (2020). Three States of Embodied Self-Awareness: The Therapeutic Vitality of Restorative Embodied Self-Awareness. *International Body Psychotherapy Journal The Art and Science of Somatic Praxis*, 19(1), 39-49.

Leijssen, M. (2006) Validation of the body in psychotherapy, *Journal of Humanistic Psychology*, 46(2), 126-146.doi: 10.1177/0022167805283782

Additional supplying text

Irene van den Berg (2022). We have forgotten 'physical communication': 'Corona has changed people for two years. *Algemeen Dagblad*, 25-04-2022, Available at:https://www.ad.nl/gezond/we-zijn-fysiek-communiseren-verleerd-twee-jaar-lang-corona-heeft-mensen-veranderd~a5a9181b/?referrer=https%3A%2F%2Fwww.google.nl%2F&cb=865249885a4c90f65cb46b19a968044b&auth_rd=1



WORKSHOP 3 - A JOURNEY TO WORK WITH GROUPS AND INDIVIDUALS

Lucia Maier & Olivier Glas

Our lecture is a journey. During this journey you can gather useful experiences and knowledge for psychomotricity from different perspectives on different levels. Starting point for our journey is working in a group as a psychomotrician. What do we need as a therapist to work in a group? What is important for group members (clients) to be able to work in a group? What conditions are necessary for group-therapy and in particular psychomotricity in a group wherein movement-behaviour and body-experience are the central issues? What is needed, to make it possible to make a group stimulate ones development on different aspects of functioning (physical, emotional, cognitive and social)? Experience will be connected to knowledge and theoretical concepts. What psychomotor interventions can help to create the belonged conditions for working in a group?

The next step in our journey is to zoom in on an individual level and to focus on the meaning of being part of a group as an individual person. From this experience we will discover the influence of social interactions on the experience of anxiety and stress. To zoom in a little further we will explore the way our brain helps us to adapt to the context we move in. How is the brain organised and which subsystems are involved to regulate our arousal and emotions? What states of the brain can be distinguished? What psychomotor interventions can help to influence the central nervous system (CNS) in connection to treatment-goals? At the end of our journey, we will look back on the different perspectives and levels of the way that psychomotricians work with groups and individuals.

References

- Bonebright, D.A. (2010). 40 years of storming: a historical review of Truckman`s model of small groups development. *Human Resource Development International* 13 (1) 111-12. doi: <https://doi.org/10.1080/13678861003589099>
- Gilbert, P., McEwan, K., Mitra, R., Franks, L., Richter, A., & Rockliff, H. (2008). Feeling safe and content: A specific affect regulation system? Relationship to depression, anxiety, stress, and self-criticism. *The Journal of Positive Psychology*, 3(3), 182-191. <https://doi.org/10.1080/17439760801999461>

Additional supplying text

- Heike Wadepohl, H., Mackowiak, K. (2016). Beziehungsgestaltung und deren Bedeutung für die Unterstützung von kindlichen Lernprozessen im Freispiel. *Frühe Bildung* (2016), 5 (1), 22-30 " 2016 Hogrefe Verlag. DOI 10.1026/2191-9186/a000241. Available at <https://econtent.hogrefe.com/doi/pdf/10.1026/2191-9186/a000241>
- Sousa, R., Petrocchi, N., Gilbert, P., & Rijo, D. (2021). HRV patterns associated with different affect regulation systems: Sex differences in adolescents. *International Journal of Psychophysiology*, 170, 156-167. <https://doi.org/https://doi.org/10.1016/j.ijpsycho.2021.10.009>



WORKSHOP 4 - EMOTIONAL ROOTS OF IDENTITY IN THE SKIN ROUTES

Rui Martins

To touch or not to touch. That is one of the questions! Nonetheless, we can also reflect about other remarkable questions: Why to touch, how to touch, when to touch and where to touch. To touch is much more than a functional sensorial process, as it is indissociable from a symbolic emotional involvement, connected to the psycho corporal identity. To touch is also associated to continuity and discontinuity dynamics, related to primary archaic fusion and individuation processes and to receptivity and expressivity possibilities. It intended to integrate the conscience of the limits between the Self and the Nonself, the interior and the exterior and also the emotions and feelings connected to that experience and its association with memories of previous experiences. To touch implies a relational reciprocal process, based on non-verbal communication, opening a double possibility: to touch and being touch, which means to manage the polarity between activity and passivity, and agent/object interaction. To touch allows the exploration of two different spaces and times connected by one side, to body sensations and by other side, to related verbal meanings and other symbolic expressions, based on imagination and creativity. This is the conceptual framework for the challenge that our workshop intends to propose you. Be welcome!

References

Zur, O. and Nordmarken, N. (2011). To Touch Or Not To Touch: Exploring the Myth of Prohibition On Touch In Psychotherapy And Counseling. *Innovative resources and online continuing Education*. Zur Institute. Retrieved 06/03/2022 from <http://www.zurinstitute.com/touchintherapy.html>



TEACHERS DESCRIPTION

<p>Juliette Rollin</p> <p>ISRP Institut de Formation en Psychomotricité, France</p>	<p>I am a state-qualified psychomotrician with an expert title. I work with passion in private practice with babies, children, adolescents, and adults with various disorders. I use a variety of mediation methods including relaxation and, more recently, hypnosis. I am also in charge of the pedagogical internships of 750 students of the ISRP Paris. As a team, we guide them during their three years of formation within the framework of their internship program. In addition, the International Master in Psychomotricity has allowed me to combine my high-level sports practice with that of a psychomotrician. In this regard, I have studied the expertise of the psychomotrician in the context of the establishment of a partnership with the rowing coach. Finally, I am the treasurer of the National Professional Council of Psychomotricians whose mission is to manage the continuing formation of psychomotricians. I also represent the liberal psychomotricians in this council.</p>
<p>Ingrid Arild Jensen</p> <p>Københavns Professionshøjskole Psykomotorikuddannelsen Institut for Terapeut- og Jordemoderuddannelser, Denmark</p>	<p>Ingrid Arild Jensen has a psychomotor Therapist state diploma master in Pedagogic by Copenhagen University; Education in sensory motor skills, in Cranio-Sacral Therapy and in narrative supervision. Her work experience includes, since 2008, teaching at KP Hillerød Psychomotor Therapist education in Theory and praxis, especially in physical training, movement therapy and supervision. From 1993-to 2010 was a teacher at APA in Birth and family preparation, Physical training and activities for babies and their mums. Worked as psychomotor therapist teaching elderly people, unemployed people and in kindergarten working with movement and sensory motor skills and relaxation.</p>
<p>Marco Mulder</p> <p>Windsheim University of Applied Science, School of Human Movement and Sports, The Netherlands</p>	<p>Marco Mulder was educated as physical education teacher, psychomotor therapist (Msc) and supervisor. Has experience as psychomotor therapist in adult psychiatry and working with slightly mentally handicapped youngsters. His main interest is working with the body in treatment of posttraumatic stress disorder and severe neglect. At the current moment, is a teacher in psychomotor therapy at the Highschool of Windesheim, Zwolle, Netherlands.</p>



<p>Signe Lehnkov Miranda</p> <p>Psykomotorikuddannelsen, Campus Randers, VIA University College, Denmark</p>	<p>Signe Lehnkov Miranda is a psychomotor therapist since 2002, further education in sensory motor skills in 2008. Since 2012 has been teaching at Via UC Psychomotor Therapist Education in children’s development, entrepreneurship and relaxation and visualization. Since 2015 is coordinator for and teaching at the international summer school about dementia, VIA UC AARHUS N. Since 2010 also has been teaching at FOF in activities for babies and their mums</p>
<p>Lucia Maier</p> <p>HfH University of Applied Sciences of Special Needs Education, Switzerland</p>	<p>Lucia Maier is a psychomotor therapist and psychodrama leader for children and adults PDH. Current occupation, as advanced lecturer (IVE) at Intercantonal University for Curative Education (HfH), Zurich Institute for behavioral, socio-emotional, and psychomotor development support.</p>
<p>Olivier Glas</p> <p>HAN University of Applied Sciences, the Netherlands</p>	<p>Olivier Glas Msc, HAN-University/Vaktherapie/psychomotorische therapie, Nijmegen, the Netherlands. Educated as a psychomotrician at the Free University in Amsterdam I started working in a hospital for specific treatment of anxiety disorders. After a few years I did a prolonged education at Windesheim University in Zwolle. To broaden my experience, I switched jobs to a policlinic forensic psychiatry service. In between I started to work as a teacher at HAN-University. After a few years I quit working as a therapist to work fully as a teacher. A few years ago, I became headteacher and responsible for the curriculum of our education. I really enjoy working with young people and to teach them the beautiful profession of psychomotrician.</p>
<p>Rui Martins</p> <p>FMH Faculdade de Motricidade Humana Lisbon University, Portugal</p>	<p>Rui Martins has a Phd in Human Motricity – Special education and rehabilitation, currently vice president of Faculdade de Motricidade Humana and associate professor lecturing disciplines at the first cycle of psychomotor rehabilitation related with psychomotor therapy, mental health, and relaxation. Is also the coordinator of the Master course in Psychomotor rehabilitation at Faculdade de Motricidade Humana. Former president of the European Forum of Psychomotricity, being the Portuguese Delegate of the International Organization of psychomotricity and relaxation. Member and founder of the Portuguese Association of Psychomotricity.</p>



PROGRAM

Day 1 – Sunday- July 3 – arrival day

DAY/TIME	PROGRAM	LOCATION	NOTES
15.00-18.00	<p>Arrival</p> <p>Check in at students' university residences</p> <p>Welcome by the International Coordinator and Tutors</p> <p>Program and Practical Information about the Summer School</p>	<p>Residências Universitárias da Faculdade de Motricidade Humana</p> <p>Residences of the Lisbon University-Social services at Faculdade de Motricidade Humana</p>	<p>Teachers' arrival 18.00-19.00 - Teachers have a preparatory meeting for the planning of the week at the Hotel Amazónia</p>
18.00-19.00	FREE TIME TO VISIT SORROUNDINGS		
19.00-20.00	<p>Meeting with the Tutors</p>	<p>Residências Universitárias da Faculdade de Motricidade Humana</p> <p>Residences of the Lisbon University-Social services at Faculdade de Motricidade Humana</p>	<p>Dinner is not provided</p> <p>We have a light welcome meal</p>

Day 2 – Monday - July 4

DAY/TIME	PROGRAM	LOCATION	NOTES
8.00-8.20	Breakfast	Centro de estágio da Cruz Quebrada (CECQ)	
8.30-8.40	WELCOME SESSION Introduction for the workshops by the international coordinator	Salão Nobre	
8.40m	STUDENTS PRESENTATIONS FROM EACH UNIVERSITY (The University, The Psychomotor Course & The Profession)	Salão Nobre	
8.40-8.50	HfH University of Applied Sciences of Special Needs Education, Switzerland		
8.50-9.00	HAN University of Applied Sciences, Netherlands		
9.00-9.10	Institut de Formation en Psychomotricité, ISRP, France		
9.10-9.20	VIA University College, Arhus/Randers, Denmark		
9.20-9.30	Windsheim University of Applied Science, School of Human Movement and Sports, Netherlands		
9.40-9.50	Københavns Professionshøjskole Psykomotorikuddannelsen Institut for Terapeut og Jordemoderuddannelser, Denmark		
9.50-10.00	Faculdade de Motricidade Humana, Portugal		
10.00- 13.00	WORKSHOPS Theme 1 - TO TOUCH - TO BE TOUCHED IN SPEECH AND BODILY CONTACT: TOOLS TO SUPPORT INTERSUBJECTIVITY AND HARMONY OF MOVEMENT - Juliette Rollin & Ingrid Arild Jensen - Students group B Theme 2 - PERSPECTIVES ON TOUCH AND BEING TOUCHED - Marco Mulder & Signe Lehnkov Miranda - Students group A	GINÁSIO B GINÁSIO KOBAYASHI	COFFE BREAK 11.15-11.30
13.00-14.00	LUNCH	Refectory FMH-UL	
14.00-17.30	WORKSHOPS Theme 1 - TO TOUCH - TO BE TOUCHED IN SPEECH AND BODILY CONTACT: TOOLS TO SUPPORT INTERSUBJECTIVITY AND HARMONY OF MOVEMENT - Juliette Rollin & Ingrid Arild Jensen -- Students group B Theme 2 - PERSPECTIVES ON TOUCH AND BEING TOUCHED - Marco Mulder & Signe Lehnkov Miranda - Students group A	GINÁSIO B GINÁSIO KOBAYASHI	COFFE BREAK 16.00-16.15
17.30-19.30	FREE TIME ON YOUR OWN		
19.30-20.30	DINNER	Centro de Estágio da Cruz Quebrada (CECQ)	
20.30-21.30	SOCIAL TIME WITH TUTORS	Residências Universitárias FMH	

Day 3 -Tuesday– July 5

DAY/TIME	PROGRAM	LOCATION	NOTES
8.00-8.20	Breakfast	Centro de Estágio da Cruz Quebrada (CECQ)	
8.30-12.30	WORKSHOPS Theme 1 - TO TOUCH - TO BE TOUCHED IN SPEECH AND BODILY CONTACT: TOOLS TO SUPPORT INTERSUBJECTIVITY AND HARMONY OF MOVEMENT - Juliette Rollin & Ingrid Arild Jensen - Students group A Theme 3 - A JOURNEY TO WORK WITH GROUPS AND INDIVIDUALS - LUCIA MAIER & OLIVIER GLAS - Students group B	GINÁSIO B GINÁSIO KOBAYASHI	COFFE BREAK 10.15-10.30
12.30 -13.30	LUNCH	Refectory FMH-UL	
13.30-17.30	WORKSHOPS Theme 1 - TO TOUCH - TO BE TOUCHED IN SPEECH AND BODILY CONTACT: TOOLS TO SUPPORT INTERSUBJECTIVITY AND HARMONY OF MOVEMENT - Juliette Rollin & Ingrid Arild Jensen - Students group A Theme 3 - A JOURNEY TO WORK WITH GROUPS AND INDIVIDUALS - Lucia Maier & Olivier Glas - Students group B	GINÁSIO B GINÁSIO KOBAYASHI	COFFE BREAK 15.15-15.30
17.30-19.30	FREE TIME ON YOUR OWN		
19.30–20.30	DINNER	Centro de Estágio da Cruz Quebrada (CECQ)	
20.30-21.30	SOCIAL TIME WITH TUTORS	Residências Universitárias da Faculdade de Motricidade Humana Residences of the Lisbon University- Social services at Faculdade de Motricidade Humana	



Day 4 -Wednesday - July 6

DAY/TIME	PROGRAM	LOCATION	NOTES
8.00-8.20	Breakfast	Centro de Estágio da Cruz Quebrada (CECQ)	
8.30-12.30	WORKSHOPS Theme 3 - A JOURNEY TO WORK WITH GROUPS AND INDIVIDUALS Lucia Maier & Olivier Glas - Students group A Theme 2 - PERSPECTIVES ON TOUCH AND BEING TOUCHED - Marco Mulder & Signe Lehnskov Miranda - Students group B	GINÁSIO B GINÁSIO KOBAYASHI	COFFE BREAK 10.15-10.30
12.30-13.30	LUNCH	Refectory FMH-UL	
13.30-17.30	WORKSHOPS Theme 3 - A JOURNEY TO WORK WITH GROUPS AND INDIVIDUALS Lucia Maier & Olivier Glas - Students group A Theme 2 - PERSPECTIVES ON TOUCH AND BEING TOUCHED Marco Mulder & Signe Lehnskov Miranda - Students group B	GINÁSIO B GINÁSIO KOBAYASHI	COFFE BREAK 15.15-15.30 Refectory FMH-UL
17.30-19.30	FREE TIME ON YOUR OWN		
19.30-20.30	DINNER	Centro de Estágio da Cruz Quebrada (CECQ)	
20.30-21.30	SOCIAL TIME WITH TUTORS	Residências Universitárias FMH	

Day 5-Thursday - July 7

DAY/TIME	PROGRAM	LOCATION	NOTES
8.00-8.20	Breakfast	Centro de Estágio da Cruz Quebrada (CECQ)	
8.30-8.50	Information about students' presentation by International Coordinator.	GINÁSIO KOBAYASHI	
8.50-12.30	PREPARING PRESENTATIONS AND WORKSHOPS- Time for students in groups to prepare work.	SALA CELESTINO MARQUES PEREIRA /SALA VITOR DA FONSECA	COFFE BREAK 10.15-10.30
12.30 -13.30	LUNCH	Refectory FMH-UL	
13.30 -15.00	WORKSHOP Theme 4 EMOTIONAL ROOTS OF IDENTITY IN THE SKIN ROUTES - RUI MARTINS - Students group A CONTINUE PREPARING PRESENTATIONS AND WORKSHOPS - Students from group B	GINÁSIO KOBAYASHI SALA CELESTINO MARQUES PEREIRA /SALA VITOR DA FONSECA	COFFE BREAK 15.15-15.30
15.00-16.30	WORKSHOP Theme 4 EMOTIONAL ROOTS OF IDENTITY IN THE SKIN ROUTES - RUI MARTINS - Students group B CONTINUE PREPARING PRESENTATIONS AND WORKSHOPS- Students from group A	GINÁSIO KOBAYASHI SALA CELESTINO MARQUES PEREIRA	
16.30-19.30	FREE TIME ON YOUR OWN		
19.30 -20.30	DINNER	Centro de Estágio da Cruz Quebrada (CECQ)	
20.30-21.30	SOCIAL TIME WITH TUTORS	Residências Universitárias FMH	

Day 6 - Friday- July 8

8.00-8.20	Breakfast	Centro de Estágio da Cruz Quebrada (CECQ)	
8.30-12.30	STUDENTS PRESENTATIONS GROUP A GROUP B	GINÁSIO B GINÁSIO KOBAYASHI	COFFE BREAK 10.15-10.30
12.30 -12.45	GROUP PICTURE	FMH – MAIN HALL	
12.45 – 13.30	LUNCH	Refectory FMH-UL	
13.30 – 14.00	FILL IN EVALUATION FORMS Sharing experiences	GINÁSIO B	
14.00	CULTURAL /SOCIAL PROGRAM DEPARTURE FROM FMH TO BELÉM	BELÉM/LISBOA	We will go together by train/bus
15.00 -16.00	Guided visit to MAAT – Museum of Art, Architecture and Technology- Interferences Emerging Urban Cultures		Adress Maat — Museu de Arte, Arquitetura e Tecnologia Av. Brasília, Belém https://www.maat.pt/en
16.00- 17.00	Visit to the Botanic Tropical Garden- Jardim Botânico Tropical-from Lisbon University		Adress Largo dos Jerónimos, Belém https://museu.ulisboa.pt/jardim-botanico-tropical
17.00-18.00	Walking and visiting surroundings - Free time in Belém to visit Jerónimos or Padrão Descobrimentos.		
18.30	Departure from Belém to FMH		
19.30-20.30	FINAL CELEBRATION DINNER by ENovaes Catering	Refectory FMH-UL	Menu Cod with spinach and salad Vegetable curry and seitan with wild rice Assorted salads Dessert buffet
20.30-21.30	RECEIVING DIPLOMAS Closure team building with tutors, teachers, and international coordinators	SALÃO NOBRE	

Day 7 – Saturday - July 9

8.00-8.30	Breakfast	Centro de Estágio da Cruz Quebrada (CECQ)	
8.30-9.30	Packing luggage	Residências Universitárias da Faculdade de Motricidade Humana	
9.30-10.30	Closure – saying Goodbye	Residences of the Lisbon University- Social services at Faculdade de Motricidade Humana	
10.30-11.30	Departure		

VENUE OF THE SUMMER SCHOOL



ADRESS

FACULDADE DE MOTRICIDADE HUMANA - UNIVERSIDADE DE LISBOA
Estrada da Costa - Cruz Quebrada
1495-688 CRUZ QUEBRADA

PHONE NUMBER

(+351) 214149100

WEBSITE

www.fmh.ulisboa.pt

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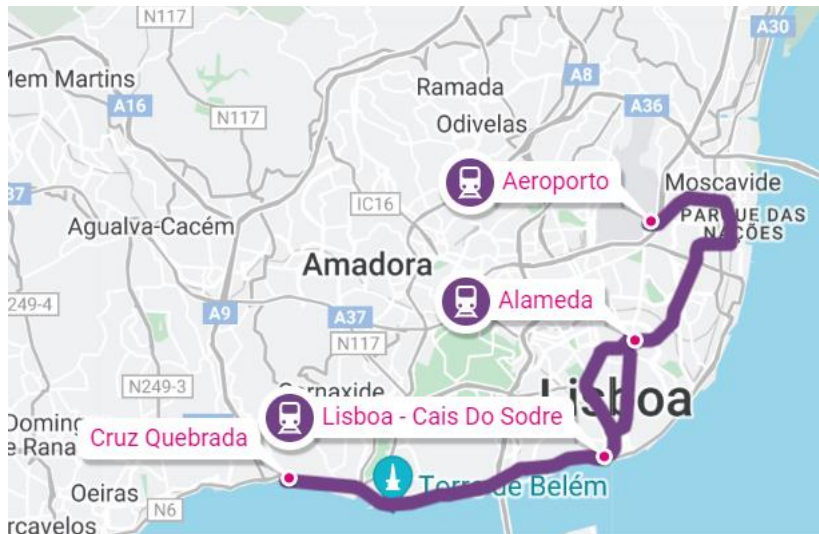
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WATCH THIS SHORT VIDEO ABOUT FMH

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HOW TO GET HERE

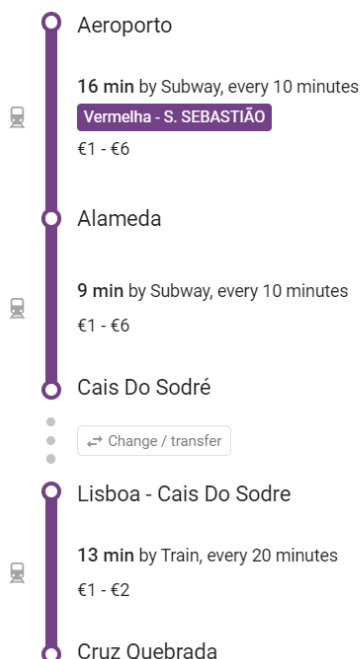


At the airport buy a **Viva Viagem** or **Sete Colinas** card for a small fee (50 cents) then add money to it – click the **‘zapping’** option on machines in metro station or ask for this at the counters in metro and train stations, Carris kiosks - you will charge it with some cash. You need one card for each person travelling. Each time you travel by public transport in Lisbon, you validate the card by swiping it across a sensor and the cost of one journey gets debited.

IN JULY 1ST A NEW PUBLIC TRANSPORTS SYSTEM WILL BE ON PLACE- SO SOME SLIGHT CHANGES FOR PUBLIC TRANSPORTS – BUS NUMBERS - MAY EXIST.

DIRECTIONS

OPTION 1

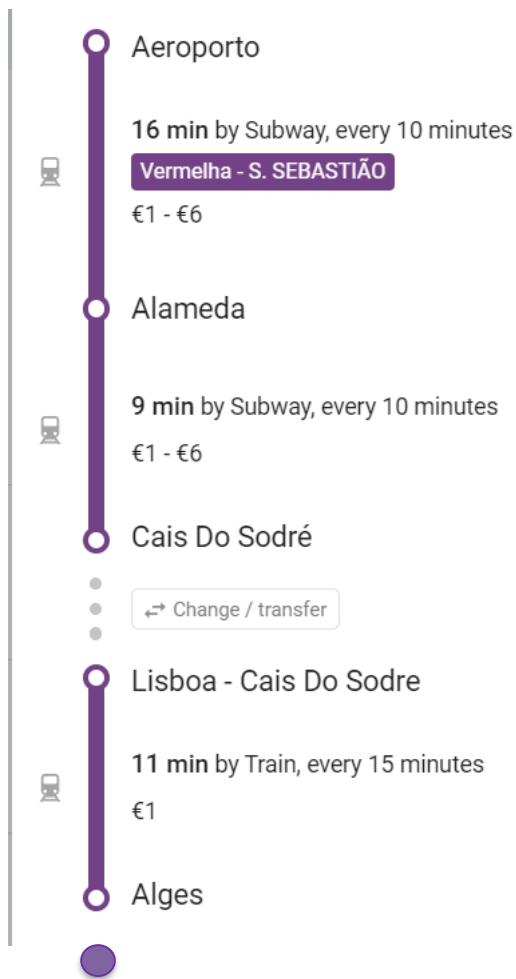


Lisbon airport – Faculdade de Motricidade Humana - Take metro from airport to **Cais do Sodré station**, then, take the train to **Cruz Quebrada station**.

You will walk around 10 minutes to arrive at the faculty.

In the **evening** walking from the station to the faculty is not so easy to find the location. **Advise to choose option 2 if you arrive late in the evening.**

OPTION 2



BUS

10 minutes, every 30 minutes , (1-2 euros)

TAKE BUS 776 – TO FACULDADE DE MOTRICIDADE HUMANA

The residences are 2 minutes walking distance.

- Lisbon airport – Faculdade de Motricidade Humana - Take metro from airport to **Cais do Sodré station**, then, take the train to **Algés station**). At **Algés station** take the Bus: **776** that stops just in front of the faculty. The travel takes around 10 minutes.

If you arrive late evening, we advise that at Algés you take a taxi to the residences of FMH (approximate cost 6 euros).

The last Bus at Algés is at 23.45.

Note – the values in the figures are approximate, since the cost depends on the payment system you use.

STUDENTS STAY/LODGING – RESIDENCES OF THE LISBON UNIVERSITY SOCIAL SERVICES AT-FACULDADE DE MOTRICIDADE HUMANA

NAME: Residências Universitárias da Faculdade de Motricidade Humana
THE RESIDENCES ARE SITUATED AT A BUILDING NEAR FACULDADE DE MOTRICIDADE HUMANA MAIN BUILDING (200 meters).



ADRESS:

ESTRADA DA COSTA 1499-002 DAFUNDO

LOCATION:

LATITUDE: 38°42'24.0"N / LONGITUDE: 9°15'06.0"W

WEBSITE: <https://www.sas.ulisboa.pt/residencia-fmh-dois>

The residences have 60 beds in double rooms and shared bathrooms. It is a mixed residence and adapted for people with reduced mobility, in the vicinity of an urban park and an extensive area of forest and of sports facilities. You can find in the residence's conditions of study, welfare, and organization of the activities of daily living, appropriate to the promotion of academic success. According to the number of students attending the summer school the confirmation of the room number will be provided at your arrival. The rules and conditions of access relating to accommodation are defined in the Rules of Procedure of the residences and will be given at the arrival day. A tutor (a volunteer student from FMH) will be staying at the residences in order to support the students during the stay.

IMPORTANT:

In order to make your user registration for the residences – we need a.s.a.p. your identity card number or passport number. We will make this request via e mail.

Then the social services of Lisbon University will allow you to do this user registration for the social services -residences of Lisbon University (we will help you doing this at your arrival day). After you send you identity card or passport number we will send it to the social services of Lisbon University. You can also try to do this prior to your arrival at: [Registo de Utilizador \(ulisboa.pt\)](https://www.sas.ulisboa.pt/registo-de-utilizador)
<https://www.sas.ulisboa.pt/registo-de-utilizador>.

NOTE: Please make sure that the rules of the residences are followed during your stay. There will be a fee charged regarding the keys of your room. We will ask, at your arrival, **10 euros** per room. This amount will be **reimbursed** at the last day of the summer school after you return the room keys. If you lose your keys the 10 euros will be charged.

HOW TO GET HERE

FOLLOW THE SAME DIRECTIONS DESCRIBED TO GET TO FACULDADE DE MOTRICIDADE HUMANA – FMH.

STUDENTS MEALS



Breakfast and dinner meals will be at the **Restaurant of the Centro de Estágio da Cruz Quebrada (CECQ) (Cruz Quebrada Training Center)** just situated between FMH and the students' residences.

This training center belongs to the Youth and Sports Portuguese Institute that provides accommodation mainly to athletes, as well as school groups, college students, among others, and that accepted our request to provide support for the summer school students.

Breakfast is open from **7h15 to 9h30**.

Dinner from **19h00 to 22h30**, but you will have your meals according to schedule provided for this summer school.

Lunch will take place at Faculdade de Motricidade Humana refectory.

Coffee breaks will take place near the workshop classes.

The students tutors from the summer school will guide you to these places.

THINGS TO PREPARE AND BRING FOR YOUR TRAVEL

At the university there will be some computers, but it is highly recommended to bring your own laptop. Don't forget bringing the following items:

- **ID/Passport and national or international student card**
- **student youth card**
- **Insurance /medical card**
- **Personal hygiene (e.g., toothbrush, toothpaste, floss, hairbrush/comb, shower gel, shampoo, towel, insect repellent, sunscreen**
- **Comfortable clothes for the practical workshop classes**
- **Bathing suit, beach towel, flip flops**
- **Charger adapter**

Occasionally there will be some spare time, so if you have any material (for instance: games, books or music) to enrich these times, bring them with you.

THE SURROUNDING FACILITIES NEAR FMH

Faculdade de Motricidade Humana and the students residences are located in the valley of the river Jamor, in Oeiras, together with **Centro Desportivo Nacional do Jamor (CDNJ) (National Sports Center of Jamor)** where you find sports infrastructures. So, you will be staying in a place involved by an urban park and a forest area, where several sports facilities are available and usually used by high-performance sports, federated sports, leisure sports and by our faculty.



Centro Desportivo Nacional do Jamor (CDNJ) (National Sports Center of Jamor) – facilities. Retrieved from <https://jamor.ipdj.pt/>

In the next image you can see the location of FMH main building, the students residence and the train at Cruz Quebrada.



a) FMH main building b) Students residence c) Train station at Cruz Quebrada



STUDENTS FEE

Remember that your student's fee is 285 euros will include:

- Attendance at the workshops
- Stay at the student's residence form Lisbon University from 3rd to 9th of July
- Meals included are breakfast, 5 x dinner, 5 x lunch, coffee breaks
- Social & cultural program.

You must pay for the transport to/from Lisbon, Portugal.

At the arrival and departure dates you must pay the transport from/to the airport – faculty residence.

At the arrival day you will have a light evening meal.

At the departure day (only breakfast is included).

The program includes most meals, but you'll need to pay for some meals yourself (arrival and departure days).

You can eat at the university or in the city.

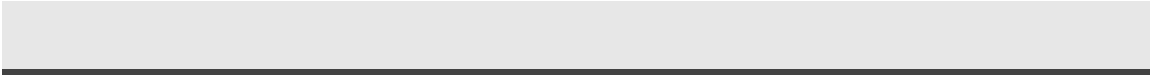
You can ask the tutors for ideas.

We recommend you bring at least 100 EUR.

PARTICIPATING STUDENTS

1. HfH Alina Clavuot
2. HfH Alina Muther Schroth
3. Windsheim Alinde Nieborg
4. Windsheim Anke Rodermond
5. HfH Benoît Hutzli
6. ISRP Camille Clech
7. Windsheim Catharina Venema
8. Windsheim Chelsea Snijders
9. HfH Ciara O'Reilly
10. HAN Daniël De Wit
11. HfH Diana Chudoba
12. HAN Elke Koolstra
13. HAN Famke Bos
14. Windsheim Femke Pijlman
15. ISRP Flavie Capello
16. Windsheim Irina van der Werf
17. HfH Jacob Jensen
18. Windsheim Janine compagnie
19. Windsheim Jessica Hof
20. Københavns Julia Basini Refsgaard
21. Windsheim Kirsten Wierda
22. VIA Kristina Secher
23. HAN Laura van Oss
24. FMH Leeroy Ferreira
25. HAN Linde De Wijs
26. ISRP Margaux Pintat
27. HAN Max Esser
28. Windsheim Mikan Venekamp
29. Windsheim Myka van der Walle
30. ISRP Nellia Sinsau
31. Windsheim Nikki Veldkamp
32. HfH Noemi Müller
33. HAN Nouri Boumans
34. FMH Raquel Leitão
35. FMH Raquel Ramos

- 36. Windsheim Ruben van Dijk
- 37. FMH Sabrina Caldeira
- 38. København Sara Lyng Christensen
- 39. ISRP Sarah Veret
- 40. Windsheim Senna van Alphen
- 41. HfH Simone Staub
- 42. København Sisse Amalie Vernegreen Christoffersen
- 43. HfH Solvej Canova
- 44. HfH Stella Ahlberg
- 45. HfH Vera Lutz
- 46. HAN Vincent Schattevoet
- 47. ISRP Wafaa Beghdadi





INFORMATION / SUPPORT /CONTACT

(PMTSS2022 COORDINATOR)

Paula Lebre

pmelo@fmh.ulisboa.pt

ORGANIZATION COMITEE

Celeste Simões

Gisela Ferré

Students tutors

Leeroy Ferreira

Sabrina Caldeira

Raquel Ramos

EMAIL ADITONAL INFORMATION

pmelo@fmh.ulisboa.pt

PHONE NUMBER /CONTACTS

(+ 351) 914614095 -Paula Lebre

Participating Universities / Coordinators

University	Country	City / cities	Coordinator
ISRP Institut de Formation en Psychomotricité	France	Paris, Marseille, Vichy	Nicolas Raynal
VIA University College	Denmark	Arhus/Randers	Signe Lehnkov Miranda
Københavns Professionshøjskole Psykomotorikuddannelsen Institut for Terapeut- og Jordemoderuddannelser	Denmark	Hilleroed	Ingrid Arild Jensen
HfH University of Applied Sciences of Special Needs Education	Switzerland	Zurich	Susan Aust
FHM Faculdade de Motricidade Human, Lisbon University	Portugal	Lisbon	Paula Lebre
HAN University of Applied Sciences	The Netherlands	Nijmegen	Marieke Coenen
Windsheim University of Applied Science, School of Human Movement and Sports	The Netherlands	Zwolle	Cor Niks